

The use of color light therapy in daily practice

Yu.N. Orlov

(Rostov-on-Don, Russia)

Light therapy, as a method of treatment, is rooted in the depths of centuries, but this direction received the greatest development in the last century. Like any method of treatment, it has had periods of upsurge (prior to the outbreak of World War II) and downsides. Subsequently, they began to use light of different spectral analysis, which gave a more pronounced effect. Already at the beginning of the use of color light therapy (as this method began to be called), the positive influence of red, blue, blue colors was noted. The subsequent period of the craze for the use of laser radiation gradually came to naught, tk. this radiation did not have a distinct advantage over color light therapy.

The influence of the spectral composition of visible light is carried out:

- on the organ of vision,
- on various zones or points of the skin,
- directly to the affected area.

In this case, both local and systemic effects on the patient's body occur.

The effect of the application of exposure to color on the organ of vision:

- correction of the psycho-emotional state (for example, the wide and very successful use of colored glasses proposed by Noemie Kempé)
- treatment of the organ of vision itself (including the retina of the eye; green color in glaucoma).

Application of color therapy:

- reduces inflammation, edema;
- restores blood supply;
- effective in the treatment of neuralgia (red);
- with dental diseases (blue, red, white);
- to restore blood rheology (green color);
- with jaundice of newborns (blue color; under its influence, bilirubin in the surface layers of the skin breaks down, turning into non-toxic, readily soluble low molecular weight compounds, which are then easily excreted from the body;
- in the treatment of dermatoses, and many other diseases.

The IMEDIS Center has played an invaluable role in the development of color light therapy. An excellent book by Yu.V. Gotovsky et al. "Color Light Therapy" is unmatched! The device, developed by the "IMEDIS" company, provides simply unimaginable application possibilities.

There are many examples of very positive effects from the use of color light therapy with the help of the MINI-EXPERT-CT apparatus. But the main advantage is speed! The exposure time is 30-60 sec. (very rarely - more than one minute). We apply both local effects (zones, meridians, points) and color recording on homeopathic grits.

We determine the effectiveness of the application by testing the scales "State", "Adaptation reserves" and "Group levels of health". These scales very clearly allow you to determine the effect of the use of color not only for the whole organism, but also, if necessary, for individual organs and tissues, the effect on the psychoemotional state.

In our practice, we not only directly influence the source of color, but also select the color of clothing in the treatment of various diseases; increased nonspecific immunity when exposed to color on the peripheral points of He-gu, Tszu-san-li; treatment of many acute and chronic diseases.

According to our data, the method is more effective when combined with BRT. The effect is, on average, 30% better than the use of each of the methods separately - in terms of the speed of achieving the final result - recovery or remission.

Of course, any work requires tension both in the work with the patient itself and in the constant improvement of one's own knowledge.

There are also difficulties: for certain diseases, irradiation of sufficiently large areas is required. Irradiating them with a certain color, having only a color probe, is quite difficult and time-consuming. Apparently, it is necessary to create "color irradiators" for exposure to large areas (face, thyroid gland, etc.).

The use of color light therapy is an endless sea of possibilities for the treatment, prevention, and rehabilitation of patients.

Literature

1. Gotovsky Yu.V., Kosareva LB, Perov Yu.F. Color light therapy. 2nd ed., - M.: IMEDIS, 2009. - 464 p.
2. Kovalev A.S., Krivosheev Yu.V., Kovalev V.A. Role and principles energy-informational color therapy in the treatment of patients with chronic diseases // Abstracts and reports. IX International Conference "Theoretical and Clinical Aspects of the Application of Bioresonance and Multiresonance Therapy". Part I. - M.: IMEDIS, 2003. - P.7-20.
3. Grushina N.V. The use of color in dentistry // Abstracts and reports. Xv International conference "Theoretical and clinical aspects of the use of bioresonance and multiresonance therapy." Part I. - M.: IMEDIS, 2009. - P.201-203.
4. Chernetsova L.V. System analysis of the possibilities of color detection and color light therapy in cardiological practice // Abstracts and reports. XV International Conference "Theoretical and Clinical Aspects of the Application of Bioresonance and Multiresonance Therapy". Part I. - Moscow: IMEDIS, 2009. - pp. 214-226.
5. Chernetsova L.V. Proven schemes for the use of light-puncture therapy in clinical practice using the apparatus "MINI-EXPERT-CT" // Abstracts and reports. International conference "Theoretical and clinical aspects of the use of bioresonance and multiresonance therapy." Part I. - M.:

IMEDIS, 2011. - pp. 131-149.

6. Fedotov N.A., Fedotova L.P. Adapted version of color therapy // Abstracts and reports. XVII International Conference "Theoretical and Clinical Aspects of the Application of Bioresonance and Multiresonance Therapy". Part I. - M.: IMEDIS, 2001. - pp. 114-124.

7. Fedotova L. P. The use of exogenous bioresonance and color therapy for the treatment of chronic infection. Case from practice // Abstracts and reports. XVII International Conference "Theoretical and Clinical Aspects of the Application of Bioresonance and Multiresonance Therapy". Part I. - M.: IMEDIS, 2011. - S. 125-131.

8. Makarevich A.V. Resonant color therapy // Abstracts and reports. XX International conference "Theoretical and clinical aspects of the use of bioresonance and multiresonance therapy." Part I. - Moscow: IMEDIS, 2014. - pp. 257-260.

9. Bocharov D.G. Seminars on color therapy. - M.: IMEDIS, 2008, 2009

Orlov, Yu.N. The use of color light therapy in everyday practice / Yu.N. Orlov // XXI International Conference "Theoretical and Clinical Aspects of the Application of Bioresonance and Multiresonance Therapy". - M.: IMEDIS, 2015. - S.261-264.

[To favorites](#)