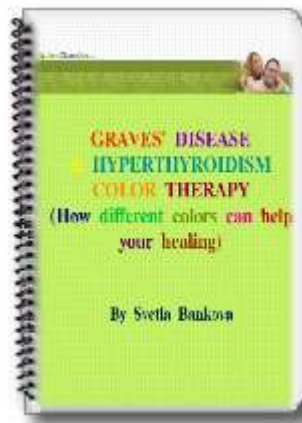


GRAVES' DISEASE & HYPERTHYROIDISM COLOR THERAPY



Brought to you by: Svetla Bankova, author of "Life Manual for Graves' Disease & Hyperthyroidism"

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RED HOUSES

Associated with: Vitality, Energy, Courage

Physical effects: Stimulates brain activity, increases heart rate, respiration and blood pressure, gives energy and self-confidence.

Governed by: The Muladhara or Root Chakra



Put RED in your life when there is:

- A lack of enthusiasm and interest on life

- A lack of energy and feeling of over –tiredness
- An inability to make your dreams a practical reality
- A feeling of insecurity, unwarranted fear, or anxiety

When to use RED:

If you want to come across as a bold and dynamic person wear a red scarf or a tie. This is especially effective if you have an event coming up at which your confidence needs a boost, such as an interview or a presentation. You might also find this useful for a social occasion when you feel nervous about some new people.

ORANGE HOUSES

Associated with: Happiness, Independence, Confidence

Physical effects: Energizes, stimulates the appetite and digestive system, removes inhibitions, and fosters sociability.

Governed by: The Swadisthana or Spleen Chakra



Put ORANGE in your life when there is:

- A feeling of bleakness and boredom, particularly when there is a sense that time is really dragging
- A lack of interest of what is going on around you, even to the degree of disdain to become involved in any way
- A resentment of changes in familiar routines and an obsessive need to have things in their “proper” place
- Over- seriousness- taking oneself too seriously, being unable to see humor and playfulness in life
- A fear of experiencing pleasure through the senses and of enjoying sensuality
- An inability to let go of the past. This can be especially apparent after an accident or shock where the mind continually revolves around the issue involved- the “what if..” and “if only I had done this instead of that...”

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- A problem with blocked experience in life, such as decrease in personal creativity

When to use ORANGE:

In times of stress, or after a shock or a surprise, wearing shades of orange can help the body to return to a state of balance

YELLOW HOUSES

Associated with: Awareness, Wisdom, and Clarity

Physical effects: Energizes, relieves depression, improves memory, increases awareness, perception and understanding. Also stimulates the appetite.

Governed by: The Manipura or Navel Chakra



Put YELLOW in your life when there is:

- Confusion and indecision
- Fear and anxiety caused by unknown factors leading to nervous and digestive disorders
- A weak and confused immune system- frequent minor illnesses, intolerance and allergies to foods and other substances
- Nervous exhaustion, nervous break down, "burn out" panic attacks and hot flushes
- Poor memory, inability to concentrate or study
- Tendency to seasonal affective disorders or lethargy and depression in dull weather
- Digestive difficulties, malabsorption of food

Use Yellow when:

When working at a computer use a yellow mouse to improve your concentration and stay alert.

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GREEN HOUSES

Associated with: Balance, Love, and Peace

Physical effects: Soothing, relaxing mentally as well as physically, helps alleviate depression, nervousness and anxiety, offers a sense of renewal, self-control and harmony.

Governed by: The Anahata or Heart Chakra



Put GREEN in your life when there is:

- A feeling of restriction caused by circumstances such as being house bound or confined
- A need to let change happen, but also a fear of the unknown
- A feeling of being trapped by other people's rules and regulations and a need to break rigid patterns
- A need for new ideas
- A need for a new state of balance
- A problem with personal relationships, especially with over-dominance or subservience
- A negative green tendency- feelings and emotions like envy, jealousy and greed

Use GREEN when:

When there is a sense of thwarted ambition, restriction or being trapped by external circumstances, surrounding yourself with greens or taking a walk in green gardens will restore equilibrium.

BLUE HOUSES



Associated with: Knowledge, Relaxation, and Health

Physical effects: Calming, lowers blood pressure and decreases respiration. Ideal for sleep and over-active children. Enhances communication and decision-making.

Governed by: The Vishuddhi or Throat Chakra

Put BLUE in your life when there is:

- A need to calm agitated, excitable or chaotic states
- A need to communicate clearly
- A need for help with new information in context
- A need for peace, detachment, solitude and rest

Use BLUE When:

Blue will help the easy flow of communication whether it is with other people or listening to your own thoughts and feelings. To help remember a speech, write your notes in blue paper

INDIGO HOUSES

Associated with: Intuition, Imagination, Understanding

Physical effects: Strengthens intuition and imagination, increases dream activity. Helps connect us to our unconscious mind.

Governed by: The Ajya or Third Eye Chakra



Put indigo in your life when there is:

- A need to focus on personal issues, beliefs and ideas
- A need to develop sensitivity to the inner senses and intuition
- A need to cool and quite normal mental processes
- A need to relieve physical, mental and emotional pain
- A need for temporary relief and removal from everyday problems and difficult experiences in life
- Inability or difficulty in assimilating and understanding new concepts or philosophies
- A need fro space and a desire for a period of solitude

VIOLET HOUSES

Associated with: Creativity, Wisdom, and Inspiration.

Physical effects: Suppresses appetite, provides a peaceful environment, relieves tension, and is good for migraines. Promotes inner strength, wisdom, kindness, artistic talent and creativity.

Governed by: The Sahasrara or Crown Chakra



Put violet in your life when there is:

- A need to rebalance life
- A need to speed up the natural healing energy of the body
- A need to integrate new skills into everyday life
- A need to use imagination in practical ways
- A need to remove all sorts of obstacles in life
- A need to calm hyperactivity, or energize lethargy or depression

Use Violet when:

Lavender is a traditional remedy for insomnia or restlessness at night. It is one of the most versatile essential oils for scratches, burns,

headaches and worry. Dried lavender flowers besides the bed, or a drop of oil on the pillow, will encourage peaceful sleep.