

Color Therapy

“There exists a relationship which is....predictable between light frequency, environment, and the restoration of health...”

H. R. Spittler, M.D., and O.D.: *The Syntonic Principle Color* is a frequency, which has a direct effect upon the brain, and it's functions. In the 19th century, Dr. E. Babbit, M.D., proved that colored light was capable of healing through the effect on the autonomic nerve fibers in the skin and via the nerves from the eye to the brain. In the early 20th century, Darius Dinshah used a system of color therapy applied to the skin. Dr. Spittler proved in the 1930's that psychiatric illnesses could be cured or improved by using a visual colored light source. He developed several instruments for this, and founded the science of “Syntonic optometry”.

It is now known that there are at least four effects from light. These are:

1. The optic nerve to the pituitary gland, temporal lobe, and occipital lobe of the brain. This information affects the conscious part of the brain without interpretation.
2. A second nerve bundle from the retina to the hypothalamus, which is a major control area for both the sympathetic and parasympathetic nerves. Dr. Fritz Hollwich, M.D., Ph.D. has shown that color affects neurotransmitter and hormone levels in the brain and spinal cord, which in turn affect the rest of metabolism and biochemistry.
3. This path goes from the retina to the midbrain, and then to the superior cervical ganglion to the brainstem and then to the pineal gland. This area controls, among other things, our circadian (sleep/wake) cycle.
4. The last is a direct effect of the light upon particles that travel in the lymph, blood, and nerves. Researchers at the University of Vienna found that albumin is one of the particles able to be charged by light. It is then able to deliver this charge to tissues at distant locations (tissues) in the body.

Colored light is able to activate repressed memories due to physical and/or emotional trauma via the above pathways, enabling them to be dealt with and resolved. This represents the removal of a blockage, or interference field. Biologically, this means that nerve conduction has been reestablished, and this area is now reconnected with the rest of the brain. This, in turn, affects metabolism and restores healthy function. Colors can also affect physical agents. For example, a color might counteract a heavy metal, a chemical toxin, and muscle spasm in addition to the emotional component.

Further resources for information include: www.syntonicphototherapy.com, www.covd.org, and the book *Light-Medicine of the Future*.

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