

## Therapy in Norfolk

Therapy in Norfolk - A healing method that uses colours to improve health and alter atmosphere and mood is called colour therapy or chromotherapy. Chromotherapy is predicated on the concept that each colour of the spectrum sparks a unique emotion in individuals. This form of holistic therapeutic dates back hundreds of years. There's proof that it was used by both the ancient Egyptians and the Mayans as a way to improve healing and well being. Colour therapy has achieved a renewal during the twentieth century.

Self-worth, inventiveness and knowledge are associated with the colour Yellow. Yellow is known to be used to help memory and offer courage. Orange is connected with a happy mood and achievement and has been utilized as a source for hopefulness and as a source of inventiveness. The colour red is linked with thoughtfulness, energy, aspiration and braveness. It has been used to promote emotions of security and to offer extra self-confidence. The colour blue can be utilized to promote personal expression, health and resourcefulness. It can enhance clear thinking as well as interaction abilities whilst offering calmness. Violet is associated with beauty and creativity and it is found to promote relaxation, unselfishness, and openhandedness. Indigo is connected to imagination and understanding. It's said to offer greater awareness and to bring resourcefulness.

Colour therapy can be utilized in quite a lot of ways. One technique has an individual visualize and concentrate on a particular colour while breathing deeply. One other technique includes using a coloured lamp that brings out different colours. These types of lamps can be slender enough to concentrate on a selected body area or enhance the atmosphere of an entire room. Some people choose to wear spectacles that permit only a particular colour of the spectrum to filter in. Light that goes into the eyes promotes the creation of hormones which have an effect on the body's biochemical system. Yet another methodology includes applying various colours of the spectrum on acupuncture points on the skin by using a tool that appears much like a pen light. Receptors on the epidermis then absorb the light.

The use of different colours has been shown to enhance emotion. Light boxes have been proven to assist people who are struggling with seasonal affective conditions. This condition is related to the lack of sun in the winter months. Nap and temper problems have also been successfully remedied with the usage of color therapy. Consultants suggest that chromotherapy ought to be used along with medicine or remedy prescribed by a physician whilst treating critical conditions like cancer and other vital diseases. Other methods of using color therapy include clothing, bath crystals, paints, and soap and therapy oils.