

Himalayan Salt Lamp Color Therapy

Written by Naeem Ahmed

Wednesday, 17 June 2015 00:00

The beautiful and rich color of the salt crystal lamps are known to be useful in color therapy. The theory behind CHROMOTHERAPY is that when you absorb color energy it travels to, via the nervous system, on the part of the body that needs it. Each body has its own optimum state of well-being and is constantly looking for ways to maintain or restore a balanced state. Use of color is a way you can help yourself to harmony. Some of the colors in many of the salt crystal lamps, when they are illuminated with an ordinary "white" areas of light globe, take the original off white pure salt with varying degrees of yellow, peach, orange and red shades to dark red. The natural variations in the color of the Crystal Salt comes from the iron oxides in the soil over the salt crystal deposits, the solution for hundreds of millions of years. The colors and combinations of colors are of different densities of iron oxides, veins in their salt crystal. The patterns and combinations of colors that occur naturally in the same manner as an iron pipe leaves varies, abstract and totally unique rust spots on a wall over time. Different color therapists have different views on the merits of different colors in the spectrum. The following is an excerpt about color therapy by Walter Last, like many other renowned therapist interpretations over the Internet or consultations. (Note: We strongly recommend that you seek specialist advice for people color therapist occur with one of the following symptoms, as this provides for informational purposes only.)

RED (light red)□

Warm and stimulating. Application for anemia, or if you feel cold and pale, chilled extremities, and also useful for UV and X-ray burns and frostbite, red is a stimulant and liver counter-irritation (inflammation of the inner bringing to the surface). Nutrients: Vitamin B12, acid.

ORANGE

A respiratory stimulant, useful for weak lungs, asthma, consumption, emphysema, also for overweight and under-active people with an underactive thyroid gland (stimulates the thyroid, parathyroid softens).

Orange relieves spasms and cramps increased milk secretion corrects rickets and soft bones, osteoporosis, stomach and stimulates digestion and relieves flatulence and distension, stimulates the bladder, kidney, liver and pancreas, try it with epilepsy. It is not useful in chronic

Himalayan Salt Lamp Color Therapy

Written by Naeem Ahmed

Wednesday, 17 June 2015 00:00

kidney disease and gallstones, arthritis, gout and rheumatism in-painful periods. Minerals: boron, calcium, copper, selenium, silicon.

YELLOW

The bright color. A strong stimulant and energizer for muscles and nerves used in all cases of paralysis and muscle aches, a nerve-building, and nervous exhaustion. Yellow stimulates the digestive tract and stimulates digestion, flow of bile, gastric juice, pancreatic activity, lymphatic system, heart, eyes and ears. It activates all bodily functions in general, with the exception of the spleen, the sedation is to destroy the use for indigestion, constipation, diabetes, depression, and for skin cleansing and intestinal worms. Minerals: magnesium, molybdenum, sodium.

Aroma Therapy

Alternative medical techniques can help you avoid the discomfort and side effects that come with prescription drugs. And used to say, depending on the technique, psychiatrists that elderly patients can tolerate very well.

According to Professor Alistair Burns, professor of psychiatry at the University of Manchester, England. Burns.

"People with dementia are among the most vulnerable in our society. Symptoms often have dealt with swiftly and drugs, but only partially effective, can be dangerous,"

"Aromatherapy and bright light therapy appears to be safe and effective and can play an important role in dealing with behavioral problems in people with dementia.

Light therapy session before bringing bright and colorful lights to relieve anxiety, behavioral and sleep disturbances.

Himalayan Salt Lamp Color Therapy

Written by Naeem Ahmed

Wednesday, 17 June 2015 00:00

Mr. Burns and other psychiatrists said in an editorial in the British Medical Journal that three experiments done in the past year, (2002) the advantage of aromatherapy shown. Remarkable achievement for people with dementia resulted from the use of lemon balm and lavender. It seems that the oil compounds that are absorbed by the body and cause the expected relief from the symptoms normally appear to contain.

And salt lamps are particularly effective for aromatherapy. Not only that, these aromatic donors, the distribution of compounds that help your body to give it a triple benefit. They provide light that is needed to avoid depression and to create a comfortable environment, they give ions that create a healthy microclimate and they disappear healthy aromas into the atmosphere.

Light Therapy

Light is important for the psychological well-being. Light therapy is a common treatment in the northern countries, where one finds high level of depression, the doctors found to be in the long winter nights by the people who live there know are related.

Salt lamps can be used for lighting and they can be used to adjust our emotional conditions.

Salt comes in a very useful range of colors that create different moods. You can select one or more suitable to your current condition.

Red is the color that reinforces your provocative vital forces and gives you an energetic outlook on life.

Apricot is to help you overcome emotional blocks come on, improve openness and increase vitality.

Orange aims to improve aid relaxation and body harmony. It is also said to be very helpful in overcoming stress and nervous shock. In addition, the creativity will increase and your attitude to life.

White brightens your outlook and has a calming effect that helps you concentrate and enrich your emotional life.

You have the choice between an electric candle or aromatic donors. There is no doubt that for power applications, where it is maximum effect, the electric model is best.

But if your aromatic donor as a preventive measure and improve atmosphere-decor, there is no doubt that a candle model fits the bill.

What do we do? We do not wait for problems. We use an electric aromatic donors in our family area. And when it's time to turn down the lights and is maintained, we will continue our unity candle.

Initiate change consciousness

Himalayan Salt Lamp Color Therapy

Written by Naeem Ahmed

Wednesday, 17 June 2015 00:00

If you decide to use a portion of the funds at home alone, please, just not to the proceedings but also to be initiated by the glorious Reformation are aware that you are in your life with the help of the primal elements, water and salt. Even if you are experienced in the first place, the impact on the physical level, they will also impact on an energetic, subtle level your mind and spirit. Have patience. Take your time and peace for achieving and remaining healthy from within. Pay attention to the possibility of an aggravation of your condition and let your family and friends know what you're doing, so that they can support you.

Light is important for the psychological well-being. Light therapy is a common treatment in the northern countries, where one finds high level of depression, the doctors found to be in the long winter nights by the people who live there know are related.

Salt lamps can be used for lighting and they can be used to adjust our emotional conditions.

Salt comes in a very useful range of colors that create different moods. You can select one or more suitable to your current condition.

Red is the color that reinforces your provocative vital forces and gives you an energetic outlook on life.

Apricot is to help you overcome emotional blocks come on, improve openness and increase vitality.

Orange aims to improve aid relaxation and body harmony. It is also said to be very helpful in overcoming stress and nervous shock. In addition, the creativity will increase and your attitude to life.

White brightens your outlook and has a calming effect that helps you concentrate and enrich your emotional life.

You have the choice between an electric candle or aromatic donors. There is no doubt that for power applications, where it is maximum effect, the electric model is best.

But if your aromatic donor as a preventive measure and improve atmosphere-decor, there is no doubt that a candle model fits the bill.

What do we do? We do not wait for problems. We use an electric aromatic donors in our family area. And when it's time to turn down the lights and is maintained, we will continue our unity candle.