Color in Healing and Chakra

Photons enter the retina where they are transformed into electrical impulses. These impulses reach the brain through electrochemical reactions in the nerve cells. The brain then transfers these reactions into the picture that we see projected outside of our bodies.

The process of seeing and recognizing a color occurs within ourselves and is projected outwards.

PERCEPTION is a reality, in the sense that it's something we have to DEAL with. But Perception isn't reality itself. In fact, perception is often demonstrably false.

Go to this link for more science

http://www.downloads.imune.net/medicalbooks/IJMSHNEM%202017%20Life%20is%20Photonic.pdf
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Chromo- (Color) therapy

Chromotherapy or color therapy is based on the premise that colors and light can be used to correct physical ailments. Depending on the location and nature of the ailment a specific color may ease it.

One of the first scientists to consider the effect of colors was August Pleasonton. In 1876 he published ‘The Influence of the Blue Ray of Sunlight and of the Blue Color of the Sky’ in which he studied how blue can stimulate the growth of plants and cattle. He also mentioned that this color can help make the human body better. This book introduced chromotherapy into modern medicine.
Color therapy should not be confused with light therapy. In light therapy a person is exposed to a bright white light over a certain time. Light therapy is often used to treat skin diseases (more specifically psoriasis), sleep disorders and certain psychic problems.

Colors and their meaning

Studies have shown that people are able to distinguish approximately 10 million colors. These colors can be broken down into three primary colors: yellow, red and blue. Usually in chromotherapy, the secondary colors are added, more specifically orange, purple and green. Each of these colors has a certain meaning:

Red – The libido booster

Red is a warm color linked to the kidneys, backbone and sense of smell. This color gives more energy and is ideal for people who are often over-tired. Active people can use red light therapy to combat muscle and joint stiffness. And finally it also boosts sexual desires.

Orange – The creativity source

Does your job demand a lot of creativity? Then orange can help. Orange stimulates the creative thought process and helps you come up with new ideas. This color is linked to breathing. Breastfeeding women could benefit from orange light because it stimulates the production of breast milk.
Yellow – The depression killer

People with a difficult digestion can treat this with yellow light. This color is associated with the stomach, liver and intestines. People with a depression could also benefit from yellow color therapy.

Green – The strength provider

Green is the color of nature. Green light therapy stimulates the creation of growth hormones and strengthens muscles, bones and other tissues. It can also boost your body’s immune system.

Blue – The bringer of peace

Blue is the counterpart of red. It can be used to lower high blood pressure or calm people down. Blue light can also help in the treatment of migraine. Your throat, ears and mouth are linked to this color.

Indigo – The bringer of intellect

Blue is the counterpart of red. It can be used to lower high blood pressure or calm people down. Blue light can also help in the treatment of migraine. Your throat, ears and mouth are linked to this color.

Violet Purple – The Nightcap

Purple light can help you fall asleep. It also reduces emotional and mental stress. The nervous system and eyes are linked with this secondary color. Contrary to red light, purple light decreases sexual desires.
Color in Healing and Chakra

Sound & Color

Healing Tools of the Universe
COLOR HEALS...
COLOR AFFECTS US IN TOTALITY
WE CAN EAT, DRINK, BREATHE,
THINK, VISUALIZE, MEDITATE
AND DANCE COLOR.
Color in Healing and Chakra

your memories are unreal

All Perception is UNREAL

The past has no reality other than a emotionally charged imagination clouded and or exaggerated by desires and fears. It is simple to reshape a memory and change the past to release Turmoil.

- Unreal memories feel like real memories.
- Neither the sincerity nor the longevity of a memory signifies that it is real. The most confident and consistent eyewitnesses are often not the most accurate.

Objects in the Rear-View Mirror may appear closer than they are.
Each of your seven chakras has a corresponding color that follows the colors of the rainbow: red, orange, yellow, green, blue, indigo, and violet (or white).
This is the most widely accepted color system for your chakras.

In my experience, the colors are not stable and permanent as you would see colors in a picture.

The colors are fluid, constantly changing just as your emotions change. The colors seen in your chakras can be muddy, faded with very little color present, or even too saturated - too bright.

The color of a chakra indicates your current physical, emotional, and spiritual state.

We all recognize the connection between color and emotion. It is reflected in our language and there is even a branch of psychology, called "color psychology", that deals specifically with color and its emotional impact.

There is much you can learn about yourself by learning about color.

Color provides you with a mirror of your emotions. What is your favourite color? Do you wear certain colors of the spectrum more often? Do you avoid certain colors? What do you feel in your body when you see red color? Or blue color?

Color is a universal language - it is simple and yet very profound.

Before we delve into exploration of color psychology and the meaning of chakra colors, let's explore the science of color.

What is color?

The visible light spectrum is part of the electromagnetic spectrum and its wavelengths range approximately from 380 - 740 nm.

![Color Spectrum Diagram](image)

Color is a wave travelling through space. Depending on the wavelength, the space between the peaks - measured in nanometers nm, our eyes register different colors.
**Color in Healing and Chakra**

**chakra colors frequencies**

Sine Wave - is the measurement of energy, used to depict frequency, vibration, and waves. It is a waveform, a single frequency repeated indefinitely in time.

The Visible Light Spectrum

<table>
<thead>
<tr>
<th>Color</th>
<th>Wavelength nm</th>
<th>Frequency THz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td>625 - 740</td>
<td>400 - 484</td>
</tr>
<tr>
<td>Orange</td>
<td>590 - 625</td>
<td>484 - 508</td>
</tr>
<tr>
<td>Yellow</td>
<td>565 - 590</td>
<td>508 - 526</td>
</tr>
<tr>
<td>Green</td>
<td>520 - 565</td>
<td>526 - 606</td>
</tr>
<tr>
<td>Blue</td>
<td>500 - 520</td>
<td>606 - 670</td>
</tr>
<tr>
<td>Indigo</td>
<td>435 - 500</td>
<td>670 - 700</td>
</tr>
<tr>
<td>Violet</td>
<td>380 - 435</td>
<td>700 - 789</td>
</tr>
</tbody>
</table>

How does this relate to your seven chakras?

Each of your chakras is vibrating at a particular frequency and responds to different vibrations (or wavelengths) of light.

As you may have already guessed, the root chakra is vibrating at a frequency within the 400-484 THz range, the sacral chakra within the 484-508 THz range, solar plexus chakra within the 508-586 THz range, etc.
Within these frequencies and wavelengths, each color contains information on several different levels: physical, mental, emotional, and spiritual. This information can be used in chakra balancing and chakra healing.

There is no single color that has more value than the other. The color is simply what it is - an aspect of the visible light spectrum with its particular frequency.

Explore colors of your chakras and learn about the gifts and challenges for each chakra:

**Root Chakra Color**

The first of the seven energy centers, Muladhara is also the most dense of them all. The main color of this chakra is red which is also the most dense color of all. Learn about the meaning of red and discover the less known second color found at the centre of muladhara.

**Sacral Chakra Color**

Orange is the color of your second chakra, which is located below the navel. The main energy of this color is creativity and feelings. Explore the color of your sacral chakra in depth and discover the gifts and challenges of orange color.

**Solar Plexus Chakra Color**

Yellow. The centre of our being - the color of sunshine and the color of the third energy centre - the solar plexus chakra. The main energy of yellow is intellect. Do you like yellow color? Discover what yellow means and how it manifests in your subtle body, at the solar plexus chakra.

**Heart Chakra Color**

Green is the main heart chakra color. It is the color of healing, balance, tranquility, and serenity. Green brings wholeness to our lives and it is the color most frequently found in nature. Explore the heart chakra color and discover its meaning.

**Throat Chakra Color**

The throat chakra is the fifth chakra and its color is blue. It is one the three primary colors. The main energy of blue is communication and it is the color used to soothe the soul. Explore this
Divine color in depth, learn what blue color of the throat chakra means and how it manifests on all levels of your being.

**Third Eye Chakra Color**

Indigo is the color of the sixth energy centre - your third eye chakra. It is the color that opens the consciousness and brings awareness to higher planes and connects us with the spiritual world. Discover the hidden meanings of the third eye chakra indigo color.

**Crown Chakra Color**

Violet is the color of the crown chakra and it is the color of cosmic awareness and cosmic consciousness. It is a unifying color, the color of oneness and spirituality. The energy of this color is very healing and can soothe away pain. Learn more about this spiritual color and its manifestation at the crown chakra.

**Healing With Color and the Human Aura**

By Rev. Simeon Stefanidakis

It has been known for eons of time that color plays a major role in setting up a particular mood or state of mind. Yet, only recently have design artists put into practice that which the ancients knew all along: color does affect one’s feelings, moods, and emotions. Whereas, in the past, so many of our hospitals and schools were painted that ubiquitous institutional green, we now have these places of learning and healing painted in vibrant shades of hues which help stimulate the mind and the emotions to a condition of healing and well-being.

We all respond, in some way, to our color environment. Most people know that bedrooms should not be painted in bright, flashy reds or yellows, because these colors tend to stimulate the body and inhibit relaxation and sleep. Blue is often associated with cold and astringency, while red tends to conjure up thoughts of soothing warmth. Even our vocabulary suggests conditions of "icy blue" and "warm red."

Before examining color and its healing implications, we must address a very important concept: that of cause and effect. True healing comes about when the cause of the condition or illness is addressed and transformed. If healing
Color in Healing and Chakra

goes no further than a mere relief or masking of the symptoms, then, eventually, that which brought about the need for healing, in the first place, will resurface and manifest itself within the body in one form or another.

The aura is an effect -- an outward expression -- of that which is taking place within the mind, the soul, and the spirit of the individual. Thus, any healing technique which deals only with the aura or the energy field of the individual tends to accomplish one thing: it jump starts the individual, so to speak, and gives him or her an added boost of energy. That energy boost then allows that person's own internal healing mechanism to become mobilized into greater activity.

For conditions which are purely physical in nature, such an energy jump-start may be all that is necessary. But, if the root cause of the illness is internal in nature -- as it so often is -- then this type of healing must be complemented with true Spiritual Healing, where the power of God's Healing and Holy Spirit can, then, intervene -- if necessary -- and effect a cure. But even here, the individual must change that which needs to be changed, or the condition which brought about the disease will eventually manifest again. God can effect miracles and miraculous healings, through the channels of prayer and Spiritual Healing, but not even God can force the individual to change internally. That would be God's interfering with His most profound gift to us: the freedom of choice.

Keeping this in mind, let us look at how color can impact the aura and help jump-start the tired or diseased body. Color healing, known as Chromotherapy, can be implemented in a number of ways. The ancients built great halls of color healing, where individuals entered and were bathed in light that was filtered through various colored glass panels or windows.

Spirit Syrsha, trance guide of Rev. Fulton, tells us that, in ancient Egypt, people were often dipped in vats of colored pigment, in order to help effect a cure. Other methods of color healing involved the grinding up of crystals and gemstones that would be ingested.

Solarized water is another way in which the energy of color can be taken into the body. This is an easy and inexpensive way in which to become personally involved in color healing. Simply place purified water within a colored bottle and allow it to be bathed in sunlight for a period of time. The rays of the sun, filtered through the colored bottle, energize the water along a specific line of color vibration. What you end up with is a healing tonic.
Spiritual healers often supplement their healing work with color healing. As they lay their hands on the patient, they mentally direct specific color rays into the patient's aura and body. Oftentimes, the color used is inspired by Spirit.

These methods of using color in healing point to our basic contention: color does impact the human aura and, consequently, the human body.

Please understand that a knowledge of color, its subtleties, and its uses in the healing arts is a life-long pursuit. However, we can give you a very general guideline and synopsis of the various colors within the spectrum and how they can be used by the aura and body, specifically for healing.

Here are the basic colors and their significance to the aura and healing.

<table>
<thead>
<tr>
<th>Color</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RED</strong></td>
<td>Red is called &quot;The Great Energizer&quot; and &quot;The Father of Vitality.&quot; Red is warm, vital, heating. It loosens, opens up clogs, releases stiffness and constrictions. It is excellent for areas that have become stiffened or constricted. Red links with and stimulates the root chakra, at the base of the spine, causing the adrenal glands to release adrenalin. This results in greater strength. Red causes hemoglobin to multiply, thus increasing energy and raising body temperature. It is excellent for anemia and blood-related conditions.</td>
</tr>
<tr>
<td><strong>ORANGE</strong></td>
<td>Orange in the true color of the sun. Orange has a freeing action upon the body and mind, relieving repressions. Because orange is a blend of red and yellow, it combines physical energy with mental wisdom, inducing a transformation between lower physical reaction and higher mental response. Thus, it is often referred to as &quot;The Wisdom Ray.&quot; Orange is warm, cheering, non-constricting. Through orange, we are able to heal the physical body (red) and, at the same time, induce within the mind (yellow) greater understanding on how the body may be kept in good repair. Orange helps assimilate new ideas and stimulate mental enlightenment. It is also helpful in dealing with excess sexual expression. Finally, orange links very strongly with the sacral chakra.</td>
</tr>
<tr>
<td><strong>Color in Healing and Chakra</strong></td>
<td></td>
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<tr>
<td>-------------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>YELLOW</strong></td>
<td></td>
</tr>
<tr>
<td>Yellow helps strengthen the nerves and the mind. It helps awaken mental inspiration and stimulates higher mentality. Thus, it is an excellent color for nervous or nerve-related conditions or ailments.</td>
<td></td>
</tr>
<tr>
<td>Yellow links with and stimulates the solar plexus, or psychic center. It can be used for psychic burnout or other psychic-related conditions or ailments.</td>
<td></td>
</tr>
<tr>
<td>Yellow can be used for conditions of the stomach, liver, and intestines. It helps the pores of the skin and aids scarred tissue in healing itself. It also has a very enriching effect upon the intellect and the brain.</td>
<td></td>
</tr>
<tr>
<td>Like the color of gold, yellow represents the highest of the physical colors. &quot;Worth its weight in gold&quot; applies to yellow.</td>
<td></td>
</tr>
<tr>
<td><strong>GREEN</strong></td>
<td></td>
</tr>
<tr>
<td>Most people associate blue with healing. However, green is the universal healing color. The ancient Egyptians and Chinese used green as the primary color of healing. Why is that? Because green is midway in the color spectrum; therefore, it contains both a physical nature and a spiritual nature, in equal balance and in equal harmony. Thus, green can be used for just about any condition in need of healing. When in doubt, green will always work.</td>
<td></td>
</tr>
<tr>
<td>Green is the color of Nature and the earth. It is balance and harmony in essence and possesses a soothing influence upon both mind and body. It is neither relaxing nor astringent in its impact.</td>
<td></td>
</tr>
<tr>
<td>In rededicating our Church's Healing Vigil, Spirit suggested that we use green as the Vigil's representative color, and for a very good reason.</td>
<td></td>
</tr>
<tr>
<td>Green links with and stimulates the heart chakra. Therefore, it is, truly, representative of Spiritual Healing, because love is the motivating power behind all healing.</td>
<td></td>
</tr>
<tr>
<td>In a more practical sense, green affects blood pressure and all conditions of the heart. It has both an energizing effect and a moderating or soothing effect.</td>
<td></td>
</tr>
<tr>
<td><strong>BLUE</strong></td>
<td></td>
</tr>
<tr>
<td>Dr. Edwin Babbitt, in his classic, &quot;The Principles of Light and Color,&quot; states that &quot;The Blue Ray is one of the greatest antiseptics in the world.&quot;</td>
<td></td>
</tr>
<tr>
<td>Blue is cooling, electric, astringent. It helps bleeding, decreases fevers, and cures soar throats. Blue can have a sedative effect, as expressed in the remark of &quot;feeling blue.&quot; It is a very positive color, indicating loyalty and reliability, as expressed in the sentiment of being &quot;true blue.&quot;</td>
<td></td>
</tr>
</tbody>
</table>
**Color in Healing and Chakra**

<table>
<thead>
<tr>
<th>Color</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Blue</strong></td>
<td>Links with and stimulates the throat chakra. The throat chakra is often referenced as the &quot;power center&quot; and &quot;the greatest center in the body&quot; because it is the primary center of expression and communication, through speech. Thus, the effect of blue upon this center and the aura, in general, is quite profound. Blue can be used for any type of ailments associated with speech, communication, or the throat. Solarized blue water is an excellent tonic for laryngitis or inflammation of the larynx.</td>
</tr>
<tr>
<td><strong>Indigo</strong></td>
<td>A great purifier of the bloodstream and also benefits mental problems. It is a freeing and purifying agent. Indigo combines the deep blue of devotion with a trace of stabilizing and objective red. Indigo is cool, electric, and astringent. It is, also, the color ray used by Spirit to help entrance a medium. Indigo links with and stimulates the brow chakra (third eye) and controls the pineal gland. It governs both physical and spiritual (not psychic) perception; that is, clairvoyance, clairaudience, and clairsentience. Thus, it can be of great assistance in dealing with ailments of the eyes and ears, as well as assisting in problems or conditions related to mediumship. Finally, indigo is considered the ray of the Holy Spirit.</td>
</tr>
<tr>
<td><strong>Violet</strong></td>
<td>Truly the color of the divine Spirit. Violet works only on the levels of the Spirit. It is generally not used for physical conditions; however, some color experts believe that it does provide nourishment to the cells in the upper brain and does have a link with the crown chakra. Furthermore, it helps expand the horizons of our Divine understanding. Violet should be used only for spiritually-related problems. Leonardo da Vinci proclaimed that you can increase the power of meditation ten-fold by meditating under the gentle rays of Violet, as found in Church windows.</td>
</tr>
<tr>
<td><strong>White</strong></td>
<td>The perfect color; for it is all color, in perfect balance and harmony. It is the color of the awakened Spirit; the light of perfection; the light of the Christ and Buddhic consciousness. It is also the Divine Light. Just about everyone has heard of surrounding people with the &quot;White Light of Healing and Protection.&quot; Directing white into the aura helps stimulate the person's own divine nature into healing the self.</td>
</tr>
</tbody>
</table>
Thus, we have a brief synopsis of the basic colors and their uses in color healing with the aura. Again, this is but a guideline. The student of color healing can spend years researching the subtle nuances of how color and its multitude of vibrations can be used within the aura, in order to help effect a healing.

The point to remember concerning color and the aura -- when it comes to healing -- is that complete healing generally comes about through some type of internal transformation. Heal the self and the body will, surely, follow suit.

Finally -- and we cannot stress this enough -- healing ultimately comes from and is graced by God and God’s Holy and Healing Spirit. Color is but one tool that we can use in order to complement the healing which God offers us, through prayer and intercession. It must never replace prayer and meditation; nor must it ever replace genuine spiritual healing; healing which passes through the Spirit of the healing channel, linked with God’s Spirit.

If you need healing, or know of someone who does, first go to God, the Source of all healing; then, be mindful of what tools God offers to help effect the healing.

Color therapy, also known as chromotherapy, is a non-invasive energy medicine (vibrational healing) modality. Color is simply a form of visible light, of electromagnetic energy. All the primary colors reflected in the rainbow carry their own unique healing properties.

The concept of color therapy is premised on the idea that on the surface of our skin, physical and energy systems of the body interface through the color vibrations found and utilized in the visible light spectrum. 12 vibrating fields of colors generate electrical and magnetic fields of energy that are prime activators of biochemical and hormonal processes, and also stimulate or sedate activities within the body that are necessary to balance every system and organ of the body.

Chromotherapy is quite effective in treatment of dependence on addictive substances and in control of body metabolism. Additionally, color therapy is helpful for inflammatory, stagnant energy conditions, allergies, diseases of the skin and gums, and central and
Color therapy may be extremely effective when used in conjunction with certain biological medicines and homeopathic remedies, or when used as part of a larger energy method such as **ACMOS energy balancing** (ACMOS color filters reinforce cellular toxin elimination).
CLASSEIFICATION:  
BIOLOGICAL MEDICINE

BENEFITS OF COLOR THERAPY

Clinical experience has shown that color therapy may be used for a number of conditions and issues, and that the benefits include:

- Offers specific colors or levels of vibrations to specific parts of the body to rejuvenate areas that are diseased or having blocked or restricted energy
- Interfaces with the blocked or distorted energy in the physical body through a unique oscillation process
- Generates the electrical and magnetic fields of energy that are prime activators of biochemical and hormonal processes
- Stimulates and sedates the entire system and organs
- Helpful for inflammatory, stagnant energy conditions, allergies, diseases of the skin and gums, central peripheral nervous system
- Effective in removing most toxins from the body- especially in correlation with homeopathy
Blue light has a dark side

Harvard Health Letter

Light at night is bad for your health, and exposure to blue light emitted by electronics and energy-efficient lightbulbs may be especially so.

Until the advent of artificial lighting, the sun was the major source of lighting, and people spent their evenings in (relative) darkness. Now, in much of the world, evenings are illuminated, and we take our easy access to all those lumens pretty much for granted.

But we may be paying a price for basking in all that light. At night, light throws the body’s biological clock—the circadian rhythm—out of whack. Sleep suffers. Worse, research shows that it may contribute to the causation of cancer, diabetes, heart disease, and obesity.

But not all colors of light have the same effect. Blue wavelengths—which are beneficial during daylight hours because they boost attention, reaction times, and mood—seem to be the most disruptive at night. And the proliferation of electronics with screens, as well as energy-efficient lighting, is increasing our exposure to blue wavelengths, especially after sundown.

Daily rhythms influenced by light

Everyone has slightly different circadian rhythms, but the average length is 24 and one-quarter hours. The circadian rhythm of people who stay up late is slightly longer, while the rhythms of earlier birds fall short of 24 hours. Dr. Charles Czeisler of Harvard Medical School showed, in 1981, that daylight keeps a person’s internal clock aligned with the environment.

The health risks

Study after study has linked working the night shift and exposure to light at night to several types of cancer (breast, prostate), diabetes, heart disease, and obesity. It’s not exactly clear why nighttime light exposure seems to be so bad for us. But we do know that exposure to light suppresses the secretion of melatonin, a hormone that influences circadian rhythms, and there’s some experimental evidence (it’s very preliminary) that lower melatonin levels might explain the association with cancer.

A Harvard study shed a little bit of light on the possible connection to diabetes and possibly obesity. The researchers put 10 people on a schedule that gradually shifted the timing of their circadian rhythms. Their blood sugar levels increased, throwing them into a prediabetic state, and levels of leptin, a hormone that leaves people feeling full after a meal, went down.

Even dim light can interfere with a person’s circadian rhythm and melatonin secretion. A mere eight lux—a level of brightness exceeded by most table lamps and about twice that of a night light—has an effect, notes Stephen Lockley, a Harvard sleep researcher. Light at night is part of the reason so many people don’t get enough sleep, says Lockley, and researchers have linked short sleep to increased risk for depression, as well as diabetes and cardiovascular problems.
The power of the blues

While light of any kind can suppress the secretion of melatonin, blue light does so more powerfully. Harvard researchers and their colleagues conducted an experiment comparing the effects of 6.5 hours of exposure to blue light to exposure to green light of comparable brightness. The blue light suppressed melatonin for about twice as long as the green light and shifted circadian rhythms by twice as much (3 hours vs. 1.5 hours).

In another study of blue light, researchers at the University of Toronto compared the melatonin levels of people exposed to bright indoor light who were wearing blue-light-blocking goggles to people exposed to regular dim light without wearing goggles. The fact that the levels of the hormone were about the same in the two groups strengthens the hypothesis that blue light is a potent suppressor of melatonin. It also suggests that shift workers and night owls could perhaps protect themselves if they wore eyewear that blocks blue light. Inexpensive sunglasses with orange-tinted lenses block blue light, but they also block other colors, so they’re not suitable for use indoors at night. Glasses that block out only blue light can cost up to $80.

Less-blue light

If blue light does have adverse health effects, then environmental concerns, and the quest for energy-efficient lighting, could be at odds with personal health. Those curlicue compact fluorescent lightbulbs and LED lights are much more energy-efficient than the old-fashioned incandescent lightbulbs we grew up with. But they also tend to produce more blue light.

The physics of fluorescent lights can’t be changed, but coatings inside the bulbs can be so they produce a warmer, less blue light. LED lights are more efficient than fluorescent lights, but they also produce a fair amount of light in the blue spectrum. Richard Hansler, a light researcher at John Carroll University in Cleveland, notes that ordinary incandescent lights also produce some blue light, although less than most fluorescent lightbulbs.

What you can do

- Use dim red lights for night lights. Red light has the least power to shift circadian rhythm and suppress melatonin.
- Avoid looking at bright screens beginning two to three hours before bed.
- If you work a night shift or use a lot of electronic devices at night, consider wearing blue-blocking glasses.
- Expose yourself to lots of bright light during the day, which will boost your ability to sleep at night, as well as your mood and alertness during daylight.
The blue glow from televisions and other screens suppresses natural mechanisms that help us fall asleep at night, but blocking just the blue wavelength may restore normal nighttime sleepiness, according to a new study.

Teen boys who used computers and other digital devices while wearing the glasses every evening for a week felt markedly more relaxed and sleepy at bedtime than when they just wore clear glasses, Swiss researchers found.

“LED screens are widely-used in smart phones, tablets, computer monitors and TVs,” said study coauthor Vivien Bromundt of the Centre for Chronobiology at the Psychiatric Hospital of the University of Basel. “The effect of screen light on the circadian physiology is particularly high in devices which are used in close distance to our eyes,” Bromundt told Reuters Health by email. “Looking at these screens in the evening can keep teenagers awake since it involves light exposure, particularly in the blue-wavelength range to which the biological clock and its associated arousal promotion has its greatest sensitivity.”

Looking at computer screens in bed has been linked to insomnia and to difficulty waking up in the morning in previous studies. Light impacts circadian rhythms and sleep-wake cycles, the authors note.

Teenagers already have a pronounced preference for staying up late, the study team writes in the Journal of Adolescent Health. But having to wake up early for school builds up a chronic sleep debt that affects teens’ mood and focus.

Light-emitting diode (LED) screens give off short-wavelength light, which has been shown to block a natural evening rise in the hormone melatonin that promotes sleepiness. Exposure to this blue light keeps the brain alert and “activated” when it should be slowing down to shift into sleep mode, the researchers say.

For the new study, they used orange-tinted “blue-blocker” glasses that filter out short wavelengths of light in the blue portion of the visible spectrum.

The researchers recruited 13 healthy boys between ages 15 and 17 and for one week, the teens kept to their regular sleep schedule at home but did not go out in the evenings or have caffeine drinks.

They wore blue-blocker glasses from 6 p.m. until bed time each evening, while keeping diaries of how long they wore the glasses and how much time they spent with LED and non-LED screens as well as a sleep-wake log.
At the end of the week, the participants spent one overnight in the laboratory, sitting for two hours in dim light, darkness for half an hour and then three hours in front of a backlit LED computer screen wearing the blue blocker glasses. They completed cognitive tests and provided saliva samples. Then the participants went to sleep for eight hours, and performed the same cognitive tests and saliva samples upon waking in the lab again.

All participants went through the weeklong study protocol twice, once wearing blue-blocker glasses and once wearing clear glasses for comparison.

The kids reported spending the same number of hours with LED screens with blue-blocker and clear glasses. They reported feeling sleepier with the blue blocker glasses, especially toward the end of the evening.

Based on their saliva samples, kids who wore clear glasses had less melatonin, called the “darkness hormone,” at bedtime. Kids who wore the blue blocker glasses had higher melatonin levels from 90 minutes to five minutes before sleep.

The type of glasses did not seem to make a difference on the length or perceived quality of sleep itself.

The short-wavelength photoreceptors in the eye which respond to blue light act to reset the timing of the internal clock, suppress melatonin production, improve alertness and performance, and elevate brain activation, Bromundt said.

“Blue blockers therefore can prevent those light responses which are not helpful in the evening hours when our body and mind has to prepare for sleep,” she said.

But the blue-blocker glasses also blocked a significant amount of light generally, not just blue light, said Mary A. Carskadon, who researches associations of sleep regulatory mechanisms with sleep-wake behavior of children, adolescents and young adults at Brown University in Providence, Rhode Island.

“No only were they blocking blue, but they were also blocking a lot of light so it was dimmer in general,” said Carskadon was not involved in the new study. “So it’s hard to detect what really is inducing the effects that they see, which were not very large.”

If it is not the blue light, but the general dimness making a difference, there might be the same effect if kids just turn down the brightness on their devices, she said.

Kids wearing clear glasses performed better on the cognitive tasks and had faster reaction times than those wearing blue blocker glasses.

“If kids are looking at screens, playing a videogame, they are not going to want to have their performance affected,” Carskadon said.

Although they did not change sleep timing, latency or other measurable aspects of sleep quality after one week of use in this study, the blue-blocker glasses did seem to increase sleep readiness for the male teens, Bromundt said. The results would likely be the same for female teens as well, she said.
“More and more suppliers of light therapy devices offer blue-blocker glasses in their range of products, because both bright light at the appropriate time of day and darkness or light-blocking devices in the evening and night are applied to consolidate our sleep-wake cycle and can therefore improve sleep and well-being,” Bromundt said. Brown or yellow tinted glasses may reduce light transmittance also, but do not block as much light in the blue wavelength range as orange glasses, she said.

Having and setting limits on screen time can be as difficult for adults as for kids, Carskadon told Reuters Health. “Many adults spend more time than is probably healthy using these devices when they could be and should be sleeping,” she said. “Common sense has gone out the window a bit.”

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* Excercise
* Stop watching Television
* Meditate
* Use your intuition
* Take your vitamins
* Have positive friends

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