

## Digesting Light and Color

**Kimberly Burnham\***

*Adjunct Professor at Akamai University, Spokane, Washington*

**\*Corresponding Author:** Kimberly Burnham, Adjunct Professor at Akamai University, Spokane, Washington.

**Received:** November 03, 2016; **Published:** November 15, 2016

### Abstract

This paper adopts the perspective that light and color can be “digested” by our eyes, skin, and intestinal system. Color and light therapy can be nourishing to bones and organs in a way that is similar to food. There are several systems of complementary and alternative medicine which associates various colors with organ health, including Khwaja Azeemi’s Color Therapy, Traditional Chinese Medicine and Five Element Acupuncture, Art Therapy in people post stroke, Chakra Healing approaches, and the study of sunlight and its effect on sleep-wake cycles.

**Keywords:** *Color Therapy; Sleep-Wake Cycle; Diabetes; Pancreas Health; Traditional Chinese Medicine; Acupuncture; Stomach Pain; Chakras; Visualization*

### Introduction

We take in light via our eyes and feel the colors, shapes, and level of safety or danger through these powerful sense organs. Sunlight also nourishes us through our skin where ultraviolet light helps to create vitamin D, keeping our bones strong and flexible. Through photosynthesis plants use sunlight to create plums, sunflowers, zucchini, and a host of other foods that feed us and much of the life on this planet. On the other hand, too much burning sunlight has been connected to skin cancer.

Here is a look at what we see and visualize and how it impacts much more than just what we think and feel. It impacts the health of our organs.

While most people know that reddish orange beta carotene is a pigment in carrots and is good for our eyes or that red things including beets and beef often contain iron, there are many other ways to look at colors in relationship to the health and wellbeing of the digestive system and organs.

### Color Therapy and Nutrition

In Color Therapy, Khwaja Azeemi shares the effect of light, heat, and color on cells, organs and on the entire human being. He correlates the color red with the heart and the color yellow with the liver, while blue is associated with the thyroid, dark blue with the phlegmatic digestive and lymphatic glands and orange with the lungs. The eyes, he associates with sky blue, while the pancreas (violet), pituitary (violet), spleen (purple), bladder (violet), testis (violet), and ovaries (violet) are associated with the colors in the purple and violet range. He also correlates colors with vitamins, and it is not entirely what you would expect: Vitamin A (yellow); Vitamin B (green); Vitamin C (lemon yellow); Vitamin D (violet); Vitamin E (violet); Vitamin K (dark blue).

### Is there a beautiful mix of colors on your plate at meal time? What do you see when you eat?

This kind of correlation between the light and energy aspects of color rather than the color that certain nutrients give to foods suggests that what we look at and visualize impacts the health of our digestive system and overall health and wellness.

### Acupuncture, Digestive Organs, and Color

Traditional Chinese Medicine also correlates organ health with different colors. The organs of the digestive system are associated with the colors yellow (stomach and pancreas), green (liver and gallbladder), red (small intestine), and white (large intestine). The fifth color in Five Element Theory or acupuncture is blue and is associated with the kidneys and bladder. These Asian theories suggest that surrounding yourself with yellow, wearing yellow clothes, painting a picture of sunflowers or Aspen leaves turning yellow in the Fall can support stomach health. Another exercise is to notice everything that is red on your drive to work. Do you see the red cars, stop signs, cardinals flying among the Japanese maples?

### Chakra Therapy

In Chakra Therapy, various colors are associated with areas of the body and both physical and emotional health. The colors run up the body in the same order as a rainbow with red associated with the pelvic chakra and the upper side of a rainbow and violet associated with the crown or top of the head chakra and the inner or lower edge of a rainbow. The colors in between are orange (sacral chakra), yellow (solar plexus chakra), green (heart), blue (throat chakra), bluish purple or indigo (third eye chakra). Sometimes people remember the order with the acronym Roy G Biv or the phrase from the British, "Richard Of York Gave Battle In Vain". Chakra therapy has given rise to the use of colors on the chakra locations. For example, a therapist might place green stone or shine a green light over the client's heart to facilitate healing of heart related issues or emotional issues related to sadness or heart break.

### Art Therapy and Strokes

In 2013, M.K. Kim and S. D. Kang said in "Effects of art therapy using color on purpose in life in patients with stroke and their caregivers." *Yonsei Med J* 54.1: 15-20, "Patients with stroke suffer from physical disabilities, followed by mental instability. Their caregivers also suffer from mental instability. The present study attempted to address the degree and the change of the level of Purpose in Life in patients with stroke and caregivers by applying art therapy using colors". Researchers reported, "There was significant difference between before and after color therapy when the level of Purpose in Life was measured both in patients and caregivers. These results prove that color therapy will improve Purpose in Life of the patients with post-stroke disability and caregivers. Furthermore, color therapy would be a useful adjuvant for improving the quality of life of the patients with stroke and their caregivers".

What kind of art do you create on a regular basis? Choosing and designing a colorful outfit for the day can be a kind of color therapy. Visualizing yourself painting a picture can be a kind of art therapy. Going for a walk and really noticing the colors around you and how one color meets another color at the edges can draw out your creativity and support your organs.

### Sunlight vs Junk Food Light

The kind of light—sunlight vs the light emanating from a screen—we consume also affects our eyes, brain, and sleep-wake cycle. Morning sunlight is like eating an organic vegan meal while watching a show on a screen at 11 pm is like consuming junk food. With sleep disorders, rampant many people could benefit from looking at the light and colors they consume. According to the Center for Disease Control and Prevention (<https://www.cdc.gov/features/dssleep/>), "an estimated 50 - 70 million US adults have sleep or wakefulness disorder."

What kind of sunlight are you consuming? Do you notice the colors around you? When was the last time you visited a museum to look at the way artists use colors? Have you ever visualized yourself painting a piece of art work? All of these activities can support healing for your mind, body, and spirit.

**Volume 5 Issue 5 November 2016**

**© All rights reserved by Kimberly Burnham.**