

Natural Healing Express Weekly

Column Volume 62 Color My World

Hopefully everyone is recovering nicely from Thanksgiving and Black Friday. As we move forward into the magical holiday season, I thought it would be fun to indulge our creative side, chatting more specifically about the colors of which we surround ourselves.

The intent of this article is to provide interpretation of colors and how they relate to our moods and emotional wellbeing. I am not an interior designer, detailed painter or fashionista (most days my gar-animal tags don't match) but I am happy to share the effects of color on mind, body and soul.

For starters, it helps to know the primary colors which are red, blue and yellow. These are the building blocks from which all other colors are derived. Secondary colors are orange, green and violet. All of these are formed by mixing two of the primary colors. The third level of color is called tertiary which is the mixture of primary and secondary hues. This is where all other colors are blended.

Now that we have a basic working knowledge of color basics, let's discuss the unique qualities that each color has as it pertains to their effect on specific organs and body systems. So, let's start with Red. Many times, Red stimulates the circulatory system, increasing the heart rate and releasing adrenaline. It is the color of blood and fire, representative of heat and vitality. Red makes a room appear smaller and also creates a sense of movement. It is bold and energetic. Most people who like red are strong, dynamic and physically active. Red is also the color of passion and love.

Blue generally suggests calm and quiet. Blue depresses body functions, slowing us down. Blue is associated with sea and sky. Rooms painted with blue help to create deep relaxation and peace. People who favor blue prefer intellectual or creative pursuits.

Yellow is a bright and happy color being the most radiant in the color wheel. Folks who prefer yellow are usually very clever and optimistic. With that said, it's easy to see why yellow affects the nervous system and the liver, gall bladder and pancreas, which are symbolic of the sweetness of one's life. Rooms painted in yellow offer vitality, warmth and a strong sense of security.

Orange stimulates our appetite and digestive system (now we know why Mexican restaurants use that color). Orange also boosts the immune system. Orange is uplifting and lively, and folks that love orange are traditionally cheerful and enjoying spending time with others all the while communicating. Orange is very welcoming and emotionally supporting, so dining areas are a natural fit for an orange palette.

Green affects the respiratory system and also helps to combat stress. Folks who love green are generally relaxed with an easy going personality. Green is the color of nature; so many people attracted to it are lovers of the great outdoors, gardeners and dedicated to animals. Green is highly suggested in an area of the home which can be utilized for a peaceful retreat.

Violet affects our head, spine and central nervous system. It helps to balance the brain and boost our reasoning and intuitive skills. Lovers of violet indicate creativity and an unconventional personality.

They are also resilient and powerful, many times creating a dramatic effect. Violet can be used in the home to create a luxury or exotic effect.

BONUS Color: Pink. Those attracted to pink are normally of the nurturing nature. They are more sensual and compassionate than most. Pink is the romantic answer to Red's physicality of Love.

Balancing color in your home helps one to create balance in life. I hope you have enjoyed Color Therapy 101 and that your Christmas shopping is going well.

Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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