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Original Citation

Cassidy, Tracy Diane (2009) How the colours we wear may affect our health. In: Association Internationale de la Couleur AIC2009, 28th September - 2nd October 2009, Sydney, Australia.

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HOW THE COLOURS WE WEAR MAY AFFECT OUR HEALTH

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ABSTRACT

Colour therapy is a vibrational medicine based on Einsteinian and Quantum Physics theories using colour vibrational energies to rebalance the body's subtle energies to create states of holistic well-being. It is thought that vibrational medicines affect the resonance of the body's cells and organs through the body's ability to absorb and emit electromagnetic energies through the skin. In epidemiological studies the effects of these invisible energies, environmental electromagnetic energies and nutritional and chemical changes in the body and are of particular research interest (Gerber¹). Positive energies are considered to work in harmony with the body. However there are harmful energies, or negative energies that create imbalances which are thought to result in physical illness. Also when the body is subjected to prolonged and excessive amounts of a frequency it is thought to eventually act as a negative energy (a type of electromagnetic pollution) first affecting psychological and emotional health followed by physical illness or disease (dis-ease). The application of coloured fabrics to the skin is a method used to allow the body to absorb the required frequency to rebalance the energy system. Given that the colour frequencies of fabrics can be used to alter energies to heal the body then it must be possible for the reverse to happen. This paper contemplates vibrational energy theories in relation clothing to support the hypothesis that the colours we wear may affect our health.

Key words: Vibrational energy; Health; Fabrics; Electromagnetic pollution

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INTRODUCTION

Colour is a component of light energy that we experience visually and can be expressed as a vibrational energy having different wavelengths and frequencies. This basic understanding of colour as an energy form provides the foundation of colour as a therapeutic tool used to rebalance the body's subtle energies to create a state of good health. It is widely accepted that colour affects psychological states (Verner-Bond²). The healing arts extend this understanding in the belief that subtle energies such as colour also affect our bodily functions, moods and emotions (Chiazzari³). Illness as a result of energy imbalances that affect chemical and hormonal changes prior to affecting physical, mental and emotional health is a growing mind-body field of medicine known as '*psychoneuroimmunology*' (PNI). The aim of PNI is to examine hormonal and chemical states relative to the causes of illness and emotional stresses thus linking the psyche (the emotions), the brain (neurology) and the immune system (immunology) (Gerber⁴). Colour therapy uses colour energies to rebalance the body's subtle energies using coloured fabrics or lights. Given that fabrics can act as colour filters as a therapy technique and that too much of an energy frequency can result in ill health, toxic colour or colour as an electromagnetic pollutant warrants consideration.

This study explores a hypothesis instigated by the concept of the body's ability to absorb energies from coloured fabrics which in turn affect the body's own energies and subsequent health, thus posing the question; can the colours we wear affect our health. The aim of this study is to highlight theories that give rise to the hypothesis of the colours that we wear having the potential to affect the physical health of the human body in addition to psychological and emotional health. The objectives are:

- To understand how colour can effect the Human body through the therapeutic use of colour as a vibrational medicine
- To establish the affects of colour on health in relation to clothing highlighting the concept of electromagnetic pollution

METHODOLOGY

This study draws on secondary research sources to establish the strength of the hypothesis using known scientifically grounded facts. Further postulations with significant academic interpretation are also used though may require further validity. The study draws on a selected literature at this stage to consider the potential of colour energy in the clothing we wear affecting physical health. A deductive research approach was undertaken to build a body of qualitative data and factual information. The objectives expand upon the research question driving the data collection process.

THE VIBRATIONAL ENERGY OF COLOUR AND THE HUMAN BODY

Colour can be described as an energy vibration or a form of electromagnetic radiation (Samina⁵). Einstein proposed light to be comprised of photons that travel at light speeds and that their vibrational rate is key to relative density and to radiation frequencies (Cocilovo⁶). The measurable fixed energy of each colour (wavelength and frequency) determines the colour's characteristic (Samina⁷). Our physical, emotional and mental associations are a result of the function of brain's light sensitive centres and the hypothalamus, pituitary and pineal areas affect our experiences and associations with colour. The theory of living cells and photons interacting and affecting physical and mental health is grounded in Quantum Physics (Gerber⁸). Einstein's theory of light and Hertz' photoelectric effect give the reasoning for the concept of colour energies affecting living cells (Cocilovo⁹). Einsteinian and Quantum Physics theories also substantiate claims that living cells consist of a variety of vibrating energies and the more recent work of German researcher Dr Fritz Popp confirms that cells emit weak pulses of ultraviolet light and cells communicate with each other through such energies (Gerber¹⁰). Sunlight and artificial light is also known to affect the functionality of living cells (Chiazzari¹¹). In addition, photo-biological research conducted in the USA and Russia supports the theories of coloured lights enhancing the healing of damaged cells and tissue (Gerber¹²).

Light energy is absorbed through the skin as well as visually and is transmitted throughout the body (Chiazzari¹³). It is the nerve receptors within the skin's dermis, known as Meissner's corpuscles which are sensitive to vibration, that are thought to absorb light energies. The absorption of certain light energies have been found to be beneficial, however it has also been found to be harmful in particular cases. For instance, the skin is known to absorb the sun's ultraviolet rays which are a vital source of vitamin D, however ultraviolet light is harmful to the skin and thus the body produces the hormone melatonin for protection (Smith¹⁴). Bright light has also been found to benefit the production of the natural antidepressant hormone serotonin and low levels of serotonin has been identified as a symptom of SAD syndrome. Other symptoms of hormone imbalances connected to the deprivation of light include '*general stress symptoms, fatigue, depression, hyperactivity, difficulty concentrating and weakened bones and teeth*' (Gerber¹⁵). Further to this, psychological well-being is associated with the production of endorphins in the brain, a lack of these endorphins are known to affect our moods and emotions (Smith¹⁶). Colour psychologists believe human emotions directly affect the body's hormonal balances which influence moods, feelings and behaviours (Chiazzari¹⁷). Psycho-neurologist Dr Kurt Goldstein confirmed links between colour, mental health and psychological states which are also confirmed by Dr Robert Ross of Stanford University USA and Dr Maria Rickers-Ovsiankina (Verner-Bond¹⁸). Further studies suggest particular colours have physiological effects on the body (Reid¹⁹). Individual colours have been found to have specific affects and that too much or too little of each colour creates imbalances in the body (Chiazzari²⁰). It has also been suggested that individuals may unconsciously be attracted to colours that resonate their feelings thus strengthen them. If the energies affect us in a positively then good health results but if the energies are in excess of the body's requirements lack of the body's requirements then ill health and disease will prevail (Gimbel²¹).

COLOUR, CLOTHING AND ELECTROMAGNETIC POLLUTION

In colour therapy colour filters made from small pieces of fabrics usually of natural fibres through which light passes are used to transmit required colour energies to affected body parts. It is thought that a similar effect is possible through the clothes we wear (Wills²²) and that the colours have a

profound affect on our psyche and emotions. If colour can be used to create changes to rebalance the subtle shifts in the body's energies, excessive frequencies of colours worn regularly may also create imbalances (Verner-Bond²³). The constant wearing dark and drab colours for instance, has been linked to depression. Black in particular is believed to attract negative energies and it is thought that excessive amounts of light colours are linked to feelings of fatigue and stress (Chiazzari²⁴). If, as is thought, we are attracted to colours that resonate with our feelings then through the subconscious mind our emotional states will attract us to more of the same colour energies that support and strengthen those feelings (Merivale²⁵).

If clothing can act as a colour filter with the ability to transmit colour energies into the body; and if this energy can then affect physical health and emotional states; and if we are attracted to colours that resonate with our feelings then it is not unfeasible for our bodies to become polluted by colour (Sun²⁶). It is the suppression of such pollutant energies that are believed to result in emotional dysfunction and will eventually manifest as a physical disorder as the energies influence chemical changes. The colour energies may reinforce '*emotional toxins [which] include chronic anger, hatred, bitterness, greed, hopelessness, loneliness and depression*' (Gerber²⁷). Also the action of suppressing our emotions, fears and anxieties are thought to lock negative energies into the body's cells and tissues and into the mind which will later manifest as physical ailments. In releasing these pollutant energies positive energies are able to flow through the body maintaining good physical, mental and emotional health (Chiazzari²⁸). Further to this, we are also subject to harmful external energies such as those emitted from electrical appliances and mobile phones and other '*abnormal magnetic fields*' found in nature and known to contribute to geopathic type stresses (Gerber²⁹).

CONCLUSION

The research explores theories that support the hypothesis that the colours that we wear may have an affect our health. The study views colour as a vibrational energy where light energy photons and their interaction with living cells are discussed. This is followed by a discussion of the practice of using fabrics as colour filters in colour therapy treatments exploring the concept of toxic energies which can affect the health on a physical and psychological level. The research suggests that given that coloured fabrics can act as colour filters and the skin absorbs vibrational energies via the Meissner's corpuscles it can be said that the colours that we wear do have an affect on the human body. However, the extent of the affect that colours can have directly on living cells requires thorough investigation and the concept of the human body being subject to excessive qualities and quantities of particular colours as a form of electromagnetic pollution requires further exploration. As vibrational medicines are still very much considered to be of the healing arts as yet few rigorous experiments exist to substantiate their claims however, scientific evidences and theories do support the hypothesis.

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