



# LightWorks Color Chart

The use of color for health is based on wisdom from ancient cultures. This chart offers a basic summary of the traditional use of color, with the exception of Near Infrared Light (NIR). The use of NIR light was made possible with the birth of the modern technology of Light Emitting Diodes (LEDs).<sup>1</sup>



Color	Description
RED	Stimulating, forceful and vigorous. Red is the color of power and vitality with a cheering effect. Traditionally, Red is thought to be related to nutritional metabolism, blood, liver and skin.
NEAR INFRARED (NIR)	Traditionally, NIR light is thought to be related to the eyes, muscles, nerves, immune function and skin. To apply to the eyes, it is suggested to apply the light to the side of the head with the eyes closed.
ORANGE	Stimulating, energizing and vibrant. A color of joy, happiness and creativity. The nourishment provided by most B-vitamins and several minerals—including calcium, copper and selenium. Traditionally, Orange is thought to be related to digestion, immune function, kidneys and lungs.

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Color	Description
YELLOW	Stimulating. A color of joy, happiness and mental alertness. The nourishment of vitamins A and C are in the Yellow spectrum of color. Among the minerals that provide Yellow are magnesium, sodium and molybdenum. Traditionally, Yellow is thought to be related to digestion, brain, nerves, lymph and skin.
GREEN	Balancing, soothing and calming. A color of contentment and trust. Green is often applied before and after other colors to bring greater balance. Traditionally, Green is thought to be related to the heart, immune function, glands, nerves and bones.
BLUE	Relaxing, soothing and calming. A color of intuition. Astringent and cooling effect. Blue can be used to adjust our biological clocks (circadian rhythms). Traditionally, Blue is thought to be related to the skin, bowels, eyes and nerves.

1. Please be aware that this data has not been scientifically vetted through conventional methods.