

How much does all of this cost? It depends on how many sessions you need. Dr. Kennedy says that a single treatment can range from \$90 to \$200. Even if you need 10 treatments, the cost is considerably less than the \$5,000 or more needed for back or neck surgery. Some of his patients' insurance covers prolotherapy, and you can ask any doctor you find whether or not you will be able to be reimbursed.

Finding a prolotherapy doctor

As I said earlier, there aren't very many doctors who use prolotherapy and you may need to travel to find one. I live in the country, in a little Northern California town called Sebastopol, which is more than an hour north of San Francisco. So you can imagine how surprised I was to find that my personal doctor, an osteopath, suggested prolotherapy for a foot problem, should it become too painful.

Then I found Dr. Kennedy, who practices prolotherapy in Santa Rosa, just 15 minutes from where I live. So even if you live in an out-of-the-way area, there could conceivably be a doctor familiar with prolotherapy near you. To find one, contact the American Association of Orthopedic Medicine (800-992-2063), The American College for Advancement in Medicine (949-583-7666), or the American College of Osteopathic Pain Management and Sclerotherapy (302-996-0300) for a list of doctors experienced with prolotherapy.

But before you pick up the phone, you may want to learn even more about prolotherapy. I suggest Dr. Ross A. Hauser's book, *Prolo Your Pain Away: Curing Chronic Pain With Prolotherapy* (Beulah Land Press). If you have access to a computer (like one at your local library), you can find more information from Dr. Dorman

at www.dormanpub.com or www.prolotherapy.com. ■

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Color Therapy: An Ancient and New Healing Technique

One of the newest forms of therapy that's going mainstream is one of the most ancient — using colors to heal. In fact, we see signs of it in Egyptian temples where rooms were built in a way that broke the sun's rays into each of the seven colors in the spectrum. Each room was filled with a single color, and these rooms were used to help heal the body and mind.

Color therapy isn't new to me, either. I began studying color more than 30 years ago and integrated it into a massage business I had in the mid-1970s called Environmental Massage. I would drive to my clients' homes and set up an elaborate environment with various colored sheets, matching lights bathing them as I worked, different fragrances of massage oils and incense, and music. What appeared

to my fellow massage therapists to be a gimmick was, in fact, based on old texts that taught about the healing properties of color, sound, and fragrance.

My massage clients not only enjoyed the sounds and smells that accompanied their therapeutic massages, they told me they felt better than when they received ordinary massages.

Now large companies are discovering what I found 30-plus years ago, and color has gone mainstream. Rachel Perry Cosmetics has recently begun to market colored filters along with cosmetics to reflect the ancient art of color therapy. Now I feel like one of the grandmothers of color therapy! Today, some scientists, medical doctors, optometrists, and

other health practitioners are continuing to study the effects of particular colors on physical and emotional health and using them in their practice with excellent results.

Jacob Liberman, OD, PhD, is one of them. Dr. Liberman is an optometrist who is practicing a form of color therapy called Syntronics. This method uses colored filters that change the color of light entering the eyes, restoring balance to the endocrine system and affecting eyesight and general health. Syntronics works with colors that are specific to an individual, so an optometrist skilled in its use must administer this type of color therapy. If you want to explore Syntronics, Dr. Liberman's book *Light: Medicine of the Future* (Bear & Co., 1991) has a list of doctors around the country who use

this technique. But there are also other forms of color therapy that you and I can do for ourselves.

Principles of color healing

We may appear to be made of solid matter, but we're actually made of electromagnetic particles with our different organs vibrating at various rates. Light also vibrates, and each color in the spectrum vibrates in different wavelengths, from 436-731 trillion times every second. When light or a particular color strikes a surface, like your skin, the vibrations penetrate the surface of your skin and cause your cells to vibrate at the same frequency. Healthy organs and sick organs vibrate at different frequencies. When the frequency of a color matches the vibration of an organ, the organ's health can be restored.

In the eye, light is also converted into electrical impulses that move along the optic nerve to the brain where they carry messages that regulate many automatic body functions. These impulses help regulate your blood pressure, temperature, moods, sexual function, immune system (including the aging process), and circadian rhythm. When your circadian rhythm is upset, you get jet lag. Jet lag can be re-balanced by using the hormone melatonin, by time, or with light therapy (the color used for this, by the way, is indigo).

Simple color therapy

There are many ways to use color, but perhaps the easiest and most cost-effective method is to infuse your body with a particular color by shining a light through a colored filter. There are many devices being sold today that cost from \$300 on up that manipulate frequencies of light to penetrate more deeply, or oscillate at different rates shown to be particularly effective. But remember, sunlight works. And so did sunlight shining through stained glass windows or Egyptian temples.

Colored light bulbs made from colored glass — not the ones that

are painted — are the simplest effective method for directing colored light on your body. The problem is, they come in limited colors: red, blue, amber, and green. The least amount of colors you want would be the spectrum of seven colors that come from sunlight: red, orange, yellow, green, blue, indigo, and violet.

Red stimulates the nervous system and energizes the body. Use it sparingly in short sessions so you don't overstimulate yourself and create another imbalance.

Orange (a combination of yellow and red) is a physical and mental stimulant that can produce a feeling of well-being. It has been used to stimulate the thyroid, as well.

Yellow produces joy that in turn stimulates the mind and energizes muscles. It's a cleanser for the digestive tract and can help lift depression.

Green stimulates the nervous system and gives support to any physical activity. It acts like an adaptogen, balancing both over- or underactive conditions. When in doubt, use green.

Blue soothes and cools the mind and nervous system, so use this for any type of inflammation and to calm any anxiety.

Indigo affects hormones including the parathyroid (stimulating it) and thyroid (depressing it). It's used for any pain, bleeding, and abscesses.

Violet calms the nervous system and uplifts the mind and spirit. It also has been used to control the appetite.

I spent some time researching available color filters and was shocked to find that they cost from \$169 to \$650! So I asked my publishers to help me find color filters that were affordable. They found a set of seven filters for just \$39.95, which also includes a special report I wrote to help you get the most out of the filters (see the enclosed insert). If you can find less expensive ones, go for it.

Using color therapy

It's easy to feel overwhelmed with information if you read some of the color healing books or studies conducted by pioneers in light therapy. My advice is to keep it simple. Begin by using one or two colors for a single condition. If you can select a condition that will give you feedback, such as headaches or digestive problems, you'll be better able to know how it works. Try this program for a month or two before deciding if it's working or not. Even when you don't feel the effects of color therapy, it is working to restore balance.

Keep your sessions short and frequent. It's better to expose an area to a particular color for 15-30 minutes every day than for an hour or more once a week.

While particular colors have been associated with specific ailments, you may find that other colors work better for you than the ones suggested. Pay attention to your intuition as well as any physical changes you may notice.

Color therapy is interesting, fun, and may surprise you with its results. If you have any interest in light and color therapy, consider buying some full-spectrum light bulbs or a set of filters and start experimenting. This ancient therapy is now experiencing a revival because it works. ■

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