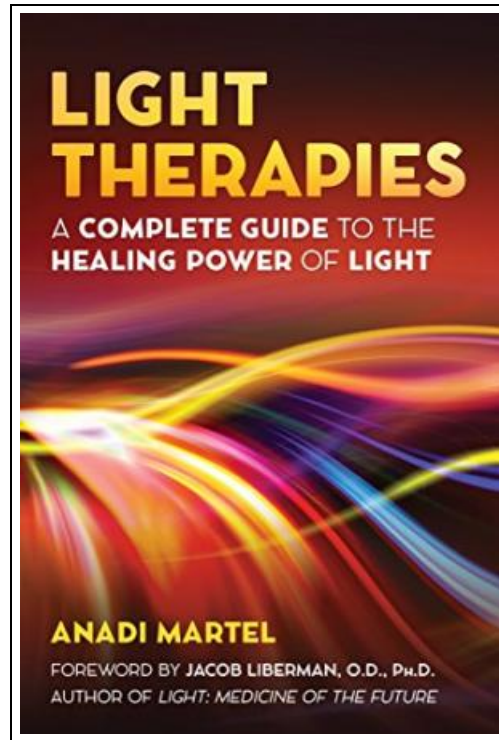


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*The publication is easy in read through preferable to fully grasp. It is written in simple phrases instead of hard to understand. You will not sense monotony at any moment of your respective time (that's what catalogs are for concerning if you request me).
(Kevin Bergstrom Sr.)*

LIGHT THERAPIES: A COMPLETE GUIDE TO THE HEALING POWER OF LIGHT (PAPERBACK)



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Inner Traditions Bear and Company, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. A comprehensive guide to the therapeutic benefits of light and color and how they affect our physical and psychological well-being Beginning with sun worship in prehistory and sunshine therapies in ancient Egypt, Greece, and India, light has long been associated with the sublime, the divine, and healing. Yet only recently have we begun to understand how different parts of the light spectrum, from infrared to ultraviolet, can affect our physical and psychological well-being. Covering the historic, scientific, and spiritual aspects of light and its role in energy medicine, Anadi Martel explores the vibrational nature of light and the interaction between light, biology, and consciousness. He demonstrates light s incredible effects on the physical, energetic, and cognitive dimensions of life and examines several forms of light therapy, including chromotherapy (color therapy), heliotherapy (sun therapy), actinotherapy (ultraviolet therapy), and thermotherapy (infrared therapy). He details how to use light therapy daily, get optimal benefits from sunlight, and avoid the health risks of new artificial lighting such as compact fluorescents and LEDs. Combining his own 30 years of research with practical insight from the many phototherapy pioneers he s encountered, the author examines scientific studies on how specific wavelengths of light influence our cells and DNA, brain function, sleep patterns, and emotional stability; speed the healing of wounds; and are effective in the treatment of disease, including arthritis, stroke, Alzheimer s, Parkinson s, and brain and nerve injuries. Exploring the spiritual aspects of light, the author explains why auras and halos have been used to represent sages and saints of all traditions, revealing the intimate link between light and consciousness.



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