

Colour Tips for August

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STAY HYDRATED THIS SUMMER!

When the amount of water you consume is equal to the water you excrete, the body's water content will be balanced. If you are healthy and do not sweat excessively, you should drink at least 2 to 3 litres of fluid a day to maintain your water balance and protect against the development of kidney stones.

Dehydration results when there is a deficiency in the body's water supply. If the brain and kidneys are functioning properly, the body will be able to manage minor changes in water intake. It is usually possible to drink enough water to make up for any water loss. However, it may be difficult to drink enough water when you are exposed to excessive heat, or are sick.

Most dehydration is relatively mild, but it can be potentially life threatening. When the body's supply of fluids falls below a certain level, a condition called hypovolemic shock may result. Dehydration is a serious problem in young children and infants due to their larger skin surface area and can occur even after a few hours of vomiting or diarrhea or fever.

SYMPTOMS & COMPLICATIONS OF DEHYDRATION

The body will attempt to deal with dehydration by first stimulating the thirst centres of the brain, which will prompt a person who is dehydrated to drink more fluid. However, if water intake cannot keep up with water loss, dehydration will become severe and the body will respond by decreasing sweat and producing less urine. People who are adequately hydrated will usually excrete light-coloured urine every 3 to 4 hours. Having to go frequently is also a symptom of dehydration.

Due to dehydration, the body's electrolytes (dissolved mineral salts such as sodium, potassium, and chloride) may become deficient and water will not be able to move as easily from inside cells into the blood. The amount of water circulating in the bloodstream will be further reduced and blood pressure can drop, causing light-headedness or the sensation of starting to faint, particularly when standing up suddenly. If water and electrolyte loss continues, blood pressure can fall dangerously low, resulting in shock and severe damage to many internal organs, such as the kidneys, liver and brain.

PREVENTION OF DEHYDRATION

The average person loses between two and three litres of water a day through the breath, sweat and urine. To prevent dehydration you simply need to replenish the liquid that is lost throughout the day. Many resources and websites will tell you to drink 8 glasses of water a day or give you a set number of litres to drink, but the honest truth is that **every body is different and only you know how much water your body needs to be at your best.**

Pay attention to your fluid loss and take special care to replenish water as it is being lost. By the time you feel thirsty you are already dehydrated – you want to avoid becoming thirsty in the first place. For mild dehydration, drinking plain water may be all you need.

However, if both water and electrolyte losses have occurred, electrolytes (especially sodium and potassium) should also be replaced. It is extremely important to replace any electrolytes lost during vigorous exercise or heavy work. Colour Energy carries a simple triad of nutritional products, including one specifically designed to replace electrolytes in the body. **Colour Energy's Tri-Salts are extremely effective at helping the body maintain a state of homeostasis by improving water absorption.** Drinking plenty of fluids and consuming 1–2 Tri-Salts per day or during and after exercise will also help. If you have heart or kidney problems, consult your doctor about safely replacing fluids before exercising.

NATURAL LIQUID DEODORANT

In study of breast cancer survivors published in the European Journal of Cancer Prevention found that women who used antiperspirants or deodorants and shaved frequently, and who began these habits before age 16, were diagnosed with breast cancer up to 22 years earlier than women who never, or rarely, shaved or used underarm products.

In that study, researchers suggested aluminum salt, "the most consistently used components since the commercial introduction of antiperspirants in 1903", may be contributing to rising rates of breast cancer. An estimated 21,200 women in Canada will develop breast cancer this year, and 5,300 will die from it. While genes account for five to ten percent of cases, more than half of women who develop breast cancer have no known risk factors, such as a family history, obesity or smoking. Rumours suggesting a link between deodorants and breast cancer began popping up in chain e-mails and on the internet years ago. Women were warned that a "concentration of toxins" from deodorants and antiperspirants could be absorbed through the skin, or seep into the body via razor cuts.

ADDENDUM

A product recommended by such health care providers as the Mayo Clinic and the Walter Reed Medical Clinic, Colour Energy Liquid Deodorant has been used for post-operative cancer patients receiving radiation treatment, as a replacement for antiperspirants and deodorants.

Be aware that ALUM and ALUMINUM are not the same. They are chemically different. ALUM is not absorbed due to its ionic charge. Soluble forms of ALUMINUM can be absorbed.

The Liquid Deodorant has the same components of natural Potassium Alum as in the deodorant stone, but in a liquid form. **The liquid form allows for easier application through body hair and allows for ease of use. The Liquid Deodorant will not stain clothing and is aroma free, although one could add a personal scent. The Liquid Deodorant is environmentally friendly and safe as there are no chemical propellants. Just spray on the deodorant wait for a few moments and you are protected.**

UPCOMING COURSES:

THE HUMAN ENERGY FIELD – THE BASICS OF CRYSTAL LIGHT THERAPY

DATE: AUGUST 24TH, 2012

In this 1-Day course you will learn the characteristics of the human energy field (the aura), the 7 main energy centres (chakra) and the relationship to your aura, how to prepare the body for crystal work, including purification techniques, proper crystal placement on the chakra system & chakra meditation format and tips.

INTRODUCTION TO CHROMALIVE COLOUR LIGHT THERAPY & CRYSTAL LIGHT THERAPY

DATE: SEPTEMBER 20TH & OCTOBER 26TH, 2012

For this evening event we have combined two Introduction seminars together so that you can get a feel for both amazing and completely different treatments!

The Chromalive treatment is becoming more popular in anti-aging and skin care clinics. Light therapy is used to balance the chakras and our body's organ vitality levels, while supporting our mind & psyche. Great add-on treatment for all types of practitioners.

A demonstration of the Crystal Light Therapy techniques will be performed, including purification of the aura using the ancient ritual of smudging, guided imagery meditation & crystal placement and a presentation of Crystal Light Therapy's famous crystalline massage.

COLOUR ENERGY 2-DAY WORKSHOP

DATE: SEPTEMBER 21ST-22ND, 2012

In this 2-Day workshop you will learn how your chakra and colourful aura influence who you are and how it influences your personality. You will also learn about the seven colour energies, the chakra system, curative properties of colour and ways to absorb colour through your senses. Includes \$135.00 retail product package.

CRYSTAL LIGHT THERAPY – LEVEL I

DATE: OCTOBER 5TH-7TH, 2012

In this 3-Day course you will learn the complete Crystal Light Therapy protocol, including the entire ancient smudging methods for purifying the aura, step by step guided imagery meditation procedures, proper crystal placement on the chakra system combined with powerful chakra enhancement techniques, charging, programming & caring for your crystals and safety protocols and activating crystals to create the piezoelectrical effect in a Crystal Light Therapy massage.

BIOPULSAR-REFLEXOGRAPH CHIROGRAM

DATE: OCTOBER 27TH-29TH, 2012

Biopulsar technology is evidence that body, mind and spirit are interconnected. In this 3-day course learn to objectively prove the subjective feelings of a client and take your practice to a new level of success and you and your clients to a new level of consciousness! Biopulsar is the most advanced aura technology based on medical sciences and ancient philosophies. Includes \$168.00 retail product package.

CHROMALIVE 2-DAY WORKSHOP

DATE: NOVEMBER 9TH-10TH, 2012

This two day workshop includes hours of hands on exercises and experiences (giving & receiving of treatments) combined with live demonstrations, additional light therapy tips & techniques, and first hand knowledge from a leading world colour educator, Susanne Murphy. Includes manual, CE products & Biopulsar assesment. Value over \$300.00!

Colour Vibration & the Zodiac Signs

LEO – Yellow

July 21st - August 22nd



Leo the Lion is all about the YELLOW ray. Leo's love to learn and are curious by nature. They want to know how everything works and why. Leo's are governed by their mind power and can tend to hide their emotions. On the negative side they will become the YELLOW bellied coward and try to repress or deny their true feelings and inner thoughts.

Overall the Leo person is a strong and independent person who loves to teach others about life and interesting things.

THE PURPOSE OF THE YELLOW ENERGY IS TO BE MORE COMPASSIONATE AND UNDERSTANDING ESPECIALLY TOWARDS THEMSELVES.

Take the time to purify your body, mind and spirit with a daily ritual of a Stimulating YELLOW morning Colour Bath or foot bath. YELLOW is the best mental stimulant and is known to improve one's mind power and memory abilities. Try adding a fresh lemon slice to your drinking water. YELLOW foods are eggs, grapefruit, bananas, pineapple, corn or YELLOW melons, peppers or squash. COLOUR ENERGY's essential oils of rosemary, bergamot or grapefruit are known to stimulate the digestive system and help in releasing body waste—try CE's new YELLOW Chakra Blend. Music that awakens the mind would be sounds of chimes or Tibetan bowls. Test our YELLOW colour therapy eyeglasses for driving long distances or to your improve focus and concentration (Inger wears the YELLOW glasses to help improve her golf game!).

VIRGO – Yellow/Green

AUGUST 23rd - September 22nd



Virgo's strength is their adaptability to new things as well as their ability to discover the new. Fresh new thoughts make the Virgo a valuable team player. Virgos are great supporters because they have clarity of mind combined with a compassionate and giving nature. When unbalanced their struggle is to trust their heart and reconcile what they really feel with what they rationalize as being the so-called "right" or best thing to do.

THE PURPOSE OF THE YELLOW/GREEN ENERGY IS TO LEARN NOT TO BE AFRAID OF EXPRESSING YOUR FEELINGS AND BELIEFS.

The Yellow/Green energy helps to release toxins within the body as well as in the thoughts. When you are lacking the ability to change or if you have too many negative thoughts, the Yellow/Green vibration will help to shift stuck energy and support the mind to think more positively. Mix one cap of Yellow and half a cap of Green Colour Bath to produce a powerful cleansing and detoxifying bath. Add the oils of Rosemary and Eucalyptus to create a mentally and physically stimulating blend. A combination of Yellow and Green foods will improve your digestive system function.