

Colour Tips for August

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IS INFLAMMATION THE “ROOT” OF ALL DISEASE?

In the ancient Eastern philosophy of the Chakra System, it is believed that the last defense of our physical well-being is our Root Chakra—our red energy. Our red energy governs our fight or flight ability, and our final physical stage of survival in colour therapy.

Using the Biopulsar-Reflexograph to measure an organ’s vitality, we can easily see if an organ is inflamed by the graph analysis showing an acidic state and the Root chakra deficiencies expressed by an organ illustrated in the red colour. Red means that the organ is fighting to survive by creating a fire (via the red energy) to try and give life to the organ. However, if the red energy can’t keep the flame burning then it goes out and we then see a state of energy exhaustion, which we see in the grey colour.

Studies have shown that inflammation exacerbates most, if not all, diseases. (Once we start seeing greys in the aura then we know that the related parts of the body can allow the manifestation of physical illness). Normally, inflammation is part of the body’s immune response to injury or infection. It helps to kill the pathogens that cause infections, and stimulates the healing process. The problem arises when chronic inflammation is not treated to alleviate the body’s excess heat abundance.

When the body can no longer handle the constantly inflamed areas, it eventually begins to facilitate the formation of disease processes.

Researchers have begun to link inflammation problems to an ever-widening array of chronic diseases. This new viewpoint is changing the way medical research is conducted. “Virtually our entire research and development effort is now focused on inflammation and cancer,” says Dr. Robert Tepper of Millennium Pharmaceuticals. Dr. Paul Ridker, a cardiologist at Brigham and Women’s Hospital, adds that just a few years ago “nobody was interested in this stuff. Now the whole field of inflammation research is about to explode.”

Over a period of time chronic inflammation destabilizes cholesterol deposits in the coronary arteries, leading to heart attacks and strokes. As well, it destroys nerve cells in the brain, which leads to dementia and Alzheimer’s. Inflammation can even encourage the proliferation of abnormal cells that transform into cancer.

In other words, chronic inflammation may be the conduit that drives most of the feared illnesses of middle and old age!

What can be done to prevent and reverse the damage caused by systemic inflammation?

Healthy lifestyle choices such as exercising regularly, not smoking, maintaining a healthy weight and minimizing stress all help to reduce inflammation. Another important factor in fighting inflammation is the food you eat. That’s why health experts, from diet specialist Dr. Barry Sears (The Zone) to alternative medicine guru Andrew Weil (Healthy Aging), recommend an anti-inflammatory diet for everything

from weight loss to heart disease prevention.

However, for many people these steps are difficult, as one has to be very dedicated in their diet of eating plenty of fish and other quality healthy foods that are known to prevent inflammation. The best way to maintain the level of cellular health necessary to avoid chronic inflammation is through a regular supplementary protocol—supporting your diet with “colour nutrition.” With quality nutrition, such as Harmonyline’s supplements, your body can function optimally.

An Anti-Inflammatory Protocol

In addition to positive dietary and lifestyle choices, an important part of your anti-inflammatory protocol should involve several key elements of prevention: Omega-3 fatty acids excel at quelling inflammation. More than two decades of research has shown that they suppress the production of the chemical messengers of inflammation. When Omega-3 is present in sufficient quantities in the cell envelope, the cell is unable to be transformed into an inflammatory cell – rather it remains neutral. The end result is resistance to the inflammation process, without any side effects.

HARMONYLINE’S OMEGA-3 IS THE BEST ON THE MARKET FOR OVERALL PHYSICAL WELLNESS, ENSURING OPTIMAL RESULTS!

Electrolytes (salts) are critical to maintaining the integrity of the body’s cellular structure. Cells use a considerable amount of energy to maintain a proper pH environment. Whenever a deficiency of electrolytes occurs, cells start to lose their ion equilibrium, resulting in significant deterioration and damage. Even slightly

acidic conditions cause tissues and organs to become inflamed, eventually leading to chronic disease. When inflammatory conditions are acute, immediate steps need to be taken to relieve the inflammation and its associated pain.

MAINTAINING A HEALTHY CELLULAR EQUILIBRIUM CAN BE ACHIEVED THROUGH THE ADDITION OF ALKALIZING ELECTRO- LITES BY SIMPLY USING HARMONYLINE'S TRI-SALTS!

Serra-Peptidase is a multi-functional proteolytic enzyme that dissolves non-living tissues such as fibrin, plaque, blood clots, cysts, as well as all types of inflammation – without harming living tissue. An amazing quality of serra-peptidase is its dramatic ability to reduce pain by blocking the release of pain-inducing amines. Serra-peptidase has been found to be effective against inflammatory conditions such as arthritis, ear, nose and throat conditions, injury-related swelling, sinus and respiratory conditions, and vascular conditions, and has been used to dissolve arterial plaque. It works quickly and efficiently, providing patients with prompt pain relief, improving injury recovery times, and relieving swelling, mucous and fibrous conditions.

HARMONYLINE'S SERRA-PEPTIDASE IS IDEAL FOR TOUGH INFLAMMATORY CONDITIONS AND COMPLETELY SAFE FOR DAILY USE.

UPCOMING COURSES:

INTRODUCTION TO THE SOUND ESSENCES

Tuesday Evening • August 23rd, 2011 • 6:00pm to 9:00pm
Complementary Refreshments

Followed By a 2-Day Workshop

VIBRATIONAL MEDICINE: ESSENCE OF SOUND

August 24th & 25th, 2011 • 9:30am to 4:30pm
Includes Refreshments & Snacks

CHROMALIVE LIGHT THERAPY

August 26th & 27th • 10:00am to 4:30pm
Includes Lunch, Refreshments & Snacks

INTRODUCTION TO CRYSTAL LIGHT THERAPY

Friday Evening • September 9th, 2011 • 6:00pm to 9:00pm

1-Day Workshop

THE HUMAN ENERGY FIELD & CRYSTAL THERAPY

September 10th, 2011 • 10am to 4:30pm

Followed by a 3-Day Training Course

THE HUMAN ENERGY FIELD & CRYSTAL THERAPY

September 11th-13th, 2011 • 10am to 4:30pm

For more information on courses call
1-800-225-1226 Extension 511

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. ☾