

Recharge your life energy with
**COLOR LIGHT
THERAPY**



CONTENTS

BIOPTRON COLOR LIGHT THERAPY

1.	ENERGY BALANCE	6
2.	COLDS - EARLY SIGNS	7
3.	CONGESTION IN THE NOSE AND SINUSES	8
4.	FEVER	9
5.	LIFTING THE SPIRITS	10
6.	TENDENCY TO DRINK TOO MUCH ALCOHOL	11
7.	HEADACHES AND MIGRAINE	12
8.	LOW SEX DRIVE	13
9.	STRENGTHENING THE IMMUNE SYSTEM	14
10.	QUICK RELAXATION	15
11.	CRAMP AND STRESS RELEASE	16
12.	STAY ALERT OR CALM DOWN	17
13.	QUICK DETOX	18
14.	WEIGHT LOSS	19
15.	DIARRHOEA	20
16.	COLIC, CONSTIPATION AND INCONTINENCE (BLADDER OR BOWEL)	21
17.	BABY COLIC	22
18.	CHILDREN WITH EATING DISORDERS	23
19.	LEARNING DIFFICULTIES AND POOR CONCENTRATION	24
20.	SLEEPING DIFFICULTIES	25

Color has been recognised and acknowledged for its positive impact in our lives since ancient times. Light has been proven to be actively involved in regulating different biochemical processes in our body. Each part of the body absorbs a certain wavelength of light – i.e. the right colour for its needs – and this wavelength streams down the energy channels all the way to individual cells to restore balances and harmony.

It took BIOPTRON's team of scientists to develop the only Medical Light Therapy with interchangeable set of colour filters whose unique characteristics make it effective in treating various conditions.

Biopton Light is:

- Vertically Polarized light for optimal penetration
- Incoherent light for consistent and dynamic penetration
- Low energy light for safe dosing and usage

A safe & effective treatment with a wide range of applications for your health, beauty & well-being:

- Non-invasive healing therapy
- Rehabilitation
- Prevention
- No known side-effects
- For home and professional use

BIOPTRON LIGHT THERAPY: A UNIQUE SYNERGY OF LIGHT AND COLOR FOR PREVENTION AND HEALING

BIOPTRON COLOR LIGHT THERAPY

The treatments in this booklet have been successfully tried and tested for immediate therapeutic results. These treatments are based on experience by expert color therapist Theresa Sundt. They have been selected to address common daily discomforts and conditions. Each of the treatments is safe to use by any individual on themselves, their family or their clients.

The following treatments are applied to pressure points on the human body, using Biopton medical Light Therapy System with the seven colour filters.

The idea of pressure points originated from traditional Chinese medicine 3000 years ago. They are critical points – neurovascular nodes – located on 12 energy meridians (the pathways in the body along which our vital energy flows and keeps our systems in action). When pressure points are stimulated by vertically linearly polarized light of the appropriate colour (i.e. its frequency), any obstructed (stuck) energy is released and flows again through the meridians. Everything that is in the flow then performs to its best potential – domino effect. Our vital energy when unobstructed ensures that each cell in our body functions at its full capacity.



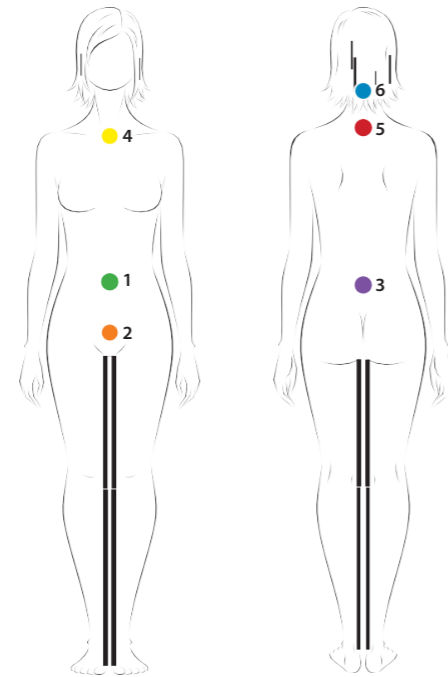
Recharge your life energy with
Biopton's Colour Light Therapy

WARNING!

Always follow the given sequence of points and colours. Colour therapy is best for prevention of poor health and the maintenance of balanced energy. If you have concerns about any symptoms, please seek medical advice.



1. ENERGY BALANCE



Indications for use:

Fuzzy head, tendency to cry, feeling low and weak, disorganised, high sensitivity, hormonal or nervous imbalances, anxiety before events (e.g. exams), menstrual disturbances, feeling helpless, insecurity, excessive sweat, cold hands and feet.

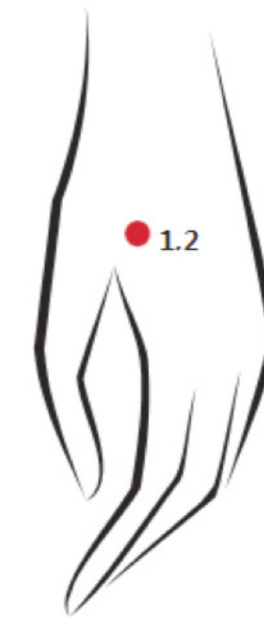
PRESSURE POINTS:

Adults: 1 minute per point.
Children: 30 seconds per point.

Frequency: Once every morning as part of your daily routine. Try to use it every morning and every time before you start any of the other treatments.

- 1 Centre of navel **GREEN**
- 2 Centre point of line across pubic bone **ORANGE**
- 3 The spine, exactly opposite the navel **VIOLET**
- 4 The hollow of the neck, directly above the sternum **YELLOW**
- 5 The 7th cervical vertebrae (the most prominent when the head bends forwards) **RED**
- 6 Middle of the occipital bone (where the head joins the spine) **BLUE**

2. COLDS - EARLY SIGNS



Indications for use:

Symptoms of a cold, aching bones, tiredness, teary eyes, heaviness, sneezing, helplessness, woolly head.

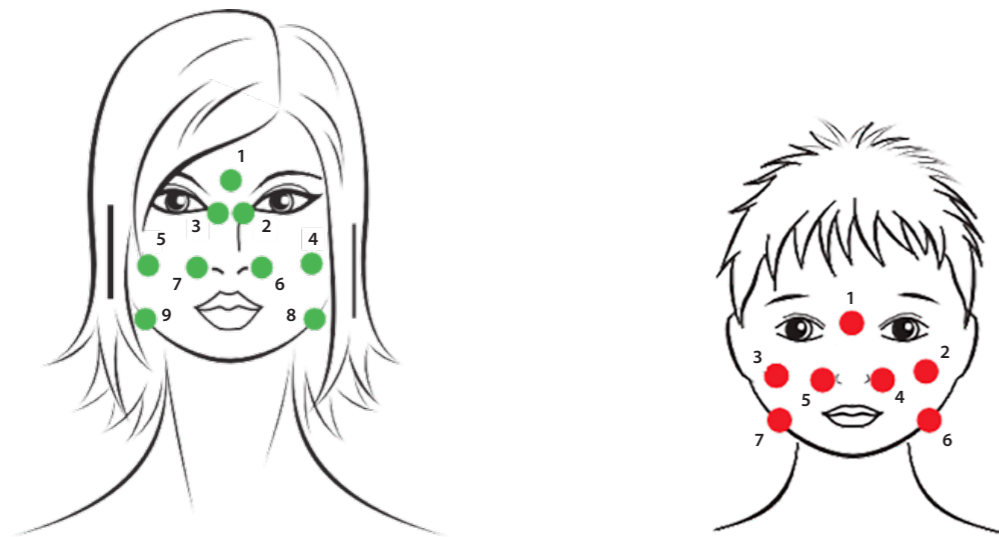
PRESSURE POINTS:

Adults: 1 minute per point.
Children: 30 seconds per point.

Frequency: Several times a day until symptoms disappear.
*Always start this treatment with the energy balance.
(This treatment is not to be used if pregnant.)*

- 1 Soft part between the index finger and the thumb on the left hand **RED**
- 2 Soft part between the index finger and the thumb on the right hand **RED**

3. CONGESTION IN THE NOSE AND SINUSES



Indications for use:

Pain, stuffiness, inability to concentrate, teary eyes, running nose.

PRESSURE POINTS:

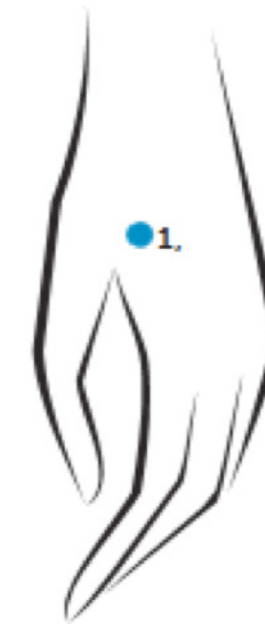
Adults: 1 minute per point.
Children: 30 seconds per point.

Frequency: Three times a day until symptoms disappear.
Always start this treatment with the energy balance.

Use **RED** if a cold is just starting. | Use **GREEN** if your nose is running.

- 1 Forehead, in the middle of eyebrows
- 2 Under the left cheekbone, in line with outer edge of eyes
- 3 Under the right cheekbone, in line with outer edge of eyes
- 4 Side of the bottom of the left nostril
- 5 Side of the bottom of the right nostril
- 6 Left end of the jaw bone
- 7 Right end of the jaw bone

4. FEVER



Indications for use:

Sweating, headaches, inability to concentrate, weakness, shivering, loss of appetite, muscle aches, dehydration, high temperature.

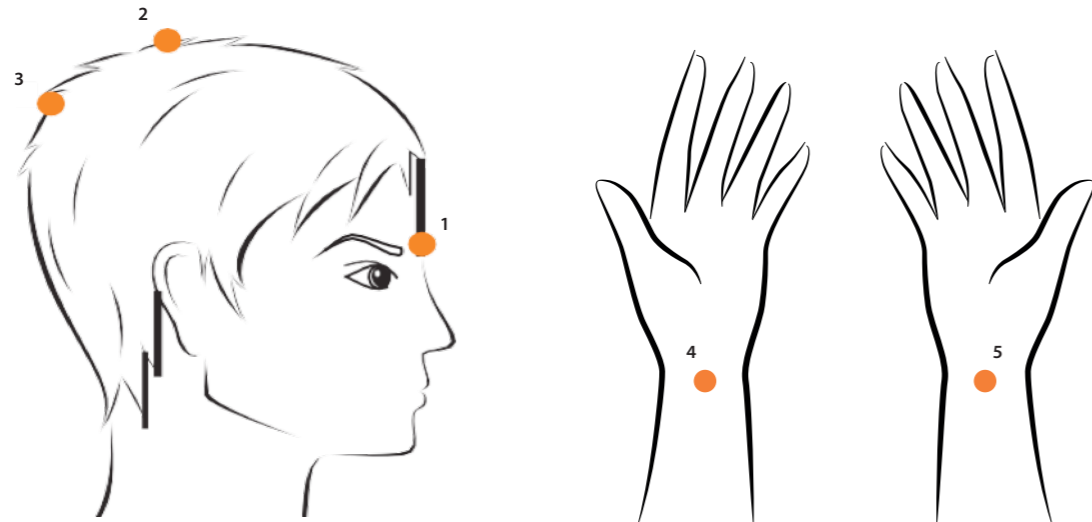
PRESSURE POINTS:

Adults: 1 minute per point.
Children: 1 minute per point.

Frequency: 2-3 times a day until symptoms disappear.
*Always start this treatment with the energy balance.
(This treatment is not to be used if pregnant.)*

- 1 Soft part between the index finger and thumb on the left hand **BLUE**
- 2 Soft part between the index finger and thumb on the right hand **BLUE**

5. LIFTING THE SPIRITS



Indications for use:

Feeling low, unmotivated, tense, can't stop thinking, restlessness.

PRESSURE POINTS:

Adults: 1 minute per point.

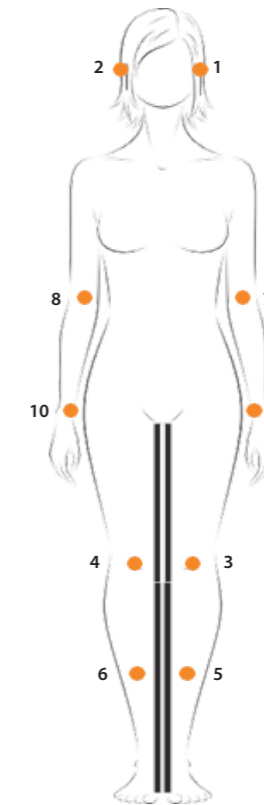
Children: 30 seconds per point.

Frequency: Daily as required.

Always start this treatment with the energy balance.

- 1 Between the eyebrows **ORANGE**
- 2 Top of head in line with the highest part of the ears **ORANGE**
- 3 6 cm back of point 2, on the small hollow **ORANGE**
- 4 Inside of the left wrist (circle clockwise) **ORANGE**
- 5 Inside of the right wrist (circle clockwise) **ORANGE**

6. TENDENCY TO DRINK TOO MUCH ALCOHOL



PRESSURE POINTS:

Adults: 1 minute per point.

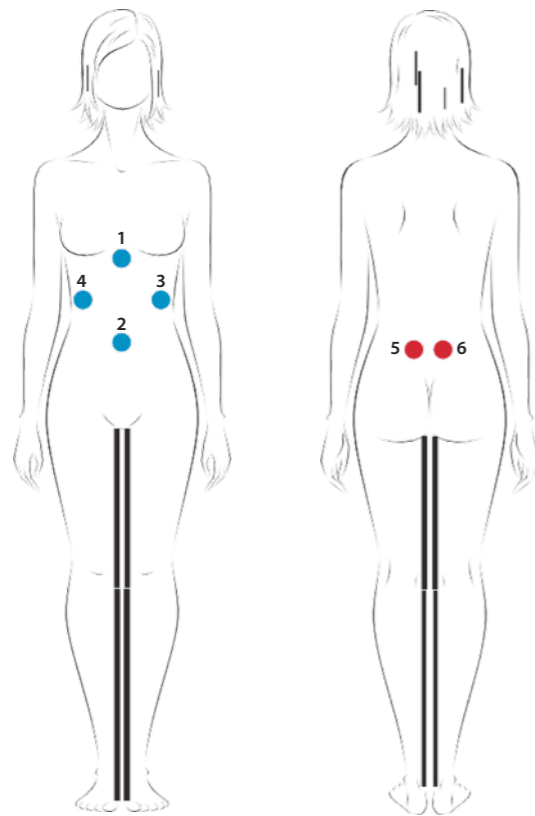
Frequency: Once a day for 21 days.

Indications for use:

Headaches, lethargy, alcohol dependence, feeling sick to your stomach, sweating, shakiness, anxiety before drinking again.

- 1 Left ear, top of the inside fold **ORANGE**
- 2 Right ear, top of the inside fold **ORANGE**
- 3 Left kneecap **ORANGE**
- 4 Right kneecap **ORANGE**
- 5 Left calf, halfway between the kneecap and the foot **ORANGE**
- 6 Right calf, halfway between the kneecap and the foot **ORANGE**
- 7 Inner side of the left elbow **ORANGE**
- 8 Inner side of the right elbow **ORANGE**
- 9 Inner side of the left wrist **ORANGE**
- 10 Inner side of the right wrist **ORANGE**

7. HEADACHES AND MIGRAINE



PRESSURE POINTS:

Adults: 1 minute per point.
Children: 30 seconds per point.

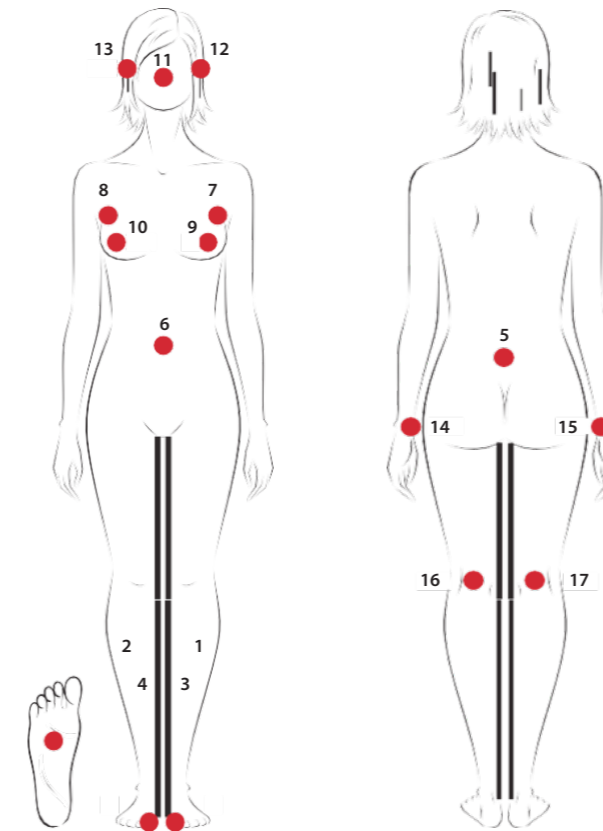
Frequency: Daily as required.
Always start this treatment with the energy balance.

Indications for use:

Tension headaches, true migraines accompanied by nausea and vomiting.

- 1 Bottom tip of the sternum **BLUE**
- 2 Navel **BLUE**
- 3 Apex of the triangle whose base is the line that joins points 1 and 2 on the left of the abdomen **BLUE**
- 4 Apex of the triangle whose base is the line that joins points 1 and 2 on the right of the abdomen **BLUE**
- 5 Left hollow spot where the spine joins the sacrum **RED**
- 6 Right hollow spot where spine joins the sacrum **RED**

8. LOW SEX DRIVE



PRESSURE POINTS:

Adults: 1–3 minutes per point.
Gently massage each point where light is applied.

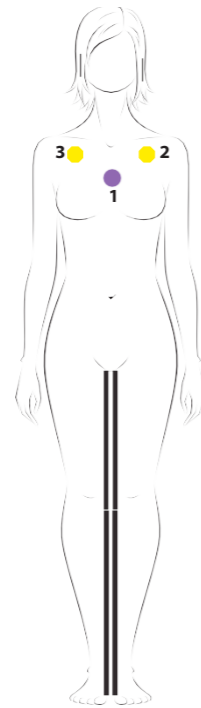
Frequency: Daily as required. *Always start this treatment with the energy balance.*

Indications for use:

Disinterested in sex, too many thoughts in the mind, lethargic.

- 1 Sole of the left foot, middle of the soft pad of the upper part **RED**
- 2 Sole of the right foot, middle of the soft pad of the upper part **RED**
- 3 Big left toe **RED**
- 4 Big right toe **RED**
- 5 End of spine **RED**
- 6 Navel **RED**
- 7 2 cm in from the left armpit **RED**
- 8 2 cm in from the right armpit **RED**
- 9 Left nipple **RED**
- 10 Right nipple **RED**
- 11 Nose **RED**
- 12 Middle of the front outer edge of the left ear, above the tragus (the small piece of cartilage in front of the ear canal) **RED**
- 13 Middle of the front outer edge of the right ear, above the tragus (the small piece of cartilage in front of the ear canal) **RED**
- 14 Inside of left wrist **RED**
- 15 Inside of right wrist **RED**
- 16 Behind the left knee **RED**
- 17 Behind the right knee **RED**

9. STRENGTHENING THE IMMUNE SYSTEM



Indications for use:

Stress (caused by inner conflict), repeated illnesses due to accumulation of toxins, infections of the head (e.g. colds, sore throat and sinusitis), chest infections e.g. bronchitis, an inflamed trachea and pulmonary infections.

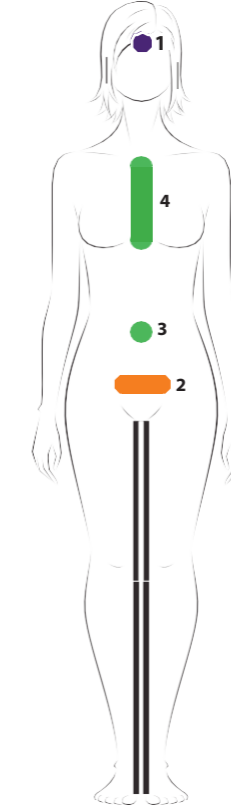
PRESSURE POINTS:

Adults: 1 minute per point.
Children: 30 seconds per point.

Frequency: As required.

- 1 Middle of the sternum, middle of the chest **VIOLET**
- 2 4 cm below the middle of the left clavicle **YELLOW**
- 3 4 cm below the middle of the right clavicle **YELLOW**

10. QUICK RELAXATION



Indications for use:

Nervous, tired, anxious, impatient, over-excited, over-stimulated, angry or irritated.

PRESSURE POINTS:

Adults: 1-3 minutes per point.
Children: 1 minute per point.

Frequency: As required.

- 1 Middle of the eyebrows **INDIGO**
- 2 Lower belly (move the light to the left and right) **ORANGE**
- 3 Navel **GREEN**
- 4 Sternum (move the light up and down) **GREEN**

11. CRAMP AND STRESS RELEASE



Indications for use:

Fluttering eyelids, cramping (including period cramps), dizziness, inability to let go of a feeling or thought.

PRESSURE POINTS:

Adults: 1 minute per point.
Children: 30 seconds per point.

Frequency: Daily. Always start this treatment with the energy balance.

- 1 4 cm behind the middle of the hairline **ORANGE**
- 2 2 Small hollow of the head **BLUE**

12. STAY ALERT OR CALM DOWN



Indications for use:

Volatile nervous system, mental fatigue, sleeplessness, overexcitement, irritability, dizziness, emotional instability, stress.

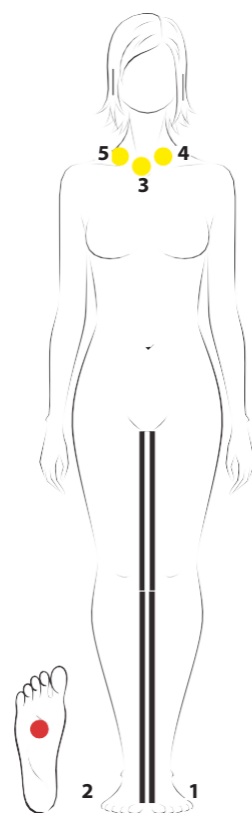
PRESSURE POINTS:

Adults: 1 - 2 minutes per point.
Children: 30 seconds - 1 minute per point.

Frequency: As required

- 1 When tired or drifting away: move the light along the line over the eyebrows, between the midpoints of the eyes **VIOLET**
- 2 When too alert: move the light along the line over the eyebrows, between the midpoints of the eyes **VIOLET**

13. QUICK DETOX



Indications for use:

Tired, feeling 'heavy', bad skin, flu-like symptoms, low immunity (e.g. reoccurring illnesses).

PRESSURE POINTS:

Adults: 1 minute per point.

Children: 1 minute per point.

Frequency: Daily or as required.

- 1 Bottom of the left foot where the front soft pad ends **RED**
- 2 Bottom of the right foot where the front soft pad ends **RED**
- 3 Hollow of the throat **YELLOW**
- 4 Above the left clavicle where it meets the neck **YELLOW**
- 5 Above the right clavicle where it meets the neck **YELLOW**

14. WEIGHT LOSS

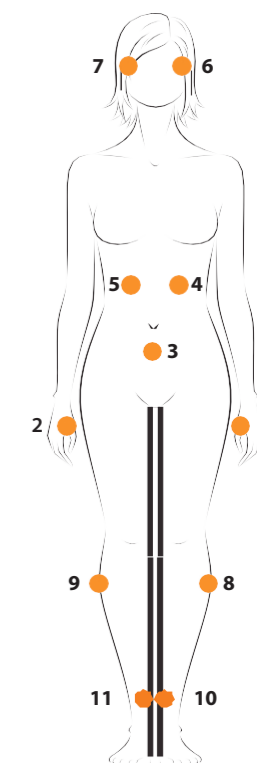
Indications for use:

Extra body weight resulting in discomfort, stress and frustration.

PRESSURE POINTS:

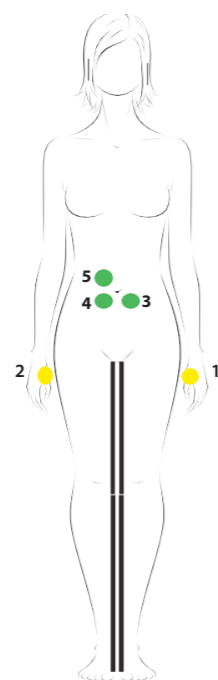
Adults: 1 minute per point. Press hard on each point for 2 minutes after colour application.

Frequency: Daily for 2-4 weeks. Always start this treatment with the energy balance.



- 1 Soft part between the index finger and the thumb on the left hand **ORANGE** (omit this point if pregnant)
- 2 Soft part between the index finger and the thumb on the right hand **ORANGE** (omit this point if pregnant)
- 3 3 cm under the navel **ORANGE**
- 4 Under the last left rib **ORANGE**
- 5 Under the last right rib **ORANGE**
- 6 Left temple **ORANGE**
- 7 Right temple **ORANGE**
- 8 6 cm below the knee cap on the outer side of the left leg **ORANGE**
- 9 6 cm below the knee cap on the outer side of the right leg **ORANGE**
- 10 Inner side of the left leg, 5 cm above the ankle just off the bone **ORANGE**
- 11 Inner side of the right leg, 5 cm above ankle just off the bone **ORANGE**

15. DIARRHOEA



Indications for use:

Frequent urge to evacuate bowels, cramping, abdominal pain, nausea, dehydration, bloating.

PRESSURE POINTS:

Adults: 1 minute per point.

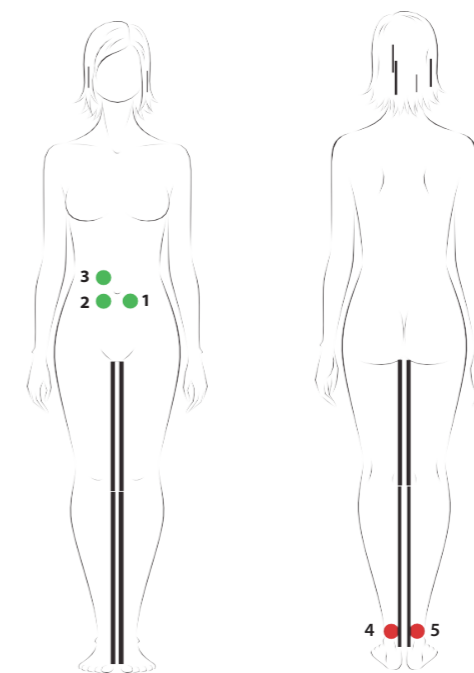
Children: 1 minute per point.

Frequency: As required.

- 1 Soft part between the index finger and the thumb on the left hand **YELLOW**
(omit this point if pregnant)
- 2 Soft part between the index finger and thumb on the right hand **YELLOW**
(omit this point if pregnant)
- 3 4 cm out and down from the right of the navel **GREEN**
- 4 4 cm out and down from the left of the navel **GREEN**
- 5 4 cm out and up from the left of the navel **GREEN**

16. COLIC, CONSTIPATION AND INCONTINENCE

(BLADDER OR BOWEL)



Indications for use:

Inability to control urine or bowel movement, bedwetting, colic, constipation, faecal soiling (excellent for children).

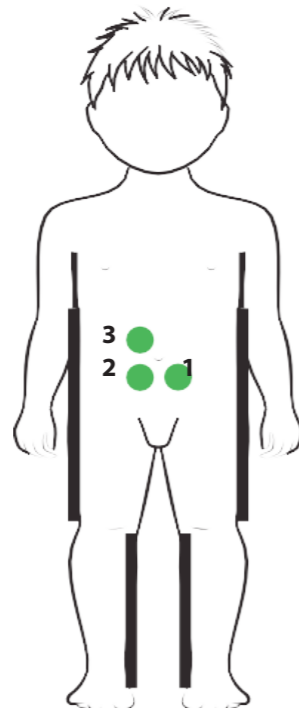
PRESSURE POINTS:

Adults: 1 minute per point. **Children:** 30 seconds per point.

Frequency: Daily until symptoms disappear. Always start this treatment with the energy balance.

- 1 2 cm out and down from the left of the navel **GREEN**
- 2 2 cm out and down from the right of the navel **GREEN**
- 3 2 cm out and up from the right of the navel **GREEN**
- 4 6 cm above the left heel **RED**
- 5 6 cm above the right heel **RED**

17. BABY COLIC



Indications for use:

Baby colic, intestinal bloating, constipation. Painful legs.

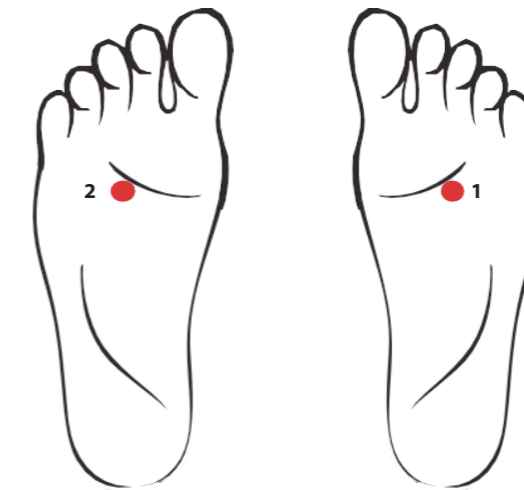
PRESSURE POINTS:

Infants: 15–30 seconds per point.

Frequency: 1–2 times a day when needed

- 1 2 cm out and down from the left of the navel **GREEN**
- 2 2 cm out and down from the right of the navel **GREEN**
- 3 2 cm out and up from the left of the navel **GREEN**

18. CHILDREN WITH EATING DISORDERS



Indications for use:

Eating poorly, refusing to eat.

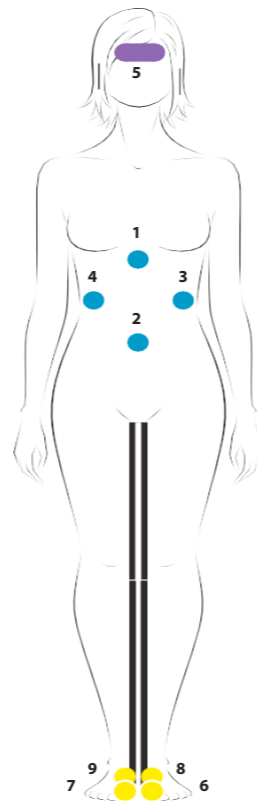
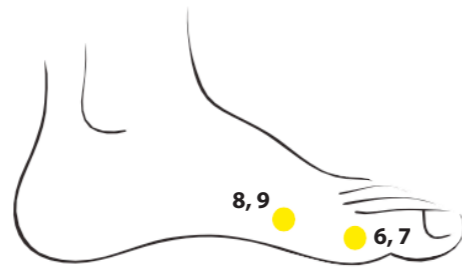
PRESSURE POINTS:

Children: 30 seconds per point.

Frequency: Every 2 days. Always start this treatment with the energy balance.

- 1 Bottom of the left foot where the front soft pad ends **RED**
- 2 Bottom of the right foot where the front soft pad ends **RED**

19. LEARNING DIFFICULTIES AND POOR CONCENTRATION



Indications for use:

Inability to focus, fidgeting, inappropriate behaviour, withdrawal, aggression, frustration, poor performance.

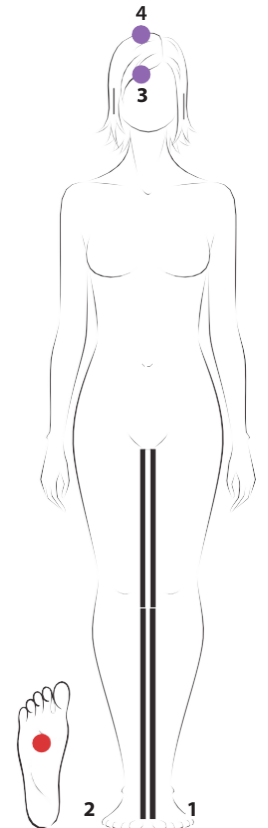
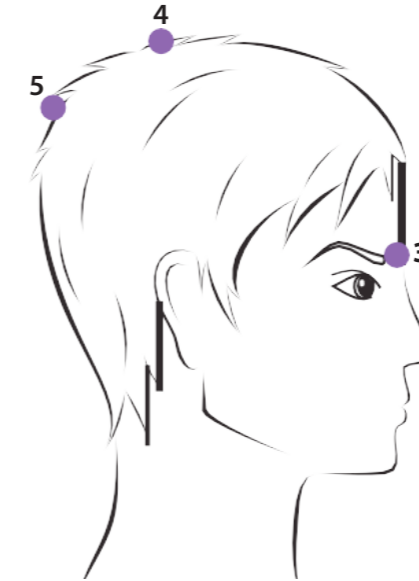
PRESSURE POINTS:

Adults: 1 minute per point.
Children: 30 seconds per point.

Frequency: Every 2 days. Always start this treatment with the energy balance.

- 1 Bottom tip of the sternum **BLUE**
- 2 On navel **BLUE**
- 3 Apex of the triangle whose base is the line that joins points 1 and 2, on the left of the abdomen **BLUE**
- 4 Apex of the triangle whose base is the line that joins points 1 and 2, on the right of the abdomen **BLUE**
- 5 Stroke line above the eyebrows, between the centre of eyes **VIOLET**
- 6 End of the big toe on the inner side of the left foot **YELLOW**
- 7 End of the big toe on the inner side of the right foot **YELLOW**
- 8 4 cm behind point 6 **YELLOW**
- 9 4 cm behind point 7 **YELLOW**

20. SLEEPING DIFFICULTIES



Indications for use:

Sleeping difficulties, nightmares, anxiety, fear.

PRESSURE POINTS:

Adults: 1 minute per point. **Children:** 1 minute per point. **Infants:** 30 seconds per point.

Frequency: Severe problems – daily. Less severe – weekly. Always start this treatment with the energy balance.

- 1 Sole of the left foot, middle of the soft pad of the upper part **RED**
- 2 Sole of the right foot, middle of the soft pad of the upper part **RED**
- 3 Middle of the eyebrows **VIOLET**
- 4 Centre point on top of the skull in line with tips of the ears **VIOLET**
- 5 Small hollow 6 cm down from point 4 **VIOLET**

BIOPTRON Color Light Therapy Filters

MedAll:

PAG-965

BIOPTRON Pro1:

PAG-992-1CTF - **RED**

PAG-992-2CTF - **ORANGE**

PAG-992-3CTF - **YELLOW**

PAG-992-4CTF - **GREEN**

PAG-992-5CTF - **BLUE**

PAG-992-6CTF - **INDIGO**

PAG-992-7CTF - **VIOLET**



COLOR LIGHT THERAPY REFERENCES

The 21 colour therapy treatments have been tested and tried for personal and professional use by the Colour Therapist and Expert Theresa Sundt.

- SUNDT, THERESA, The Art of Colour Therapy, Home Art & Sales Services AG - Zepter Group, 2008, www.color-discovery.com

FURTHER READINGS

- ANDERSON, MARY, Color Healing, The Aquarian Press, 1979
- CAYCE, EDGAR, Auras, An Essay on the Meaning of Colors, A.R.E Press, 1973
- CHIAZZARI, SUZY, The Complete Book of Color, Element, 1998
- DALICHOW, IRENE and BOOTH, MIKE, Aura-Soma, Hay House Inc., 1996
- DINSHAH, DARIUS, Let There Be Light, NJ USA, ISBN 0-933917-00-7
- GIMBEL, THEO, Healing Through Color, The C.W.I Daniel Company Ltd., 1980
- GIMBEL, THEO, The Color Therapy Workbook, Element, 1993
- GRAHAM, HELEN, Healing with Color, Newleaf, 1996
- HOLBECHE, SOOZI, The Power of Gems and Crystals, Piatkus, 1989
- KELLY, JOHN, The All-Seasons Garden, Windward, 1987
- LACY, MARIE LOUISE, Know Yourself Throuhg Color, The Aquarian Press, 1989
- LACY, MARIE LOUISE, The Power of Color to Heal the Environment, Rainbow Bridge Publications, 1996
- OUSELEY, S.G.J., Color Mediations, L.N. Fowler & Co. Ltd., 1949
- POLUNIN, MIRIAM, Healing Foods, Dorling Kindersley, 1997
- SUN, HOWARD & DOROTHY, Color Your Life, Piatkus, 1998
- VERNER-BONDS, LILIAN, Color, Southwater, 1999
- WALL, VICKY, the Miracle of Color Healing, Thorsons, 1995
- WAUTERS, AMBIKA and THOMPSON, GERRY, Principles of Color Healing, Thorsons, 1997
- WILLS, PAULINE, Working With Color, Hodder & Stoughton, 1999

BIOPTRON AG

Sihleggstrasse 23
CH-8832 Wollerau,
Switzerland
+ 41 43 888 28 00
+ 41 43 888 28 99
light@bioptron.com
www.bioptron.com

