


By Karen E Johnson, RN, MPH, Naturopath

DISCLAIMER



AcuColors does not provide medical advice, diagnosis or treatment.

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**Your body's ability to heal
is greater than anyone has
permitted you to
BELIEVE**

AcuColors

- Colored light healing therapy
- Incorporates many of TCM concepts
- Addresses the whole person in Body, Soul and Spirit.
- Penetrates deep into the cells
- Heals and restores functions of the body
- Releases hidden negative emotions
- Realigns Meridian Pathways



AcuColors

The Body

Physical **Vector**, or vessel for Soul & Spirit

The Soul

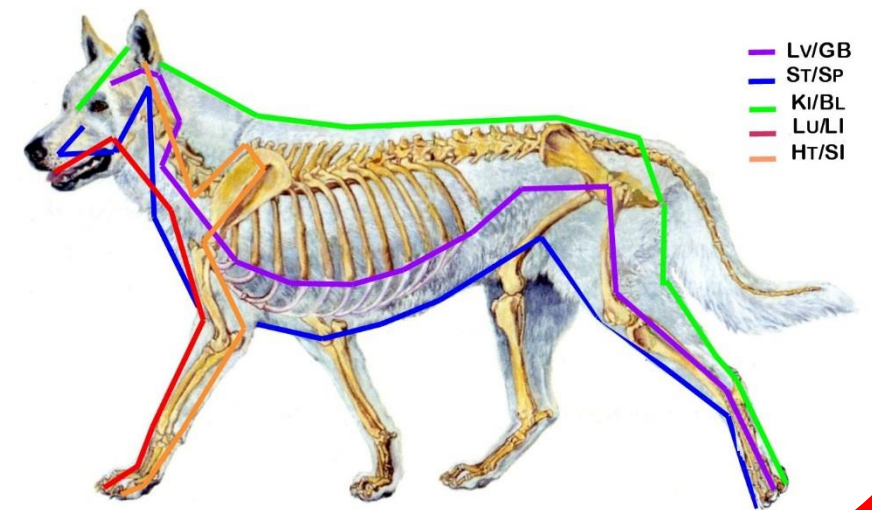
The Soul is the psychological **Reflector** of emotion, or aura. It is located in the Gut

The Spirit

The Spirit is the rational thinking brain or intellectual **Director**, or in other words, the mind. Located at the center of the Meridians. Connected to the CNS.

CONFLICT between the **Spirit** and the **Soul**

causes physical dis-ease in the Physical **Body**.



FIVE PAIRED MERIDIAN PATHWAYS

SPIRITUAL MERIDIAN NETWORK	MAIN SOUL EMOTION	PHYSICAL DISEASE TENDENCIES OF THE BODY
Liver/Gall Bladder Lv/GB	Anger	Allergies, Anxiety, Aphasia, Chronic Fatigue, Convulsions, Dizziness, Eye & Ear issues, Fever, Gallstones, Hip pain, Hypertension, Leg arthritis, Meningitis, Migraines, Mood disorders, Muscle Atrophy, Nausea, Numbness, PMS, Rib pain, Sciatica, Shoulder pain, Stroke, Tinnitus, Weakness
Stomach/Spleen St/Sp	Worry	Anemia, Anorexia, Diabetes, Food Poisoning, GERD, Glaucoma, Hives, IBS. Dyspepsia, Indigestion, Joint & Bone pain, Knee pain, Menstrual cramps, Muscle Spasms, Nausea, PMS, Smell or Taste issues, Sty, Toothache, Ulcers, Urinary Tract infections
Kidney/Bladder Ki/Bl	Fear	Anorexia, Arthritis, Bladder infections, Edema, Epilepsy, Fatigue, Foot pain, Hearing & Speech issues. Hiccups, IBS, Impotence, Joint pain, Knee, Leg, Low Back Pain, Low Libido, Muscle spasms, Osteoporosis, Premature Graying, Prostatitis, Rapid Pulse, Reproductive issues. Hereditary weaknesses, Respiratory ailments, Sciatica, Sexual dysfunction, Systemic diseases, Tinnitus. Urinary disorders, Vertigo
Lung/Large Intestine Lu/LI	Sadness	Acne, Allergies. Asthma. Bell's Palsy, Bronchitis, Cold symptoms, Congestion, Cough, Cough. IBS, Crohn's, Depression, Diarrhea, Dry Skin, Eczema, Elbow pain, Fatigue, Flu, Immune deficiencies, Itching, Learning disorders, Nasal Obstruction, Sinus infection, Sneezing, Sore throat, Stress, Toothache, Ulcerative Colitis, Upper Back pain,
Heart/Small Intestine Ht/SI	Love/ Betrayal	Anemia, Blood Pressure/Heart rate & rhythm, Celiac disease, Chronic Cough; Shoulder & Neck pain. Sore Throat, Fatigue, Insomnia, Mouth sores, Mumps, Neuralgia, Nightmares. Fever, Numbness in fingers, Poor Circulation in arms & legs, Poor Memory, Sweating, Swollen Glands, TMJ syndrome.



For Pets



LvGB Anger



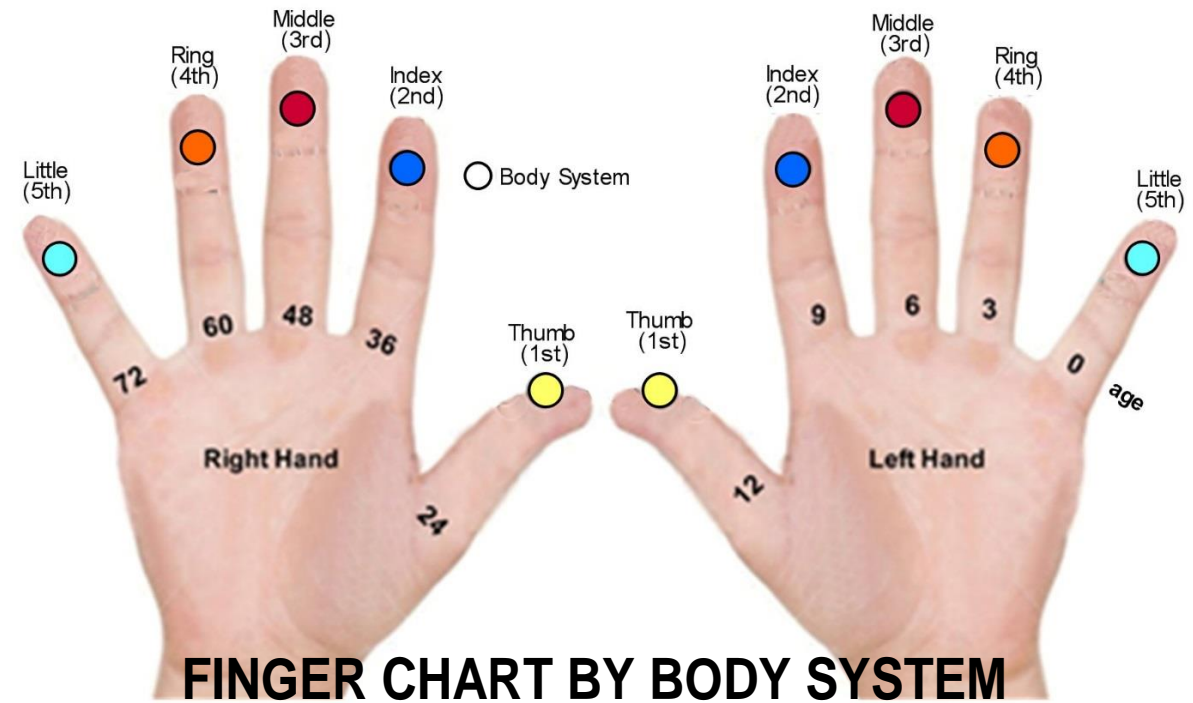
KiBI Fear



SpSt Worry



LuLI Sadness



FINGER CHART BY BODY SYSTEM

BODY SYSTEM	Lymphatic Lv GB	Nervous Sp St	Musc Skel Ki BI	Endocrine Lu LI	Blood Ht SI
SENSITIVE FINGER(S)	RH & LH Thumb(1 st)	RH & LH Index (2 nd)	RH & LH Middle (3 rd)	RH & LH Ring (4 th)	RH & LH Little (5 th)
REGULATING FUNCTION	Immune support & eliminate toxins thru lymphatic system.	Transfer info between nerves & muscles for movement	Transfer info between nerves & muscles for movement	Gland & Hormone Regulation	Circulation of oxygenated blood to the vital cells & organs
PROBLEM	Congestion	Degeneration	Degeneration	Dysregulation	Stagnation

EMOTION

Anger

Worry

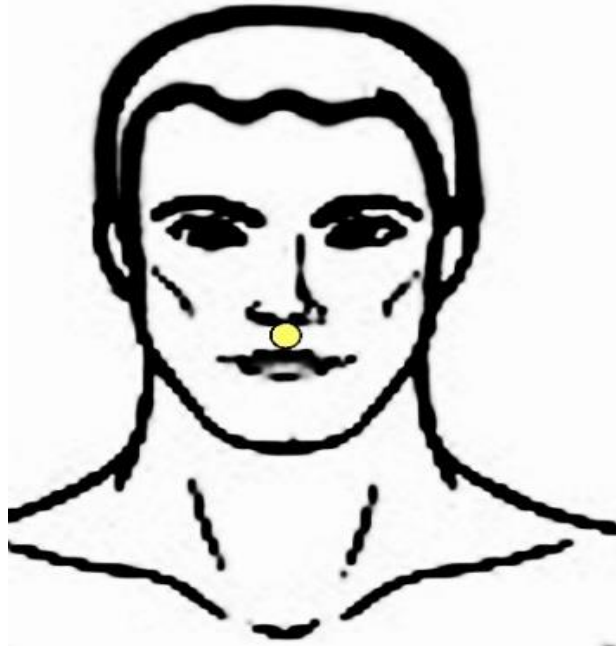
Fear

Sadness

Love

LATERALITY

& POLARITY

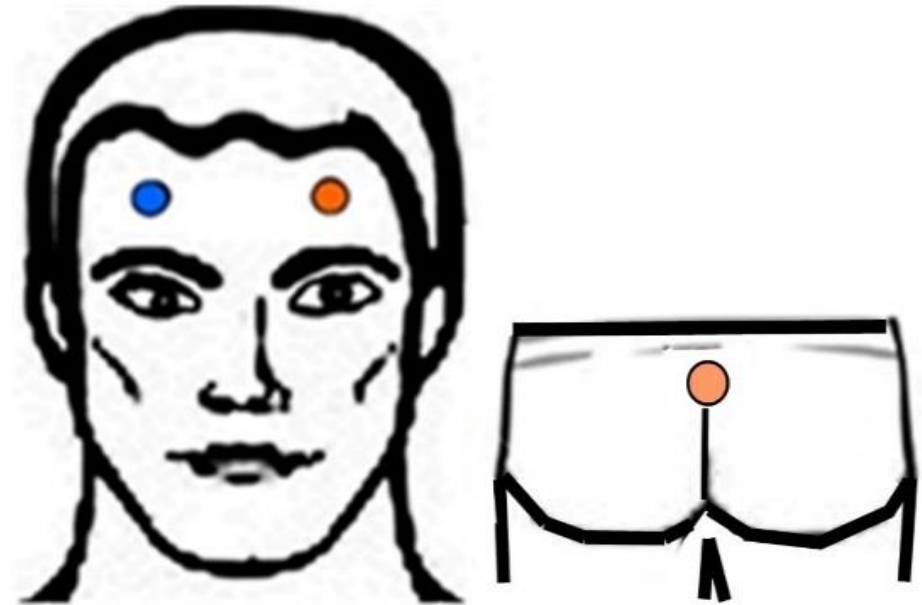


Horizontal (Side to Side) Treatment

LOCATION: Corpus Callosum point, mid nose & upper lip. 20 sec on point

INDICATION: Balances Side to Side.

COLOR: Yellow



Vertical (Top to Bottom) Treatment

LOCATION: Hypothalamus points in line with the pupils midway between hairline & eyebrows. Also GV2 at top of buttocks fold. 20 sec each point

INDICATION: Balances Top to Bottom.

COLOR: L=Orange; R=Blue; GV2=Orange

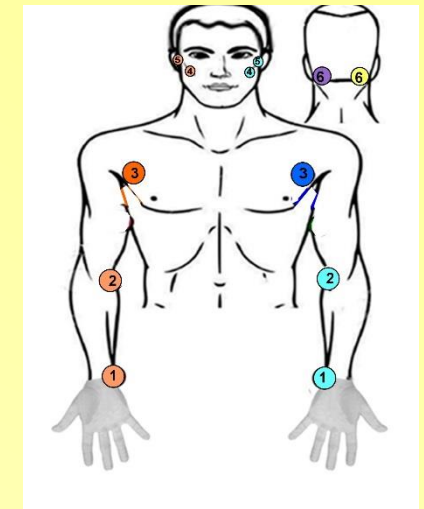
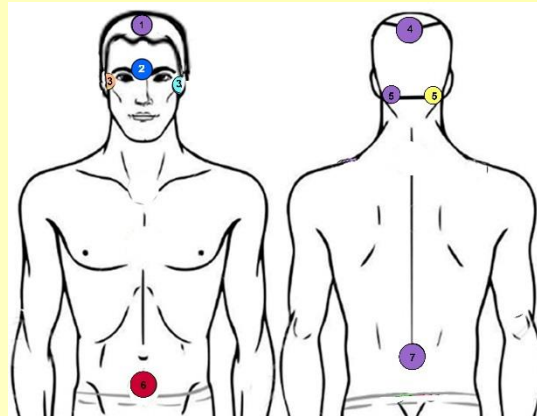
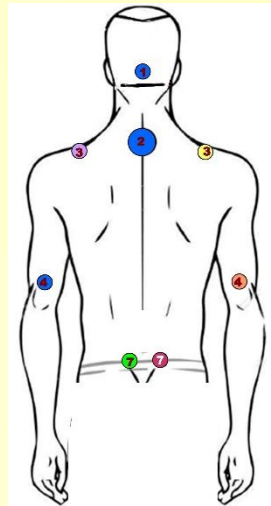
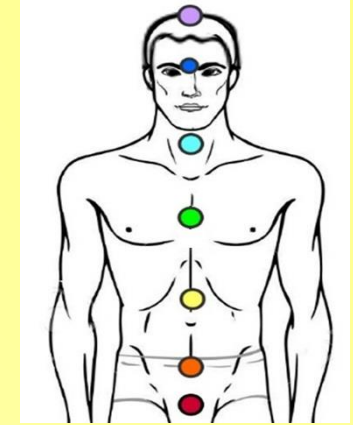
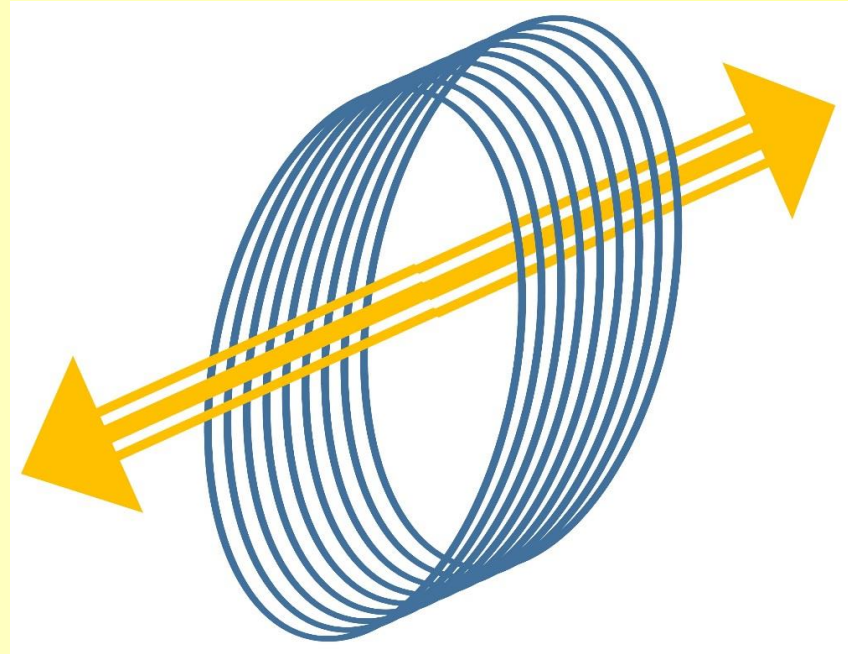
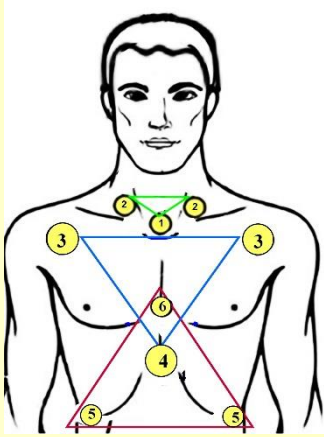
TREATMENTS

Traditional Chinese Medicine (TCM) does not treat individual health conditions since they are only symptoms of greater energy imbalances in the body.

1. **The Regulation Treatments** resynchronize the overall 5 paired body systems. (Section 1)
2. **Treating specific health issues (A-Z)** releases negative emotions in targeted organs. (Section 2)
3. **Rebalancing the meridian systems** cures the disease. (Section 3)

Section 1: Body Regulation Treatments

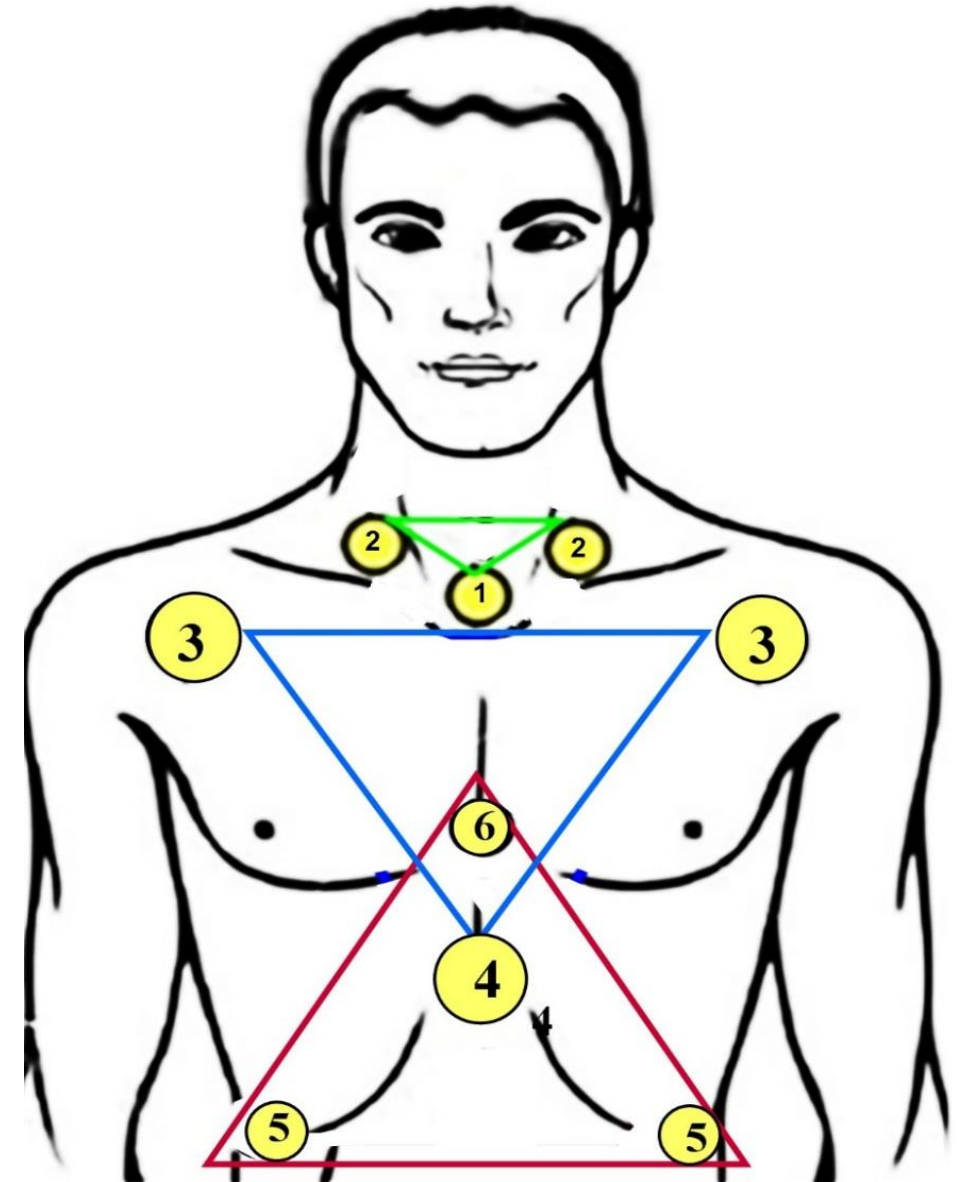
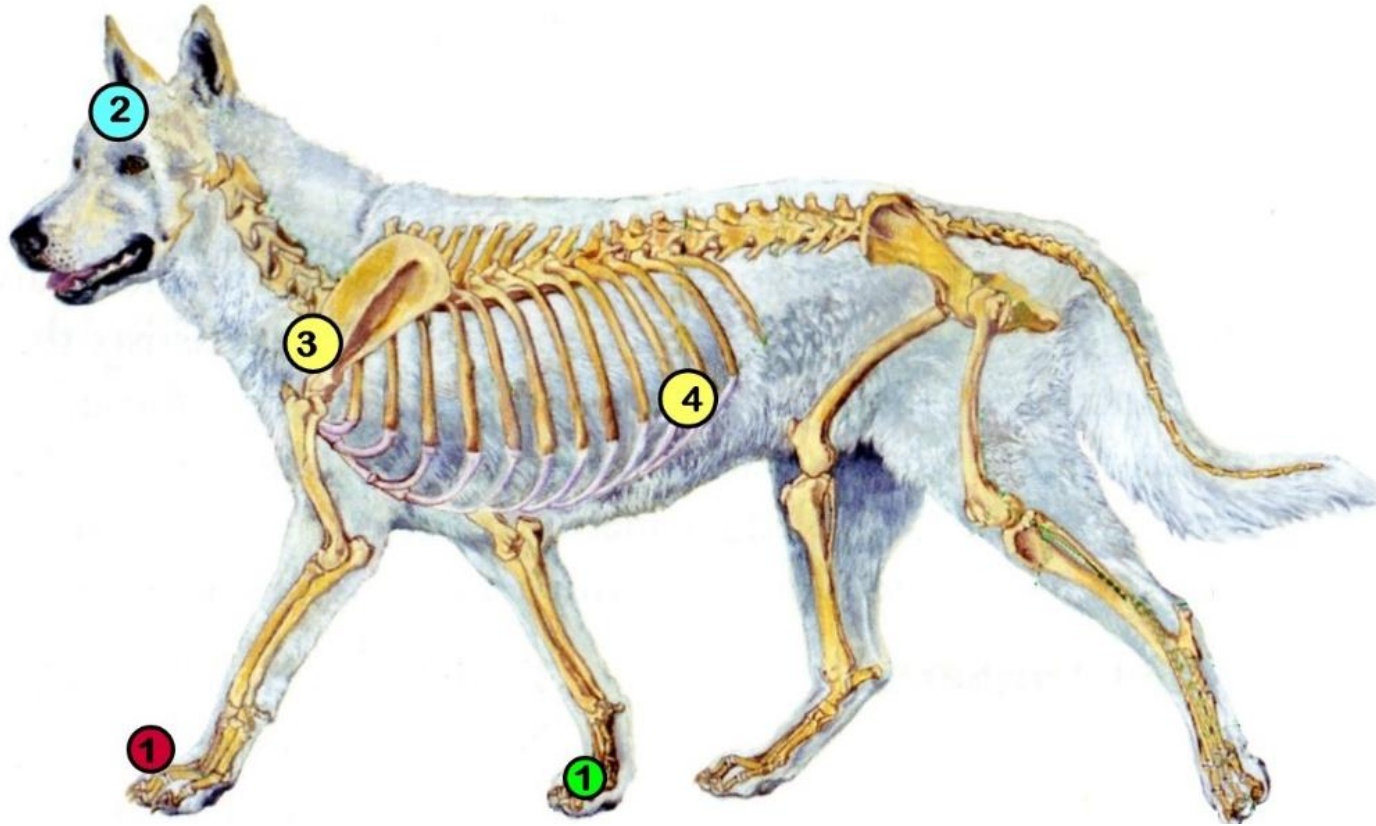
resynchronize the overall 5 paired meridian systems



Lymphatic System

LvGB

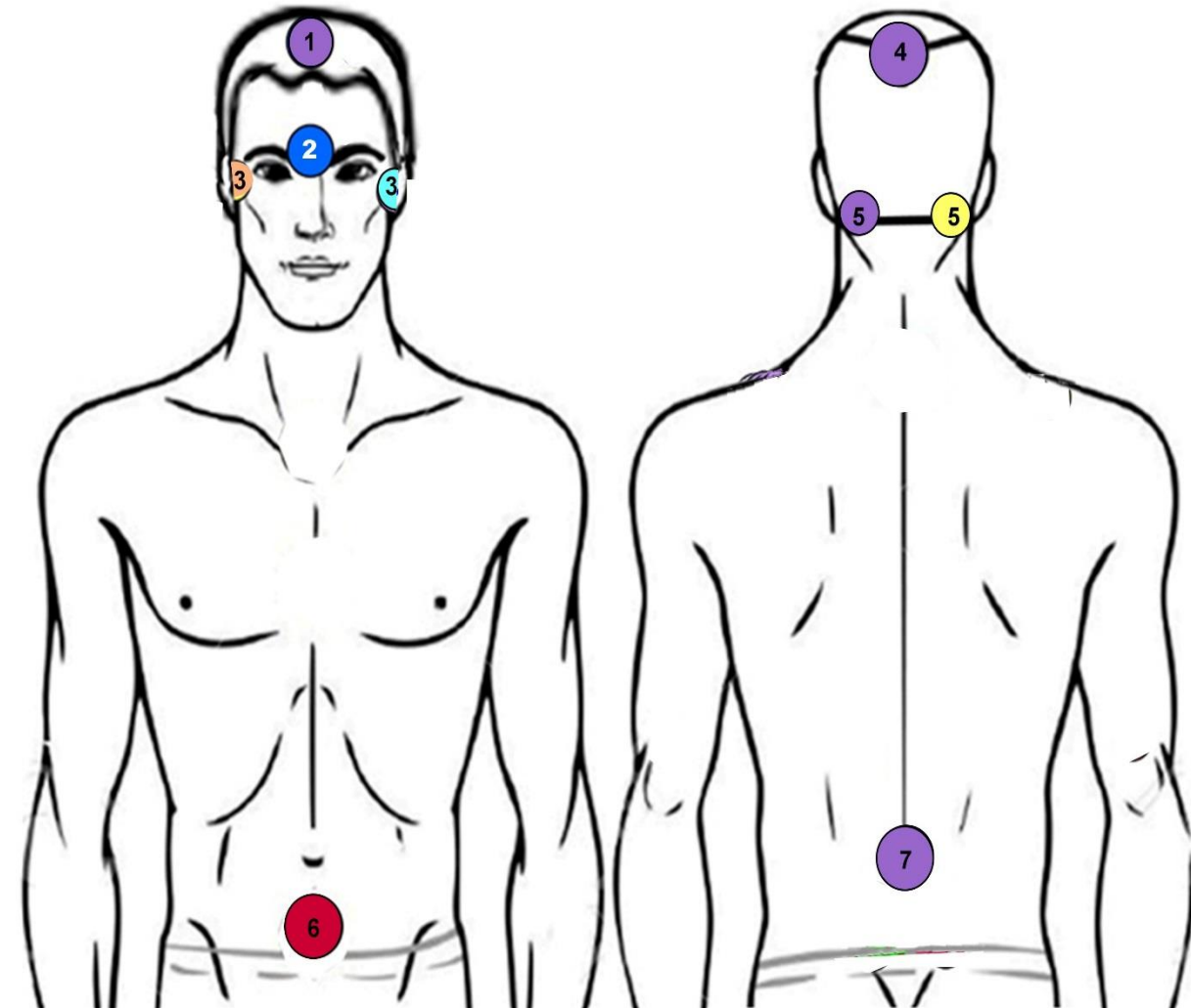
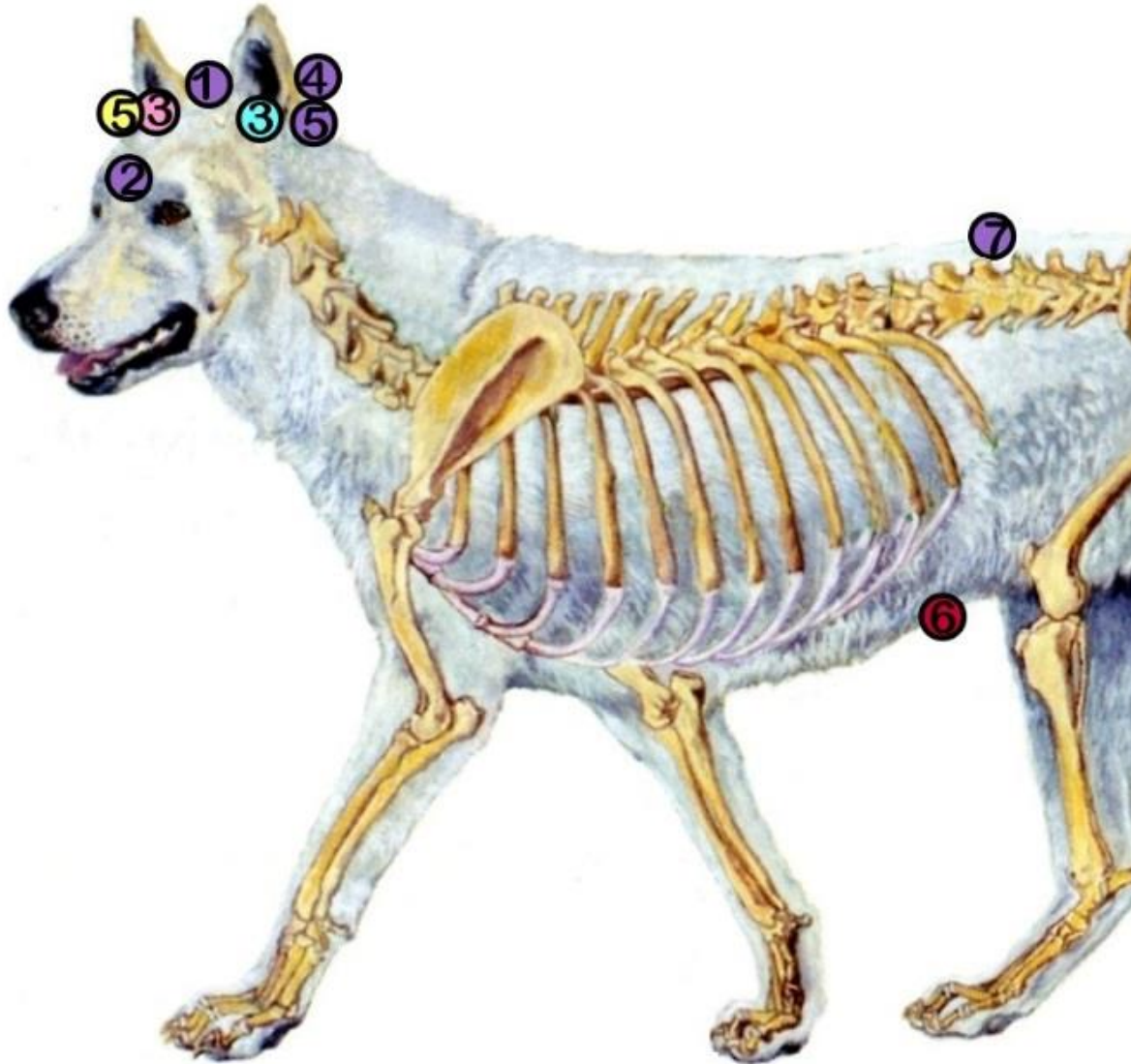
THUMB (1st) FINGER



Nervous System

SpSt

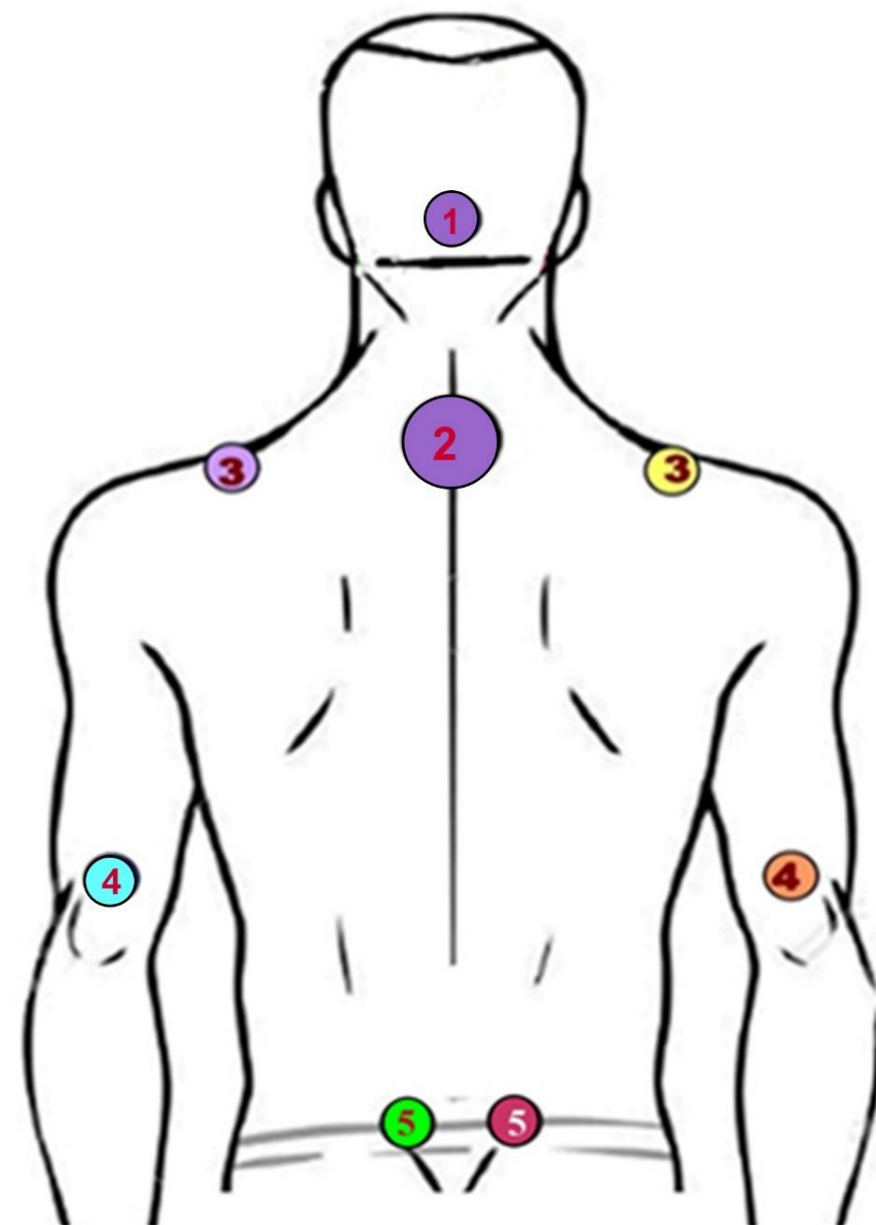
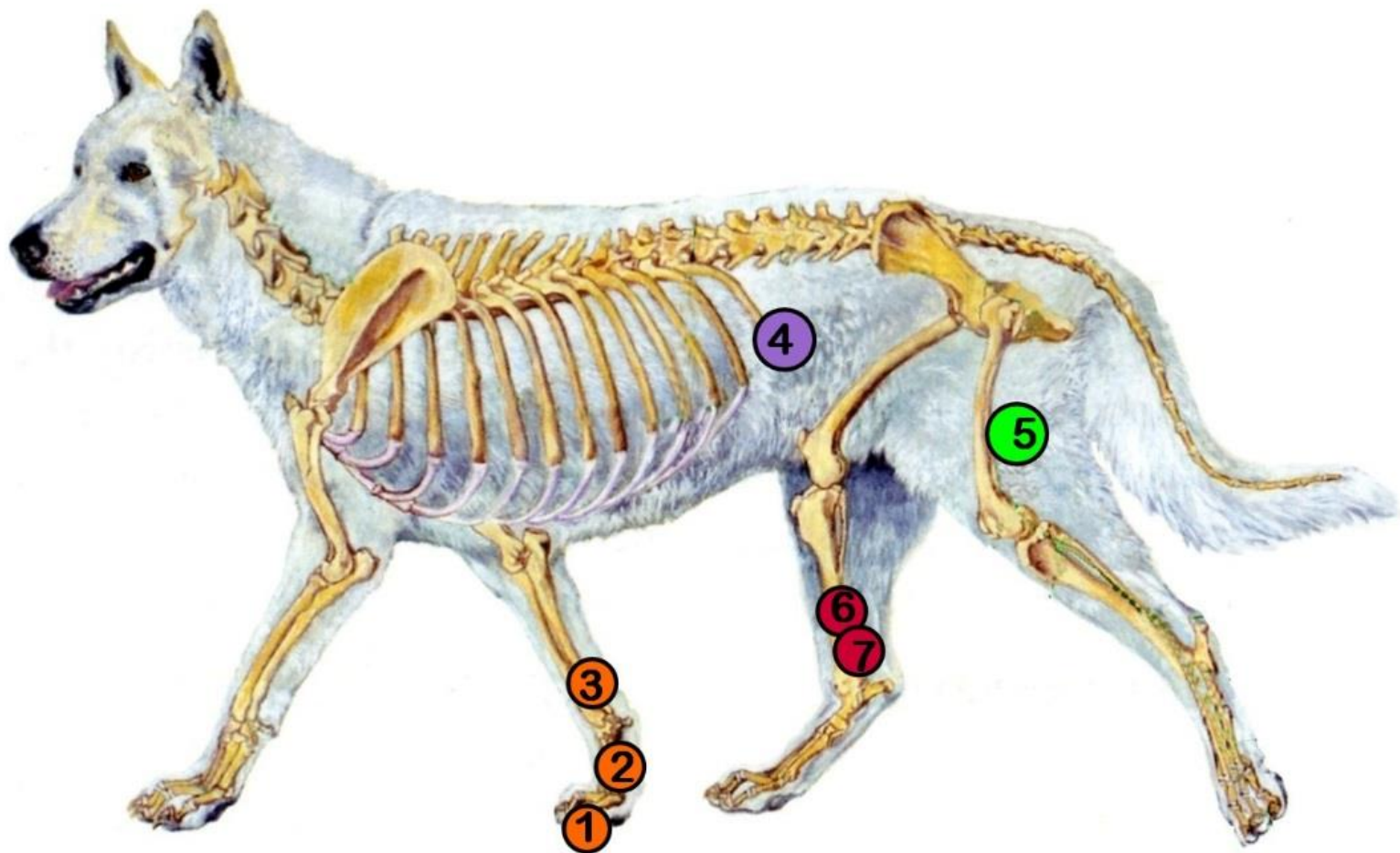
Index (2nd) FINGER



Musculo Skeletal System

KiBI

Middle (3rd) FINGER

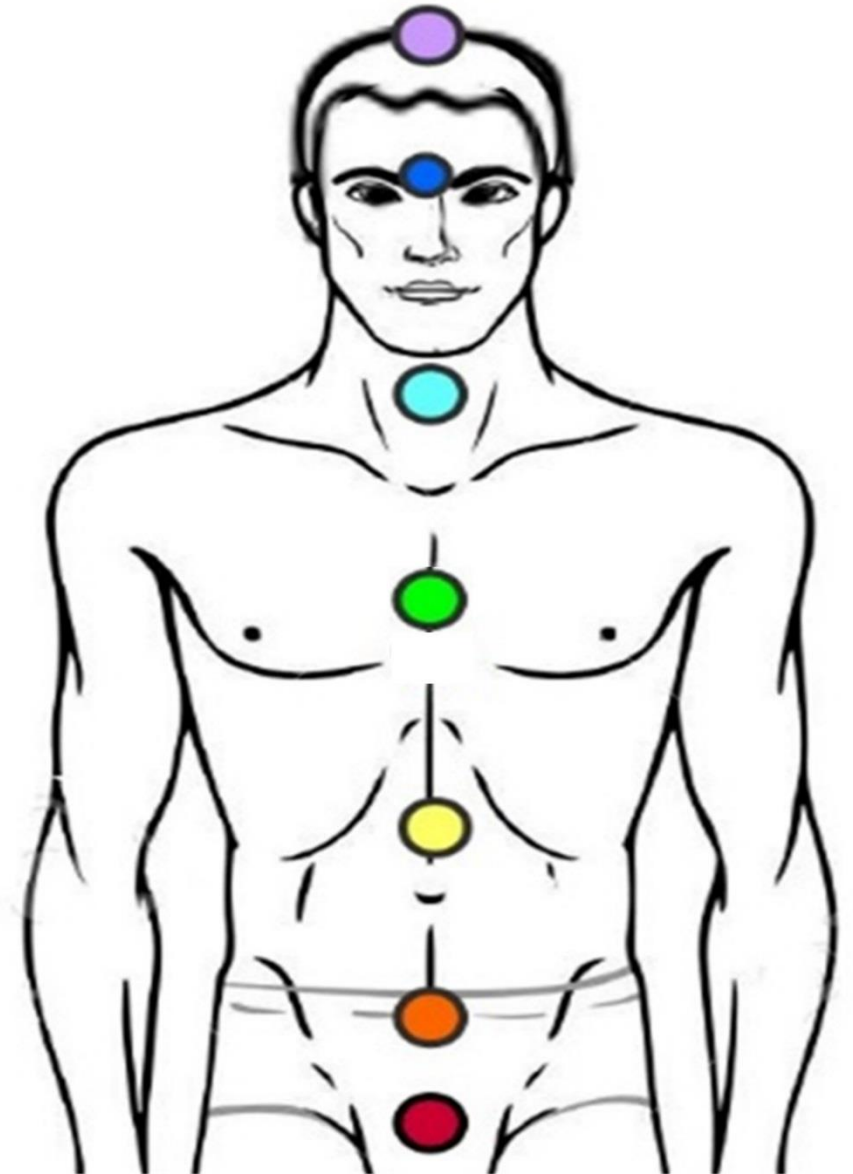
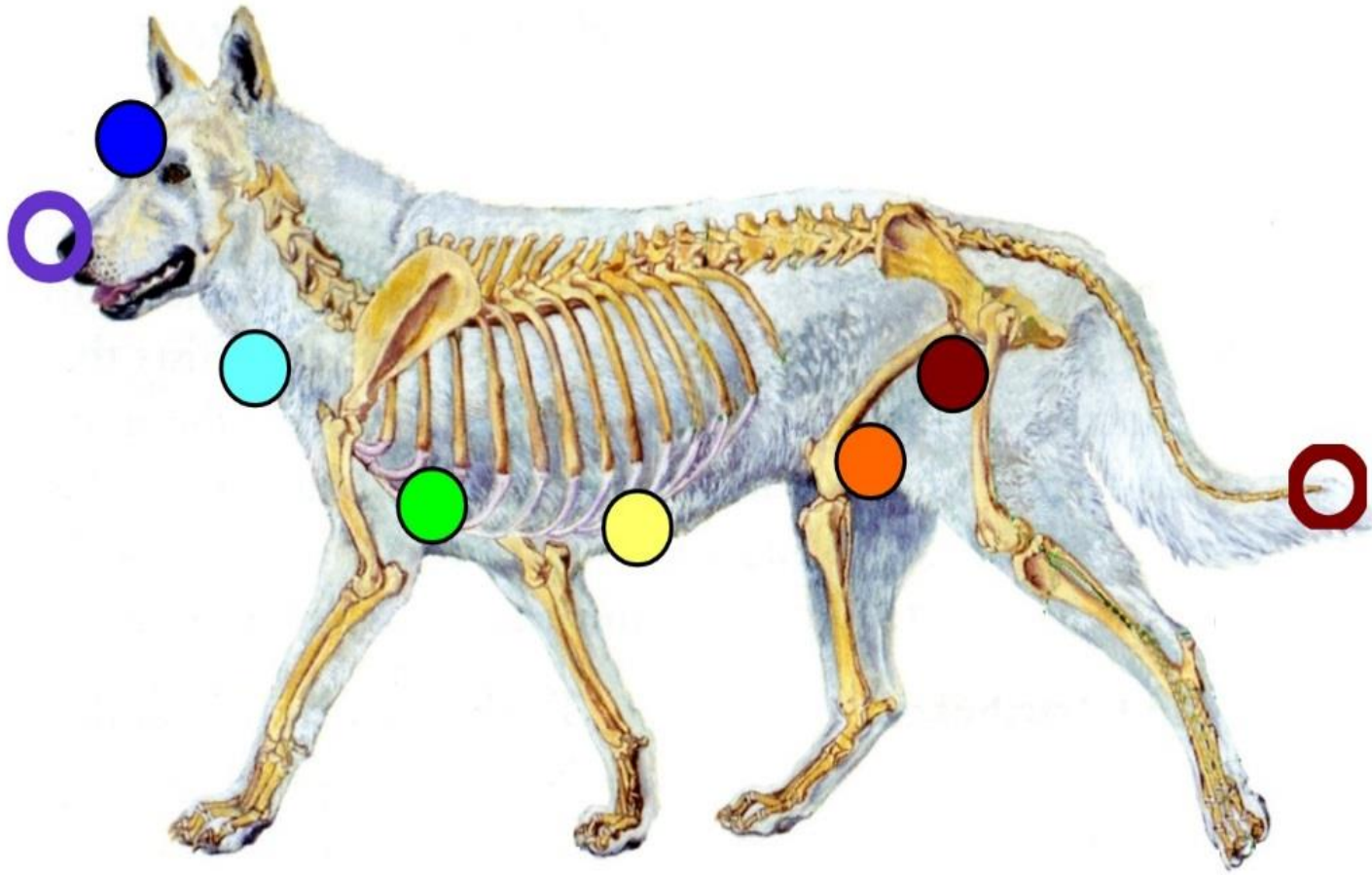


Endocrine

LuLi

RING (4TH) FINGER

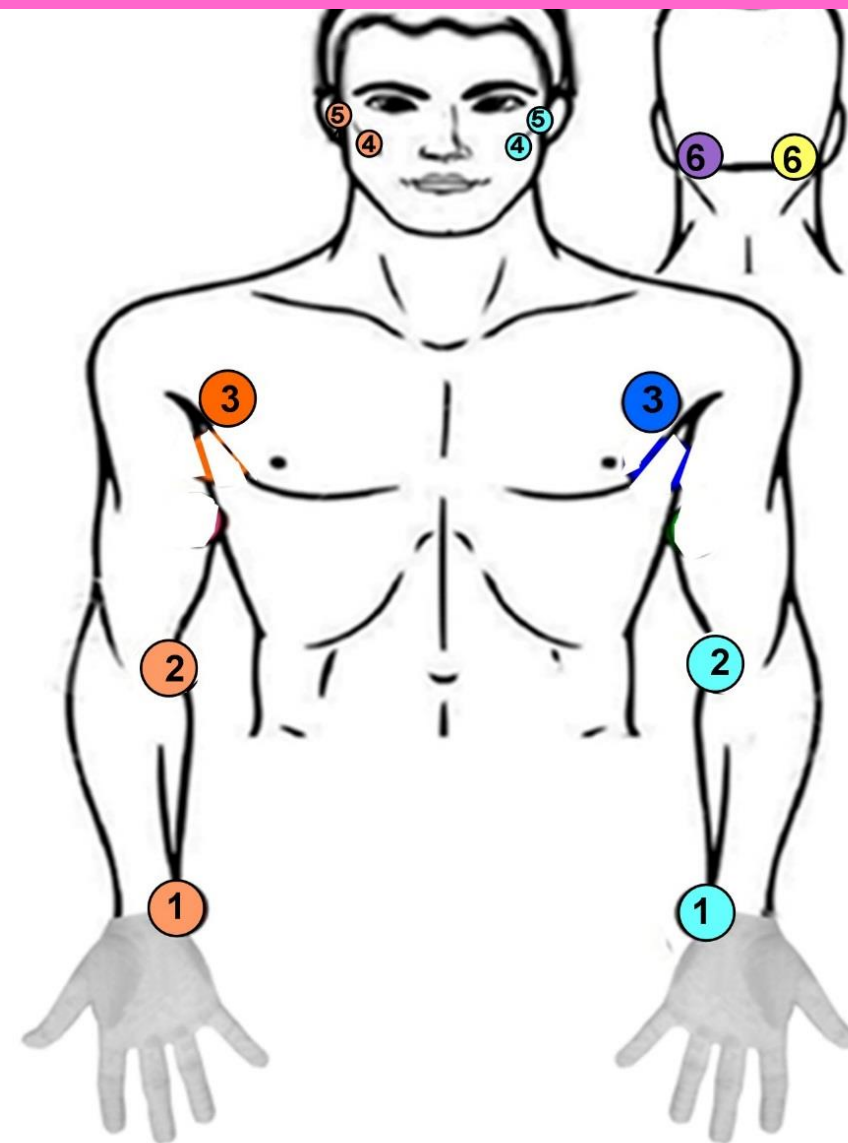
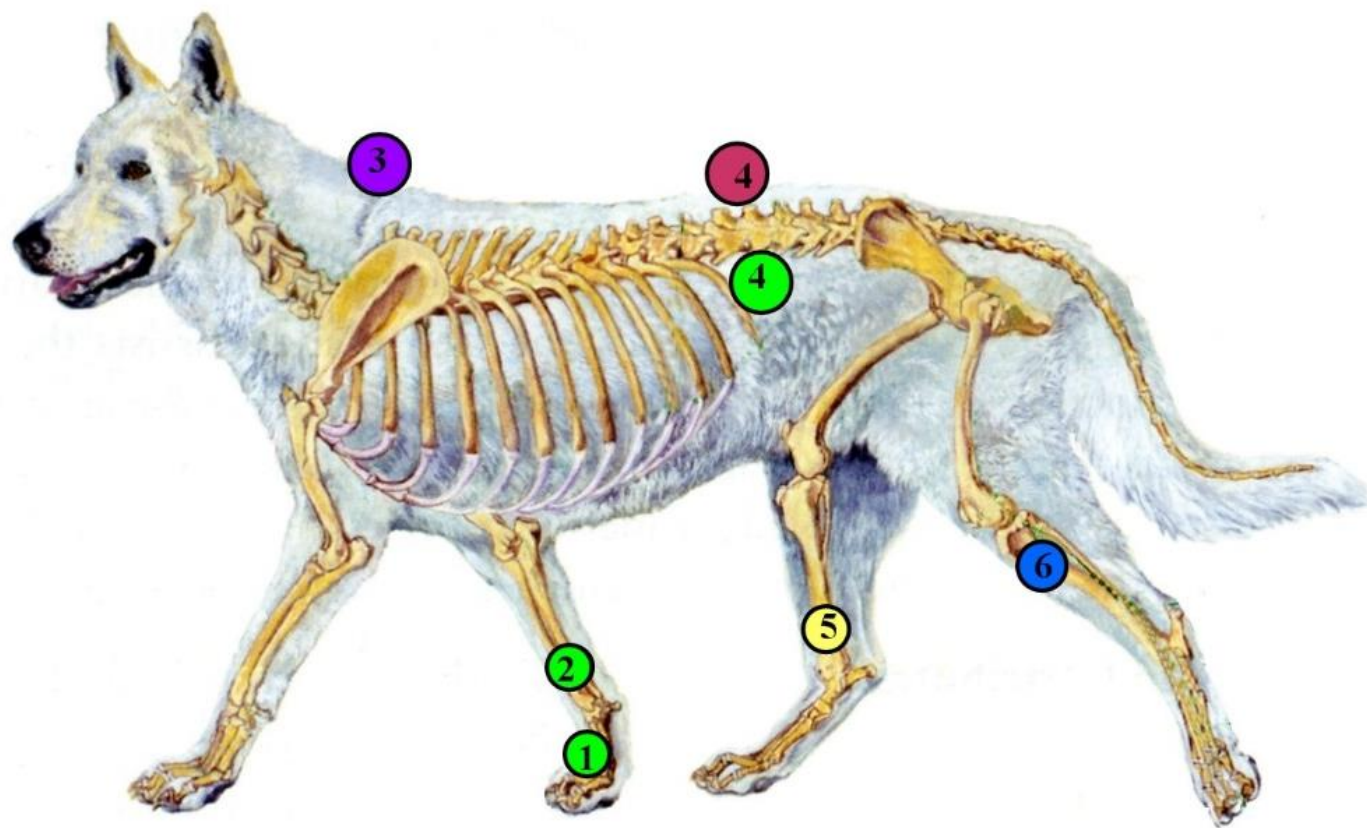
Chakra Balancing



Blood/Immune Defense

HtSI

Little (5th) FINGER



Section 2: A-Z Soul Treatments

RELEASE NEGATIVE EMOTIONS IN TARGETED ORGANS

ABDOMINAL PAIN

ACNE

ADDICTION

ADHD

ADRENAL FATIGUE

ALLERGIES

ANGER

ANXIETY

ARTHRITIS

ASTHMA

BLOOD PRESSURE

BRONCHITIS

CANCER

CARPAL TUNNEL

CHEST PAIN

CHOLESTEROL

COLD & FLU

CONFUSION

CONSTIPATION

COUGH

DIABETES

DIARRHEA

DRY MOUTH

EAR DISORDERS

ECZEMA/PSORIASIS

EPILEPSY

EYE DISORDERS

FAINING

FIBROMYALGIA/FATIGUE

FEAR

FEVER

FUNGUS/YEAST/ CANDIDA

GI DISORDERS

GRIEF

HEADACHES

HEAT STROKE

HEMORRHOIDS

HEPATITIS/JAUNDICE

HEART/LUNG ISSUES

HERNIA

HICCUPS

INCONTINENCE

INSOMNIA

IBS-C/D

JAW PAIN

KIDNEY/BLADDER ISSUES

MUSCULAR ATROPHY

OSTEOPOROSIS

PAIN-NECK, BACK, ARM, LEG

PLANTAR FASCIITIS

PARKINSON'S

PNEUMONIA

PROSTATITIS

SADNESS/DEPRESSION

SHOCK/TRAUMA

SKIN ISSUES

SORE THROAT

STRESS

STROKE

TOOTHACHES

TRAVEL ILLNESS

TRIGEMINAL NEURALGIA

VERTIGO

WEIGHT CONTROL

WOMEN'S REPRODUCTIVE

SECTION 3: MERIDIAN BALANCING



REBALANCING THE MERIDIAN SYSTEMS CURES THE DISEASE.

Meridian pathways link the outside physical body to the inside spirit body through the Central Nervous System. The CNS feeds every organ and body part, and also controls the flow of chi throughout the whole body-soul-spirit.

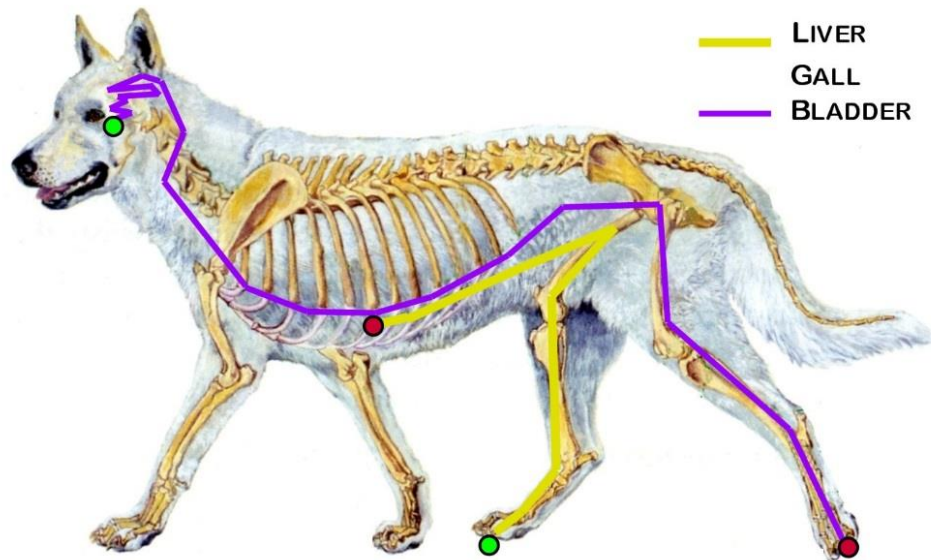
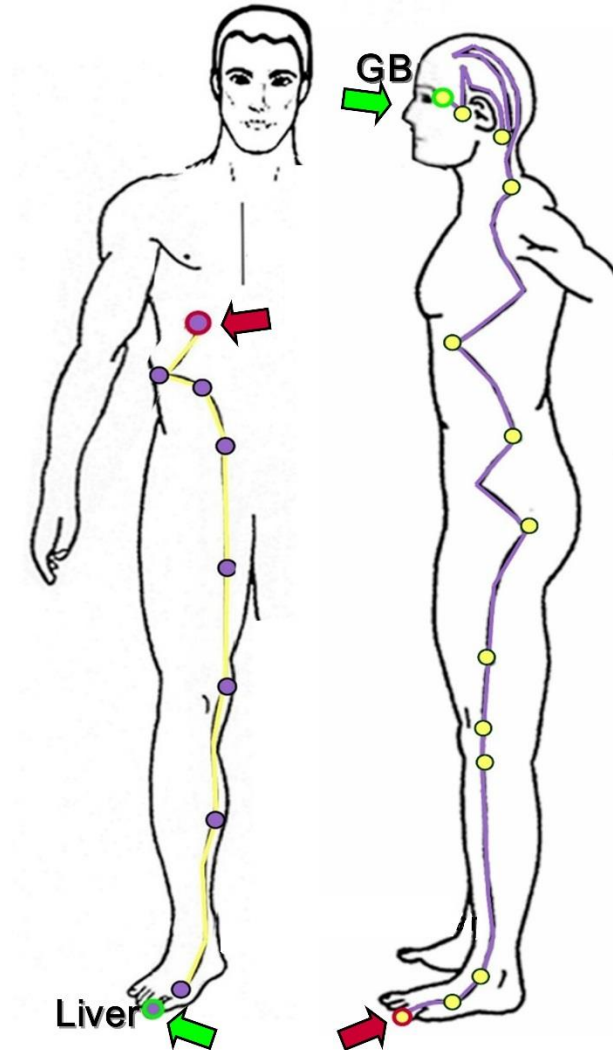
HOW TO REALIGN THE MERIDIANS:

Trace the pathway on both R&L sides of the body either by using the cool color to sedate over-activity meridian starting at **VIOLET** and ending at **YELLOW**. Stimulate an underactive meridian using the warm color beginning at **VIOLET** and ending at **YELLOW**.

LIVER-GALL BLADDER

Anger is a powerful emotion that may produce migraine HAs, eye problems, myopathy or tendinitis.

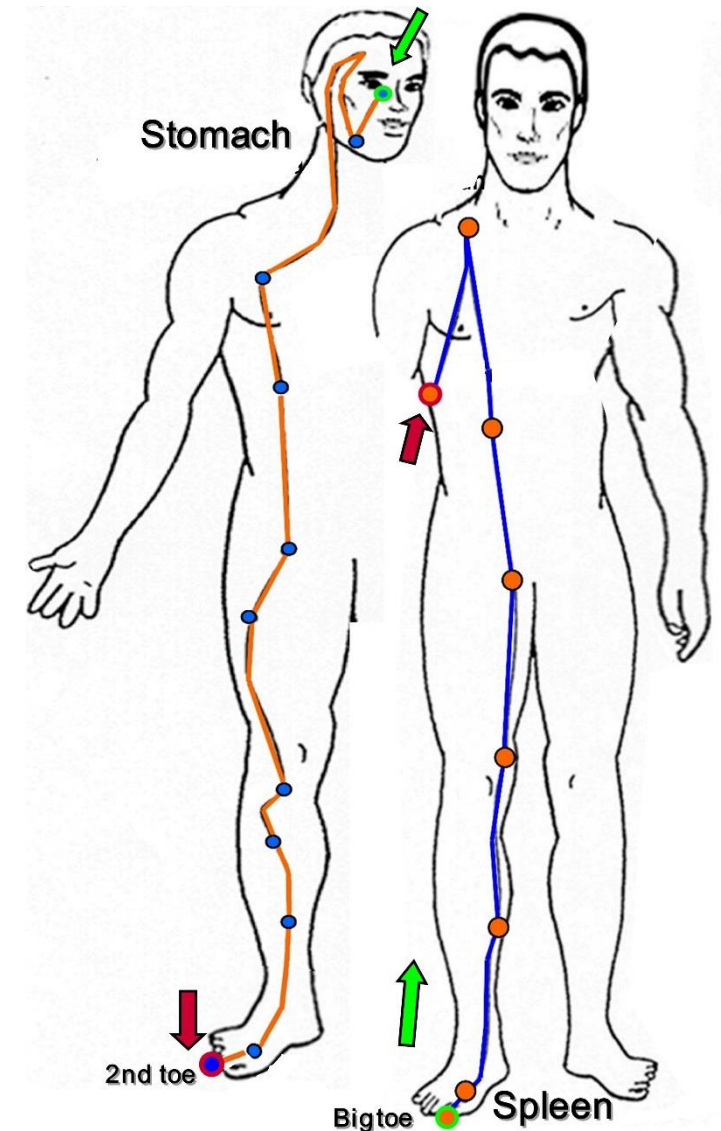
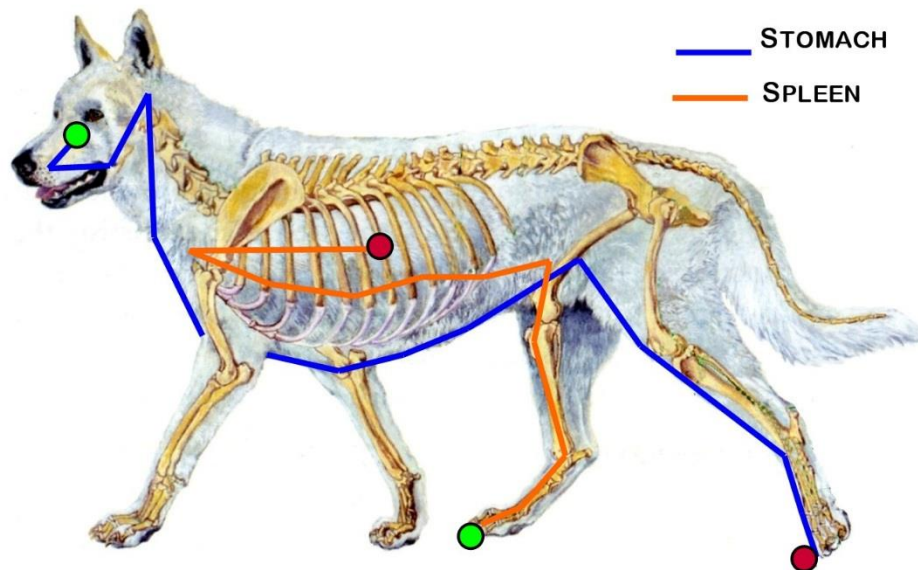
Meridian	Underactive Warm Color	Overactive Cool Color
Liver	Yellow	Violet
Gall Bladder	Yellow	Violet



STOMACH-SPLEEN

Ever heard of the “Worry-Wart” that ends up with stomach ulcers?

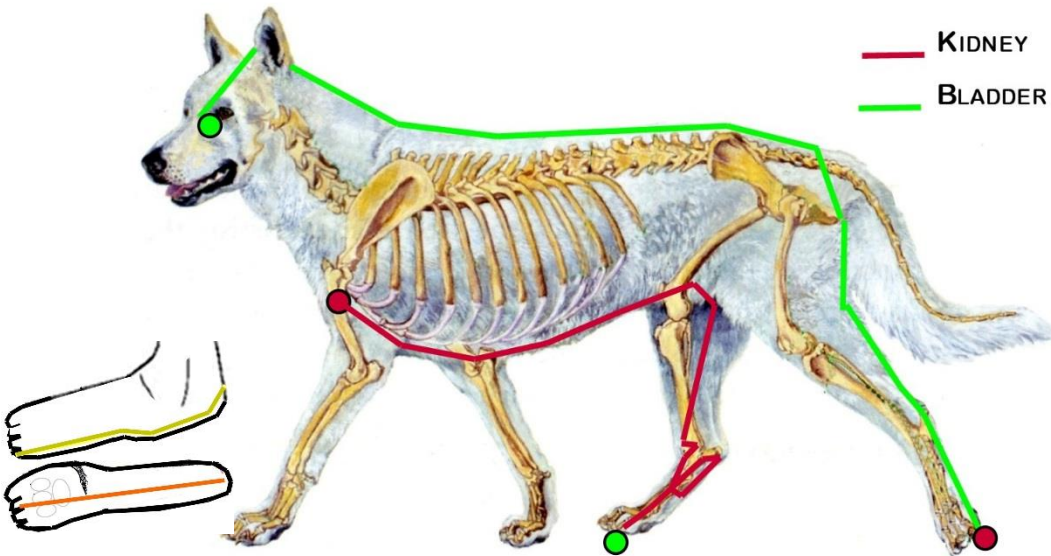
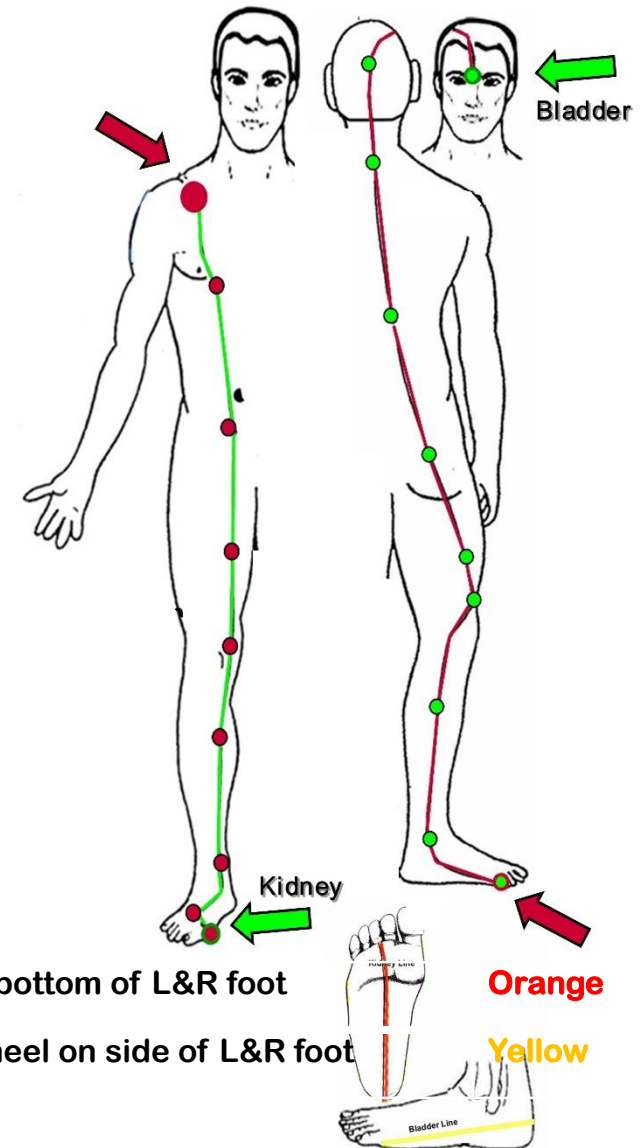
Meridian	Underactive Warm Color	Overactive Cool Color
Stomach	Orange	Blue
Spleen	Orange	Blue



KIDNEY-BLADDER

Fear and anxiety are common in young children and can even be transferred from the parents to the unborn child while in the womb.

Meridian	Underactive Warm Color	Overactive Cool Color
Kidney	Red	Green
Bladder	Red	Green



1. Kidney Line 5x
2. Bladder Line 5x

3rd toe to heel on bottom of L&R foot

5th toe to heel on side of L&R foot

Orange

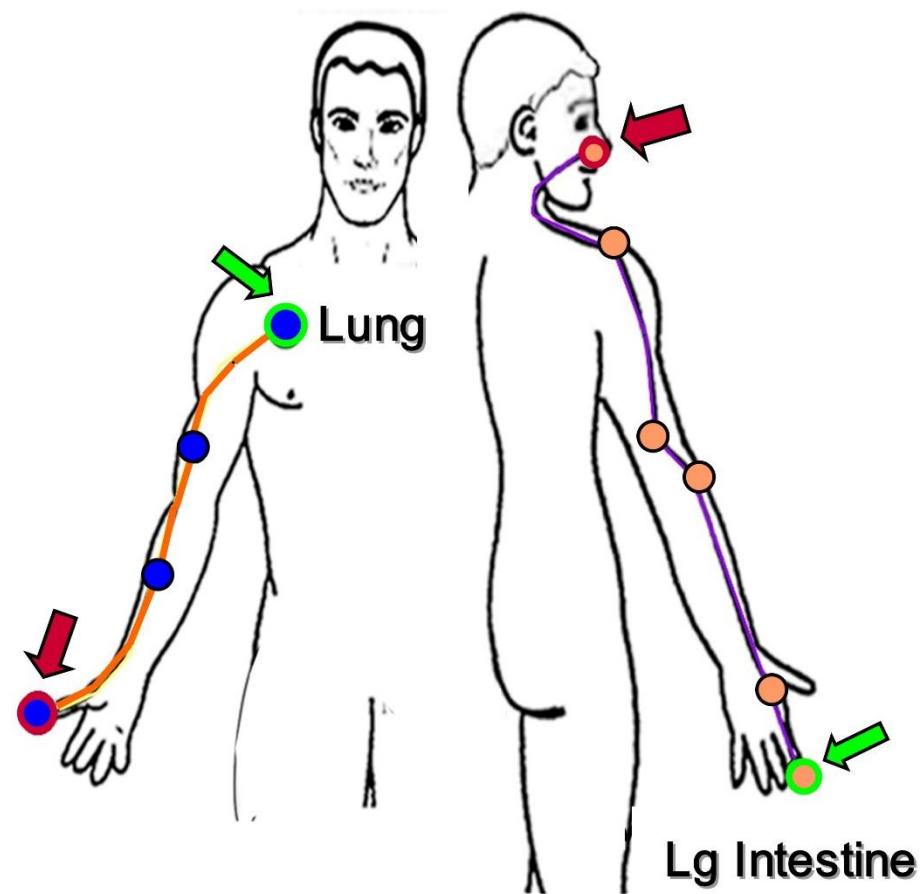
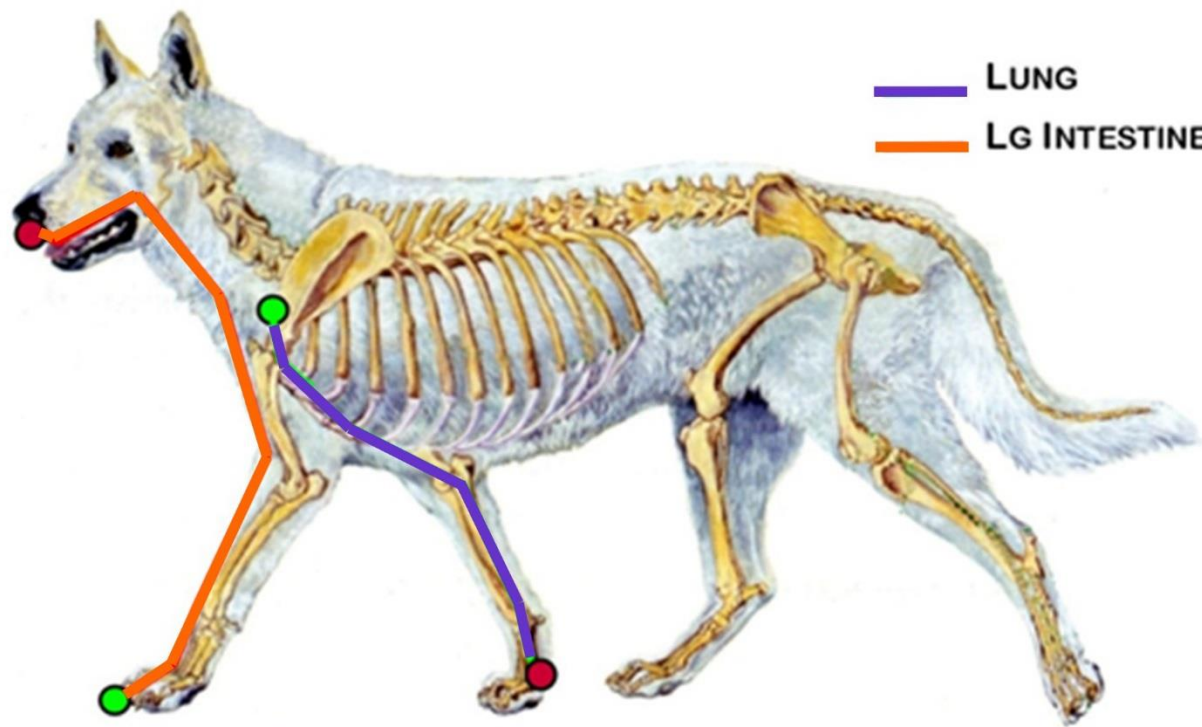
Yellow

An additional step, stroking 5 times on the Kidney/Bladder lines on the feet can clear unwanted antepartum emotions.

LUNG-LARGE INTESTINE

Grief or sorrow will settle in the lungs.

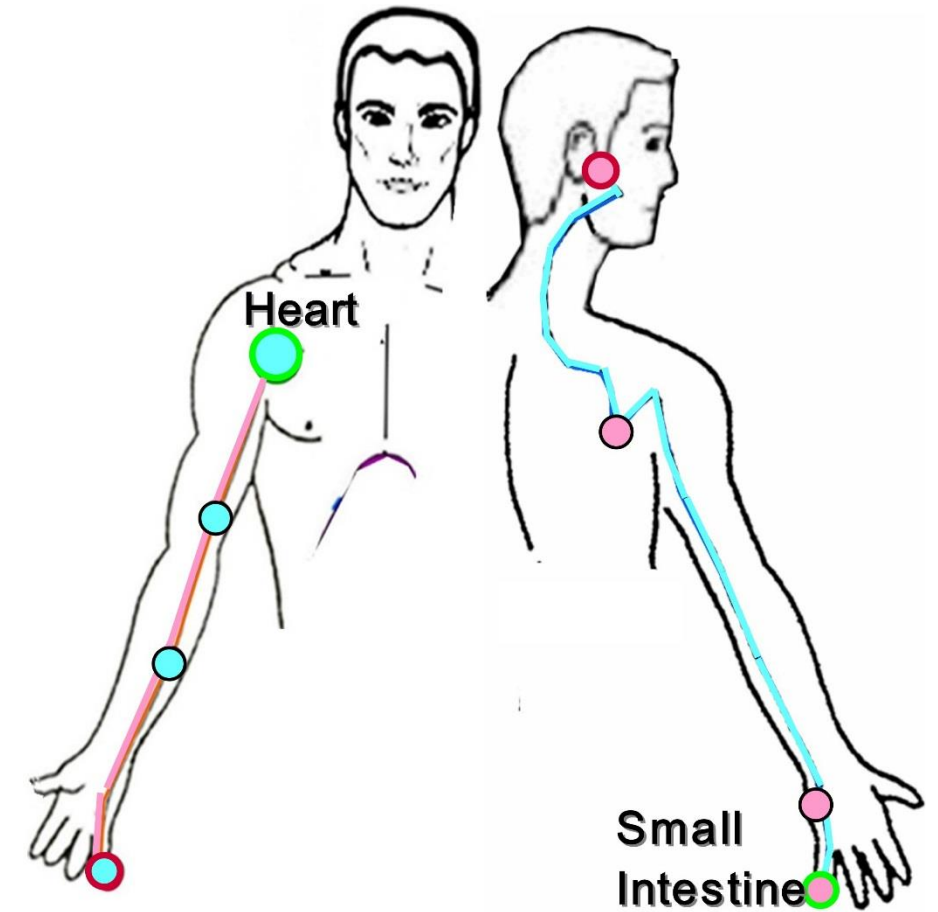
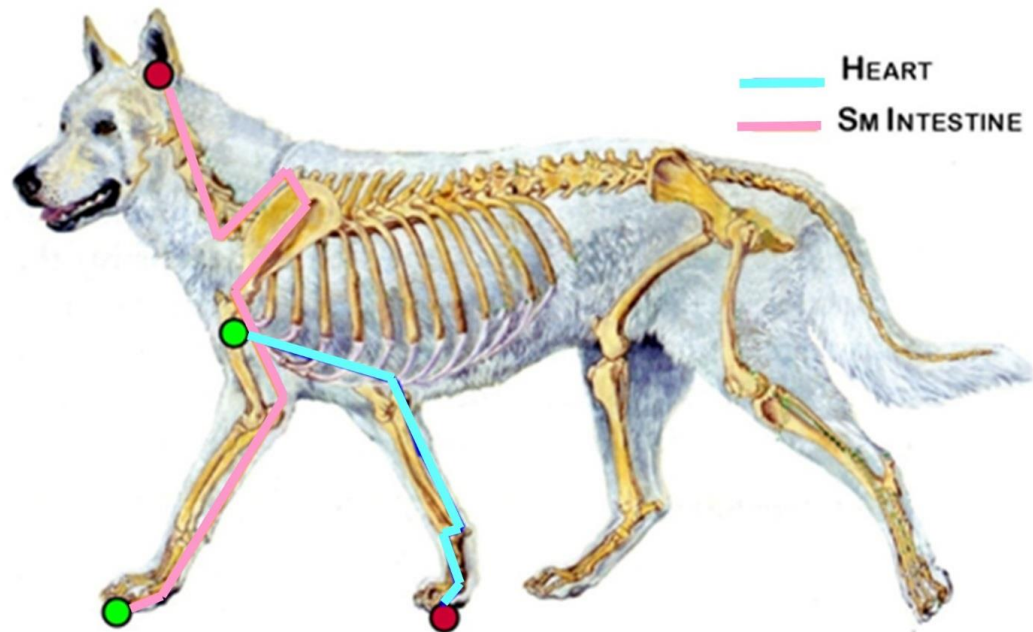
Meridian	Underactive Warm Color	Overactive Cool Color
Lung	Orange	Blue
Large Intestine	Orange	Blue



HEART-SMALL INTESTINE

The Heart should be full of Unconditional Love. This meridian should never be out of balance. If it is, then the others are as well, since the other meridians protect the Ht/SI at all costs.

Meridian	Underactive Warm Color	Overactive Cool Color
Heart	Rose	Turquoise
Small Intestine	Rose	Turquoise



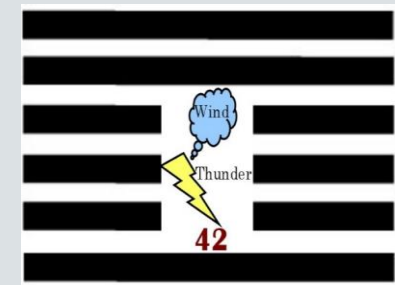
When there is light in the soul there will be beauty in the person.

When there is beauty in the person, there will be harmony in the house.

When there is harmony in the house, there will be order in the nation.

When there is order in the nation, there will be peace in the world.”

--Old Chinese Proverb



I-Ching Hexagram

For Further Information:

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The website has a copy of this presentation and a link to my Amazon books.