

AN INTRODUCTION TO

# AcuColors



## Colored Light Therapy on the Acupoints of the Body

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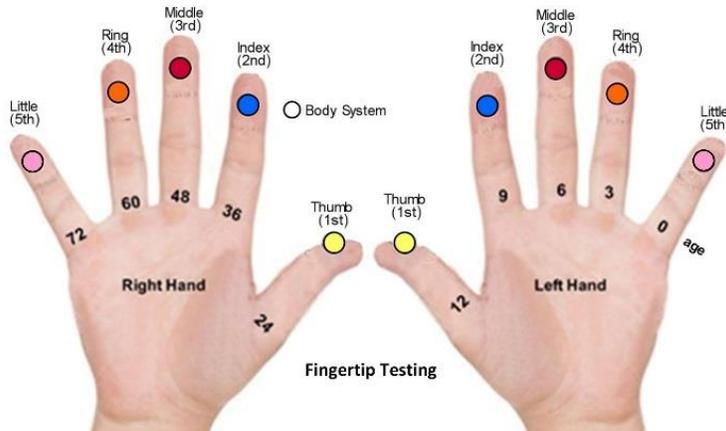
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# FIND THE AFFECTED MERIDIAN



Finger test for pain using a blunt probe or ballpoint pen starting with the Left Hand 5<sup>th</sup> finger and ending with the RH 5<sup>th</sup> finger. Treat the most painful fingers first with the Regulation treatments below in #1, then the specific soul emotion treatment; and finally rebalance the affected meridian. Move on to the next painful finger and treat it likewise.



## Five Paired Meridian Pathways

SPIRITUAL MERIDIAN NETWORK	SOUL EMOTION	PHYSICAL DISEASE TENDENCIES OF THE BODY
<b>Liver/Gall Bladder</b> Lv/GB 1 <sup>st</sup> Finger	<b>Anger</b>	Allergies, Anxiety, Aphasia, Chronic Fatigue, Convulsions, Dizziness, Eye & Ear issues, Fever, Gallstones, Hip pain, Hypertension, Leg arthritis, Meningitis, <b>Migraines</b> , Mood disorders, Muscle Atrophy, Nausea, Numbness, PMS, Rib pain, Sciatica, Shoulder pain, Stroke, Tinnitus, Weakness
<b>Stomach/Spleen</b> St/Sp 2 <sup>nd</sup> Finger	<b>Worry</b>	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
<b>Kidney/Bladder</b> Ki/Bl 3 <sup>rd</sup> Finger	<b>Fear</b>	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
<b>Lung/Large Intestine</b> Lu/LI 4 <sup>th</sup> Finger	<b>Sadness</b>	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, Shingles
<b>Heart/Small Intestine</b> Ht/SI 5 <sup>th</sup> Finger	<b>Love/ Betrayal</b>	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.

## OTHER DIAGNOSTICS



Nailbed Inspection



Iris Mapping



Face Inspection



Tongue Inspection

# 1-2-3...ELIMINATE HEALTH ISSUES

## 1. **Treat the Body Regulation Level 1st** by the finger that is the most tender using the appropriate of the 5 Regulatory Treatments from the chart below, detailed in the treatment plans following this page. Do the treatment daily for a week, weekly for a month, monthly for a year.

FINGER(S)	Thumb (1 <sup>st</sup> )	Index (2 <sup>nd</sup> )	Middle (3 <sup>rd</sup> )	Ring (4 <sup>th</sup> )	Little (5 <sup>th</sup> )
BODY SYSTEM	<b>Lymph</b> LvGB	<b>Nerve</b> SpSt	<b>Muscle</b> KiBI	<b>Endocrine</b> LuLI	<b>Blood Immune</b> HtSI
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

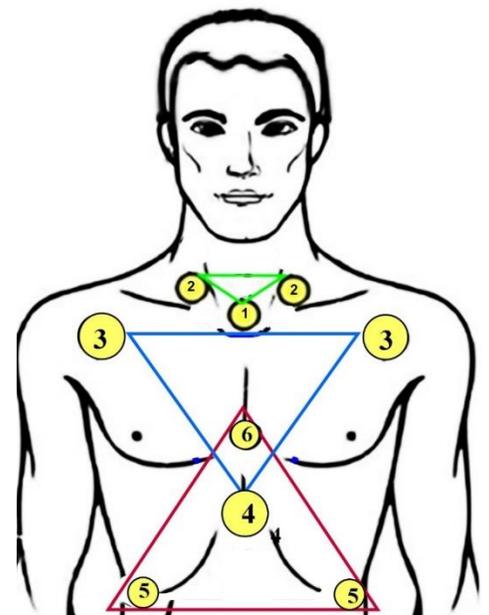
### LYMPHATIC SYSTEM THUMB (1ST) FINGER LvGB

#### Triple Triangles—The 3 Lymphatic Zones of the body—Head, Chest, Abdomen

Negative emotions tend to hide in the 3 lymphatic zones of the head, chest and abdomen and such blockages if left in the body long term, may result in many serious health issues and meridian imbalances. The following chart shows some of the basic symptoms for each lymphatic zone and the corresponding triangle treatment that supports lymphatic drainage and unblocking.

3 LYMPHATIC ZONES	BASIC SYMPTOMS TO RECOGNIZE IMBALANCE
<b>Head &amp; Neck</b>	toothache, sinusitis, migraine HA or neck pain
<b>Chest</b>	excess stomach acid, heart palpitations, gallstones, jaundice, asthma
<b>Abdomen</b>	diverticulitis, infertility, kidney stones, GI pain and distention, appendicitis

Pts	Location	Acupoint Indications	Color
	<b>1<sup>st</sup> Green Triangle</b>	<b>Sinus Congestion</b>	
1	<b>CV22</b> –in hole above sternum	Sore throat, Goiter, Cough, Asthma	<b>Yellow</b>
2	<b>St11</b> L&R neck base, hole @start of clavicle	Sore throat, Goiter, Hiccup, Asthma, Neck Pain	<b>Yellow</b>
	<b>2<sup>nd</sup> Blue Triangle</b>	<b>Lung Congestion</b>	
3	<b>Lu1</b> L&R 4FW↑ from armpit & 1FW inward.	Cough, Asthma, Shoulder & Back Pain	<b>Yellow</b>
4	<b>CV12</b> ↓bottom of sternum	GI pain& distention, GERD, Jaundice, Hysteria	<b>Yellow</b>
	<b>3<sup>rd</sup> Red Triangle</b>	<b>Chronic infections, Detox &amp; Liver Cleanse</b>	
5	<b>Lv13</b> L&R at side on free end of 11 <sup>th</sup> rib	GI distention, GERD, N/V, Diarrhea, Hypochondria	<b>Yellow</b>
6	<b>CV17</b> on sternum at nipple level	Cough, Asthma, Hiccup, Mastitis, Chest Pain	<b>Yellow</b>



**General Indications:** Acute Tonsillitis, Sinusitis, Appendicitis. To increase Lymphatic drainage & for detoxification. For any Chronic Lymphatic disease—Hodgkin’s Lymphoma, Lymphedema, Lymphocytosis, Heavy Metal Poisoning,

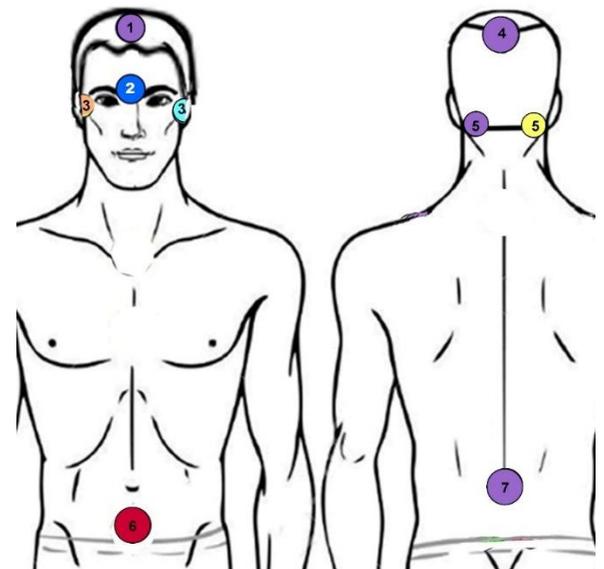
**Directions:** Decide at which location you have the most tension, and treat that area regularly with the appropriate triangle below; otherwise, treat all 3 zones using the points on each triangle for an overall Detox treatment if you have multiple symptoms from each zone. Starting with #1 at the base of the neck, apply yellow to all 6 points for 20 seconds each. Triangle lines are only for visualization.

- **THYMUS OR TARZAN THUMP:** Tap 10-15x on point #1 to encourage lymph flow.
- **BODY PUMP EXERCISE:** Point toes then Pull Back on toes of each foot 10x. This will maintain good lymph flow and keep the immune system active.

**NERVOUS SYSTEM** INDEX 2<sup>ND</sup> FINGER SpSt

The Spine is connected to the meridians and their associated organs of the body. A problem vertebrae may indicate an imbalance in the meridian which can be verified with the corresponding emotion. For example, Sandy has a bulging disc at L4-5 and she has felt sad and depressed about her inability to do everything she used to. The following treatment balances the Nervous system.

	Point & Location	Acupoint Indication	Color
1	GV20 top head; straight ↑ from top of ears	Aphasia, insomnia, memory, HA, Tinnitus, Vertigo	Violet
2	Yin Trang or Pineal between eyebrows	Insomnia	Blue
3	SI19 Hairline front of ear	Insomnia, intolerance to heat & cold; appetite, fatigue, memory, BP	L Turquoise R Pink
4	GV19 mid ridge on back crown of head	Seizure, HA, Dizziness, Mental disorders	Violet
5	GB20 Medulla pts at L&R corners of back hairline	Epilepsy, HA, Vertigo, Tinnitus, Stroke, Face palsy, LBP, NP, Eye Redness & Pain	L Violet R Yellow
6	CV6 2FW ↓ Navel	Stroke	Red
7	GV3 on L5/S1 Medulla pt	LBP, Muscle atrophy & Leg Pain, PMS, Impotence	Violet



**General Indications:** Nervous System degenerative disorders such as—Balance, Multiple Sclerosis (MS), Alzheimer’s, Parkinson’s, Epilepsy, and Stroke, Palsy or anything that affects memory and ability to perform daily activities.

**Directions:** Apply appropriate colors for 20 seconds each.

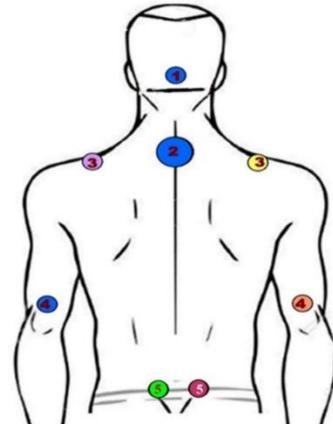
# MUSCULOSKELETAL SYSTEM

MIDDLE (3RD) FINGER

KiBI

The Spine is connected to the meridians and their associated organs of the body. The chart in Appendix 5 shows this connection with the meridians and emotions. A problem vertebrae may indicate an imbalance in the meridian which can be verified with the corresponding emotion. For example, Sandy has a bulging disc at L4-5 and she has felt sad and depressed about her inability to do everything she used to. The following treatments balance overall the Nervous system and the Musculo-Skeletal system.

	Point & Location	Acupoint Indication	Color
1	<b>GV17</b> just ↓ occipital bone 3FW ↑ hairline	NP, Epilepsy, Vertigo, Hoarseness, Mental disorders	Violet
2	<b>GV13</b> on C7 (hump base of neck)	Stiff Back, Fever, Malaria, Seizure, Mental disorder	Violet
3	<b>GB21</b> 4FW L&R from C7 spine at base of neck	NP, Shoulder pain, TB-Scrofula, Labor & Lactation	L Violet R Yellow
4	<b>TH11</b> just above L&R elbow, back of arm	Shoulder & Arm Pain, HA	L Blue R Orange
5	<b>BL28</b> 2FW L&R level of S2 spine	LBP, Sciatica, Constipation, Enuresis, Diarrhea, Constipation, Frequent urination	L Green R Red



**General Indications:** Degenerative Disease of Bones & Muscles—Arthritis, Fibromyalgia (FMS), Lupus (SLE), Myasthenia Gravis (MG), Osteoporosis, Sarcoma & Bone Cancer

**Directions:** Apply appropriate colors for 20 seconds each.

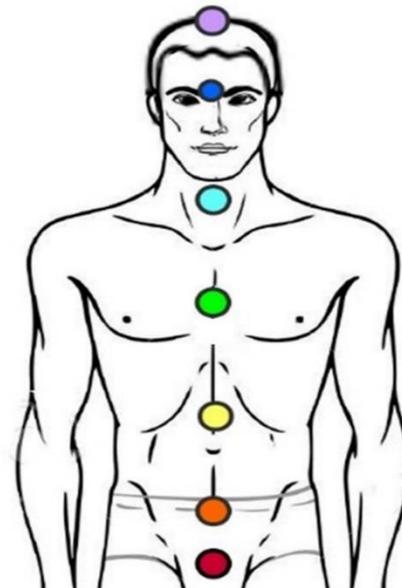
# ENDOCRINE SYSTEM

RING (4TH) FINGER

LuLI

## CHAKRA BALANCING

Chakra	Point & Location	Gland	Function	Color
Root	<b>CV2</b> on Pubic bone	Adrenals	Survive	Red
Sacral	<b>CV4</b> Under belly 2FW ↑ CV2	Gonads	Create	Orange
Solar Plexus	<b>CV12</b> 4FW ↑ navel	Pancreas	Satisfy	Yellow
Heart	<b>CV18</b> Mid sternum	Thymus	Share	Green
Throat	<b>CV23</b> On thyroid	Thyroid	Communicate	Turquoise
Brow	<b>Yin Trang</b> between eyebrows	Pineal	Wholeness	Indigo
Crown	<b>GV20</b> top head; ↑ from top of ears	Pituitary	Intuition	Violet



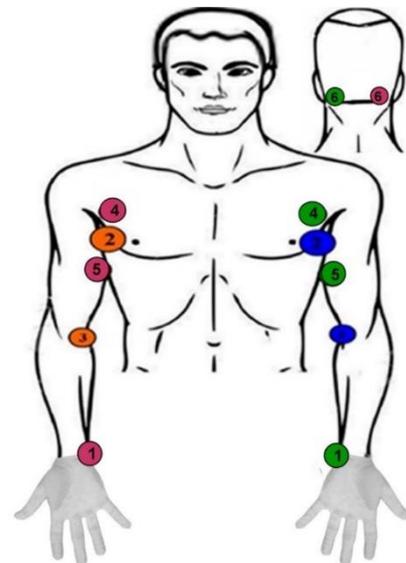
**General Indications:** For Endocrine disorders, such as—Addison's, Adrenal Fatigue, Cushing's, Endometriosis, Diabetes, Graves, Hashimoto's Thyroiditis, PCOS (Polycystic Ovarian Syndrome).

**Directions:** Starting at Root Chakra (Red), place appropriate color on each Chakra for 20 sec. During each light placement, think in your mind of a whirlwind spinning freely clockwise around that part of your body where the light is placed. The faster it spins the more balanced the chakra. The Chakras can spin either direction, but Clockwise tends to move outward and join other energy, while Counter Clockwise moves energy inward and tends to drain others' energy. If one of the chakras will not move, try further meditation, visualizing with more intent a swirling motion. If there is still no movement, then suspect blockage(s). Look at the Gland and its Function in the chart above. If you know you already have issues with that gland, then this is further confirmation that you need to work with it to unblock the corresponding chakra.

**EACH CHAKRA** is linked to a gland. *When you balance the chakra you help regulate the gland. Also, significant emotional trauma is imprinted in the Chakras; so when you balance the Chakras, you release negative emotions.*

# BLOOD IMMUNE SYSTEM LITTLE (5<sup>TH</sup>) FINGER HtSI

	Point & Location	Acupoint Indications	Color
1	<b>Ht7</b> L&R palm meets ulna at wrist	Regulates heart energy, palpitation, Nervousness, Forgetfulness.	L Green R Red
2	<b>PC1</b> 1FW ←/→nipple 5FW ↓armpit	SOB, Cough, Phlegm, Asthma, Chest Pain, Mastitis, TB-Scrofula	L Blue R Orange
3	<b>PC3</b> antecubital in elbow crease	Fear, Anxiety, GI, Elbow & Chest Pain, palpitations, Fever, Hemoptysis	L Blue R Orange
4	<b>Lu1</b> L&R 4FW↑ from armpit & 1FW inward.	Cough, Asthma, Chest Pain	L Green R Red
5	<b>Lu3</b> 4FW ↓ from armpit & 2FW→to base of deltoid muscle on the arm.	Dyspnea, Bronchitis, Insomnia, Asthma, Sadness, Dizziness	L Green R Red
6	<b>GB20 Medulla pts</b> at L&R corners of back hairline	Regulates ANS functions, unconscious heartbeat & breathing	L Green R Red

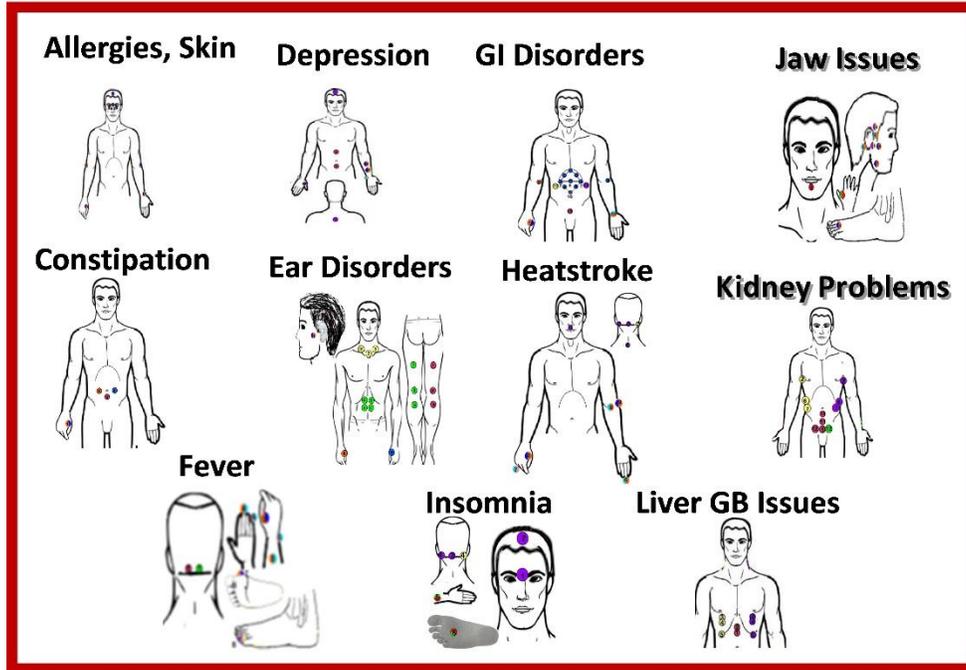


**General Indications** To improve circulation & communication to all the body parts. For *Heart* diseases—Hypertension, High Cholesterol, Enlarged Heart, Heart Attack, Palpitations. Congestive Heart Failure. For *Lung* Diseases—COPD, Bronchitis, Asthma, Emphysema, Pneumonia, TB, Lung Cancer, Pulmonary Edema

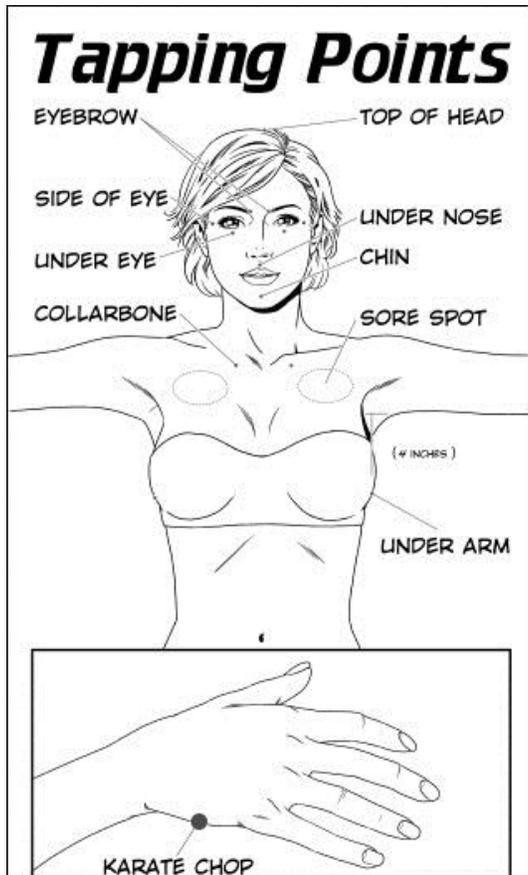
**Directions:** Place appropriate color on each point for 20 sec.

**THE CIRCULATORY SYSTEM** pumps oxygenated blood to all the vital organs of the body and then carries off wastes to the excretory system. A strong heart is needed to increase circulation and excretory functions. The way to develop a strong heart is not necessarily thru external aerobic exercise as we have been conditioned to think. TCM Taoism teaches us that external exercise builds the outer physique at the expense of wearing out the inner organs. Tao exercises, such as the dragon strengthen the heart and bring the meridian into balance.

## 2. Release the negative emotion using Color on the Specific Health Issue acupoints as listed in the book, *AcuColors for You and Me*, or by using the EFT tapping points or Emotion Code techniques:



### EFT



### EMOTION CODE

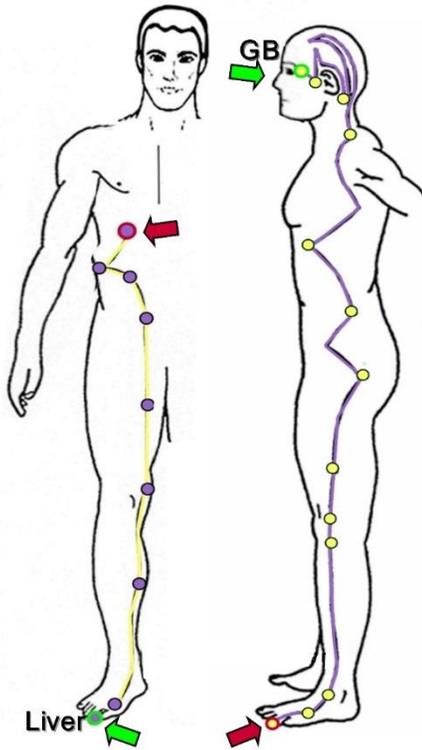
By Dr. Bradley Nelson

	Column A	Column B
1 H/SI	Abandonment Betrayal Lost Forlorn Love unrec'd	Effort Unrecd Heartache Insecurity Overjoy Vulnerability
2 St/Sp	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-esteem
3 Lu/LI	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Stubborn Self-abuse
4 L/GB	Anger Bitter Guilt Hatred Resentment	Depression Frustration Panic Taken for Granted Indecisiveness
5 K/Bl	Blaming Dread Fear Horror Peaved	Conflict Terror Creative Insecurity Unsupported Wishy Washy
6 GL/Go	Humiliation Jealousy Lust Longing Overwhelm	Pride Shame Shock Unworthy Worthless

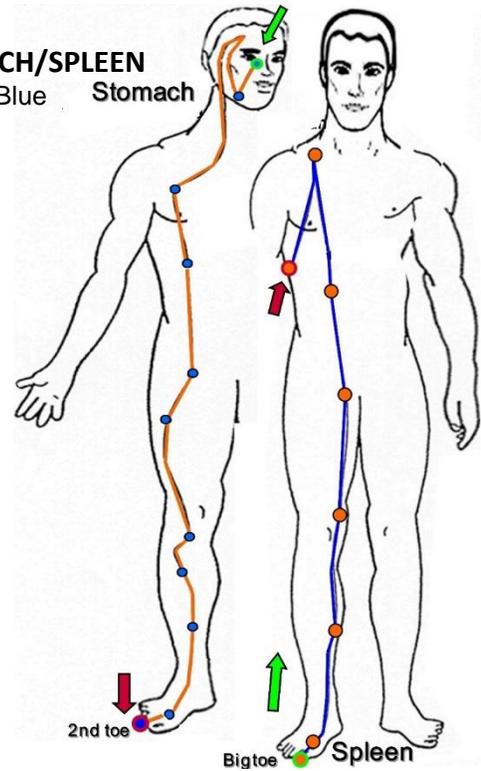
# 3. Realign the Meridian

by tracing with the appropriate Color or a Magnet starting at the Green and ending at the Red arrow. Be sure to trace the meridians on both the Right and Left sides of the Body. Once the chi energy flow is restored in the meridians, the disease will disappear. The meridian pairs run in opposition as do yin and yang to bring balance into the meridian pathway. Strengthen the weak meridian with the warm color and sedate the pair with the cool.

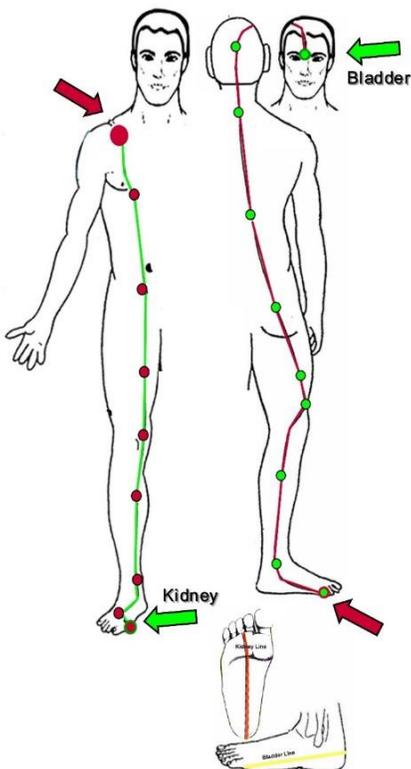
**LIVER/GB**  
Yellow/Violet



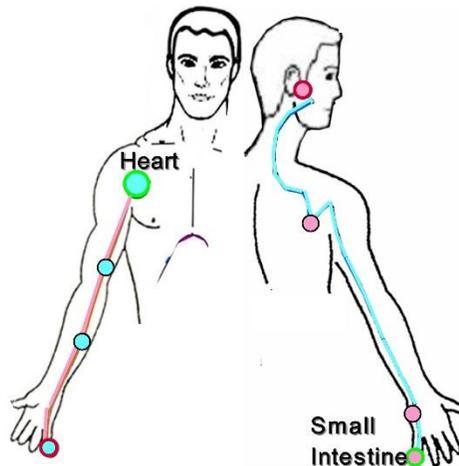
**STOMACH/SPLEEN**  
Orange/Blue



**KIDNEY/BLADDER**  
Red/Green



**HEART/ SM INTESTINE**  
Pink/Turquoise



**LUNG / LG INTESTINE**  
Orange/Blue

