

## Selection of color frequencies for better visual performance

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**Abstract** Principles of Chinese medicine and kinesiology are combined to determine the desired frequencies to be used in phototherapy.

**Key Words** Chinese medicine, *yin* and *yang*, behavioral optometry, kinesiology, phototherapy, Syntonic Principle

Over a period of three to five thousand years, Chinese medicine has come to view the human body as an integrated whole. Everything is defined by its vital energy, called *chi*, which circulates invisibly throughout the body, connecting the interior of the body with the exterior. This is the basis of acupuncture.

*Yin* and *yang* represent the polarity in all things and are always in relation. This is similar to the Syntonic Principle, which advocates balance between the sympathetic and parasympathetic nervous systems. The following illustrate some characteristics associated with *yin* and *yang*:

<i>Yin</i>	<i>Yang</i>
Parasympathetic	Sympathetic
Negative	Positive
Intake	Output
Dark	Bright
Female	Male
Blue	Red
Myopia	Hyperopia
Eso	Exo
Focal	Ambient
Minus	Plus
Base up	Base down.

There are four possibilities in which the balance between *yin* and *yang* may vary and which, by association with the optometric terms above, may influence the prescribing of phototherapeutic frequencies:

- ◇ Too much *yin* = parasympathetic dominant.
- ◇ Too much *yang* = sympathetic dominant.
- ◇ Too little *yin* with normal *yang* looks like *yang* excess.
- ◇ Too little *yang* with normal *yin* looks like *yin* excess.

Additionally, there are five elements in Chinese medicine which have certain associated characteristics:

- ◇ Wood, associated with:
  - \*Liver and gall bladder
  - \*Negative emotions of anger and depression
  - \*The color green.
- ◇ Fire, associated with:
  - \*Heart and small intestine

- \*Excitement and over-joy
- \*Red.

- ◇ Earth, associated with:
  - \*Spleen and stomach
  - \*Obsessive behavior, worry and self-doubt
  - \*Yellow.
- ◇ Metal, associated with:
  - \*Lungs and large intestine
  - \*Sadness and grief
  - \*White.
- ◇ Water, associated with:
  - \*Kidneys and urinary bladder
  - \*Fear
  - \*Blue.

An illustration of how these relate to phototherapy can be seen in Seasonal Affective Disorder (SAD). More women are diagnosed with SAD than men. In the comparative chart above, under the *yin* column, are female, dark and parasympathetic; among the elements, metal is associated with the emotions sadness and grief, and with the color white. As we know, full-spectrum (white) light is the preferred treatment for SAD.

### Selection of Color Frequencies

The best way to determine which phototherapy frequency to give is to *ask the patient*. This may be done by taking advantage of energy direction through *yin* and *yang*, kinesiology and selected color frequencies as follows:

- ◇ The palm of the hand projects energy (*yang*).
- ◇ The back of the hand takes in energy (*yin*).
- ◇ With the patient's palm facing the patient's eye, if there is a strong response with kinesiology it indicates a system with too much energy (e.g., after brain injury) requiring parasympathetic stimulation (blue end).
- ◇ With the back of the hand facing the eye, a strong response indicates a weak system (e.g., low energy) in need of sympathetic stimulation (red end).
- ◇ Also, the patient can be tested in like manner while viewing various frequencies in the light instrument to further refine the prescription, daily if desired.

Chinese medicine, behavioral optometry and phototherapy are similar in that they attempt to treat functional problems *before* structural changes occur.

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