












EFFECTS OF SYNTONIC FILTERS

A generalized description of the fundamental effects of the selected frequencies used for Optometric Phototherapy follows:

α ALPHA (red)		Sensory Stimulant
δ DELTA (amber)		Motor Stimulant
θ THETA (yellow)		Intense Motor Stimulant
μ MU (green)		Equilibrator or Balancer
π PI (bright blue)		Sensory Depressant
υ UPSILON (med. blue)		Intense Sensory Depressant
ω OMEGA (cobalt blue)		Motor Depressant
λ LAMBDA (pale blue)		Slight Motor depressant combined with Sensory Stimulant (Lambda is seldom used alone, but in combination with alpha to get a particular type of sensory stimulation)
D DEPRESSANT		Combined with other filters to give a greater depressing effect
S STIMULANT		Combined with other filters to give a greater stimulating effect
N NEURATHENIC		Generally used alone for neurasthenics, but sometimes with other depressants

LOW FREQUENCIES (red end)

ALPHA decreases the leak in potential, stimulates the sympathetic or inhibits the parasympathetic, and produces physiologic activity of the defensive type.

HIGH FREQUENCIES (blue end)

OMEGA increases the leak in potential, stimulates the parasympathetic or inhibits the sympathetic and produces the physiologic rest of the vital type.

