



**GORMAN**  
OPTIMAL  
HEALTH  
SOLUTIONS<sup>INC.</sup>

**Gorman Optimal Health Solutions, Inc.**  
**333 North Oxford Valley Rd.**  
**Suite 502**  
**Fairless Hills, PA 19030**  
**215-9-HEALTH (943-2584)**  
**[www.GormanOptimalHealth.com](http://www.GormanOptimalHealth.com)**

### **Color Therapy**

Color therapy is the use of color in assisting the body in its natural ability to balance itself. Historically, color has been used for centuries by practitioners of the healing arts. Color serves to support our vital life force by supplying light energy to the system.

Color Therapy Eyewear is a means of directing color energy into the body. The eyes convert light (color) into electricity, which travels through our nervous system directing all body functions. When color enters our eyes each frequency is directed to the area of the body that recognizes that particular frequency. This causes cellular and hormonal changes to occur, thus bringing the body into synchronization or balance with the color.



Color Therapy Eyewear are non-prescription colored sunglasses designed to make the use of color therapy convenient and affordable. Color therapy glasses are lightweight nylon frames with acrylic lenses that meet current F.D.A. standards. They are impact resistant and meet general purpose U.V. requirements. They block 95% UVB and 60% UVA rays. Color Therapy Eyewear comes in 7 individual rainbow colors which are Red, Orange, Yellow, Green, Blue, Indigo, and Violet, plus 2 additional colors of Aqua and Magenta.



Choose the color that corresponds to the area of the body or emotional state you want to work on. Each color corresponds to a particular area of the body as well as particular state of mind (we have provided you with a chart to refer to). Always listen to your body. We seem to have an innate sense of what we need. Experiment with color. You will feel differently with each color. If, for example, you have a headache, try each color until you find one that takes it away. You

may not like a particular color, but this may be the color you need.

How many colors can I use each day? There is no evidence to suggest that color can hurt you. Color is nothing more than light energy. You only receive the affects of the color while you are wearing it. Once you stop wearing it, you are no longer affected by it.

Talk to us today about receiving color therapy to achieve your optimal health.

### **Optimal Health 101-How To Stay Young The First 100 Years**

Gorman Optimal Health Solutions  
333 North Oxford Valley Rd.  
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Wednesday, September 10, 2008  
7:00 PM-8:00 PM

Wednesday, September 24, 2008  
7:00 PM-8:00 PM

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Call 215-9-HEALTH (943-2584) to reserve your seat for this COMPLIMENTARY  
lecture!  
Seating is VERY limited.