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Selected Articles

Antistress color correction and perspective of its applying

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Corrective health-improving color technologies are very important in the system of modern health care. Antistress Color Correction is one of the most effective technologies.

Antistress Color Correction (ACC) is a new effective method of complex color therapy and color correction, developed by the doctor of medical science, the psychologist-psychotherapist, the leader of courses A.M. Lugova. It can be applied in medicine and psychology. Novelty, uniqueness and efficiency of the method is confirmed and protected by three Russian and one international patents. Antistress Color Correction is a way of correction psychoemotional conditions including:

- The estimation of actual (current) psychoemotional state.
- Analysis of individual peculiarities of a person and his stress stability.
- Testing and correction the health level using irido code (A.M. Lugova method). It can be applied widening the possibilities of the method.
- The situational and typical choice of color (A.M. Lugova method on the basis of which Antistress Color Correction has been created).
- Complex affects by color through the visual analyzer: visual color impulse correction by special apparatuses and color correction combinations.

This method gives a choice to choose the color and select color correction combinations for complex color therapy taking in consideration the current psychoemotional state, individual peculiarity of a person and his stress stability.

Visual color impulse correction (VCIC) is the influence by electromagnetic impulses of the visible spectrum through a visual analyzer on the person. VCIC is carried out by means of special glasses with radiator sources of optical radiation and the block of conducting of light impulses. Optimum color and rhythmic components of apparatuses VCIC are the mortgage of affective influence. They allow to make procedures to patients in view of individual perception of color and rhythm. The apparatus «ASIR» possesses broad functional possibilities; it can be applied taking in consideration individual peculiarities of color and rhythm perception. The method of creating such programs for different sicknesses is learned at the author's courses by A.M. Lugova «Antistress Color Correction». There are full time and distance teachings. The listeners at the courses are acquainted with other apparatus. Some of them can be applied in everyday life.

Studies by different authors showed that visual color impulse correction is high effective, safety, economic, comprehensive, method is combined with other methods of treatment. In the first instance VCIC is applied for correction actual psychoemotional state. The method is the most effective for prophylaxis and treatment of neurotic, psychosomatic disorders and eye diseases.

Visual color impulse correction can be appointed in the

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form of separate sessions of relaxation at stress and 10-14 day courses for correction current psychoemotional condition and sight prevention and correction neurotic and psychomatic frustration. For definition of rhythms of the visual analyzer which often happens to be broken at psychoemotional and visual infringements, special glasses have been developed for research of rhythms of visual perception in visual color impulse correction. These glasses can be used before appointing ACC and after carrying out the medical course. The given research gives a chance to find infringements of rhythms of visual perception and to estimate efficiency of ACC at their repeated definition.

Color correction combinations are relaxing, toning up and mixing, they are harmonious combinations of colors to the optical degree of their clarification or blackout for visual influence in polygraphic or electronic kind, and also interior and clothes. For a situational and typological choice of color, selection of color correction combination and their further usage the Atlas of antistress color correction tables has been developed. It includes tables for color testing, color correcting circle (12 sectors, 108 segments) and 204 color correction combinations (on 17 for each of 12 pure sated colors of color correction circle).

AntistressColorCorrectionis affective in prevention treatment and rehabilitation of neurotic and psychosomatic frustration, harmonization of the individual and interpersonal attitudes, increases stress stability and adaptable opportunities of organism.

Antistress Color Correction can be wide applied in Medicine and Psychology. In future it can be used in sports, in medical and psychology sports according to the teaching proposed by A.M. Lugova. ACC can be wide applied in educational institutions in the prevention and correction of visual, emotional and behavioral disorders in children and teens, as well as to harmonize the individual..

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