

4 READING

a Read the text and complete it with the missing headings.

- A **WHAT RESULTS CAN YOU EXPECT?**
- B **WHO CAN BENEFIT FROM IT?**
- C **IS THERE ANY EVIDENCE THAT IT WORKS?**
- D **WHAT IS IT?**
- E **WHERE DID IT ORIGINATE?**

b Read the text again and choose a, b, or c.

- 1 Experts think that colour therapy...
 - a is good for patients' minds and bodies.
 - b helps people who are under a lot of pressure.
 - c should only be done in one way.
- 2 According to Ingrid Collins, colour therapy can make people feel...
 - a hungrier.
 - b less moody.
 - c more active.
- 3 Dr Max Lüscher used colour therapy to treat his patients'...
 - a medical problems.
 - b psychological problems.
 - c family problems.
- 4 June McLeod thinks that colour therapy...
 - a should only be used by certain people.
 - b can be used by people of all ages.
 - c shouldn't be used by very ill people.
- 5 In general, colour therapy makes people feel...
 - a more assertive.
 - b less aggressive.
 - c more ambitious.

c Match the **highlighted** words in the text to the definitions below.

- 1 small electric lamps that you hold in your hand torches
- 2 showed _____
- 3 working at the same time or speed _____
- 4 a meeting with somebody to get advice _____
- 5 sad, depressed _____
- 6 helps something to develop _____
- 7 ill people _____
- 8 something that is done to make somebody look good or feel better _____
- 9 the smallest units of living matter that can exist on their own _____
- 10 long rolls of a kind of paper with writing on them _____

COLOUR THERAPY

Colour therapists believe that the seven colours of the rainbow relate to the body's seven main energy centres. So, if you're feeling blue, a multi-coloured treatment could be just what you need.

1 D

According to the experts, the different colours in the spectrum affect the body's inner vibrations. If your vibrations are not synchronized, colour therapy can help to restore the balance. This will improve your mood and your physical health. There are different types of colour therapy. Many therapists shine coloured lights on the body, and some give their patients coloured silks to wear. Others use different coloured liquids in bottles, or small torches to shine coloured light at the relevant pressure points on the body.

2 _____

Several studies have been done on the effects of colour. In 1958, an American scientist called Robert Gerard did some research which showed that the colour red can make us feel anxious, while the colour blue promotes calm. The results also revealed that colour can affect appetite, blood pressure, and aggression. Consultant psychologist Ingrid Collins believes that colour therapy can affect our energy levels. The atoms in all the cells of the human body consist of particles of energy that are always moving. When colour is applied to the body, the cells receive more energy.

3 _____

Papyrus scrolls dating back to 1550BC suggest that the ancient Egyptians used colour to treat the sick. Colour therapy also appears in Ancient Chinese texts. The treatment became more common during the 20th century, when Swiss psychologist Dr Max Lüscher developed the Lüscher-Colour-Diagnostic test. During the test, a person is asked to rank eight colours in order of preference. The results are said to show your worries and their solutions.

4 _____

According to therapist June McLeod, colour therapy is suitable for everyone, from the young to the old. She suggests that it can help people suffering from all sorts of problems, including stress, insomnia, and even serious illnesses.

5 _____

After a session of colour therapy, people usually feel more positive and more in control of their lives. In addition to your strengths, it may also show you your weaknesses, so that you can do something about them. According to the experts, when people leave a consultation, they have a feeling of freshness and a sense of power that they have never experienced before.