

**Adolf H Deppe** M.A., D.Litt. et Phil., Grad. Dip. Ed. **Psychologist (Regd).**  
26 Hamilton Rd., Eaton, Western Australia 6232. \*Ph/Fax (08) 97250651 \*deppea@iinet.net.au

---

### **Colours' Healing Shadows: Introduction to phototherapy**

I would like to introduce to you my book, *Colours' Healing Shadows*, as I believe it may be relevant to your professional interests and those of your team.

*Colours' Healing Shadows* examines how white and monochromatic (single-hued) light affects humans physically and psychologically. It summarises previous discoveries on the effects of light on physical and psychological processes, discusses the effects of pulsing of light to the eyes, describes the influence of red and blue light on autonomic nervous system function, relating this to psychological disorders such as depression and anxiety, and more. The book presents physical, psychological and spiritual paradigms to explain the effects of light and gives practical guidelines for the psychotherapeutic application of coloured light.

In writing the book I made it my goal to write in plain language and to present material without lapsing into gullibility on the one hand or cynical disbelief on the other. The book offers glimpses into what is potentially a major and promising field of scientific endeavour with applications in psychology, psychiatry, medicine, nursing, art therapy, education, architecture, physiotherapy and chiropractice.

Further details on *Colours' Healing Shadows* and an Order Form can be accessed on [www.phototherapy.com.au](http://www.phototherapy.com.au).

Yours faithfully

dd/m/yyyy

Interesting fact #1 The projection of red light to the eyes for one minute produces muscle strength increase of, on average, 14%.
---