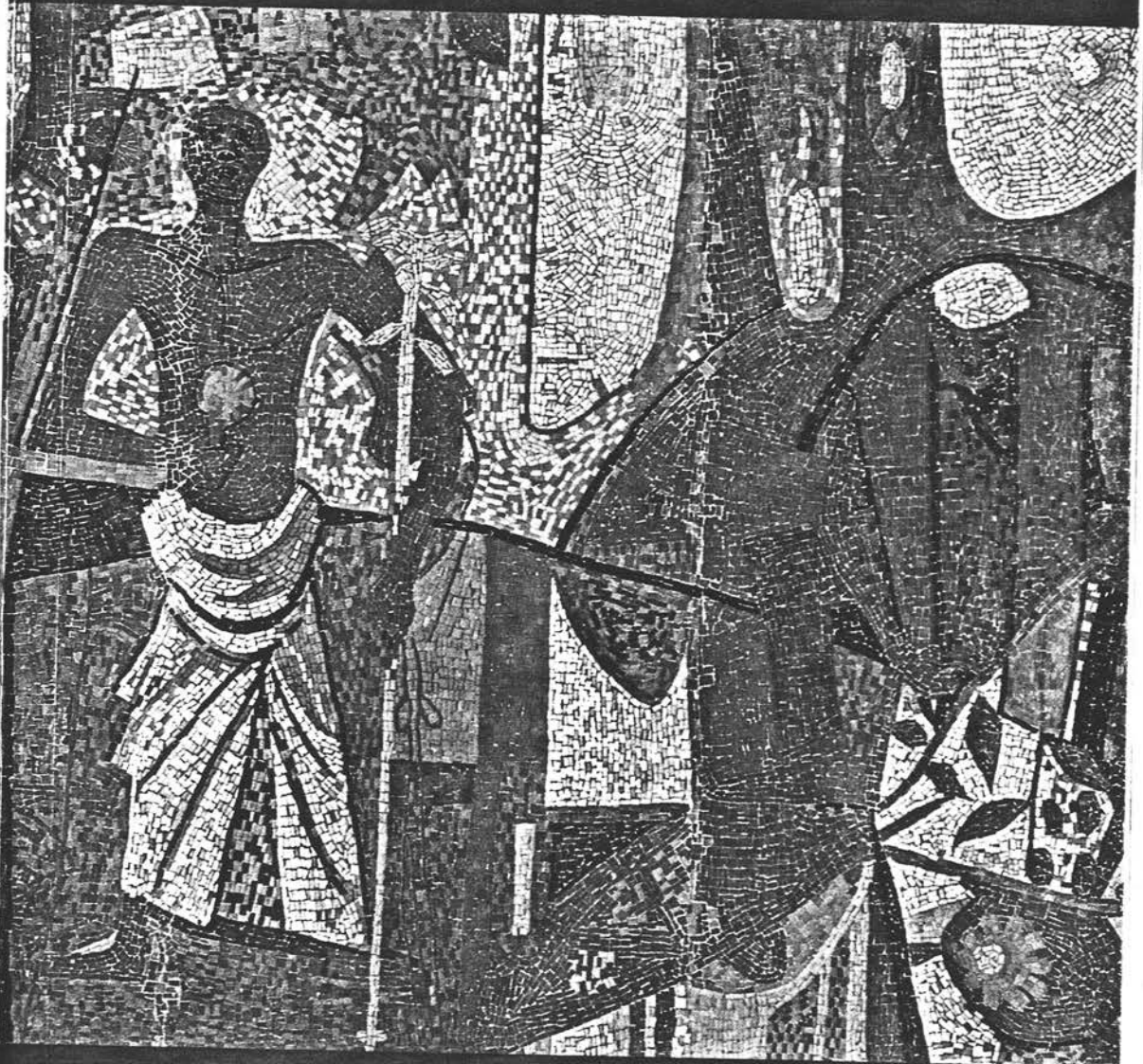


# Traditional Medicine and Health Care Coverage



WORLD HEALTH ORGANIZATION GENEVA

O.M.S. 1983.

and epilepsy controlled, hemiplegias rehabilitated and deep meditative states induced. It seems that any bodily or mental function that can be monitored may be altered.

There is now an annual digest of biofeedback literature (7). Most research comes from Japan and the USA.

### Colour therapy

Colour was used by the ancient Egyptians and the Sumerians and has been part of Indian Ayurveda and Chinese medicine for thousands of years. It is little used in the West. In Europe there are about 150 practitioners and several hundred in the USA. Colour therapy works by using light waves of a specific frequency to alter a person's energy fields and the individual cells' vibratory pattern (8). Colour can be used in the form of light-baths, water treated by being kept in coloured glass containers and taken by mouth, colour transmitted radionically or by thought in healing.

Colour therapy is good for altering mental states, but also for some physical conditions such as arthritis. It is best used as an adjunct to other therapies and is not suitable for self-care. The wrong colour combinations can cause sickness. More attention should be paid to the use of colour in decorating and lighting work-places (9, 10).

### Flower remedies

In Britain there are three remedies made from water in which flowers have been dipped in sunlight for a few hours. This process has the advantage that the plant is not destroyed.

The first was the discovery of a Welsh homoeopathic physician, Dr Edward Bach (1886-1936), towards the end of his life. Thirty-eight single flowers or buds are used, each being specific for an emotional state or a personality type. The Bach remedies seem to work on the same principle as homoeopathy and herbs—they transmit a pattern of energy. The author has used them increasingly in medical practice for the past 17 years. They work best in the young and those with recent disturbances (11).

The other two flower remedies, Vitaflorum and Exaltation of Flowers, are each made from many flowers in the same way as the Bach remedies. The one remedy treats every person and condition. The use of all these remedies is worldwide on a small scale. They are excellent for self-care, being totally without side-effects and harmless if the wrong remedy is given.