

Cancer Answers

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Color, Emotions and You

I wanted to have a little fun this month with a lighter subject, so I have decided to look at colors and the different emotions it can evoke. It will be fun AND useful for helping you understand how to use color to help you counteract negative emotions you may experience during your cancer journey. Additionally I will list some skin tones changes that can occur during treatment and colors that are good for camouflaging these conditions.

GREEN: brings feelings of relaxation, happiness, comfort, peace and hope. It can be very healing emotionally to spend time looking at green in nature. If you live in a climate where green "goes away" during winter look at beautiful pictures and videos during these months.

YELLOW: evokes feelings of energy, happiness and excitement. It is connotated with summer and sunshine. Soak it in whenever you can!

BLUE: induces a relaxing and calming effect. Think how you feel when sitting by the ocean watching and listening to the waves roll in...or laying on your back staring up into the sky.

RED: brings thoughts of love and romance which evokes feelings of happiness and passion.

PURPLE: has always been connotated with royalty, but many associate it with laughter and children. Either way, it can make you feel good when you wear it.

BLUE-GREEN: combines the wonderful emotions both blue and green evoke. Blue-green is a color that is becoming to nearly every skin tone.

YELLOW-GREEN: does **not** combine the wonderful emotions these two colors have separately. It often induce feelings of illness and disgust. Few people can wear this color well. ... Now that's interesting!

Most women find that their skin tone changes with treatment. Although the change is generally minor, in some cases it may be quite noticeable. There are usually three possibilities.

The first is jaundice. Jaundice occurs when the liver is not functioning optimally. It can turn your skin to a yellowish/green or yellowish/orange pallor.

The second condition is a sallow complexion. The skin becomes pale gray/green and has little or no natural color. It is probably the most common of the three skin tone changes. A sallow complexion usually is the outward manifestation of a body that is overwhelmed with stressors and toxins. Proper hydration, as talked about in chapter 2, is extremely important for you if this describes your complexion. In addition, we will talk about some skin care products that help detoxify the skin in the next chapter.

The last is petechiae or ruddiness. Characterized by redness, petechiae are actually small skin hemorrhages. Although this condition is not very common, it can be a challenge to deal with.

Color, Emotions and You cont'd

Following are some clothing color suggestions for each of these skin conditions.

Jaundice...purples, violets, periwinkle blues and blue-greens (more blue than green in the mix) - Wearing these colors that are complementary (opposites) on the color wheel of yellows, yellow greens and oranges helps neutralize the yellowish/green or yellowish/orange pallor of jaundice.

Sallow...shades and tints of pink and peach, but no apricot - *Shades and tints of pink and peach will give life to your complexion by brightening it. Apricot is too orange and may accentuate the sallow pallor rather than brighten.

Petechiae...greens, gray-greens, and green-blues (more green than blue in the mix) - Wearing these colors that are complementary (opposites) on the color wheel from reds will help camouflage petechiae.

As you know, OCTOBER is Breast Cancer Awareness Month. Here are a couple of great organizations to check out. One is a wonderful support for anyone going through breast cancer and the other is to find a cure for the disease.

Breast Cancer Network of Strength
www.networkofstrength.org
1-800-221-2141.

The Breast Cancer Research Foundation
www.bcrfure.org
1.866.FIND.A.CURE

Have a Blessed Month!

Please email or print this newsletter to pass along to anyone you think might benefit from it.