



Warm or Cool?

Would the following symptoms be treated with warm or cool colours? The first one has been completed for you. Note: There are two conditions listed that require balancing rather than cool or warm.

Use the tips in the box on the right to assist you with filling in the list below. Then check your answers using the 'answers link' at the bottom right of this page.

- aggression - **cool**
- constipated
- diarrhoea
- anxiety
- pain
- low sex drive
- inflammation
- lack of confidence
- overly talkative
- sluggish circulation
- nervous stomach
- stress
- unmotivated
- unhappy
- headaches
- hyperactive
- itching
- fatigue
- irritable
- poor appetite
- rash
- depressed
- insomnia
- heart palpitations
- muscle tension
- difficulty concentrating
- sweating
- mood swings
- red eyes
- stiffness
- bruising
- apathy
- dizziness

When determining the appropriate colour effect (warm or cold), ask yourself:-

- Does this condition need to be stimulated (warm) or calmed (cool)?
- Would I normally put a cold or warm compress on this condition?
- Does this condition required movement/energy flow (warm) or stillness (cool)?
- Does this condition need to contract (cool) or expand (warm)?
- For emotions – Does the person need :- stimulation /motivation (warm) or quiet /time out (cool)?

[Answers](#)