



## Recent News

### New payment option.

Limelight Design Studios now have the facility to accept credit card payments as well as the usual cash, cheque and direct credit options.

## Feature Article

### Colour Can Change your world!

Have you ever wondered why you feel so wonderful wearing a favourite coloured shirt or top? Or why when you enter a room you get a good or bad vibe? Colour Therapists believe that the choices of colour we make can actually affect our mood, general well being and even health! The choice of clothes we wear, the colour of our favourite food, the shades of paint in our home and work environment all can have an impact. Even choosing corporate colours for company logos, business cards and stationery can have an impact on how potential clients view your business.

### Red

Love, Passion, Lust, Romance, just to name a few. Red also brings out intensity, sparking drive and ambition. It has a stimulating effect on the heart and circulation, but can also raise blood pressure. Red foods give you energy and can help fight some toxins, which may trigger cancer. Red can be used to create excitement, and some deeper shades give a polished, chic and classy look.

### Purple

Spirituality, wisdom, power and royalty are all key words when talking about purple. Health and Healing Industries could all benefit from the mystic healing purple powers! Purple enhances creativity, but may come across too powerful at times, it needs to be toned down with lighter colours or white as a contrast. Some purple foods to get those creative juices flowing include onions and kidney beans.

### Blue

Blue is calming, peaceful, cool and professional. Blue is a divine colour that evokes beauty, purity and wisdom. However "the blues" is a literal term, so too much darker shades can actually have a depressing affect. Blue is the colour of communication, nurturing and restful sleep. Blueberries are the only "true" blue food on the planet! They are incredibly rich in anti-oxidants and may also help protect against heart disease.

### Green

Obviously when you think of green you think of nature, but did you ever think about green being related to growth, sustenance and new beginnings? Greens can be used to enhance and represent education, adventure, ecology and organics. Beware of indecisiveness and becoming too relaxed though. Green foods are a good source of fibre and promote calmness and love – so eat your greens!

**Did You Know?**  
Ancient Egyptians  
shaved off their eyebrows  
to mourn the death of  
their cats!



**Did You Know?**  
The word samba  
means to rub  
navels together!



**Handy Hint!**  
You should not  
eat a crayfish with a  
straight tail. It was  
dead before it was  
cooked....

### Yellow

Warmth and life giving energy from the sun, radiance and happiness, plus bananas – all yellow! If you want to come across as being youthful, energetic, bright, exciting, and dynamic then yellow is your colour. It also helps good organisation, assimilation of new ideas, and the ability to see different points of view. People who chose to wear a lot of yellow should be aware that you might experience moments of self-criticism and stress. Yellow is good at combating fear, strengthens the nervous system and yellow foods such as bananas promote cheerfulness and are full of healthy nutrients.

### Orange

Orange is happiness, warmth, creativity and independence. Did you know though that orange is sexy and sensual? It frees and releases emotion and alleviates feelings of self-pity, lack of self worth and unwillingness to forgive. Stimulates the mind, renewing interest in life; it is a wonderful antidepressant and lifts the spirits. The beta-carotene in orange food boosts eye and skin health and may decrease the risk of certain cancers. Apricots, carrots, mango, pumpkin, rockmelon & sweet potato are all yummy orange foods.

### White

White - the colour of ultimate purity. It is an all-round colour of protection, bringing peace and comfort, alleviating emotional shock and despair. White can give you a feeling of freedom and uncluttered openness. Too much white, however, can be cold and isolating because white separates us from other people. Some White foods are rich in flavonoids, which protect against cell damage. Artichokes, asparagus, celery, chives, endive and leeks are all examples of these, even though they all look a little green! Garlic, onions and mushrooms are also white foods.

### Black

Black is sophisticated, disciplined and opinionated. Black is comforting, protective and mysterious; it is associated with silence and the infinite. Black can also prevent us from growing and changing. We often cloak ourselves in black to hide from the world. But if you want to show who's boss – wear black! Black jellybeans, chocolate, coffee and coca-cola are all examples of comforting sugary black treats!

You can go to [www.colorquiz.com](http://www.colorquiz.com) for your own personal and quick colour reading.

**That's all for this issue, I trust you found it informative & entertaining!**