

way to be awoken from a deep sleep. It costs approximately £60 from www.wholisticresearch.com. There's also the excellent Daybreak sunrise-sunset simulator, which works with the bedside lamp you already have, available from www.sad.co.uk.

One of my forum members on www.imperfectlynatural.com has an innovative idea. She says: 'I have a daylight simulator bulb on my bedside lamp, with a timer which switches it on approximately half an hour before the alarm clock rings, so it helps me to wake up gently to 'natural' light without needing to invest in a daylight alarm clock.' What a brilliant money-saving suggestion!

Himalayan salt lamps

Himalayan salt is a real treat, whether used as a detoxifying bath or taken internally (yes, you can make fish and chips healthy!). It contains at least 84 mineral elements that the body needs and is a natural antihistamine. How is that relevant to light? Well, you can buy Himalayan salt lamps, which are said to help ionise the air and improve sleep quality, and if nothing else they give off a lovely warm orange glow. Amazing Health (amazinghealth.co.uk) also sell a rare white Himalayan salt lamp that can be used with different colour bulbs.

I also love the Himalayan tea light. You just pop a tea light candle into it and it glows beautifully. Available from www.saltshack.co.uk and www.kudorrocksalt.co.uk.

COLOUR

On my Imperfectly Natural travels I met an inspiring woman called Juliet Standish, who offers a personalised colour consultancy service (www.colourconsultancy.co.uk). She says that even for yourself on a daily basis the colours you wear will affect your moods. It's thought that blue calms the nerves but could also increase weight gain. Its opposite colour, yellow, is said to promote energy and exercise so can help weight loss. I'm off to find a yellow jumpsuit!

Juliet explained to me the different effects choice of colour can have:

'Colours affect our moods and our emotions. They can inspire us or calm us, as well as providing a healing environment. Learning how to use colour in your home with decorations, furnishings, clothes and even colourful food can therefore help you to create the balance you need to lead a healthy and happy life.'

Some great books to read include *Colour Healing* by Lillian Verner-Bonds and *The Beginner's Guide to Colour Psychology* by Angela Wright.

It's incredible how too much of one colour can affect its occupants. If you think of an all-white ward in a hospital you can imagine how much more pleasant and healing it would feel if the pristine white were broken up with some bunches of lavender-pink flowers and some healthy green plants. Therapy rooms are often painted all white, but the therapist who is tuned in will have plants and perhaps even a spotlight, which can take different-coloured gels to harness the therapeutic effects of being