

# Syntonic Color Filters

## Blue/Green

These filters are used to:

- reduce swelling, redness and fluid
- decrease pain

Patients often suffer from headaches, hypersensitivity or pain

The exam may reveal high exophorias, exotropias, accommodative and convergence insufficiency, smooth pursuit deficiencies, and pupil release.

## Yellow/Green

These filters are used to:

- treat chronic health problems
- used as a physiological stabilizer and detoxifier

Patients often suffer from fatigue, eye strain, headaches, and sensitivity to light.

The exam may reveal pupil release, esophoria, low recoveries, convergence excess, accommodative insufficiency or excess, and reduced ocular motor abilities.

This color is often combined with indigo/red.

## Red/Orange

These filters are used to:

- help "lazy eye syndrome"
- stimulates sympathetic (fight or flight) nervous system

Patients may have amblyopia, suppression of binocular vision, and convergence dysfunction.

They may also be parasympathetic dominant, exhibiting generalized muscle tightness, such as tight pencil grip, gritted jaws, inward turning feet.



## Our Locations

### Southport

2600 Post Road  
Southport, CT 06890  
(203) 255-4005

### Trumbull

6515 Main Street  
Trumbull, CT 06611  
(203) 374-2020

### Norwalk

444 Westport Avenue  
Norwalk, CT 06851  
(203) 840-1991

### Stamford

1425 Bedford Street  
Stamford, CT 06950  
(203) 357-0204

**EyeCare Associates, PC**

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Dr. Randy Schulman  
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Dr. Sonia Singh  
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[www.cteyecareassociates.com](http://www.cteyecareassociates.com)

# All About Syntonic Phototherapy

# What is Syntonics

*Syntonics* - the use of selective light frequencies or color that can be used to enhance visual attention and the ability to comprehend what we see.

- Effective treatment for visual and visually related conditions, as well as visual consequences of stress and trauma
  - e.g. Headaches, eyestrain, reading problems, attention deficit, amblyopia (lazy eye), strabismus (crossed eyes), traumatic brain injury
- The goal is to treat eye conditions by balancing the autonomic nervous systems, which controls our perceptual visual field
  - Stimulates the biochemistry of the brain by way of the retinal-hypothalamic system

# Tests for Syntonics

Evaluation for Syntonic Phototherapy includes an assessment of symptoms, eye tracking ability, binocular eye coordination, visual motor performance, pupillary reaction to light, and peripheral vision sensitivity.

# Syntonic Basic Filters

## Alpha Omega- "Emotional Fatigue"

Adrenal fatigue, poor coping, mood swings, frustration

## Mu Upsilon- "Acute Syndrome"

Recent head trauma, high fevers, inflammation, swelling, pain, headaches, monocular diplopia

## Mu Delta- "Chronic Syndrome"

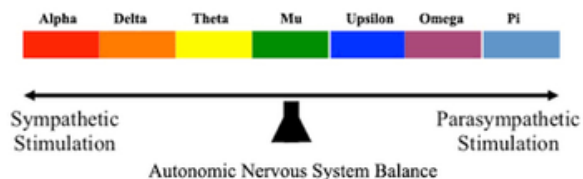
Physiological, toxic, neuroendocrine

## Alpha Delta- "Lazy Eye Syndrome"

Amblyopia, eso posture, poor accommodation

## Upsilon Omega- "Pain Reliever"

Headaches, asthenopia



## Alpha Delta



Red-Orange

## Mu Delta



Yellow-Green

## Mu Upsilon



Blue-Green

## Alpha Omega



Ruby

## Upsilon Omega



Indigo

# What can Syntonics Treat

## Visual Conditions

- Blurred or Unstable Vision
- Eyestrain or Fatigue
- Strabismus (eye turn)
- Amblyopia (lazy eye)
- Double Vision
- Poor Depth Perception
- Reduced Peripheral Vision
- Light Sensitivity or Glare

## Visually Related Conditions

- Headaches
- Short Attention Span
- Reduced Concentration
- Poor Memory
- Reading Problems
- Impaired Driving Ability
- Poor Coordination or Balance

## School, Work, or Sports Related Performance

- Reduced Academic Achievement
- Uneven Work Performance
- Inconsistent Athletic Accomplishment

## History of Stress or Trauma

- Traumatic Brain Injury
- Mental or Emotional Trauma
- Chronic Illness