

Iris Report

Iridology is the study of health via an examination of the iris, (coloured section of the eye) the sclera (white of the eye) and the structural aspects of the eye including the pupil (the black centre) the pupil border and collarette.

The iris is the most complex external structure of the human anatomy. It has a reflex connection to every organ and tissue of the body by way of the nervous system. Through the optic nerves, which are attached to the eyes, visual information is sent to the brain. At the same time there is information sent back to the eyes from the brain about the state of the organs and tissues in your body. It has been said: "the eye is the window of the soul".

There are no two irises exactly alike. In fact, each iris is as individual as a fingerprint. This fact has seen security companies utilizing equipment developed for personal identification through the eye. This security method is called "biotechnology". The colour and pattern of iris fibres is an expression of the physical and emotional issues of the three generations behind you which may or not be activated according to the way you eat, drink, think, live and love.

Iridologists assess the variations of colour and fibre structure to assess constitutional strength of our physical body, as well as aspects of the personality, which can be influenced by conscious and subliminal emotional patterns. Iridology is not a treatment therapy but rather a diagnostic tool used to assess health and, in some instances, detect signs of pathological potential. Iridology is used to determine specific predispositions in order to prevent illness and maintain optimum wellness. When you know your constitution, it assists you to become the best you can be.

Iridology is not new. The first recorded sources of iris analysis reach back as far as ancient Babylon. An ophthalmologist, in 1813, unaware of these old views on iris analysis, wrote in his publication 'Textbook of Eye Disease', "Everything that affects the organism of an individual cannot remain without effect on the eye and vice versa."

In the 20th century, doctors and scientists from the United States, Europe and Australia brought iridology into worldwide recognition. In the last twenty years, iridology has been widely researched in areas such as the constitution, the sclera and pigmentation, and has been used by many orthodox doctors in Germany, Russia and other countries as a dependable form of diagnosis. This is largely due to its reliability in the assessment of function and disease potential.

Today, people are in need of preventative health care and less complex methods of analysing their condition. Iridology provides a non-invasive, painless and economical means of looking into the body, which may be utilized in conjunction with any other system of analysis or diagnosis available.

THE IMPORTANCE OF CONSTITUTION

What do we mean by constitution?

When we speak of this, we mean our inherited constitution - the stuff from which we are made – a combination of our inherent strengths and weaknesses. This factor is largely one of genetics. We are a product of a mother and a father, each with individual characteristics due to the effect of life on their forbears. Add to this our physical, emotional and spiritual capacity - each developed to a greater or lesser extent as our life unfolds and our experiences have their impact, and we become our own unique person.

We should see ourselves as a link in a progressive chain, which carries both the taints of the past and some hereditary patterns. This gives each of us a constitutional inheritance - and knowing our constitution can be valuable to us as it identifies potential weakness and enables us to support our vital force. While we cannot change our own constitution, we can influence the constitution we pass on to the offspring yet in our loins - for better or for worse.

What causes constitutional weakness?

There are many negative influences including poor nutrition, exposure to toxic chemicals, radiation, ingestion of inorganic substances and pollution are fairly obvious to most. The constitution is also affected by substance abuse such as alcohol, tobacco and "recreational drugs". Other influences would include lack of activity, or sunlight and obesity. Research has shown we are also affected by negative emotions such as shock, trauma, depression, stress, anxiety and mental obsessions as well as low self-esteem.

What causes constitutional strength?

Good nutrition, adequate exercise, fresh air and sunshine, correct laws of living, holistic medicine, underscored by a balance between things of a physical, emotional, spiritual and material nature including morality, purity of thoughts and actions, and an attitude that enables you to accept the ups and downs life dishes out to us without extreme reactions. A calm heart is the essence of life.

One of the basic principles of healing is that the balance of the internal forces can be adjusted by altering diet and living habits. This is where iris diagnosis really shines. Iridology provides a non-invasive method of determining the constitution with its strengths and weaknesses, assisting you to make better choices regarding your future health prospects.

Most therapeutic methods tend to ignore our inherited constitution (genotype). The genotype results largely from genetic characteristics but is also influenced to some extent by the effects life had on our ancestors. These genotypes can be identified according to the structure and colour of the iris and can be graded into distinct categories, which predispose us to specific tendencies both physical and emotional. Each of us is born with a unique constitution - our genotype.

The phenotype is the term used to describe the way we develop in our own lives according to our environment, diet and emotional experiences. To illustrate, take the example of identical twins that start out with the same genotype but become separated at birth. One twin grows up in the country with hard physical work in fresh air and sunshine, and a diet based on homegrown vegetables and grain fed meat. The environment was crime free and there was plenty of neighbourly interaction giving the child relative emotional security and confidence. The other twin grows up in a crowded city where the air quality was polluted, the crime rate high, and opportunity for fresh fruit and vegetables was limited by cost and location. Whilst academic education was a bonus, the choice of employment meant a sedentary lifestyle in a high stress environment. The genotype in each case would yield to the differing lifestyles and produce a different outcome for each of these twins.

This illustrates the way the environmental, physical and emotional influences on the genotype, shape the individual phenotype, producing a unique being along with our individual susceptibilities to illness or health. In other words,

Studies have found that up to 80% of pathological events have a psychological basis which is well documented under the banner of psycho-neuro-immunology. Each organ specific emotional precursors that trigger an area of weakness into a set of physical symptoms. Due to this mind-body

connection, the way you think and feel and the deep-seated belief patterns that you hold can contribute to the development of disease.

Wherever a thought goes, a chemical goes with it. We can physically manifest our fears just by focussing on them – our core beliefs affect our immune system. Emotional precursors that activate physical dispositions can be observed in the eye. What you think, you are. Our thoughts can create our biology. If we fear a disease, we can attract the disease – whatever we focus on, grows and expands. Whatever we give energy to, we get more of. Good words and thoughts can therefore be medicine, just as they can be a poison. Thoughts is energy that is transmitted throughout the body.

The neurotransmitters in our gut are the same as those in the brain so our thoughts can have a significant impact on our physical wellbeing.

Our body speaks to us through symptoms and illness is a message that something is out of balance. Genetics load the gun, and the environment pulls the trigger. “ITS WHAT YOU DO WITH WHAT YOU GET”

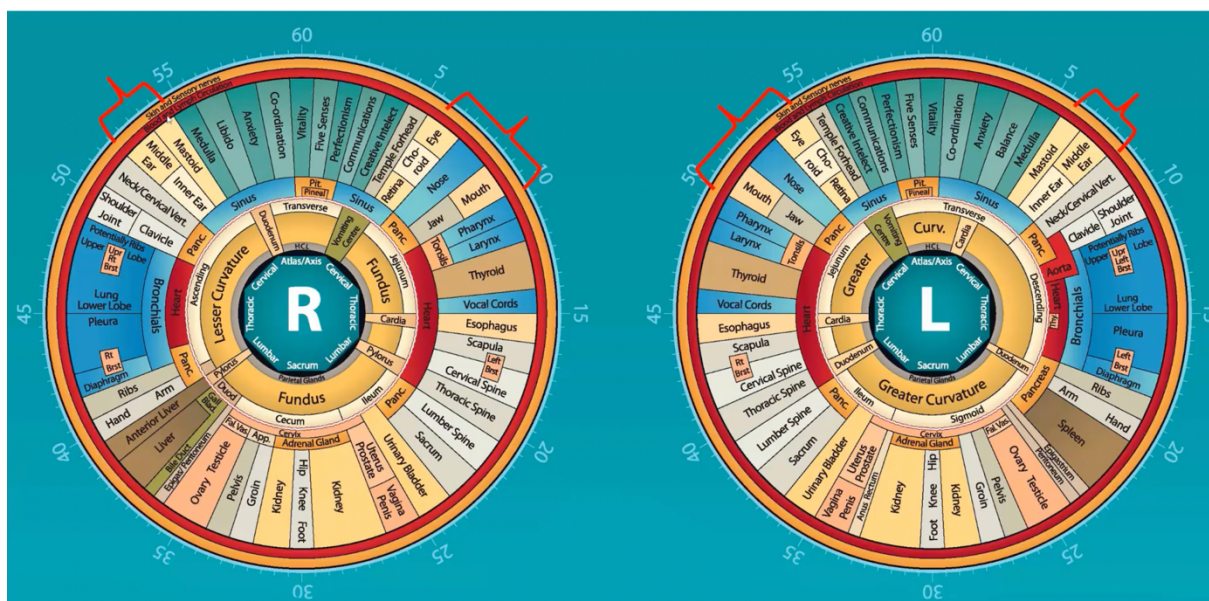
COLOUR

The European system of eye diagnosis is based on an approach where an evaluation of iris colour, fibre structure and other phenomena can categorize specific predispositions to the individual health profile. It is possible to be a combination of two or more of these basic types.

There are three true base colours recognised in iridology: blue, mixed and brown.

We learn up to 80% of what we know visually, making our eyes one of the most important senses. The right eye represents our external view. This means that our perception of life has been primarily influenced by our father. The left eye represents our internal view – our self-image. The primary influence is from our mother.

Iris Chart (Toni Miller)



I will have given you your iris type in your Naturopathy Assessment, so you can now look at your relevant eye type from the ones below – either Blue, Mixed or Brown.

Blue Eyes

Lymphatic (Blue) Constitution



BLUE EYES: These are most often seen in blonde haired, fair complexioned people. Blue eyes generally indicate

- Childhood ear, nose and throat complaints and various allergies.
- An overactive immune system, often with swollen glands.
- Upper respiratory weakness including asthma, bronchitis and sinusitis.
- Hyperacidity resulting in inflammatory conditions including arthritis and rheumatics.
- Hardening of arteries is common in advancing age.
- Tonsillitis is a common illness in those with a lymphatic eye as the tonsils are part of the lymphatic system. Dairy and lack of hydration slows the lymph and can make it sticky and thick.
- Movement is important for the lymphatic system as it doesn't have a pump like the heart for blood circulation
- The lymphatic system has 3 main functions: to drain fluid from cells, distribute fats & fat soluble nutrients, fight infection (glands can swell with a sore throat for example). Manufacture of lymphocytes (white blood cells), which kill bacteria.

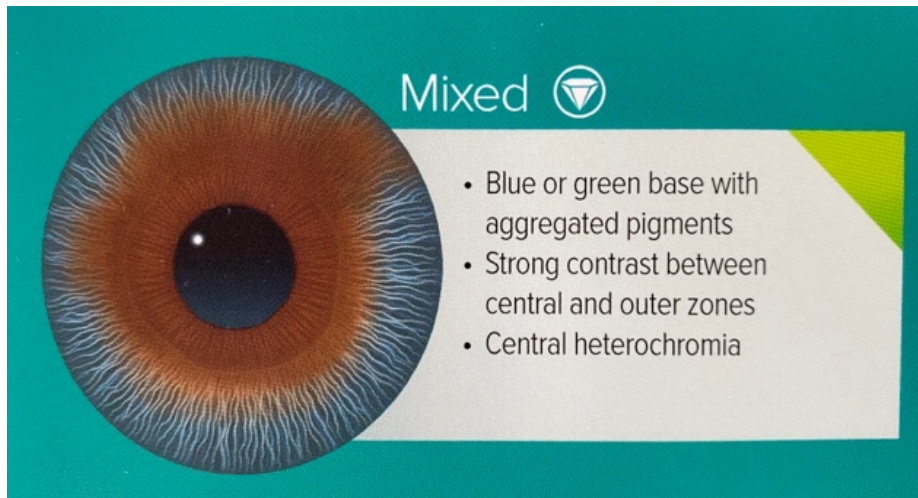
General advice for Lymphatic Constitutions.

Familial Issues: An overactive immune system increases the likelihood of allergies and swollen glands. Moist scaly skin rashes are common, Inflammatory conditions become more frequent with age. Sensitive mucous membranes lead to ear, nose, throat and respiratory problems. Catarrh congestion can be triggered by a variety of irritants including inhaled substances and foods – especially dairy products, wheat, and refined sugar. All conditions improve with warmth.

General dietary suggestion for this type: Minimise mucous forming foods including dairy products (milk, cream, ice cream, sour cream, cheese) refined sugar and white flour products. Excessive mucous production is also stimulated by acidic foods. Exclude common table salt, caffeinated drinks, carbonated beverages and alcohol. Include quality protein, complex carbohydrates, and healthy fats daily. Drink at least 8 glasses of clear fluid daily.

Lesson: Love the skin you are in. Accept your own limitations. Primary nurture point is the lymphatic system.

Mixed Biliary Constitution



- Blue or green base with aggregated pigments
- Strong contrast between central and outer zones
- Central heterochromia

MIXED COLOUR:

- Sluggish liver and Gall bladder conditions
- Constipation or Diarrhoea
- Flatulence
- Glandular conditions
- Variable blood sugar levels

Familial issues: The most common problems for the Mixed type involve gastrointestinal issues including a sluggish liver and gall bladder, indigestion due to enzyme deficiency and dysglycaemia (blood sugar imbalance). Irritable. Bowel symptoms such as spasm, diarrhoea, constipation and flatulence, Increased likelihood of intestinal immune deficiency. A sluggish liver can affect the uptake of fat soluble vitamins A, D, E and K. "I'm of two minds about what to do" often well described the mixed constitution.

Lesson: Listen to the people who love you

Primary nurture points: liver, gallbladder, digestion, pancreas

Mixed Type Wellness:

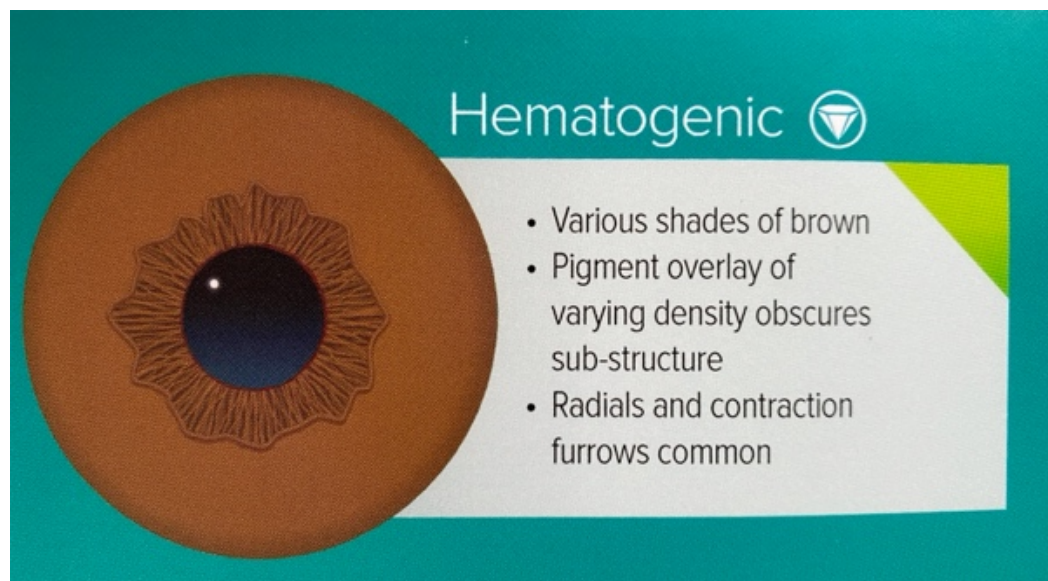
General dietary suggestions for this type of eye : Minimise foods that burden the liver, including deep fried foods, excess saturated fat (so lean meats), alcohol, dairy products, and rich sweets. The juice of half a lemon in green tea before breakfast boosts bile production. Bitters such as endive or dandelion in a salad stimulates digestion. Lean white fish is a good protein source. Include a daily intake of omega-3 essential fatty acids: almonds, walnuts, flaxseeds, chia seeds, hemp seeds, wild caught fish (salmon, mackerel, anchovies, sardines, herring). Minimise stimulants including alcohol, caffeine and refined sugar. Drink at least 8 glasses of clear fluid (filtered water) daily. Fluid choices include herbal tea. Include soluble and insoluble fibre to ensure regular daily bowel movements.

General constitutional support: turmeric, milk thistle, globe artichoke promote good liver function. Digestive enzymes with each meal assists metabolism. Psyllium husk (with water or added to bread is a form of soluble

fibre that soothes the gut). Foods with choline: Eggs, prawns, scallops, cod, Brussels sprouts broccoli Swiss chard, cauliflower, asparagus, spinach, chicken, turkey, salmon, beef, sardines, green peas, cabbage, shitake / Crimini mushrooms, green beans. Cinnamon and chromium can be used to regulate blood sugar. Vitamins D3, K2 and B Complex.

Foods rich in chromium: Chicken, oysters, brown rice, eggs, cabbage, green beans, brewer's yeast, black eye beans, peas, Brazil nuts, green peppers, molasses, nuts, asparagus

Hematogenic Constitution



- Various shades of brown
- Pigment overlay of varying density obscures sub-structure
- Radials and contraction furrows common

BROWN EYES: - usually found along with darker hair and olive complexion.

- Poor circulation.
- Digestive disorders including flatulence.
- Liver congestion often with disturbances in bile production.
- Glandular conditions.
- Variable blood sugar levels.
- Women often have hormonal disturbances especially thyroid and ovaries.
- Haemorrhoids and thromboses
- Tendency to become grumpy and difficult in old age.

General advice for Hematogenic Constitutions.

Familial issues: gastrointestinal symptoms include dyspepsia, nervous stomach, intestinal gas and constipation. Faulty liver metabolism can induce pustular skin conditions. There is a tendency to have rapid circulation and a good strong pulse. Circulatory issues include haemorrhoids, varicose and spider veins. Blood disorders including raised cholesterol and triglycerides increase the risk of arterial plaque and hardening of the arteries. Strong tendency to dysglycaemia.

Lesson: Think of the consequences before acting.

CLIENT DISCLAIMER

Iridology is a non-invasive method of analysis that enables you to gain insight into specific aspects of health. History dating back to the ancient Babylonians confirms that this method was used to determine health problems. Modern history has seen advances in both understanding and technique to the point where it is employed by many practitioners in both alternate and mainstream medicine as a system of health assessment. An iris evaluation will enable you to identify specific constitutional aspects of yourself relative to genetic factors. This makes it possible to determine health and lifestyle considerations that could possibly increase the quality of life. In addition to this, it is possible to determine organ weakness, spinal misalignment, and to some extent, psychological attributes.

It is not meant to replace conventional diagnoses but should be seen in the context of providing information that might identify specific predispositions. You should always consult your Doctor or other Health Care Professional if you have any concerns.