

Introduction to Iridology

By:

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Welcome everyone!

Introduction to Iridology

1. My Personal Iridology Experience started in 1983 with my own personal health problems which started when I was 12.
2. Took classes at San Jose State in Business Administration.
3. Certified in Iridology by Dr. Bernard Jensen in 1989: Beginning and Advanced Courses in Escondido, CA.
4. Started seeing clients Monday after certification: Referred by Jensen
5. Took Class at Mastery Services and developed goals, mission, and named business Joyful Living Services.
6. Worked at Dr. Jensen's 100 year birthday party.
7. Became Certified in Comprehensive Iridology by IIPA in 2018
8. Goal is to have Iridology courses IIPA Approved and become a Sanctioned School with IIPA.

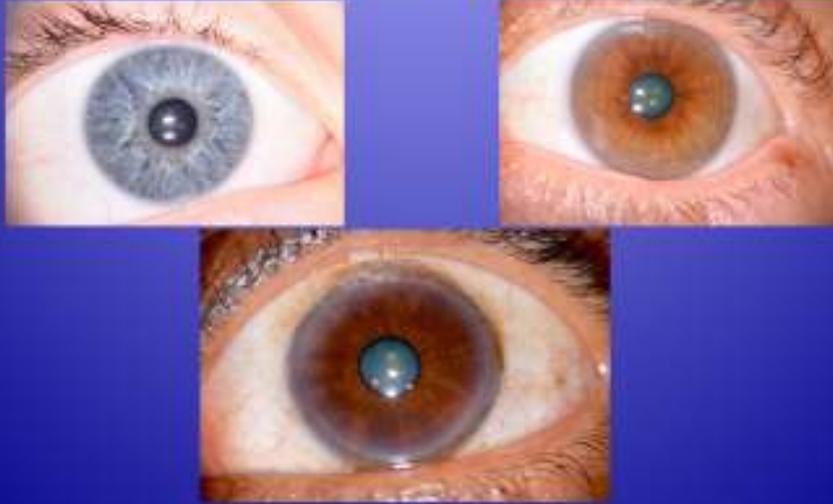


Introduction to Iridology



Introduction to Iridology

- Three Iris Colors: Blue, Mixed, Brown



- Dr. Bernard Jensen taught that there are only two true iris colors: blue and brown.
- Hazel or Green eyes are a combination of the two.
- In iridology today we see 3 iris types: blue, brown, and mixed.
- Blue/Lymphatic are more likely to have drainage problems relating to kidney, lymph, and mucus membranes.
- Mixed Biliary are hazel and are more likely to have inherent weaknesses in the digestion, bowels, and the autonomic nervous system.
- Brown/Hematogenic are more likely to have more silent pathology such as high blood pressure, blood sugar problems, blood anemia, and bowel issues.

Introduction to Iridology

- Three Iris Colors: Blue Iris: Lymphatic Iris Constitution



Blue Iris

To the naked eye, people with a lymphatic constitution will look like they have blue eyes, green eyes, or hazel eyes. But under high powered magnification the lymphatic iris will appear predominantly blue. Or they will have various colored pigments that will cause the eye from a distance to look green or hazel.

Characteristics

Blue, blue-gray, or blue-green iris

White collarette

Fibers may be tightly woven or loose with many lacunae.

Various colors or pigments may be seen within a lymphatic iris.

Indicates a Lymphatic Constitution.

Variations are considered sub-types.

Tendencies

Mucus arising from an overactive lymph system

Overactive immune system

Infection of the mucous membranes

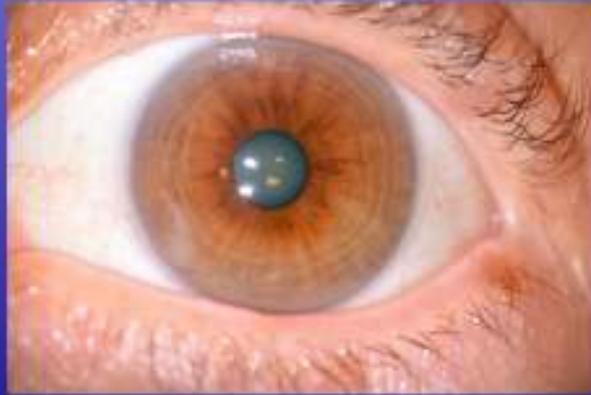
Common reaction sites: tonsils, adenoids, upper respiratory, lungs, sinuses, genitourinary tract, lining of stomach, intestines, and joints.

Skin afflictions such as psoriasis, eczema, dandruff, dry skin, arthritis, rheumatic disorders, stiffness, and aching muscles.

Kidneys overstressed, adrenal weakness, thyroid insufficiency, and digestive weakness

Introduction to Iridology

- Three Iris Colors: Mixed Iris: Mixed-Biliary Iris Constitution



Light Brown/Mixed Iris

Under magnification a biliary iris will show an overlay of brown pigmentation with fibers from the underlying stroma showing through.

Characteristics

light brown iris

brown pigmentation in the anterior border layer

underlying stroma layer reflecting a lighter or almost whitish appearance

Tendencies

Liver and gallbladder insufficiencies

Weakness in pancreas function

Gastrointestinal disturbance and digestive errors, especially if the pupillary zone is more densely pigmented

Disturbances such as constipation, diarrhea, flatulence, blood sugar highs and lows, liver, and gallbladder problems may all be present

Introduction to Iridology

- Three Iris Colors: Brown Iris: Hematogenic Iris Constitution



Dark Brown Iris

Under magnification the hematogenic iris will have lots of brown pigmentation in the anterior border layer covering all the iris fibers in the stroma.

Characteristics

A dark brown iris with a densely pigmented anterior border layer

Little or no fibrous display

Lacunae with underlying fibers in certain sectors reflecting organ insufficiencies. Areas of irritation will appear lighter.

Brown pigment in the sclera is normal in this type, especially around the iris edge

If the brown pigment is dark and far from the iris edge, it has been suggested that this indicates possible liver congestion.

Tendencies

Imbalance of blood composition, thick blood

Inability to store essential minerals

Constriction and hardening of lymph tissue

Disturbances in gastrointestinal tract: digestive, eliminative

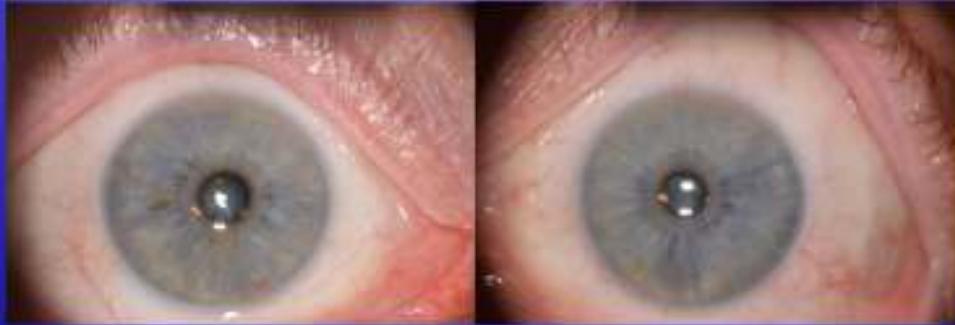
Tendency for anemia and circulatory insufficiency

Glandular system disorders (thyroid, adrenal, pineal, pituitary, pancreas, thymus, gonads)

Liver, gallbladder, spleen insufficiency

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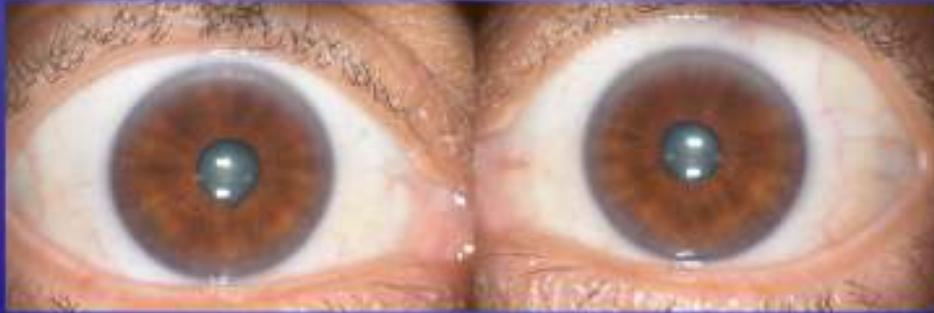
True Iris Color Practice - #1



Blue Iris: Lymphatic Iris Constitution

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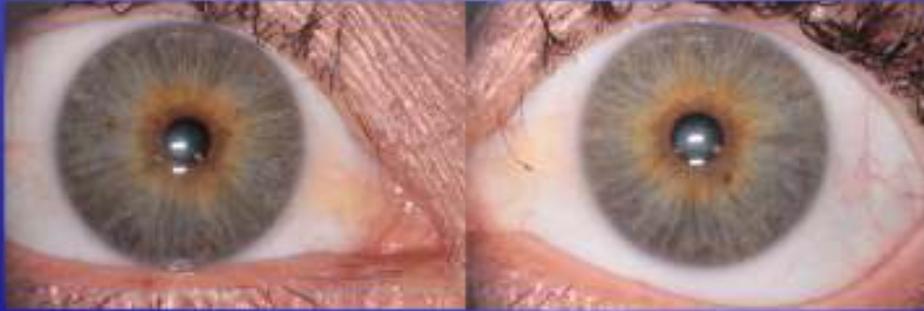
True Iris Color Practice - #2



Brown Iris – Hematogenic Iris Constitution

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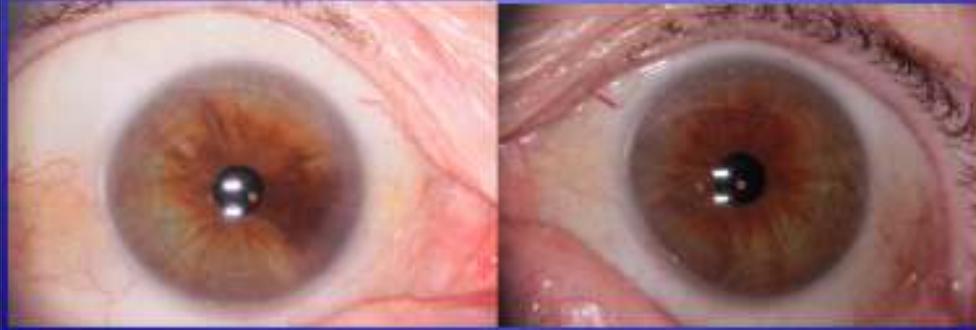
True Iris Color Practice - #3



Blue Iris: Lymphatic Iris Constitution

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True Iris Color Practice - #4



Mixed Iris – Mixed-Biliary Iris Constitution

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True Iris Color Practice - #5



Blue Iris: Lymphatic Iris Constitution

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True Iris Color Practice - #6



Mixed Iris – Mixed-Biliary Iris Constitution

Introduction to Iridology

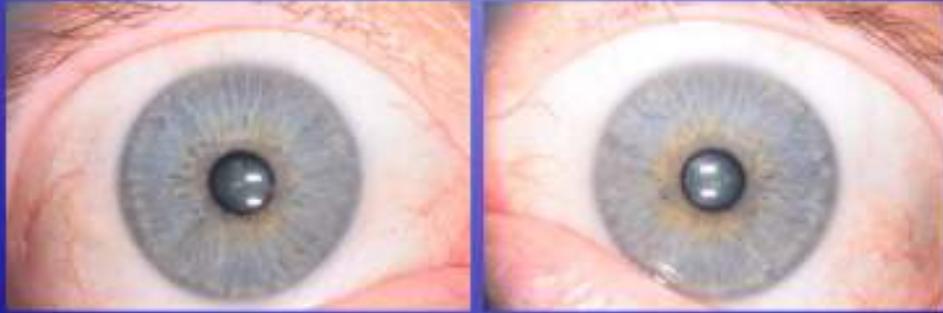
True Iris Color Practice - #7



Brown Iris – Hematogenic Iris Constitution

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True Iris Color Practice - #8



Blue Iris: Lymphatic Iris Constitution

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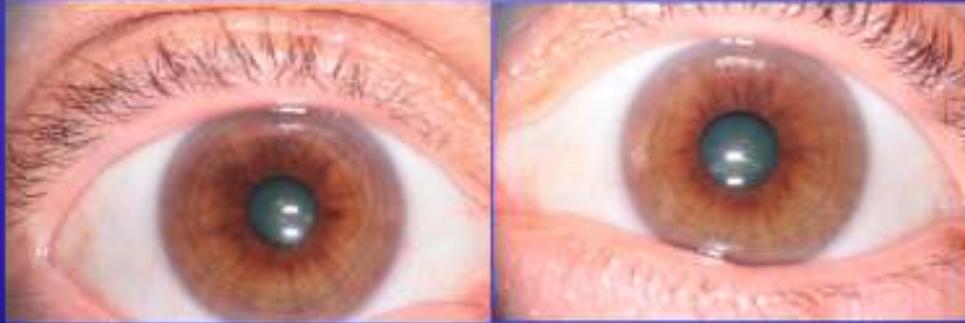
True Iris Color Practice - #9



Blue Iris: Lymphatic Iris Constitution

Introduction to Iridology

True Iris Color Practice - #10



Mixed Iris – Mixed-Biliary Iris Constitution

Introduction to Iridology

What is Iridology and how is it used?

It is the study of the color and structure of the iris of the eye as it relates to the genetic predisposition and health of the body systems.

By looking at the iris of the eye we can see genetic tendencies. By learning about your genetic tendencies you can learn what you should eat, drink, what type of exercise you should do, supplements, lifestyle, and anything else that will help you live comfortably in your body.

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Introduction to Iridology: What Iridology Can Do

- Iridology can reveal the inherent strengths and deficiencies of organs, glands, and tissues. Inherently weak organs do not utilize nutrients as well as they should, nor do they have the ability to discharge toxicity.
- Iridology can show the potential ability of an organ to react to illness. White raised signs can show a potential for irritability and/or possible inflammation. Dark gray or black areas can indicate little or not ability to react.
- Iridology can show familial patterns of various syndromes and pathologies such as gastrointestinal disorders, hypoglycemia, blood anomalies, or heart problems.
- Iridology can show (through the color of the iris and genetic patterns) certain foods that a person could have difficulty digesting or utilizing.
- Iridology can show from the pupil border, areas of the spine that may have subluxation.
- Iridology can show potential central and autonomic nervous system imbalance and circulatory disturbances.
- Iridology can indicate potential connective tissue weakness and a tendency for varicose veins, hiatal hernias, hemorrhoids, or scoliosis.
- Iridology can indicate potential for glandular deficiencies.
- Iridology can indicate there is potential for high uric acid levels, serum cholesterol levels, and lymphatic congestion.

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Introduction to Iridology: What Iridology Cannot Do

- Diagnose or give the name of any disease a person may have, or have had or identify pathology.
- Determine if a person has had surgery unless it was an eye surgery.
- Indicate precise blood pressure levels.
- Determine if a person has parasites or indicate the presence of yeast infections such as candida albicans in the iris, though signs of fermentation leading to the presence of yeast and parasites can be seen in the sclera.
- Confirm the presence of viruses, germ life, or bacterial invasion of the body.
- Determine if a woman is pregnant or has had an abortion.
- Indicate whether a tumor is present, or what size it may be.
- Show whether or not a person has kidney stones or gallstones.
- Give exact cholesterol or uric acid levels in the body.
- Determine whether or not hemorrhage exists or where it is located unless it is located in the visible layers of the eye.
- Show if arteries are blocked or hardened, though a potential for this may be seen.
- Distinguish the gender or age of a person, predict a person's life span, or impending time of death.
- Tell whether or not a person needs surgery.
- Iridology cannot locate a specific tooth that may be problematic.
- Show if a person has ingested poison or been bitten by a poisonous spider or snake.

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Legal Wording

Iridology does not diagnose but instead analyzes or assesses predispositions and genetic inheritance.

Legal Wording

- Iridology does not diagnose but instead analyzes or assesses predispositions and genetic inheritance. We might indicate that in similar iris types.
- Because at this point in most countries iridology does not have governmental regulation or acceptance, it is best to make suggestions rather than prescriptions. Say things like “Historically” or “So and So”.
- Always ask permission to look into the eyes of a person. You are entering a sacred space as you photograph or view the iris with a light.
- Suggest dietary changes or herbal formulas; help people learn about a better way of eating. They will come back to you for years to come with gratitude for all of the ways you have guided them to improve their lives.
- Most professional iridologists have their clients sign a disclaimer acknowledging that they are not medical doctors.
- I will provide you with a disclaimer that you can edit for your own clientele. Be sure to use it with everyone even when you are practicing. Under no circumstances analyze anyone’s irises without them signing your disclaimer.

Introduction to Iridology

Reverence, Honor and Respect

- It is important to look at the eyes with reverence, honor and respect.
- When you are looking at the iris you are looking at a person.

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