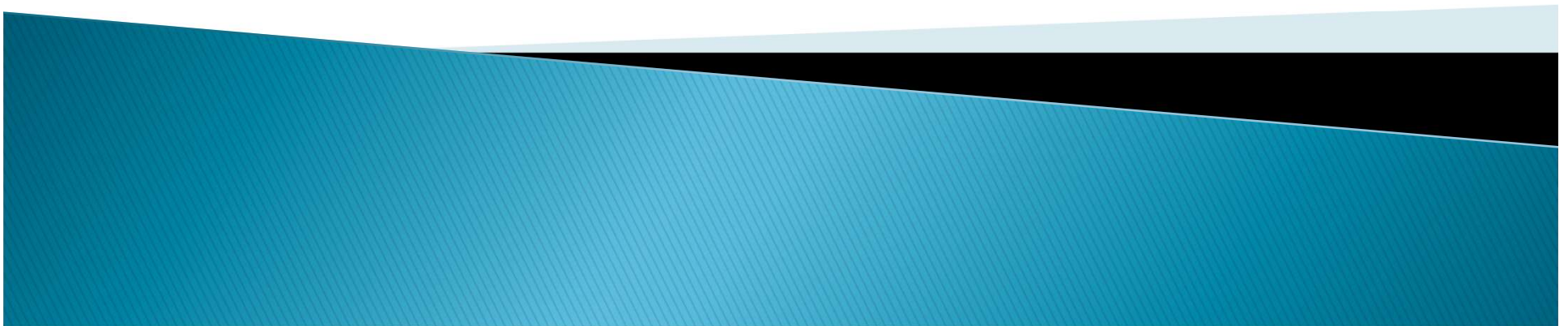


# Constitutional Subtypes by Color





# Iris Constitutional Subtypes by Color

Lymphatic	Biliary	Hematogenic
Overacid	Hydrogenoid	Ferrum Chromatose/Tiger Striping
Febrile	Ferrum Chromatose/Tiger Striping	Possible Elevated Blood Levels of Blood Pressure, Blood Sugar, and Elevated Cholesterol
Hydrogenoid	Scurf Rim	
Uric Acid		
Scurf Rim		

**Use general constitutional type nutrition information and then break it down further by subtype.**





# Lymphatic Iris Constitutional Subtypes by Color

- ▶ Overacid
- ▶ Febrile
- ▶ Hydrogenoid
- ▶ Uric Acid
- ▶ Scurf Rim





# Lymphatic Iris Constitution

## Blue Iris: Lymphatic Iris Constitution

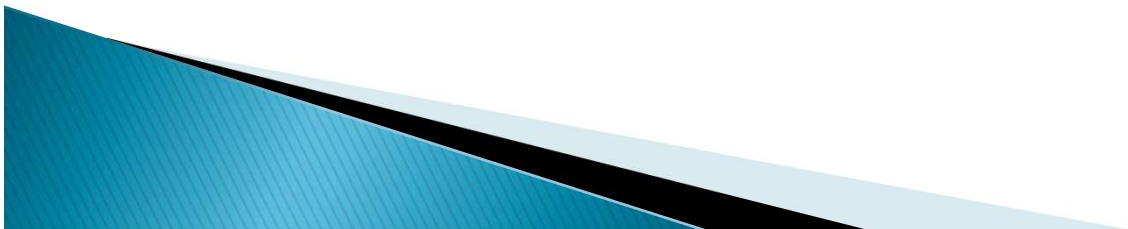
- ▶ To the naked eye, people with a lymphatic constitution will look like they have blue eyes, green eyes, or hazel eyes.
- ▶ Under high powered magnification the lymphatic iris will appear predominantly blue.
- ▶ Various colored pigments will cause the eye from a distance to look green or hazel.

### **Characteristics**

- ▶ Blue, blue-gray, or blue-green iris
- ▶ Many fiber patterns can be easily seen.
- ▶ Various colors of pigments are noted.

### **Tendencies**

- ▶ Mucus arising from an overactive lymph system
- ▶ Irritation 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





# Lymphatic Iris Constitution

Suggestions for improving health

- Vigorous exercises.
- Drink lots of purified water.
- Eliminate foods believed to be mucus-forming.
- Assist the lymph system by opening the lymph channels.
- Lymphatic massage helps move the lymph.
- Increase intake of vegetables and raw vegetable juices.
- Fast on raw juices.
- Digestive enzymes.
- Cleanse the kidneys.
- Live (raw) foods high in enzymes.
- Mullein tea.
- Marshmallow.
- Goat whey.
- Avoid table salt that is not organic and natural.





# Lymphatic Iris Constitutional Subtype by Color - Overacid





# Lymphatic Iris Constitutional Subtype by Color – Overacid

Suggestions for Improving Health





# Lymphatic Iris Constitutional Subtype by Color – Febrile

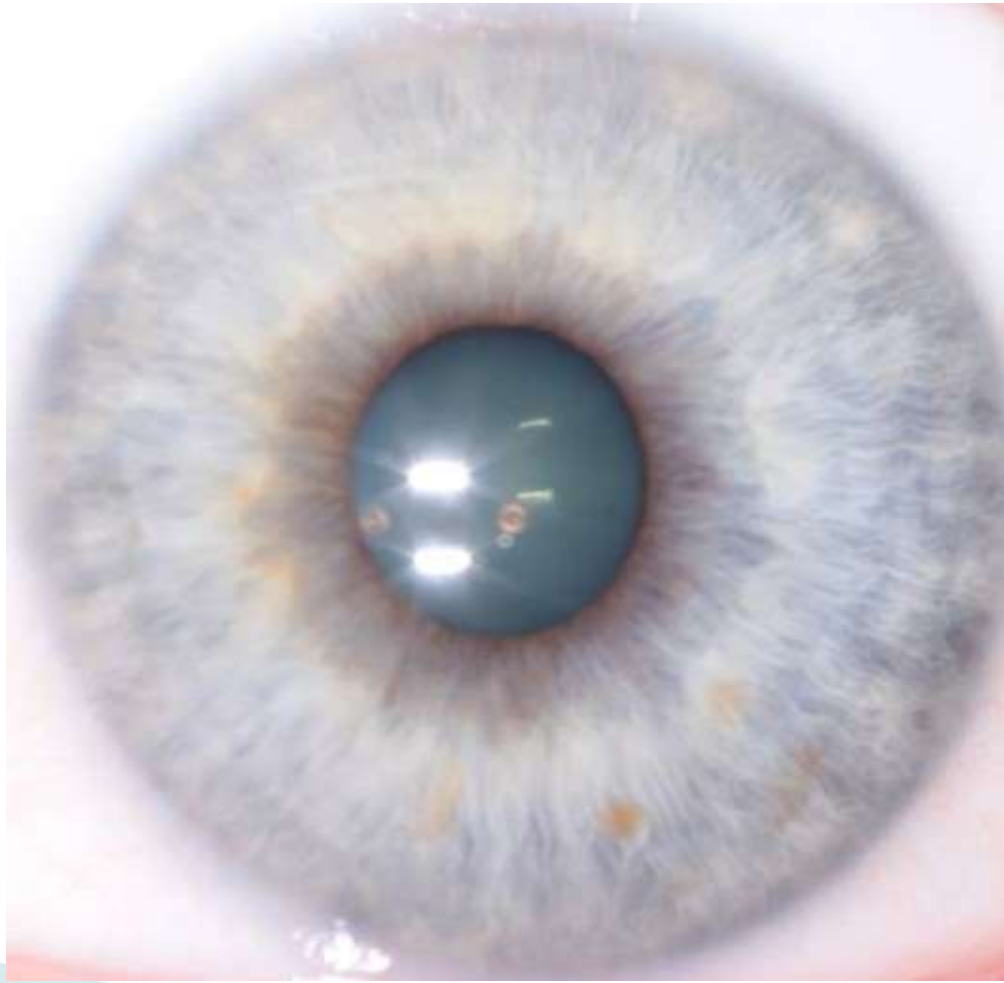






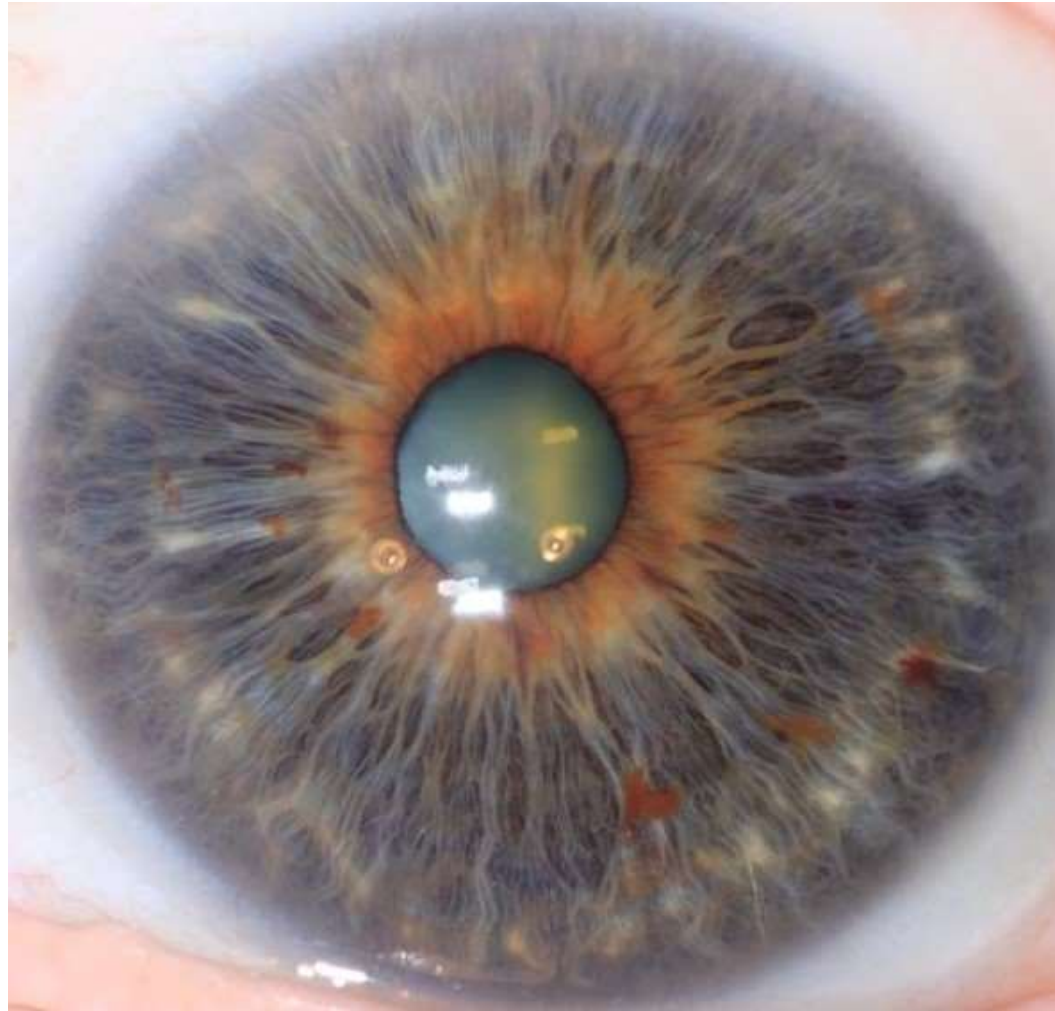
# Lymphatic Iris Constitutional Subtype by Color – Febrile

Suggestions for Improving Health





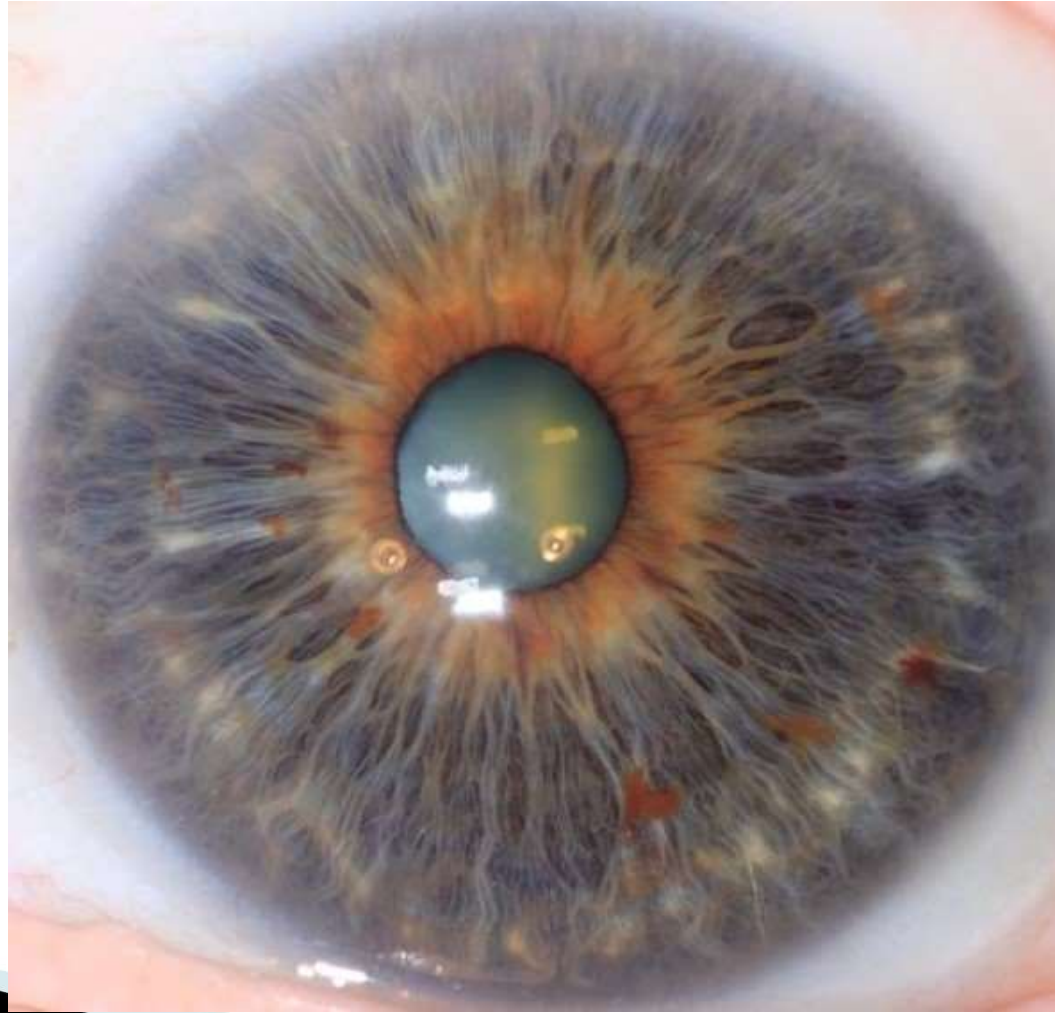
# Lymphatic Iris Constitutional Subtype by Color - Hydrogenoid





# Lymphatic Iris Constitutional Subtype by Color – Hydrogenoid

Suggestions for Improving Health





# Lymphatic Iris Constitutional Subtype by Color – Uric Acid





# Lymphatic Iris Constitutional Subtype by Color – Uric Acid

Suggestions for Improving Health





# Lymphatic Iris Constitutional Subtype by Color – Scurf Rim





# Lymphatic Iris Constitutional Subtype by Color – Scurf Rim

Suggestions for Improving Health





# Biliary Iris Constitutional Subtypes by Color

- ▶ Hydrogenoid
- ▶ Ferrum Chromatose/Tiger Striping
- ▶ Scurf Rim







# Mixed-Biliary Iris Constitution

## 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.
- ▶ Various colors of pigments may be seen.
- ▶ Underlying stroma layer reflecting a lighter or bluish 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





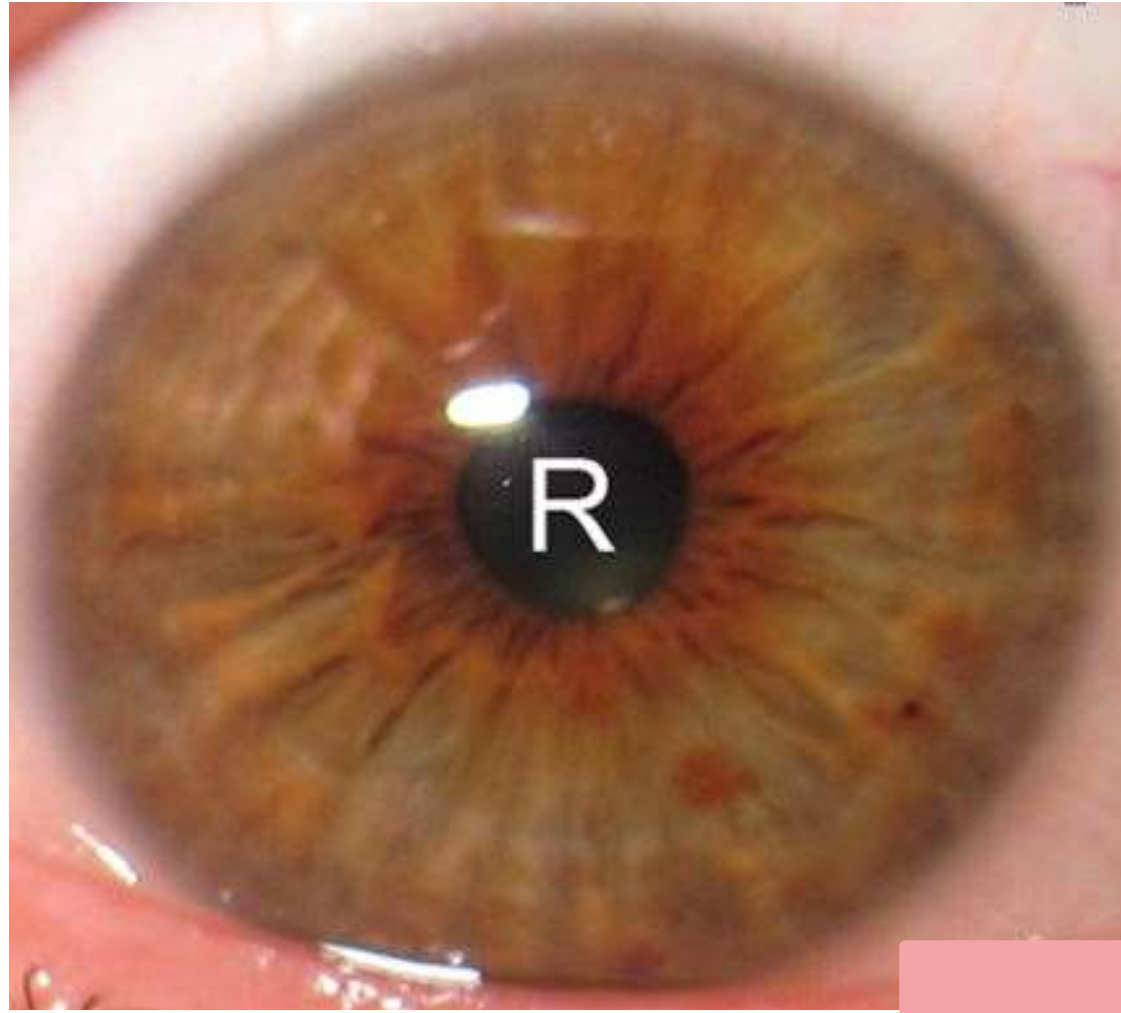
# Mixed-Biliary Iris Constitution

Suggestions for improving health

- Eliminate all heated oils and fried foods.
- Eliminate animal fats and hydrogenated oils.
- May use coconut oil and cold pressed olive oil.
- Choose from “good” fats.
- Eliminate refined white sugar.
- Do not use artificial sweeteners.
- Use stevia.
- Increase vegetable intake.
- Bitter greens are most helpful.
- Drink fresh raw vegetable juices.
- Plant enzymes can be very helpful.
- Consider colon cleansing and liver cleanses.
- Drink pure water.
- Eliminate mucus-forming and constipating foods.
- Eliminate sweets, salt, alcohol, drugs, caffeine, and pork.
- Wheat grass juice, chlorella, and chlorophyll.
- Milk thistle, burdock, yellow dock, and celandine.
- Take an MTHFR blood test to verify possible gene errors.



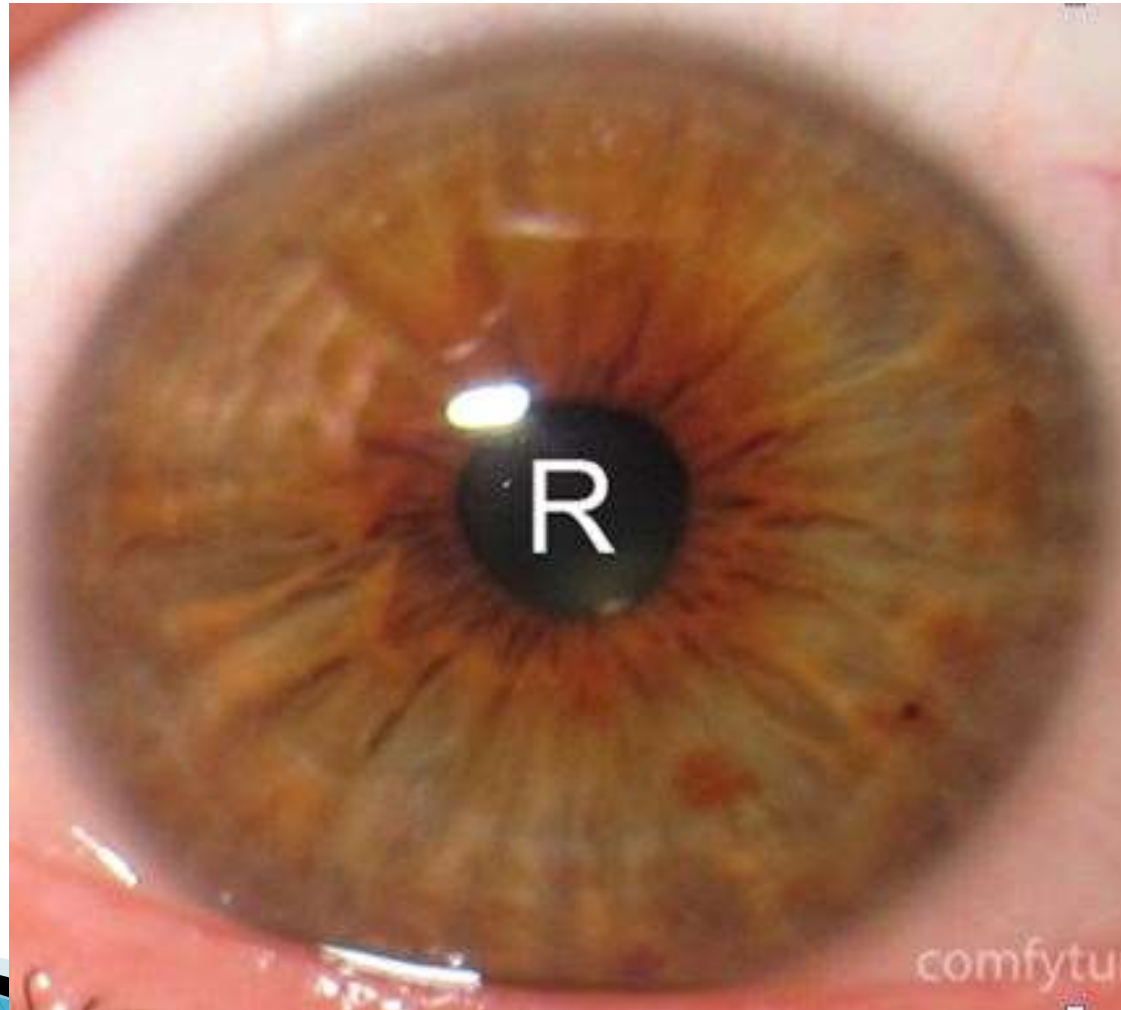
# Biliary Iris Constitutional Subtype by Color – Hydrogenoid





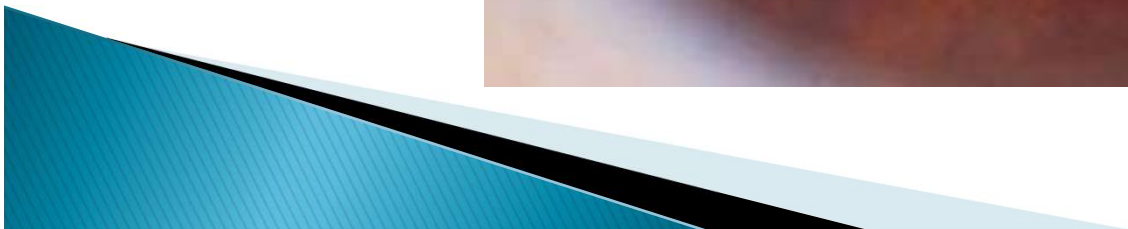
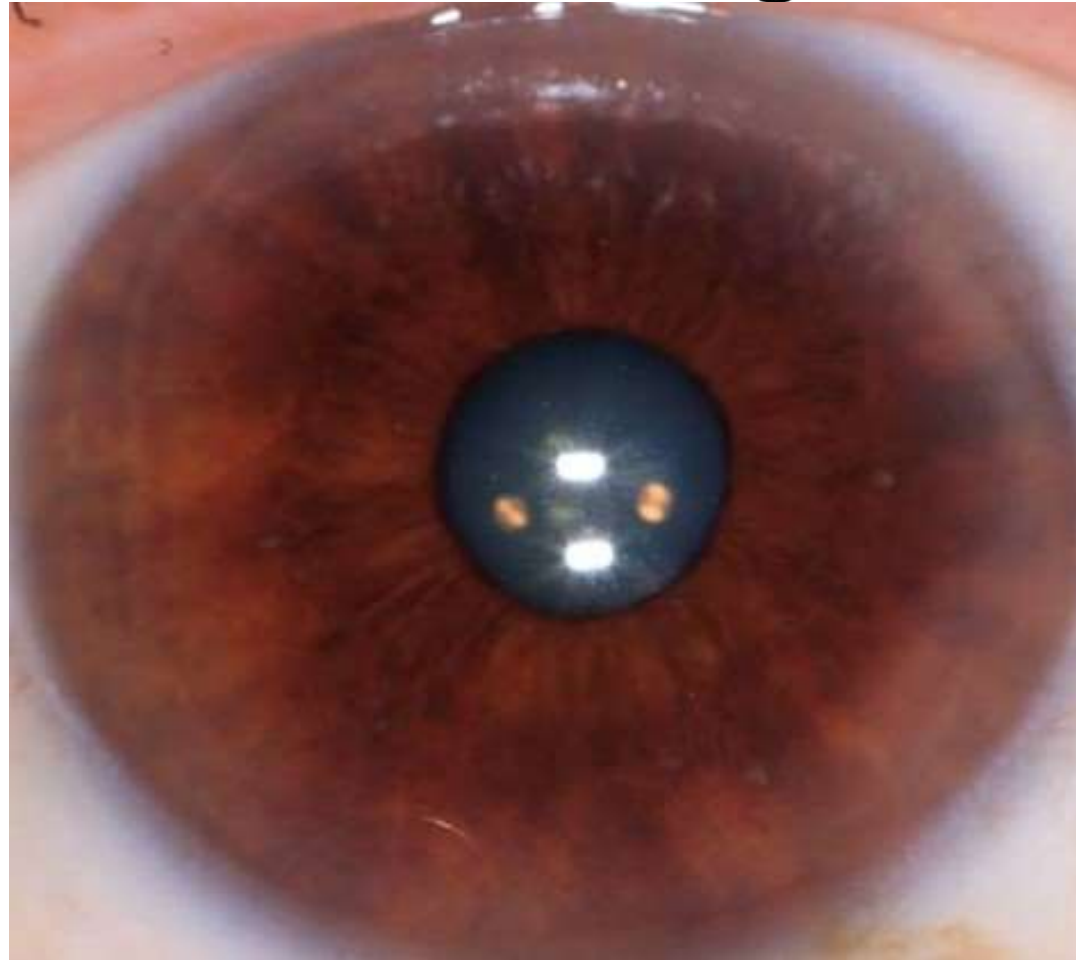
# Biliary Iris Constitutional Subtype by Color – Hydrogenoid

Suggestions for Improving Health



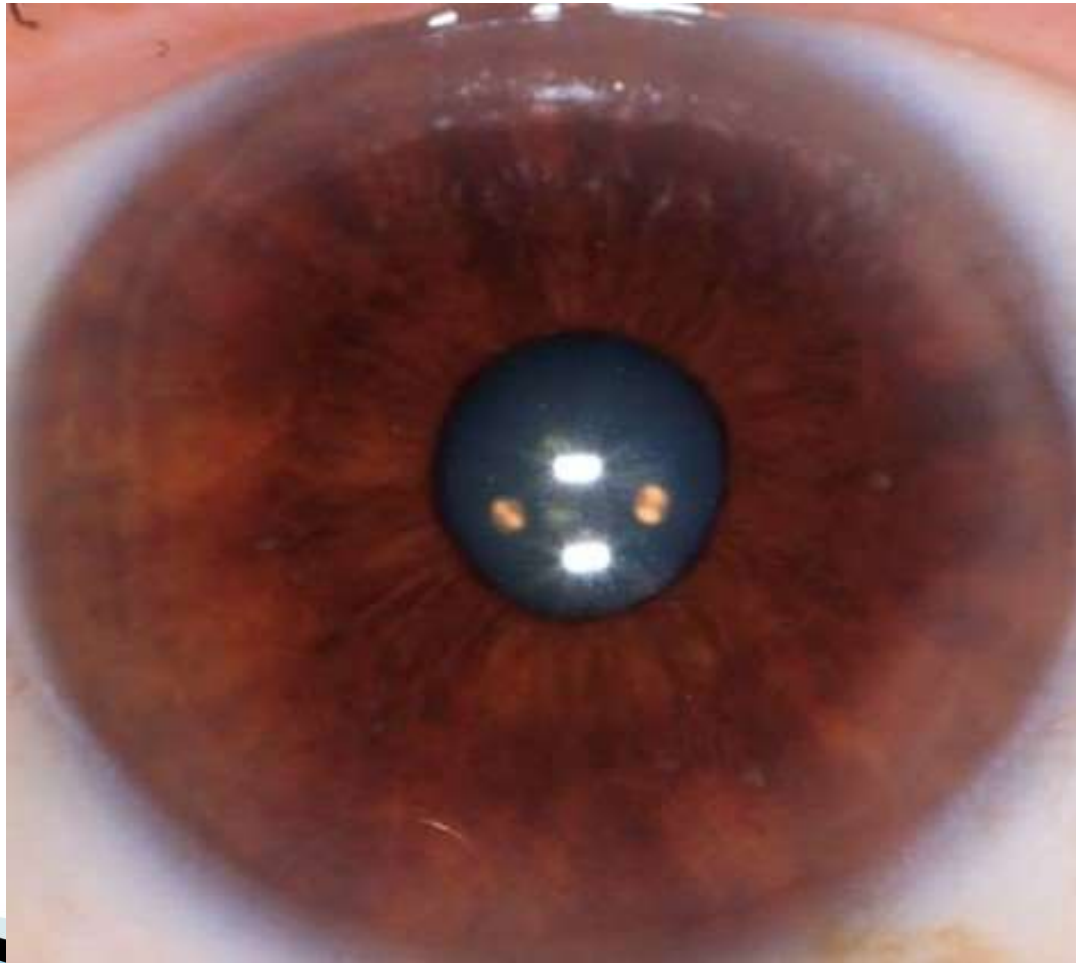


# Biliary Iris Constitutional Subtype by Color - Ferrum Chromatose/Tiger Striping



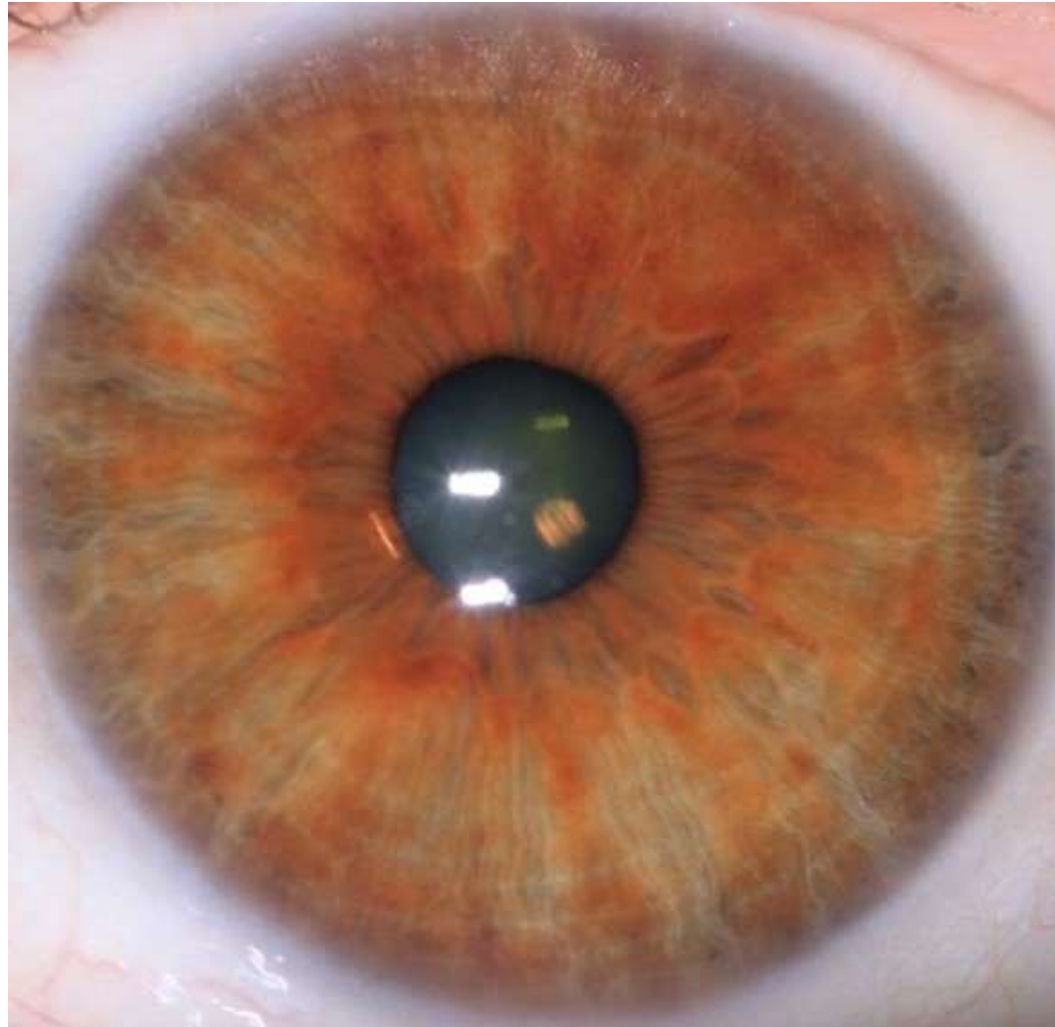


# Biliary Iris Constitutional Subtype by Color Ferrum Chromatose/Tiger Striping Suggestions for Improving Health





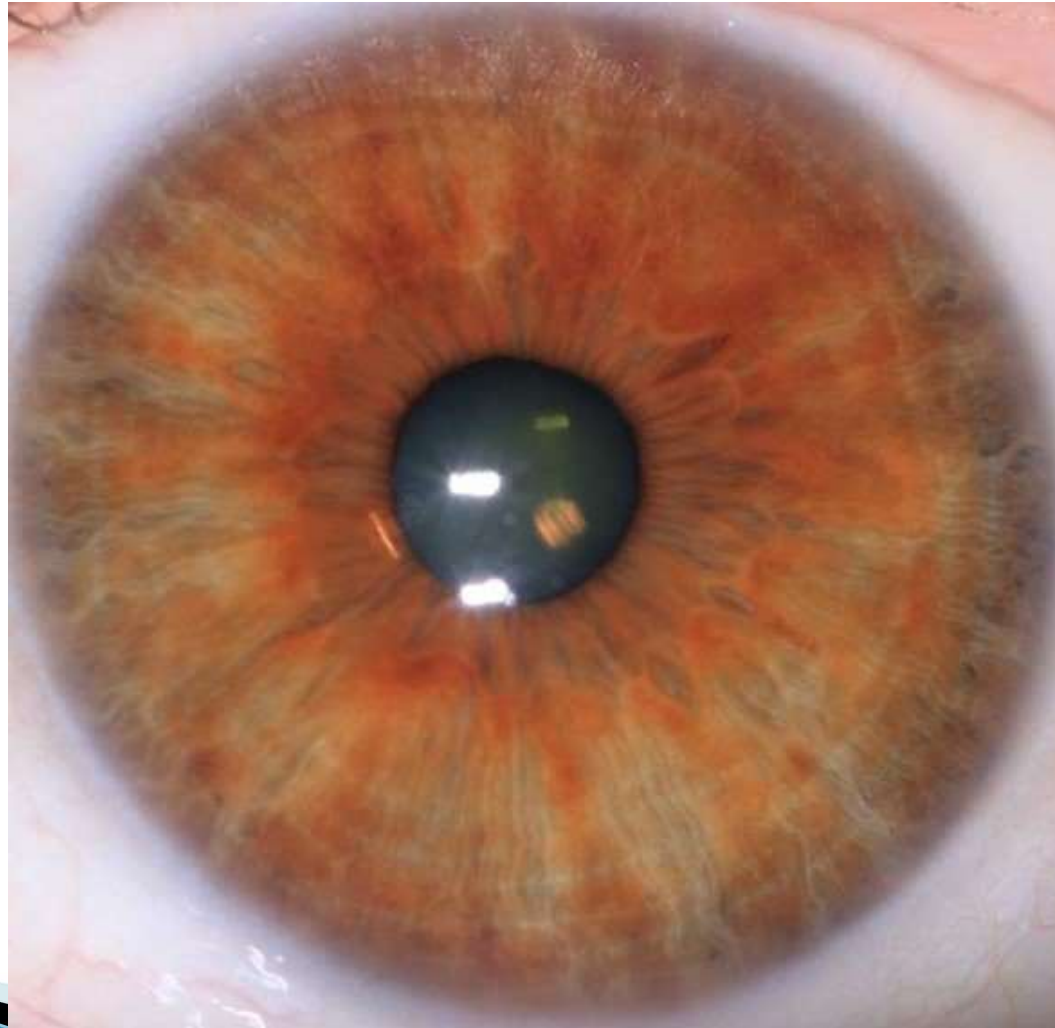
# Biliary Iris Constitutional Subtype by Color – Scurf Rim





# Biliary Iris Constitutional Subtype by Color – Scurf Rim

Suggestions for Improving Health

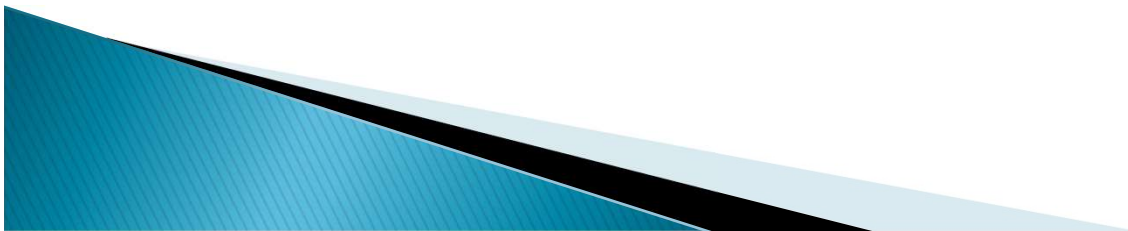






# Hematogenic Iris Constitutional Subtype by Color

- ▶ Ferrum Chromatose/Tiger Striping
- ▶ Elevated Cholesterol





# Hematogenic Iris Constitution

## 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



# Hematogenic Iris Constitution

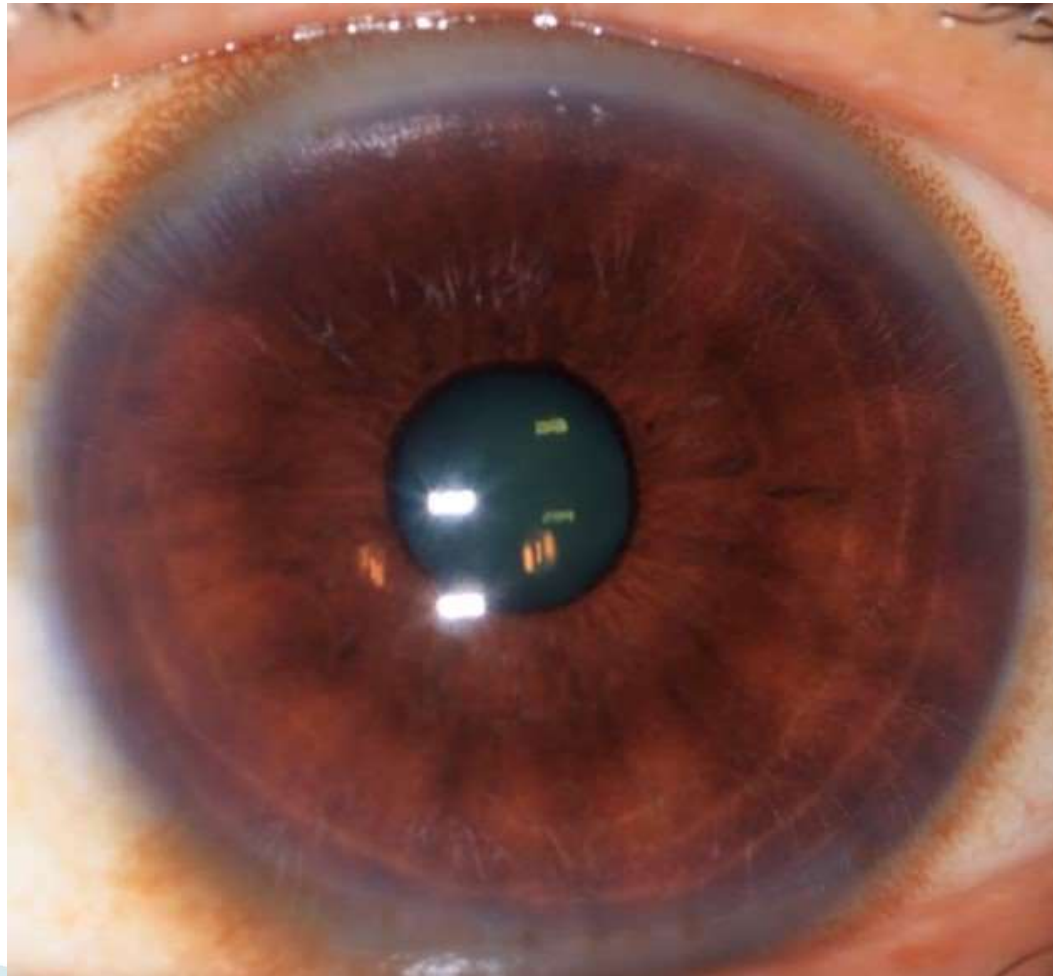
## Suggestions for improving health

- Support the blood.
- Drink raw vegetables juices.
- Use foods high in fiber.
- Do not eat processed foods.
- Avoid fried foods, heated oils, and junk foods.
- Do not drink ice-cold beverages or extremely hot liquids.
- Do not drink with meals or sip small amounts.
- Eat a diet rich in live enzymes.
- Use pau d'arco, red clover teas.
- Cleanse the colon and liver.
- Use chlorophyll and wheat grass juice.
- Use mullein, echinacea teas, and celery juice.
- Get lots of minerals and liquid trace minerals into your diet.





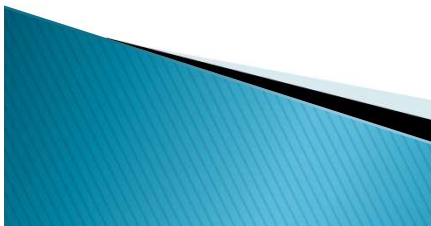
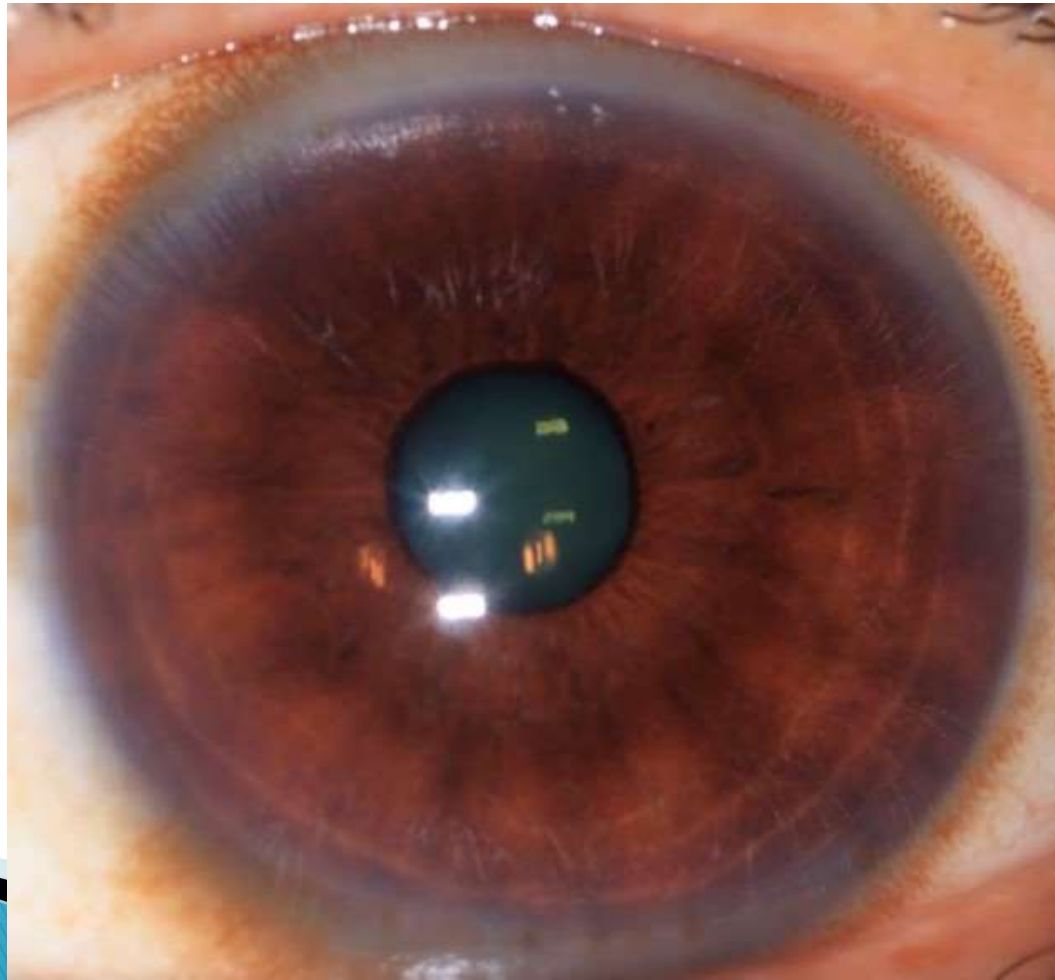
# Hematogenic Iris Constitutional Subtype by Color Ferrum Chromatose/Tiger Striping





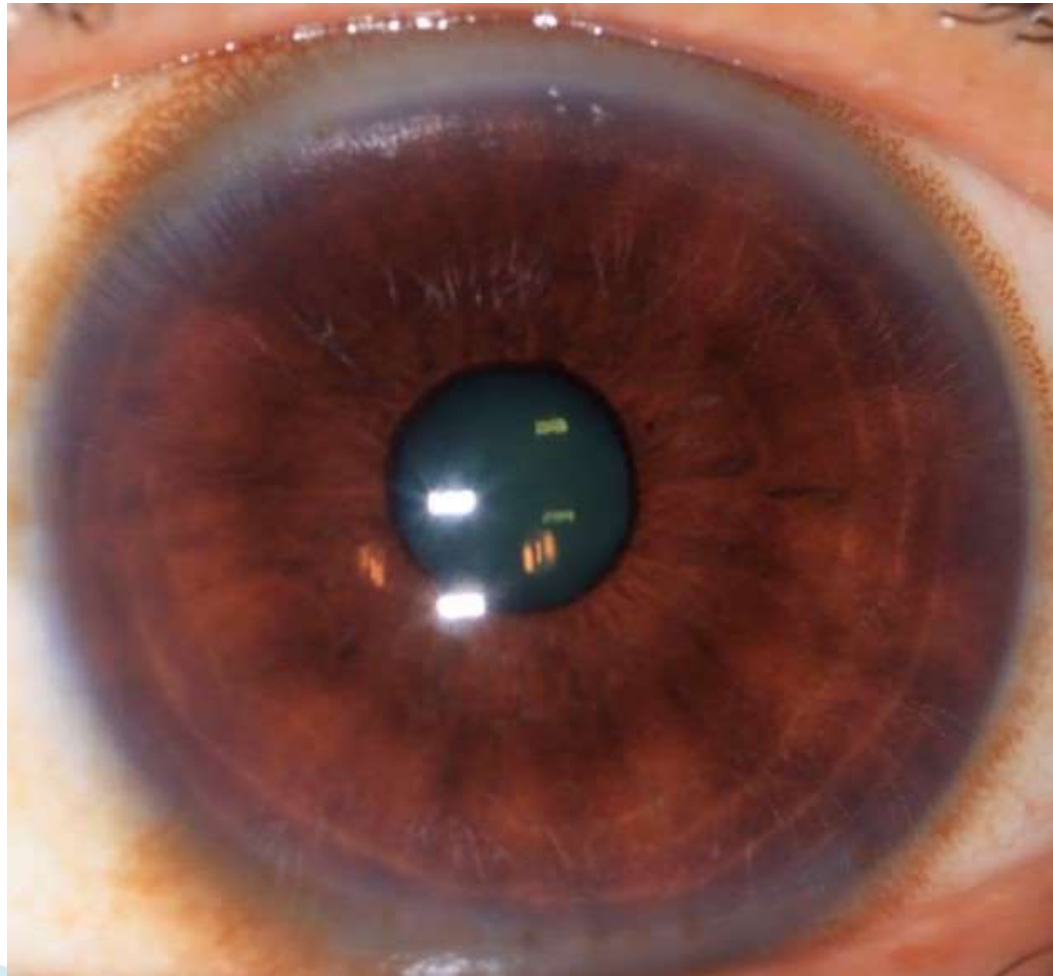
# Hematogenic Iris Constitutional Subtype by Color – Ferrum Chromatose/Tiger Striping

Suggestions for Improving Health





# Hematogenous Iris Constitutional Subtype by Color – Possible Elevated Cholesterol





# Hematogenic Iris Constitutional Subtype by Color – Possible Elevated Cholesterol

Suggestions for Improving Health

