



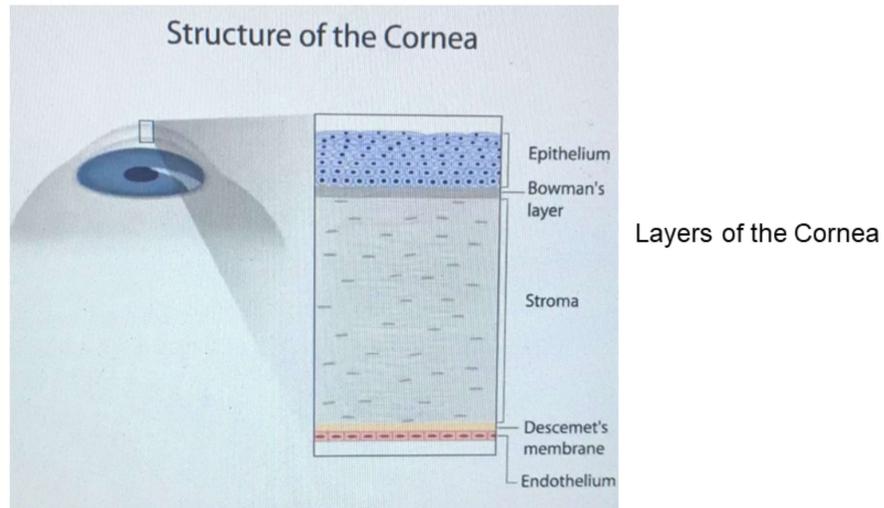
Lipemic Diatheses

Welcome everyone!



Lipemic Diathesis Corneal Sign

Understanding the Cornea



Understanding the Cornea

The cornea is a dome shaped formation over the top of the iris.

The cornea acts as the eye's outermost lens.

It functions like a window that controls and focuses the entry of light into the eye.

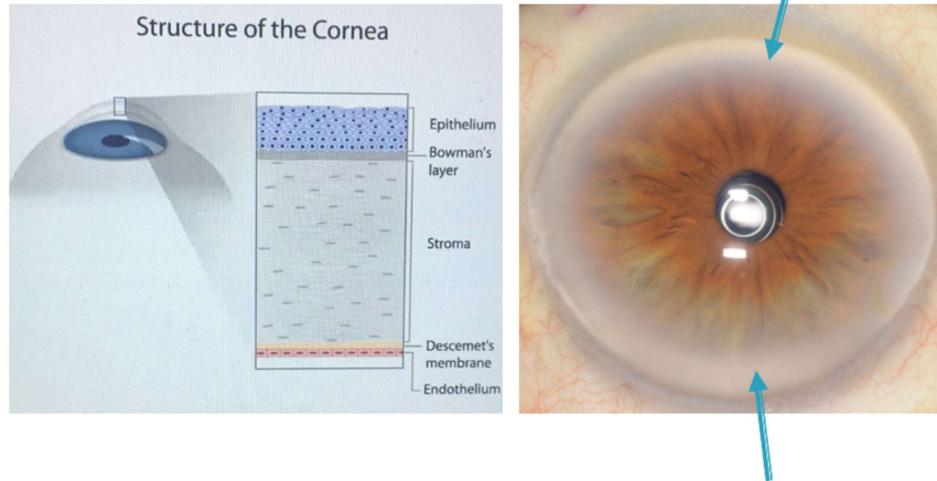
The cornea contributes between 65-75% of the eye's total.

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Lipemic Diathesis Corneal Sign

Understanding the Corneal Arcus



Understanding the Corneal Arcus

The corneal arcus is an accumulation of lipids including cholesterol, phospholipids, and triglycerides in the periphery of the corneal stroma, the Bowman's layer, and Descemet membrane.

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Lipemic Diathesis Corneal Sign

Corneal Arcus Names

Ophthalmology Terms

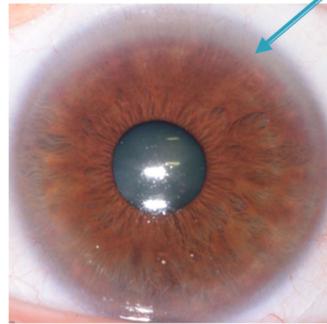
1. Corneal Arcus
2. Arcus Sinilis
3. Arcus Juvenilis (under 40)
4. Arcus Lipoides

Iridology Terms over the Years

1. Cholesterol Ring
2. Sodium Ring
3. Mineral Ring
4. Calcium out of Solution Ring
5. Hardening of the Arteries Ring
6. Blood Pressure Ring

IIPA calls this sign

1. Corneal Arcus
2. Cholesterol Ring
3. Lipemic Diathesis



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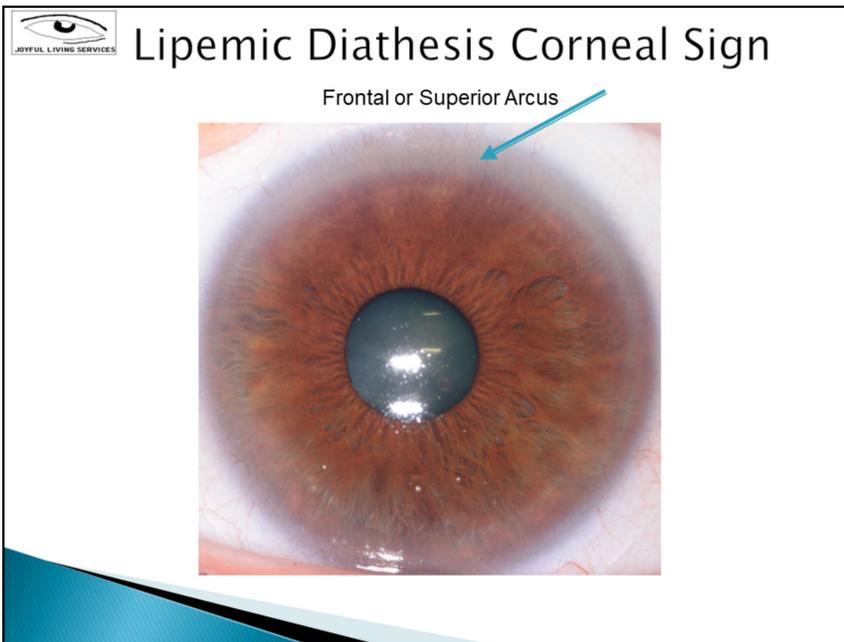
When does it develop?

- In rare cases children are born with Arcus Juvenilis.
- Normally develops with age.
- Can be seen in nearly 60% of people age 50-60 years of age.
- Percentage climbs to nearly 100% in people 80 years or older.
- If a person younger than 40 has the sign it is called Arcus Lipoides Juvenilis or Corneal Arcus Juvenilis and is a sign of abnormal lipid metabolism and likely a marker of increased cardiovascular risk and may have serious implications such as:
 1. Fatty Liver
 2. Coronary artery disease, Cardiovascular disease, Coronary heart disease
 3. Atherosclerosis: The build up of fats, cholesterol and other substances in and on the artery walls (known as plaque), which can resist blood flow. The plaque can burst, triggering a blood clot.
 4. Atherosclerosis is normally considered a heart problem even though it can affect arteries anywhere in the body.

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Frontal or Superior Arcus:

Tendency For:

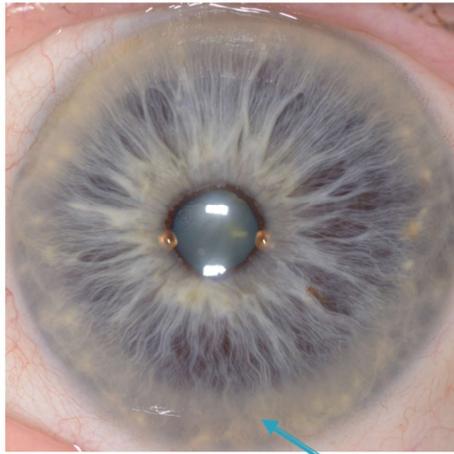
- Cerebrovascular Insufficiency
- Trouble with concentration
- Memory loss
- Headaches
- Possible fatigue or depression
- Snoring/Sleep apnea (Send client for a sleep apnea test per Michael Salas)

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Things for improvement:

1. Slant board
2. Gingko
3. Feverfew
4. Hawthorn
5. Kneipp Baths
6. Rebounding
7. Capsicum/Cayenne in diet and in socks
8. Niacin flushes
9. Ginger/Capsicum Baths
10. Massage/Chiropractic/Acupuncture

Ventral or Inferior Arcus



Ventral or Inferior Arcus:

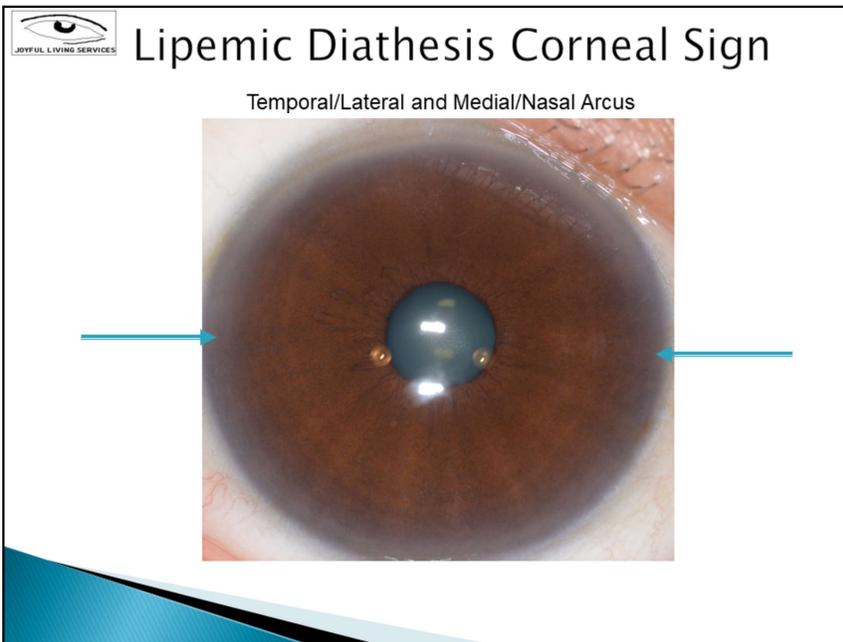
Tendency For Poor Circulation in:

- Hip, thigh, and leg arteries
- Possible leg cramping
- Numbness in legs and feet
- Arching joints or muscles

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Temporal/Lateral or Medial/Nasal Arcus:

Medial or Nasal Arcus Tendencies:

- Pulmonary issues are most prominent
- Possible shortness of breath or tightness in chest
- Coronary Issues

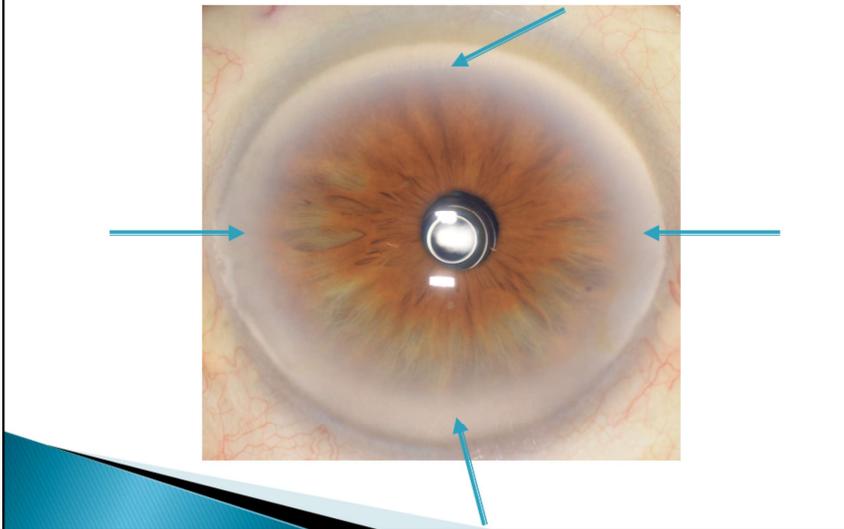
Temporal or Lateral Arcus Tendencies:

- Coronary or pulmonary issues
- Ischemia (a serious problem where some part of your body, like your heart or brain, isn't getting enough blood) or reduced blood flow to the chest.
- Heart creating chest pain or angina
- Snoring/Sleep apnea (Send client for a sleep apnea test)

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Lipemic Diathesis Corneal Sign

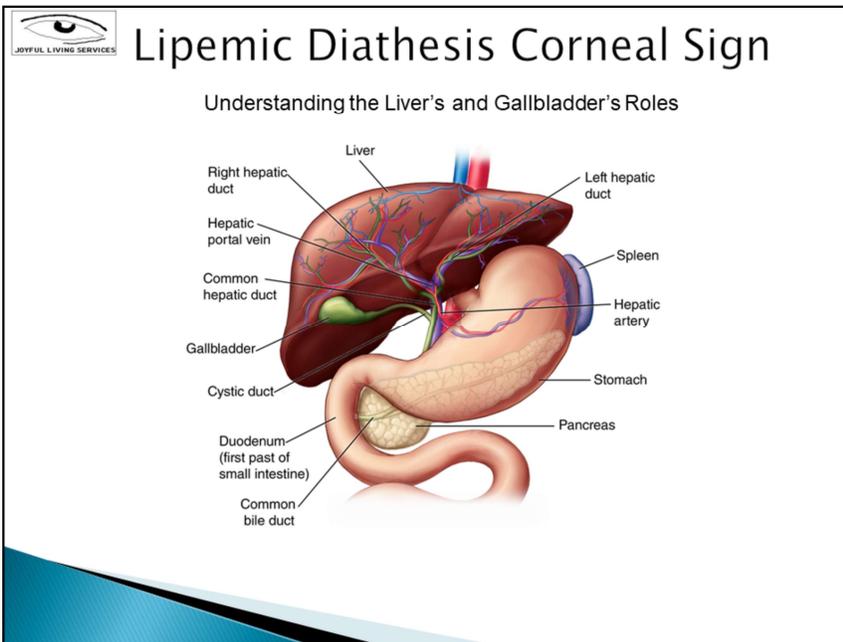
Complete Corneal Arcus/Cholesterol Ring



Complete Corneal Arcus/Cholesterol Ring:

- When the corneal arcus extends all the way around the periphery of the iris, it may be called an annulus or complete ring.
- It shows a tendency towards elevated cholesterol levels.
- This ring is much more serious in a person who is in their 40's than in their 60's.
- We have seen this ring appear in the iris but we have not seen it go away.

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Understanding the liver's role with management of cholesterol:

- Weighs about 2-3 pounds and is about 6 inches long
- Located in the upper right side of the abdomen
- Produces up to a quart of bile a day to process fats and cholesterol
- Produces cholesterol, needed for building cellular membranes in the body.
- 20% of the brain is made of cholesterol.

Understanding the gallbladder and cholesterol:

- Receives bile from the liver
- Concentrates the bile for digestion
- Stores the bile and sends it into the duodenum via the common bile duct
- When levels of cholesterol are high or super saturated, cholesterol crystals begin to form which may lump together to form gallstones.
- Gallstones can interfere in the digestion of fats and cause infection and inflammation of the gallbladder and elevated cholesterol levels.

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Lipemic Diathesis Corneal Sign

Signs someone may have Gallstones



Gallstones are 80% cholesterol and 20% calcium

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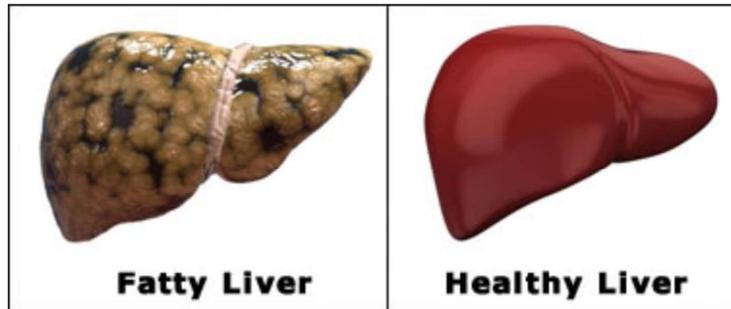
- Nausea and abdominal pain in the upper right side often after meals
- Pain may go through shoulder and upper back
- Skin may be jaundice
- May have pale colored stools and dark urine

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Lipemic Diathesis Corneal Sign

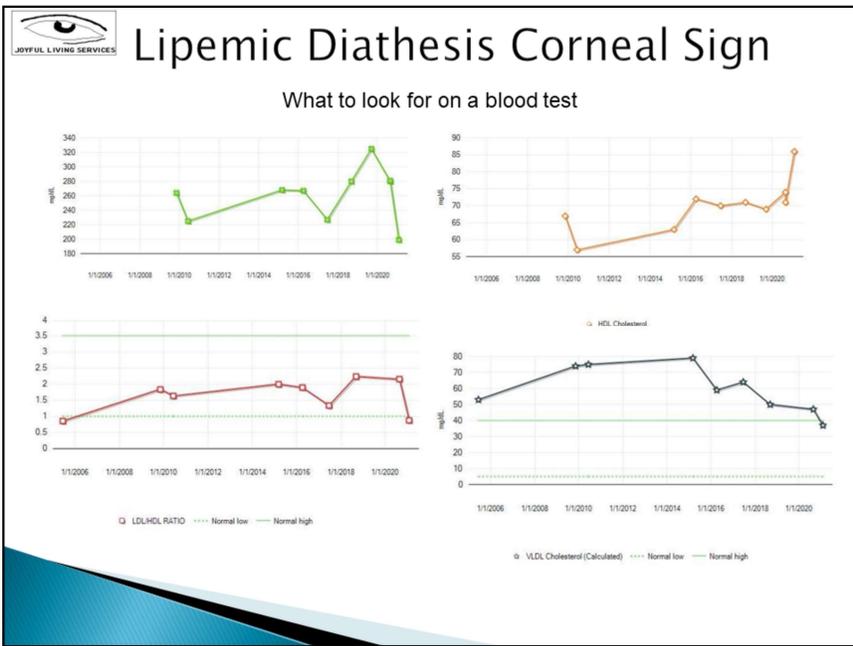
What causes a fatty liver and elevated cholesterol levels?



What causes a fatty liver and elevated cholesterol levels?

- Sugar and high fructose corn syrup
- Refined carbohydrates including wheat and white rice
- Hydrogenated oils
- Greasy fried food
- Excessive daily meat eating
- Cow's milk
- Excessive alcohol

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What to look for on a blood test

Lipid Panel

Triglycerides:	60-100
Cholesterol	170-250
High Density Lipoproteins (HDL-Happy)	55-90
Low Density Lipoproteins (LDL)	<120

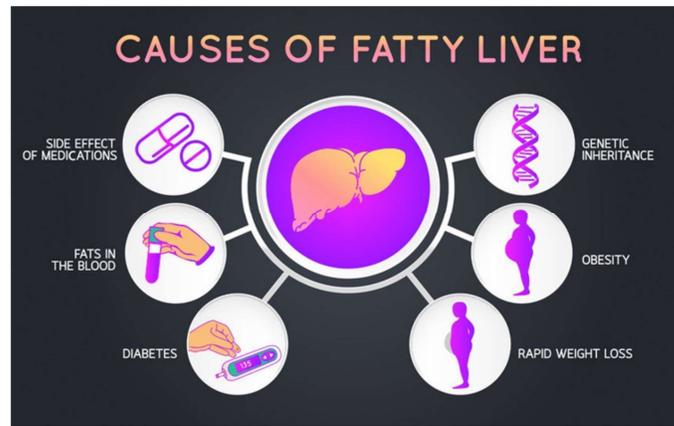
Avoid statin drugs. They are being linked to memory problems.

Glucose Panel

Glucose	75-89
A1C	4.1-5.3

Elevation of these 2 can mean diabetes and fatty liver.

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What do to improve liver function and improve cholesterol levels:

- Bitter greens such as kale, spinach, parsley, chard, beet tops, collards, mustard greens, turnip greens, and wheat grass juice.
- Beets, apples, and dark cherries.
- Olive oil or flaxseed oil and lemon juice help to cleanse the liver.
- Bupleurum, burdock, chicory, milk thistle, Chinese rhubarb, turmeric, and yellow dock.
- Glutathione
- Lecithin
- Ground flax and chia seeds.

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Brenda's Program:

- Modified Keto (low fat: mostly chicken and fish)
- No dairy: use coconut and almond instead
- No grains
- Berries and apples

Supplements:

Berberine: 6/day to lower cholesterol and glucose

Super Omega 3's: 6/day to bring in more EFA's

Red Rice Yeast: 4/day to lower cholesterol

CoQ10 Enzyme: 1/day

Methylzyme: 2 sprays 2/x per day to help the liver methylate due to double C677T MTHFR error.



Lipemic Diathesis Corneal Sign

Personality Traits



Personality Traits

Balanced:

- Makes good decisions
- Will be able to be flexible and change their minds if they receive new information.

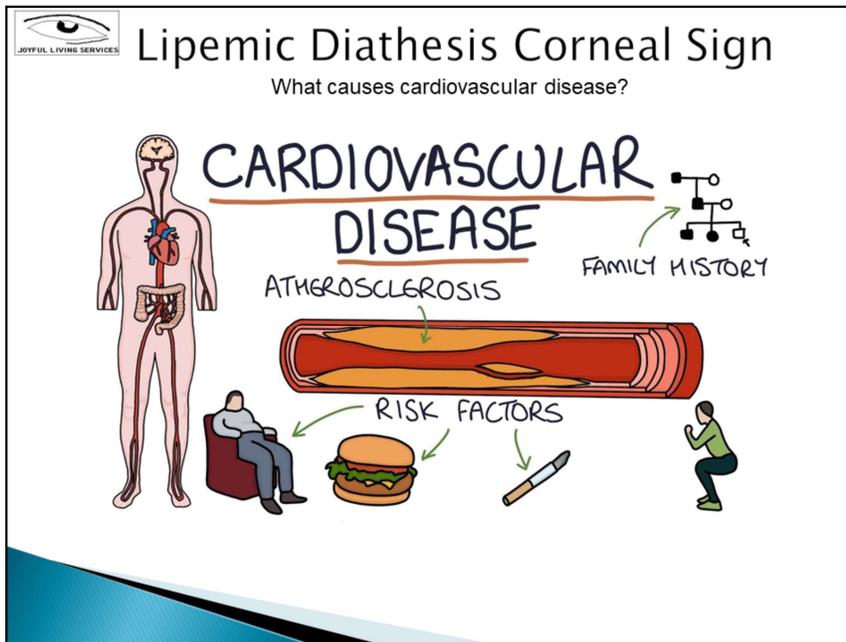
Out of Balance:

- Makes decisions and stubbornly sticks with it no matter what new information they receive.
- They feel they have to be right and in control.
- Tend to be rigid and dogmatic.
- Difficulty letting go of old patterns and accepting new ways of doing things.

Lesson:

- Learn to flow with change.
- Let go of rigidity.

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- In 2021 over 100 million Americans are living with some form of cardiovascular disease.
- Around the world, 1 out of 3 are dying with a heart attack, stroke or disease of the arteries every 40 seconds.

The blood and vascular system is made up of:

- 2 trillion cells which is the same as 9 tennis courts laid out
- 60,000 miles of blood vessels
- Important endothelium lines vessels

What causes cardiovascular disease?

Endothelium become inflamed.

Narrowing, blocking, or stiffening of the arteries and veins.

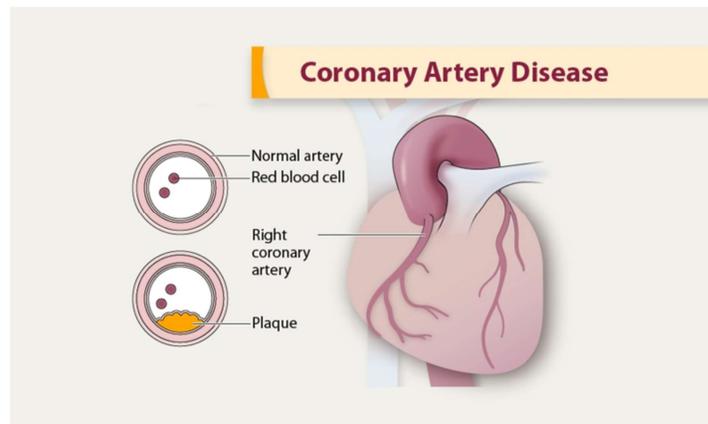
This is caused by plaque which can become thick and blocks the flow of blood.

It can cause a heart attack or stroke in the brain depending on where the clot is.

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Lipemic Diathesis Corneal Sign

What is plaque made of?



What is plaque made up of:

- Fats
- Cholesterol
- Calcium
- Cellular Waste
- Fibrin (causes blood to clot)

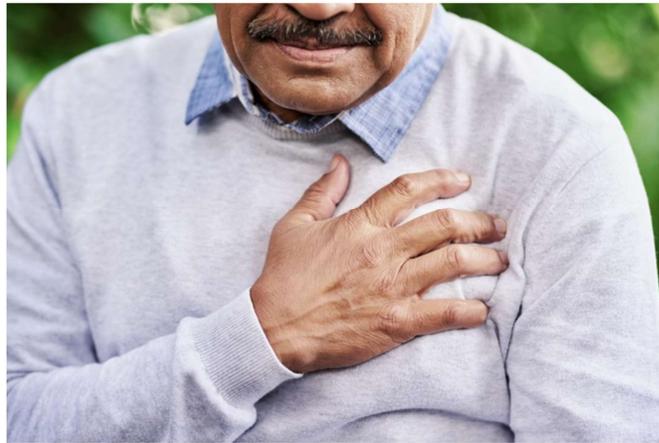
The largest cause of fat around the middle is sugar and white flour that turns to sugar in the body causing sticky bile, elevated LDLs, and plaque in the arteries.

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Lipemic Diathesis Corneal Sign

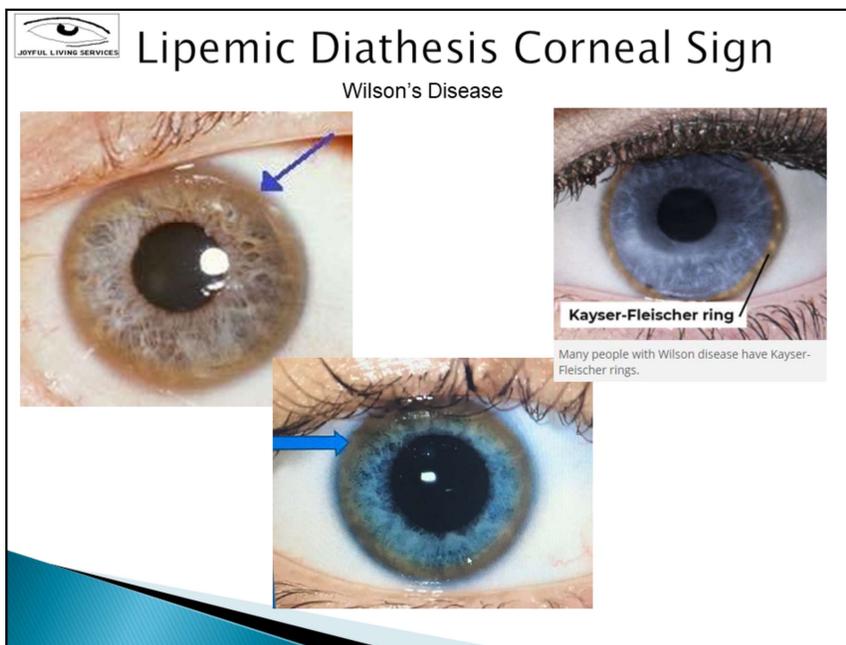
Symptoms to look for



Symptoms to look for:

- Elevated cholesterol, especially LDLs and elevated triglyceride levels.
- Elevated homocysteine levels.
- Elevated blood pressure higher than 120/80 (systolic/diastolic)
- Elevated pulse rate above 100 beats per minute or slow pulse below 50 beats per minute
- A lot of swollen red vessels in the sclera (white of the eye)
- Recommend a complete cardiovascular check up.

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Wilson's Disease:

- Wilson disease is caused by an **inherited change or abnormality (mutation) in the ATP7B gene**. It is an autosomal recessive disorder.
- A genetic disorder causing excessive copper accumulation in liver, brain and other organs.
- Wilson's disease is present at birth, but signs and symptoms don't appear until the copper builds up in the brain, liver or other organ. Signs and symptoms vary depending on the parts of the body affected by the disease.

Symptoms:

- Liver related: Fatigue, Swelling in abdomen, Jaundice (Yellow discoloration), Finger clubbing, Muscle cramps
- Neuropsychiatric - accumulation in brain, Speech problems, Tremors, Behavioral changes, Seizures, Disinhibition, Cognitive changes, Musculoskeletal, Joint pains - spine, wrist, knee, hips
- Kidney related, Blood in urine, Kidney stones

Eye Symptoms:

Many people with Wilson disease have Kayser-Fleischer rings, which are greenish, gold, or brownish rings around the edge of the [corneas](#). A buildup of copper in the eyes causes Kayser-Fleischer rings. A doctor can see these rings during a special eye exam called a [slit-lamp exam](#).

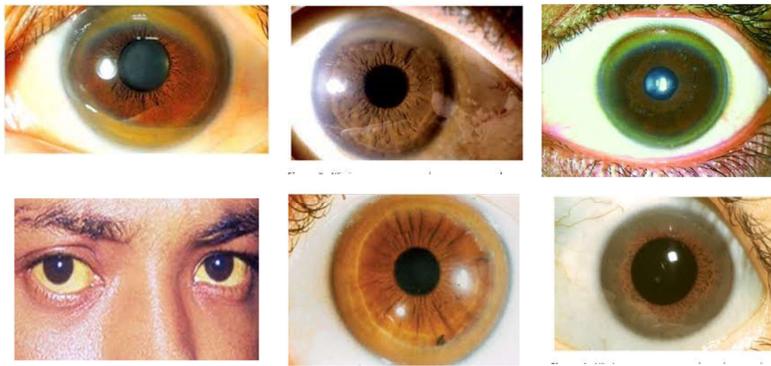
Among people who have nervous system symptoms of Wilson disease, more than 9 out of 10 have Kayser-Fleischer rings. However, among people who have only liver symptoms, 5 or 6 out of 10 have Kayser-Fleischer rings.⁷

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Lipemic Diathesis Corneal Sign

How to Treat Wilson's Disease



How to Treat Wilson's Disease:

Stanford University Says:

There is no cure for Wilson disease. Lifelong treatment is necessary and could include:

- Taking copper-chelating medications, which help your body's organs and tissues get rid of excess copper
- Reducing the amount of copper you get through food
- Taking zinc supplements. Zinc prevents your body from absorbing copper from your diet
- Getting extra vitamin B6
- Treating any damage to your liver or central nervous system (or both)
- Taking medications to treat symptoms, such as muscle problems (tremors, stiffness)
- Getting a liver transplant, if you have extensive liver damage. This procedure has about an 80 percent survival rate.

Arizona Digestive Health has dietary suggestions at:

<https://www.arizonadigestivehealth.com/low-copper-diet-for-wilsons-disease/>

Copper Lab Tests Online:

<https://labtestsonline.org/tests/copper#:~:text=Typically%2C%20a%20total%20blood%20copper,copper%20storage%20in%20the%20liver.>



Lipemic Diathesis Corneal Sign

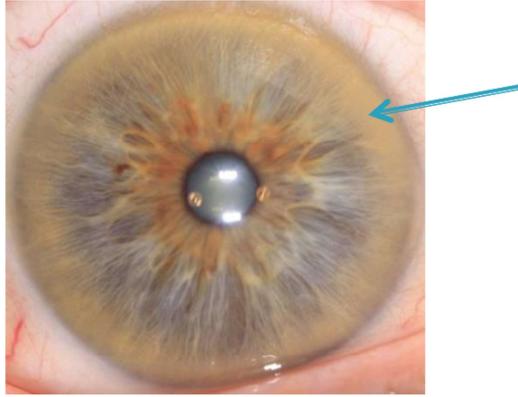
- ▶ Lymphatic Eye
- ▶ Biliary Eye
- ▶ Hematogenic Eye

Lipemic Diathesis Corneal Sign:

- Lymphatic Eye
 - Biliary Eye
 - Hematogenic Eye
-
- This sign is a corneal marking that appears on the cornea and NOT the iris.
 - If this sign is seen in someone under the age of 40, they need to be under a medical physician's care.
 - This sign is noted as someone who is aging.



Lipemic Diathesis Lymphatic Eye



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Potential Tendencies:

- High cholesterol or fats in the blood
- A frontal arcus may suggest cerebrovascular insufficiency, a medial arcus may suggest coronary or pulmonary blockages, and a ventral arcus may reflect insufficiencies of hip, thigh, and leg arteries.
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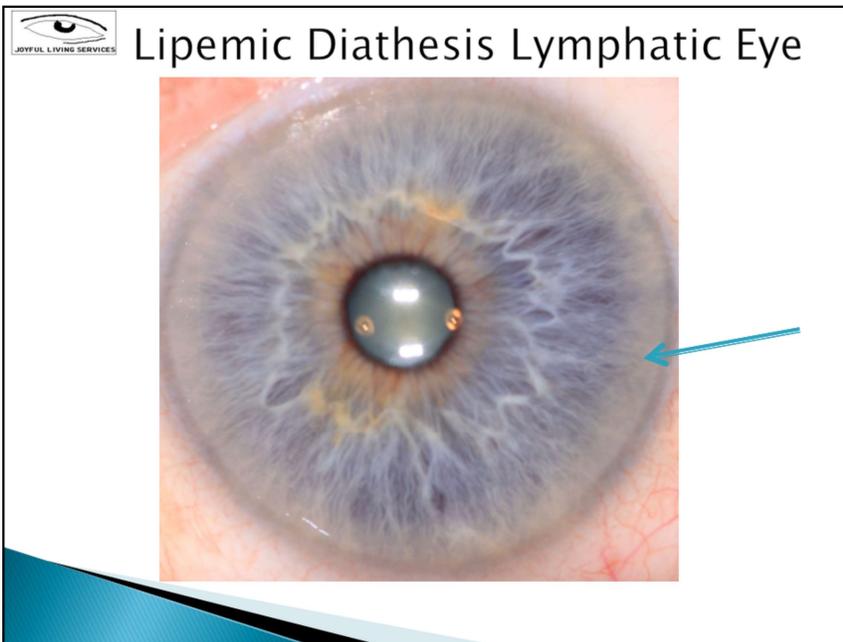
Lipemic Diathesis Lymphatic Eye

Suggestions for Improving Health

- Avoid inorganic minerals such as table salt, dolomite, oyster shell calcium
- Eliminate red meats high in fat, pork, fried foods, dairy products, coffee, alcohol, non-diary creamers, processed foods, white bread, black tea, tobacco.
- Increase green vegetables. Use supplements high in chlorophyll such as chlorella, blue-green algae, wheat grass juice.
- Eat fiber-rich foods to help reduce serum cholesterol such as barley, beans, brown rice, oats, oat bran, rice bran, glucomannan.
- Pure virgin olive oil helps to lower serum cholesterol. Use as a salad dressing with lemon juice. Add cayenne as it improves circulation. Liquefy parsley, alfalfa sprouts and fresh pineapple juice and sip slowly.
- To improve circulation, drink tea made with Elder flowers. Drink potassium broths made with potato peelings. Garlic and lecithin are excellent for lower cholesterol.
- Policosanol made from the sugar cane plant helps to lower cholesterol.
- Liver cleanse, bowel cleanse, and exercise are all important.
- Test for MTHFR Methylation Defects for C677T and A1298C.

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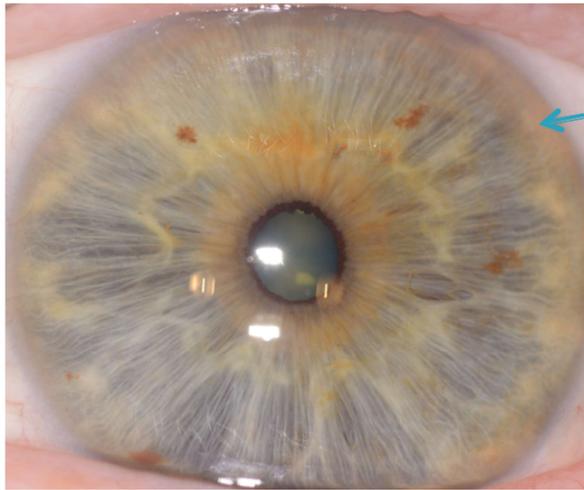
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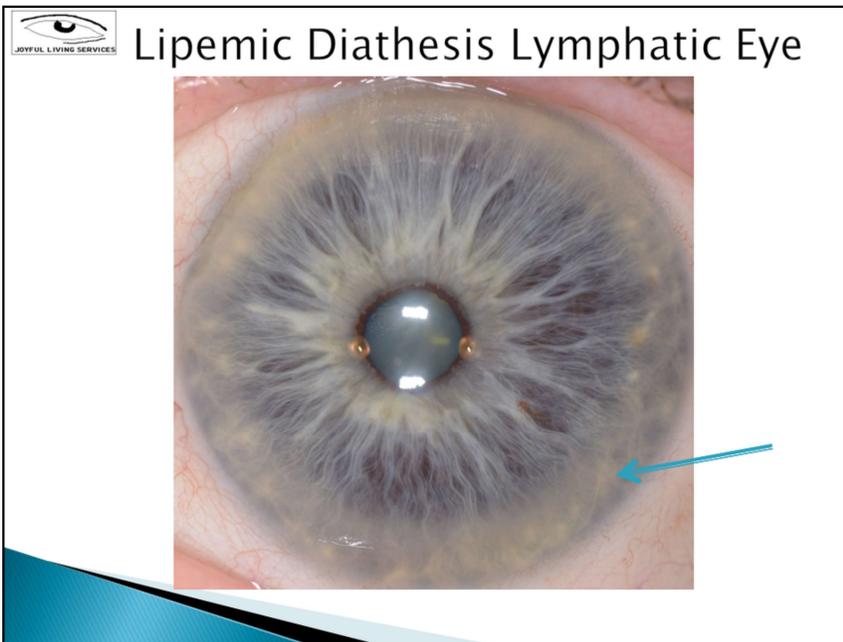
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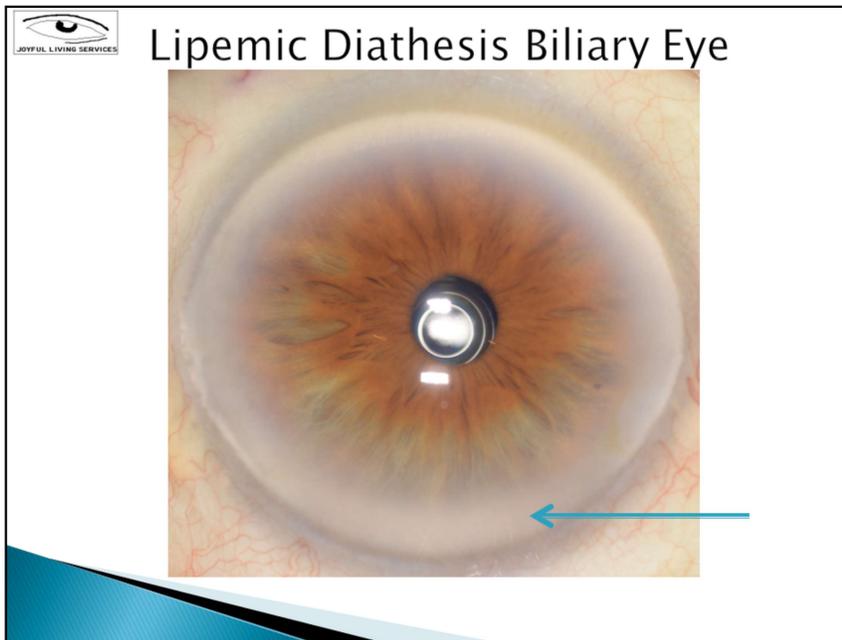
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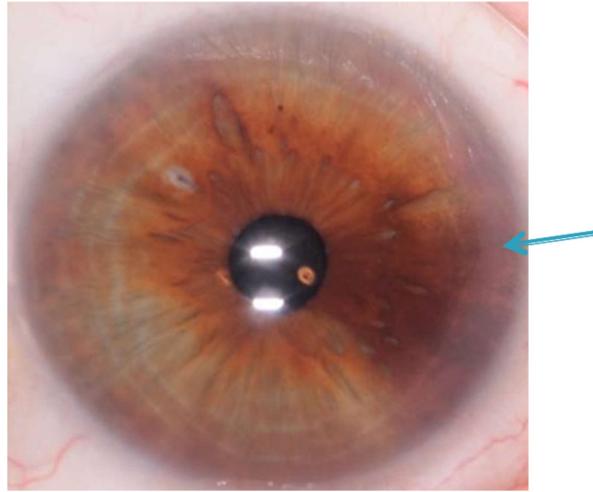
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Lipemic Diathesis Biliary Eye



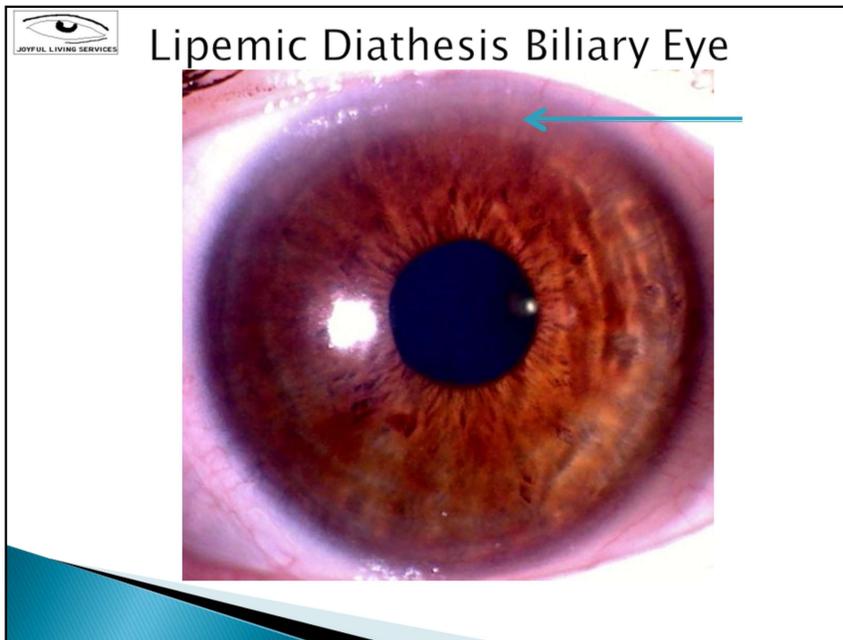
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- Cardiovascular risk is more significant when seen in people in the age range of 30 to 40 years.



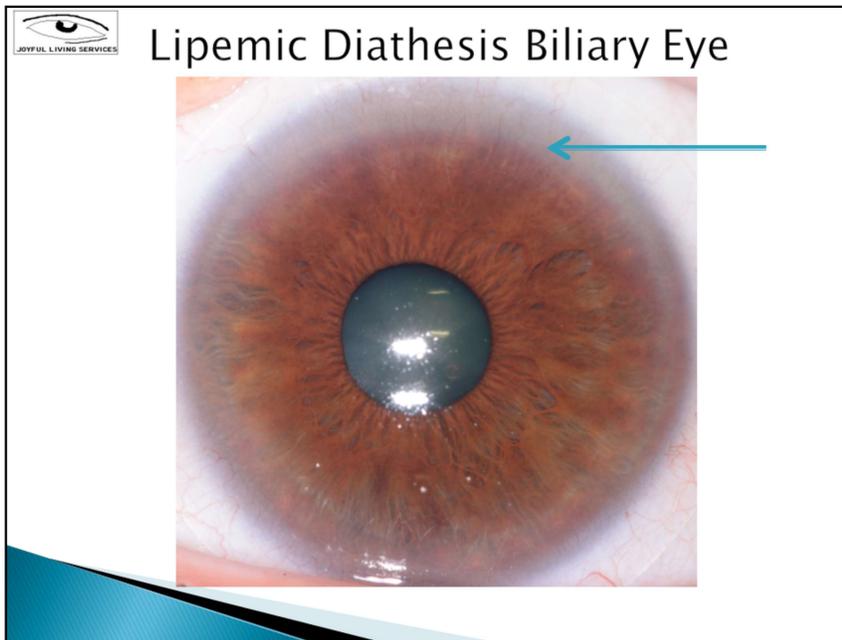
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Lipemic = to be in a state of having lipemia or the presence of fats or lipids in the blood, specifically hypercholesterolemia, or high cholesterol

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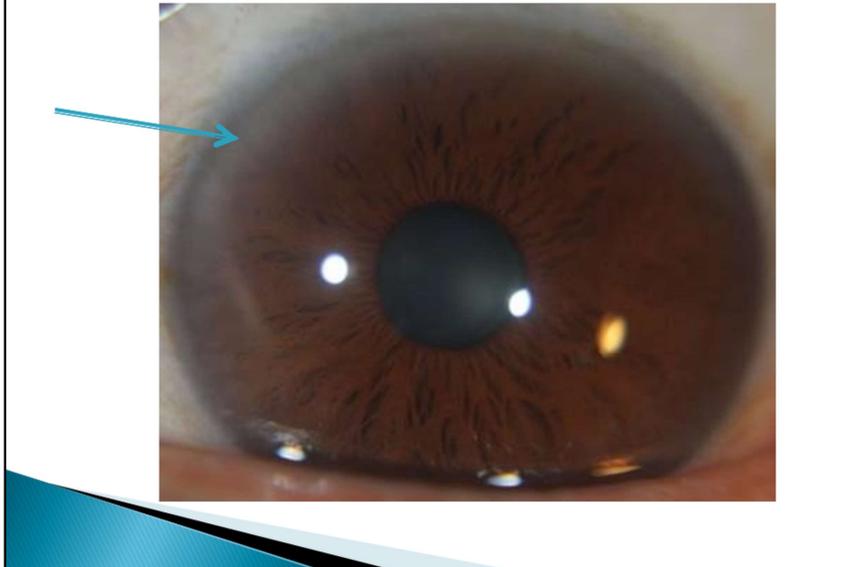
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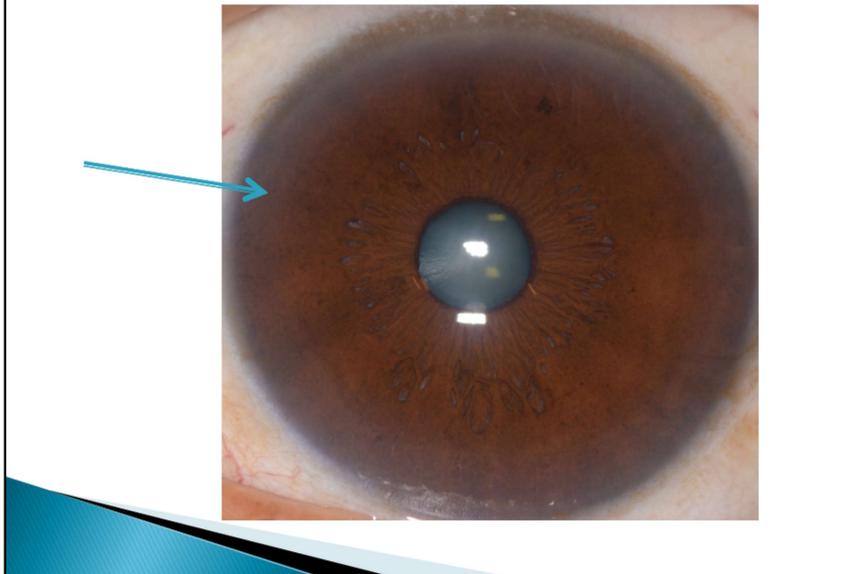
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Lipemic Diathesis Hematogenic Eye



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Lipemic Diathesis Hematogenic Eye



This sign is a corneal marking that appears on the cornea and NOT the iris.

If this sign is seen in someone under the age of 40, they need to be under a medical physician's care. This sign is noted as someone who is aging.

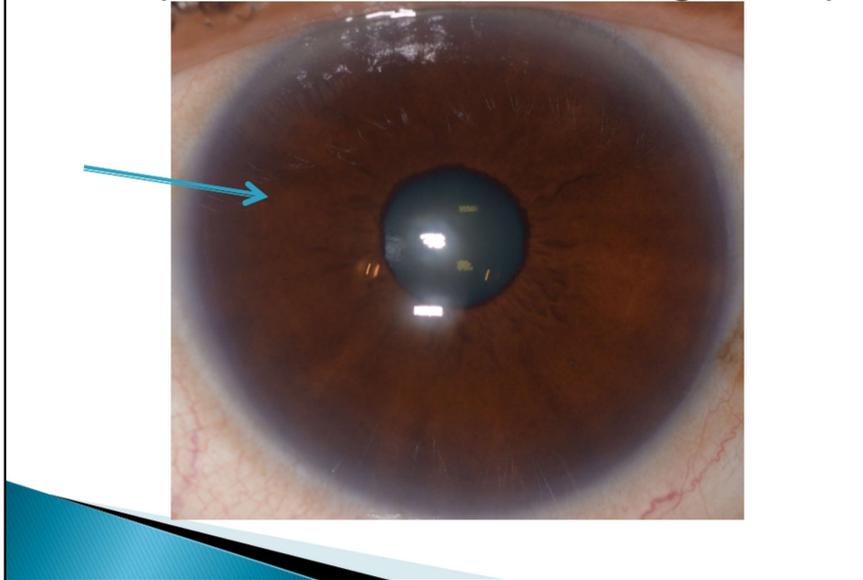
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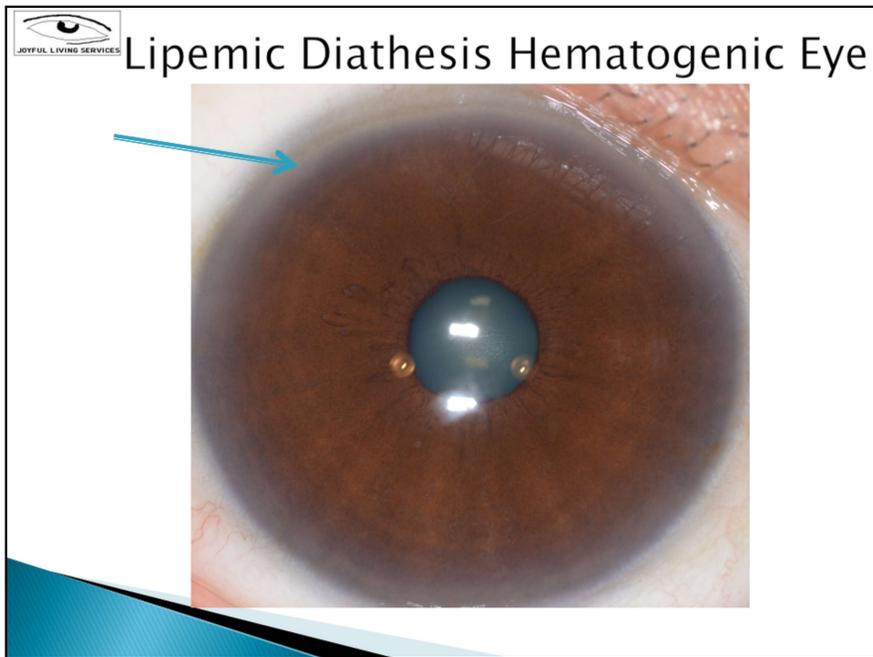
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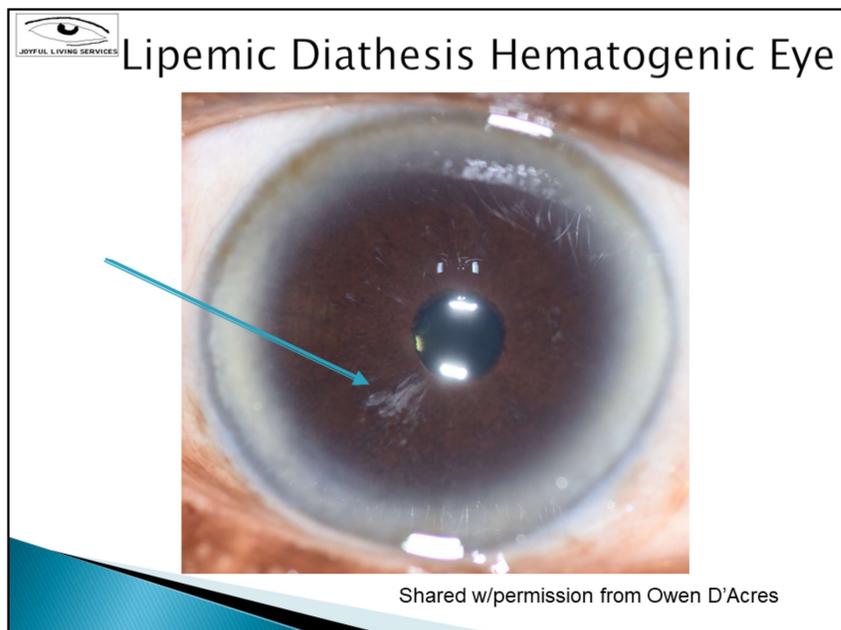
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Those white lines are scar tissue, they usually arise from glaucoma surgery or cataract surgery or a blow to the eye.

E-mail sent to colleague:

- That lipemic diathesis is incredible.
- White in the hematogenic eye would be foci of infection in the tiny lacuna. White in any eye would indicate the possibility of pain, inflammation, irritation, agitation, etc.
- Is this person having pain in the pelvic, diaphragm or upper abdomen? Any issues with testes or ovaries, pancreas, liver, or gallbladder or pain in those areas?
- Looks like the white fibers are starting in the stomach RF and moving through the ascending colon and duodenum. Are they having issues with those areas?
- What about the person's father? Since this is the right eye it shows us the father's side of the family. Any issues in those areas on the father's side?
- These are the questions I would ask if it were my client IF this is not caused by a glare from the flash.
- Since they have lipemic diathesis then we know there is a genetic tendency for cholesterol, blood pressure imbalance, and blood sugar imbalance.
- Does the person snore? The lipemic ring at the top is called an arcus sinilus which is a sign of lowered oxygen to the brain.
- Have they been tested for MTHFR? The lipemic ring has a connection to an aquaporin error for the MTHFR gene error that can lead to renal vascular disease.

Response from colleague:

It is amazing how 2 individuals in this field, although NOT consulting with each other, can share the exact same thoughts or findings. All the questions or summation you have are correct! I will confirm the cataracts, snoring, and MTHFR.

