

# *Iris Zones as they Relate to Bodily Functions*

By:

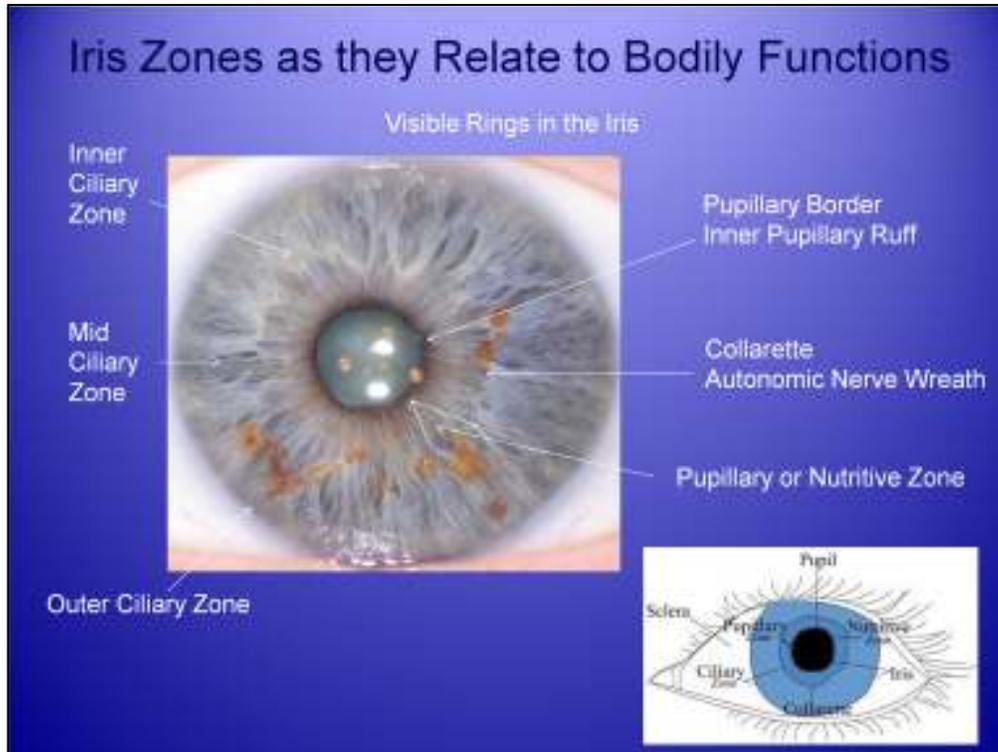
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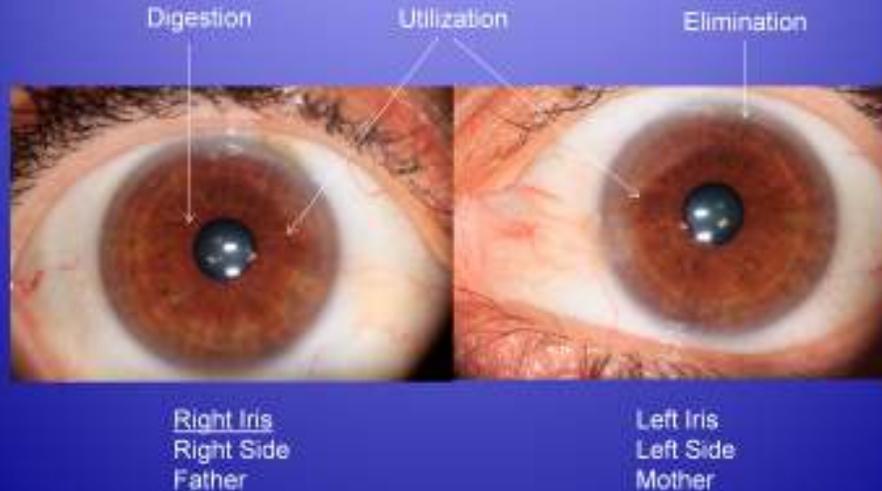
Welcome everyone!



1. **Pupillary Border/Inner Pupillary Ruff:** Reddish orange to brown circle around the pupil is a dark ring of nerve tissue that surrounds the pupil and is directly connected to the brain and spinal cord via the optic nerve. Border is filled with light-sensitive receptor cells that send signals to the brain to tell the pupil to contract in bright light via the sphincter muscle, and to expand in dim light via the dilator muscle. Appearance indicates condition of the Central Nervous System. We see pupil flattenings here.
2. **Pupillary or Nutritive Zone:** From the Pupillary Border to the Collarette. Includes the Stomach and Intestines. When the sphincter muscle is visible it looks like a white or light circle around the pupil and indicates acidity or hyperactivity. If it's heavily pigmented or over-laid with color it indicates toxicity or underactivity.
3. **Collarette:** Surrounds Zone 2 and digestive system. Also called the autonomic nerve wreath, small arterial circle, or iris frill. Composed of arteries and nerves from both the sympathetic and the parasympathetic nervous systems. Shape, location, and appearance indicate the functioning of the autonomic nervous system and intestinal activity.
4. **Inner, Mid and Outer Ciliary Zones:** Area outside the collarette.

## Iris Zones as they Relate to Bodily Functions

The Iris can be divided into 3 major zones: Digestion, Utilization and Elimination



The iris can be divided into 3 major zones:

1. Digestion – Stomach and Intestines
2. Utilization
3. Elimination

Zones in the right iris show the right side of the body and father's side of the family

Zones in the left iris show the left side of the body and mother's side of the family

## Iris Zones as they Relate to Bodily Functions

Zone 1-2: Digestive/Intestinal  
• Stomach & Intestines

Zone 3: Humoral: Inner Ciliary  
• Blood, Lymph & Glands

Zone 4: Musculature: Mid Ciliary  
• Muscles

Zone 5: Structural: Mid Ciliary  
• Bony Structure and Ultimate Utilization

Zone 6: Lymph  
• Lymph Detoxification

Zone 7: Skin: Outer Ciliary  
• Skin Elimination



### **Zone 1-2: Pupillary or Nutritive** (1)Stomach (2)Intestines

Reflects digestion and absorption of nutrients and toxins.

### **Zone 3: Humoral or Inner Ciliary:** Blood, Lymph & Glands

Next to the collarette shows blood and lymph (Humors). Shows where the blood goes in and out of the small intestines to digest the food and where nutrition is put into the blood. (a) Transformation: Blood (b) Distribution: Lymph

### **Zone 4: Mid Ciliary:** Muscles

1<sup>st</sup> zone of utilization. Includes heart and all major glands and organs.

(a) Utilization: Musculature (b) Utilization: Major Glands and Organs

### **Zone 5: Mid Ciliary:** Bony Structure and Ultimate Utilization

Bony structure and spine. Nutritional deficiencies by weaknesses in stroma fibers. Where connective tissue shows up in the iris.

### **Zone 6: Lymph Detoxification**

Within the skin zone. Shows mucous membranes and superficial blood and lymph (near surface or under the skin). Lymph must enter lymphatic system through specialized lymphatic capillaries. About 70% are superficial capillaries near or just under the skin.

### **Zone 7: Outer Ciliary Zones:** Skin Elimination

Zones 6 and 7 are major detoxification and elimination. Liver/Kidney complaints show up here.

## Iris Zones as they Relate to Bodily Functions



1. Digestive
2. Intestinal
3. Humoral
4. Muscular
5. Structural
6. Lymph
7. Skin

Mixed Iris – Mixed-Biliary Iris Constitution

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## Iris Zones as they Relate to Bodily Functions



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2. Intestinal
3. Humoral
4. Muscular
5. Structural
6. Lymph
7. Skin

Brown Iris – Hematogenic Iris Constitution

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## Iris Zones as they Relate to Bodily Functions



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2. Intestinal
3. Humoral
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6. Lymph
7. Skin

Blue Iris – Lymphatic Iris Constitution

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