



*Advanced Iridology
Correspondence Course
Transcription*

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Welcome to Advanced Iridology. My name is Brenda Generali and today I'm going to be teaching you about advanced iridology skills. The purpose of JLS is to teach people how to be responsible for their own health through the use of iridology, nutrition, kinesiology, muscle testing and education. The purpose of this video is to offer you the choice to study iridology at home, at your leisure, at your own pace and on your own schedule. After studying this video, doing the practice sessions and turning in the test you will be able to complete a constitutional iris analysis and determine health risks and possible disease stages.

First thing we're going to do here in the advanced course is go through an introduction and then we will talk about and review the constitutional iridology signs. These signs were personality typing and also a few of the specific iridology signs. Now if you've been able to come to this point you have been able to pass both the beginning and intermediate tests. Congratulations on being able to do that. Now in the beginning course you learned basic skills. These included a review of the iridology charts, you were able to look at the charts and determine where markings show up in the iris, if they show up in any of the zones of the iris that they mean and you were able to look at the markings in the eyes such as a Radii Solaris or open or closed lacuna, anemia in the extremities, escurphorim and so on, see them in the iris and be able to tell exactly what they mean and where they are.

Now this is what you went through in the beginning course. At the end of the beginning course you were able to determine beginning markings, you were able to look at someone's iris and say okay, I see this marking in your eye and this is where it is and this is what it means. Very simple markings. Now in the intermediate course you learned what is called constitutional iridology. Constitutional iridology is based on your constitution or the person's genetics, the person's background. It is a way of doing iridology so that you do not diagnose people. It saves you from practicing medicine without a license, and I want to emphasize again in this course that it is very important to make sure that you do not practice medicine, or diagnose any disease or prescribe any supplements, vitamins, minerals or herbs or anything to anyone. Very important that you do not diagnose and that you do not prescribe because if you do, you are breaking the law.

So in the intermediate course we talked about that, the laws about that and we talked about constitutional iridology, we went through the form, showed you how to fill out a constitutional analysis, and we talked about all the systems in the body. Each system, we went through them, we looked at irises about all the systems, we determined which organs are in each system and we determined which vitamins and minerals and herbs are useful or necessary for each system and each organ. We also taught you how to detect growths in the body, tumors, cysts, Diverticula, polyps, and things like this. You learned how to detect mineral and vitamin deficiencies in each organ, in each area. Remember wherever there is a lacuna this tells us there is an inherent weakness. Wherever there is an inherent weakness this means that there is a lack of minerals and vitamins. A lack of nutrients going to that particular area, that particular organ and this is what you need to

work with. When you see something like this in one of your client's eyes, this is what you need to tell them.

You also learned how to determine where there is inflammation in the body, how to determine what's causing the symptoms. People will come to you and say I have headaches, I have migraines, I'm bloated, I have problems with my digestion, I have this or that, or arthritis. Why? What is causing it? Is it my diet, is it my lifestyle, am I taking the right supplements. Iridology is an excellent way to tell people if they're on the right track and that's really the goal. The goal of iridology really is to tell people what their inherent strengths and weaknesses are, then be able to help them, give them a program to help them heal their body and get rid of the dis-ease in their body and be able to heal themselves. That's basically the goal.

When you're working with someone its very important that you tell them that. Tell them that here they are, at such and such a level, they may be chronic. Most people by the time they come to see you they'll be chronic. What they want to do is go back, using herring's law of cure, we want to bring the body backwards and bring the body back to a normal state so that they don't have the symptoms or complaints and the body has healed itself. This is very important.

Now in the advanced course what you'll be learning is first we'll do a review of the constitutional signs again. We're going to talk a little about personality, and then we're going to look at some British iridology signs. Some of these I have slides for and some I don't. The British iridology signs sometimes they are called by different markings, such as a honeycomb lacuna, the British call a grapefruit lacuna and so on. So some of the markings you've seen and learned, others are going to be new. Some I have seen in my ten years of practice, some of them I have not seen. Some I have seen but the client didn't want photographs so I don't have a record of it. For those I don't have slides, I'll draw them for you so that you can get an idea of what they look like.

We're also going to be talking about Sclerology. If you'll remember in the intermediate course we talked about Sclerology, this is the study of the whites of the eyes. This is also very important. I highly recommend that after you complete this course that you study Sclerology, there are a lot of iridologists that use Sclerology if not as much maybe even more than iridology. Consider this: you have a brown eye. Now in a brown eye you can only see so much. You have to assume a lot of markings are there even though you can't see them. You can't see any of the pigmentations. You can't see the yellows and the oranges and the dirty oranges and the browns and dirty browns and the reddish browns. You can't see any of these markings and there are a lot of other markings you can't see. You have to rely on strictly on how many lacuna, if there is an assimilation ring, if there is anemia in extremities, if there are circulation problems, a cholesterol ring and so on. But that if those things don't show up in a brown eye, what if it's a very dark brown eye, almost black, then it pays to know Sclerology because you can look at the blood vessels in the eye, note where they are in the sclera, note where they are in the chart and know that that particular organ is or may be affected. Just because line is going through a particular organ in the sclera doesn't mean there is actually a weakness in that area. Its

rather like iridology, in a way that we can tell a person in iridology that their pancreas is weak but we can tell them they have diabetes or hypoglycemia, that's diagnosing. The same thing goes with Sclerology, you can't diagnose in Sclerology.

Then we're going to go through some case studies, I'll show you some slides of some clients I've had, tell you about their weakness, what their symptoms were and we'll go through the type of program that they were following and what happened and how they healed. We'll go through some case studies. Also we're going to learn how to draw the eyes, you've been practicing a little bit of drawing on your tests and in your practice sessions but you haven't been drawing for your clients unless you've been doing this on your own. A lot of time people will want you to draw a picture of their eyes for them. Now you can do this however you want, if you want you can use colored pencils and make it fancy and draw in everything you can. I'm pretty simple, I use a non-permanent pen and I mark the lacuna and other spots on the chart make a copy of the chart and there it is and people seem to be pretty happy with it. I'll show you how to do that later on in the course.

Last you'll learn how to take photos of the iris and that should be something I would recommend to everyone if you are going to practice iridology after completing this course I would recommend that you get a camera. There are so many different kinds of cameras out there, be careful when you select a camera. Make sure that you look at an iris photo from the camera that you're considering purchasing. You can buy used cameras from about \$800-\$1000, usually that's the cheapest you can find a used camera. You can buy a nice brand new camera such as the type I sell for \$3000-\$4000. Cameras come in hand-held, such as the Lima, there are Polaroid's, there are Dr. Jenson's cameras that take 35mm film and there are digital cameras.

Now just a little note on cameras, it seems that most people want results right now. They don't want to look at a picture. They don't want you to read their eyes, fill out a constitutional analysis form and tell them that they will have to wait a month to see their pictures. People are becoming more and more impatient. They want to sit down in front of you, they want you to read their eyes, they want you to tell them what's going on in their eyes and at the same time they want to see the picture and have the printout right there. That's the way of the future. Now if you want to go with the future, I highly recommend a digital camera, especially if you have a computer, because this way the client sits down, it takes about 11 seconds, take their picture and there it is, up on the screen, and you don't have to shine a flashlight in their eyes. It's wonderful. You don't have to worry about blinding the client or figuring out, am I seeing the right marking or not? You can see it right there in front of you and use software that has an invisible grid right inside the computer. All you have to do is find a lacuna on the screen and click on it, the software will tell you right where that lacuna is. Lacuna in left shoulder, or right lung, so you don't even have to guess. There's also software that once you've found the lacuna it will make suggestions as far as supplementation. This keeps you from diagnosing, it keeps you from prescribing, it keeps you out of trouble. So I recommend a digital camera. I think it's the best way to go at this time and for the future. Depending

on your funds or what you want to do with iridology, this is something that's important to think about.

In each course you have received supplies. These are supplies we recommend that you use while studying iridology and also while you're working with clients. These are books and charts, you know I suggest that you take the charts, put them on the wall and go over them when a client is in the room, talk to them, show them what they're going to see in their eye. As you're doing their eyes you can have them stand up and look at the charts and so on. Also you can use the books this way.

In this class you are going to be receiving (if you haven't already) the master wall chart. This is a very large chart. It's excellent to use as an introduction to iridology. When a client walks into your office and sit down, show them the chart. It has one of Dr. Jensen's iridology charts on it and also has pictures of the various markings that can show up in the eyes. It also has maybe twenty pictures of irises. It's an excellent chart to use in explaining iridology and how it works to clients. So I would recommend that. Also body systems chart you will be receiving. The body systems chart is excellent for talking about how the body functions. You'll be receiving several books, including "Food Healing for Man". This talks about how to feed the body, what types of foods feed the body. That way when you're working with someone and they say, "I have weakness in the lungs," you know you should tell them that maybe they should avoid dairy products. Because if you have mucus or phlegm, if you have catarrh and you're producing this by eating dairy products you need to avoid that. Instead you may want to use these types of food and beverages. So this book is excellent for that. Also you'll be receiving arthritis, rheumatism and an osteoporosis book. This is an excellent little book for any of your clients who have arthritis, rheumatism or osteoporosis. IT talks about cleansing diets, the kinds of foods, broths. How to cleanse the body and eliminate arthritis. Now remember they say that arthritis is an incurable disease. Note that all disease is dis-ease of the body.

As long as the person is not in a destructive or degenerative state, and even if they are, even so they should still be able to heal their body. And you should be able to lead them on a path so that they can heal those areas. So if you know someone with arthritis, remember that "itis" are all acute, inflammation, white, they show up as white in the iris. They're hot. These are the different ways that we talk about it. So if we see that the person has arthritis we know they have inflammation of the joints. There are many things that can help that person, help eliminate the problems with arthritis.

Now you'll also be receiving a book called "Rejuvenation and Regeneration," this is the same type of thing, it's about rebuilding the body, rejuvenating or regenerating it. If a person is in a chronic state they're having symptoms every day. They can't see past their pain, they're miserable and they want to know what can they do to heal their body. One of the real important things to do here besides doing an analysis or giving the person herbs to take is to talk about that person's lifestyle. Very important to talk to people about their lifestyle. This is usually, other than diet, the main cause for all dis-ease and

illness, the person's lifestyle, too much stress, not enough sleep, eating the wrong foods for their body type and so on, it all plays a part.

You'll also be receiving a master-feeding program. This is another good one for learning the types of foods to feed the body and all the organs in the body. Lastly you'll be receiving a book called "Creating the Magic Kitchen." Now this book is an excellent little book for people who cook. There are so many people who don't cook today. They go out to eat all the time and this is an excellent book to help people learn.

What I want to do now is go over a few of the supplies that we recommend that you will not be automatically receiving with your supplies. It is strictly up to you if you want to purchase these supplies; I recommend them, I've found them to be very positive and beneficial for my clients. Like I said, after you complete this course I suggest that you continue to learn. Continue to study iridology and study with other people. We all have our own program, our own way of doing iridology. Learn the different types. Learn Rayed. This is a man named Denny Johnson, he teaches Rayed iridology in Colorado. Go and learn Rayed iridology, if you haven't already. Learn German Iridology; learn British iridology, Canadian iridology. I'll just be touching on the British iridology. They're all a little different but at the same time they're very much alike. They may use different terminology but at the bottom they're all pretty much the same.

So the first book here, this is "Constitutional Iridology," and it's by Steven Horn. We've gone over constitutional iridology in the intermediate course and this booklet is a very good little booklet to talk to you a little bit about the constitutional signs. There are pictures in here of some iris and constitutional analysis and so on. It's a good little book; it will explain to you a little more, more detail than what I've done in the intermediate course.

Then we have the British iridology handbook, its called "Health Analysis and Treatments of the Iris of the Eye," and this is a very good little booklet too. What I noticed in reading this booklet is that there are some contradictions. Now if you get and read this book you may realize there are some contradictions. The British say that the eyes do not change, that the irises of the eye do not change and that the only thing that changes is the amount of light you shine into the eye. This changes the shape of the pupil and in changing the shape of the pupil, with the pupil constricting with more light being shone into the eye that the iris changes. Well this is true. If you shine more light into the iris the pupil will constrict. But the problem here is that the eye does change. We've seen it over and over again. My eyes have changed. I've shown you my eyes in both the beginning and intermediate course. And over the past ten years my eyes have changed a lot. I've spoken to people who used to have mixed eyes, or hazel eyes and now their eyes are blue. They've managed to change their genetics. There is absolutely no reason why that can't happen.

But in the British iridology book you will find a lot of good information. You'll find information on the British signs. You'll find things like this where we have annoyance lines, asparagus heads, asthenic ridges, black hair pigments and so on. There are other

markings as well, cholesterol rings and coral formations, crypta form lacunas, encapsulated lacuna, encapsulated lacuna, granulated pigments, grape lacuna, iodine lacunas, regular lacunas; there are many markings that can show up in the irises. There again, some of these I have seen and some I have not. I'll talk to you a bit later about what I suggest. When you're looking at the iris of the eye, you should have several types of magnifying glasses. You should have just the regular four or three powered magnifying lens with the light, which you should have received along with your supplies in the intermediate course. And you should also have what's called a bulb lens. A bulb lens is a lens that is round and you can put it directly up to the person's eyes and it magnifies it about 8 times. Now an 8x or 10x lens are usually hard to find, they don't usually have lights and it takes time to get used to looking into them. What I recommend is when you first work with someone first use a regular lens. Look into their eye, see what you find and then go back with the bulb lens and look at the heart area, any markings you weren't sure about, if you thought you saw a black hair pigment or the area something is in. You can see if there is a healing lacuna or what state the lacuna is in. Use the Bulb lens and it will help you a lot to see more markings.

The next book that I wanted to show you here is about sclerology and it's called "A new view of an Ancient Art." It's by Leonard Melmar and it is an excellent book. In this book, I'll show you a couple of pages, you can see that the sclera is explained here, it has a picture here of the iris with the sclera and there is an arrow pointing to the blood vessel in the sclera that he is talking about. Also note that he is talking about the same blood vessel here in the book and then below he gives an explanation of the marking. This one here is called a sandwich line. Notice he's given an explanation. You can find this throughout the book and if you find you want to seriously study iridology, then this is a very good manual. I highly recommend it.

Now here we have a sclerology chart. I will be going through the chart a little bit later on in the course. I'm not going to go into an in-depth study of sclerology with you since this is an iridology course. But I will go in and explain to you about sclerology and you will have a copy of the chart in your manual. Now the next item that I suggest for anyone who wants to work with clients and herbs and things like this is a couple of card files. The first card file is called "Recipes for Success." These are 3x5 cards sorted by symptom and it has recommendations. Here's an example:

Someone comes to you and they have abscesses. You don't know anything about it or maybe you've done some study before. But rather than just saying, "Okay you have abscesses, I recommend you use BPX, vitamin A, black ointment, I suggest you apply this three or four times per day. That you drain and sterilize with tea tree oil and pack it with golden salve and PLS II mixed with oil," what did I just do? I just prescribed, didn't I? Rather than do that, you can just make a copy of this and give it to them and say, "Here, this is what we recommend" and this is legal, it will keep you out of trouble.

Here we have a card that says acid/alkaline imbalance. Now most people are in an acid state. If someone has dis-ease, they're usually in an acid state and what you want to do is

bring them to an alkaline state. You want them to be balanced. But normally you'll need to alkalinize the body. This will tell you how to balance that acid alkaline state.

There are a lot of people with acne. Lots of hormonal imbalances and even adults with acne. Here again, you won't have to prescribe. A lot of these remedies, a lot of these herbs are nature's Sunshine, but not all. So if you want to become a distributor of Nature's Sunshine, you want to sell their products, (it's a product I sell and recommend) its not something you have to do or necessary, a lot of people already carry their own lines or you may want to be a distributor. This makes that all much easier.

Here's one more. I just brought a few. Addictions. How many people do you know who are addicted to alcohol or tobacco? A lot of times they'll come to you because they're tired of it and want to get off of it. There you go, this tells you how to get people off of sugar, nicotine, drugs and alcohol.

So these cards are beneficial if you're interested in them, they work. I use them all the time, especially on email. I have forty emails a day. With people constantly asking me, what should I use? I don't want to prescribe. I don't want to tell someone I've never met what they should do about their body. I will make recommendations. Now when you make recommendations, always state the source. This way, you don't get yourself in trouble. Say you have a client who comes to you with heart palpitations and you've done research. Have those books out in front of you when you talk to them. Show them, this is what I've found in this book. This is what I've learned from this person. From this, here's a program. This will again, keep you from diagnosing and practicing medicine without a license.

The next guide is called "The Unauthorized Guide to NSP Products." If you are a Nature's Sunshine person or want to be and you don't have this, I recommend it very highly. Because a lot of times you will make a suggestion, such as, "you have a liver disorder, I recommend you take dandelion on a regular basis. I've looked at my books, reference material, recipes for success cards and it suggests that for cirrhosis of the liver that you use dandelion." Well, the person may say, "how do I know that dandelion isn't going to hurt me? How do I know that dandelion will work and that it's good? What does dandelion do?" These cards are by product. So here's the card on barley juice powder. It talks about the powder, tells you that its highly nutritious, made from pure green barley grass juice, no additives, and so on and so on. It talks about the product so the person has good information on it. They don't have to say, "Gee, why am I taking this?" I have so many people that come to me; they are taking products they don't even know what they are or why they're taking them. I just don't understand that. Before you take anything or recommend that someone take something, always read the label. Make sure it doesn't have any fillers or sweeteners or starches or salts or any allergens. Make sure it's a pure product. Be sure it is processed in a way that doesn't deplete it. And there are so many people who take products they don't know what they are or what they're for. They come in to me and ask me to muscle test them. They say, "do you mind muscle testing these products that I'm taking," and I ask them why they're taking

them, and they don't know. They have no idea why they're taking it. The person they saw recommended it, so I bought it. And they spent \$30 on a bottle.

So if you already have something like this, if you have books or other material that can explain products to people and give them information, which most people want a lot of information, some of them are trusting and don't seem to need to know what they're doing but personally I think its more important the person understand why they're taking what they're taking and what its doing for their body. Also as far as their belief system goes, not only are you working with their body to try and build up their body but you're also working with beliefs. I've had clients that I can use every herb in the world on and they won't heal. Other people I've given them two bottles of herbs and they've completely healed themselves. It's sort of like a doctor telling a patient they only have four months to live because they have terminal cancer. What's that person going to do in those four months? They are going to make sure that their life is in order. They're going to try and cram in everything they've never done in those four months. Wouldn't you? Wouldn't you try to do everything in those four months before you know you're going to die? And they also make sure that their grave is set and everything is prepared, if they're going to be cremated or buried, their families informed, their will is ready, they're set. That way, in the four months time, they're ready to die and guess what? They die. We're dealing with beliefs here.

If you have a person come to you with chronic asthma. I have a client right now who has had asthma for fifteen years. She's taken every single kind of herb that you can think of. She's done everything and can't figure out why she has this asthma, what is it? I put her on two bottles of a product and do you know, her asthma is gone? I've spoken to her and asked her, what have you done? I worked with her on her diet, told her the things she should and shouldn't eat, the things she should and shouldn't drink, I've talked to her about supplementing and her lifestyle. She changed her lifestyle and she changed her belief. Her belief was, "I'm going to have asthma for the rest of my life." When she came to me, I asked her, "What do you want? Do you want to suffer with this asthma the rest of your life?" And her answer was, "No, I'm tired of it." So what are you willing to do to get rid of this asthma? Well if a person comes to you and says, "I know asthma is an incurable disease and its never going to go away", well then guess what? That asthma is never going to go away, they're going to have asthma for the rest of their life, probably, unless they change their attitude and their beliefs.

But if that person comes to you and says, "I'm tired of feeling this way, I can't do the things I want to do, I'm ready, and I'm willing to do whatever it takes to get rid of this." Do you know, they are going to change their belief. And in changing their belief, they're going to change their body. I believe a lot of what's going on in the body has to do with the way a person thinks. The way a person feels and what a person's belief system is. If you can work with a person's lifestyle and work with their belief system, you can help them. But first they have to want to help themselves. If they don't want to help themselves, it's a waste for you to spend time with them and for them to come to you. But if they want to heal themselves, which is usually way they're coming to you in the

first place, then they should be able to do whatever you tell them and they should be able to heal, there's no reason why it won't work.

Now this is another book I highly recommend. This is Dr. Jensen's volume two, the "Science of Practice and Healing Arts, Volume Two." It's different from Volume one which you've already received. The reason I don't put this in as a mandatory supply is because it's very expensive. However, being very expensive, it's very good. Now you will receive several things in this book. One of the things you get are grids. These are perimeter grids and these grids are excellent for you to use with pictures. You can put them on the screen, if you're using a digital camera. You can put them directly on the screen, copy them, make them larger, and cut them out. Or you can just put them on a picture. And you can see here they have all the areas of the iris.

Here's another one, another grid. These grids, which you may have received a copy of in the intermediate course. But this book has pictures of irises that show just about every type of marking that you would need to find in the iris. They're nice because they have arrows so for instance this page talks about the autonomic nervous system, and the nervous system and there are arrows pointing to the autonomic nervous system and so on. And you'll find this throughout the book. This is just an example of what you can find in Dr. Jensen's book. And it's fairly accurate. The reading is fairly simple, you can literally spend hours and hours just reading, and there are lots of charts in here so it shows you what you may need to know if you need to look something up or if you have questions. It will show you irises and markings and so on, so I highly recommend this book.

You'll also find in the back of the book, there are charts. Now this is the autonomic nerve here and it shows the nerves going from the spine, from the organs, into the spine into the eye. This comes with the book, this is why its one of the charts that isn't a separate supply. Here we have another chart, Iridology and the nervous system. This chart correlates the cervical, thoracic and lumbar sacral regions of the spinal nerves as they affect body functions and bowel reflex conditions. This is a very good chart. So if you are a chiropractor or working with clients who tend to have sciatic problems or any kinds of problems with their back, this is an excellent chart.

So I recommend these supplies, its up to you, if you feel this is something you want to work with, I think that they are very beneficial in my work and I highly recommend them. Now once you've gone through the advanced course you will need to turn in your test as you have in the beginning and intermediate courses. I'll grade it, and if you pass at 80%, which I'm sure you will, I'll be sending out a certificate of completion for you, as you received at the end of your beginning and intermediate courses. So you'll have three certificates, showing certificate of completion for the beginning, intermediate and advanced course. Now once you've passed the advanced course, you will receive a final. The final needs to be passed also at 80%. Once you've completed the final, and you send it in and have passed it, you will receive a certificate of achievement. The certificate of achievement will recommend you as a distinction of certified Iridologist. At that point, if you want to receive referrals from us, we will put you up on our website and you will receive referrals from Joyful Living Services. At the same time you can see clients. It is

my hope that even though this is a correspondence course that you will stay in touch, and that we will continue to be able to work with you as you're working with your clients.

At this point there's a couple of things I'd like to go over with you briefly before we get into some of the signs. One of the things that's very important when you're working with people is to talk to them about their diet. I find that I would say 80% of the people who come to me eat a lot of junk food, they have a lousy diet. And they don't know what types of foods are beneficial to them or not. They're not really in touch with their body at all. They don't seem to understand that if they eat ice cream and become mucous-ey, that's a food allergy, a reaction, and that they shouldn't eat that type of food. Of course most people like the types of foods that they're not supposed to eat. So what I want to go over briefly is what I consider to be the ideal diet. And there are many diets out there. You may already have one that you work with your clients. There is also the Candida diet. The Candida diet is different from the ideal diet. You can find that on the website. You can find that out and there is also a Candida test that you can print out and use for your clients, if you find your clients have a lot of symptoms on the test, then you may want to have them follow the Candida diet.

But this diet here is called the Ideal diet. The reason its called Ideal is because it's whole, natural, pure and varied. There is no white flour or white sugar, no processed foods, no additives or preservatives, no fried foods or fast foods. What you'll find most of the time when people come to see you is that they are mainly eating foods in this area. Lots of white flour, sugars, processed foods, additives in their foods that they don't even know is there. They're eating out a lot, and so they're getting a lot of fat in their diet that they don't need. They're eating a lot of fried foods and a lot of fast foods. There are fast foods that if you eat one lunch at certain fast food restaurants, that's an entire day's fat allowance. People just don't know this, they don't take the time to learn this. They don't understand that the body does not heal or rejuvenate with that type of food. You cannot break down fried foods at all. So if you have a client who comes to you and they eat a great deal of fried foods, they can't break those down. The fried foods do not break down. The bile does not completely break it down and that material can go on into the colon. It can go in there and stay in there and cause further layering and further symptoms.

Now just real quickly I'd like to talk to you about vegetables. The rule of thumb on vegetables is that the darker the color, the higher it is in iron, the more nutrition, the more vitamins, the more nutrients. And the best way to eat vegetables is raw. Salads, is the best way unless someone has severe colitis or irritable bowel where they're not absorbing or where the vegetables are actually irritating the colon, or Diverticulitis, they can't eat a lot of fresh vegetables. But otherwise, having a salad, a couple of times a day or even once a day is beneficial for the person. When you suggest the person has a salad, make sure it's a rainbow. What do I mean? Each vegetable has its own color. Which means that each vegetable has it's own vitamins and minerals. So if you have a salad that has strictly lettuce and tomato, all you're getting is the vitamins and minerals that are in that lettuce and tomato. Now if you have a salad that has lettuce and tomatoes and carrots and bell peppers (unless you have to avoid the nightshade family) then you're getting all the

nutrition from all those vegetables. This is something we recommend on a regular basis. The best way to eat vegetables is raw, by grating and slicing and dicing or in any way. Secondly is steaming. If you steam, then you're not killing all the enzymes and nutrients in the food. If you can't steam them, then bake them. And we recommend baking or steaming to the point where the vegetables are a little bit soft but not gooey. We definitely do not recommend boiling. Do not boil vegetables. If you boil then you lose everything but the fiber, and all those vitamins and minerals are in the water at the bottom of the pan that you throw out. So, its very important.

As far as fruits, try to buy organic if possible, unwaxed, undyed. A lot of times the fruits will be injected with dye and they're waxed, to make them pretty. That wax a lot of times cannot be broken down by your body. So it's good to buy fruits that are in season. It's important not to eat citrus fruit that isn't ripe, because that can cause further acidity in the body and that's what we're trying to avoid. Remember that fruits and vegetables are alkaline and starches and proteins are acid. Also remember that starches break down into sugars in the body. So if you have a person that has a tendency towards high triglycerides, diabetes, hypoglycemia, blood sugar problems that you suggest to them that they go on more of a vegetable and protein diet and less of a starch and fruit diet because the more starch and fruit the person eats, the higher the sugar in the blood and this causes problems for those types of people.

Now here we have some information on milk and dairy products. We always recommend that the dairy products be as natural as possible. So if the person can tolerate soy and they like it, fine. A lot of people would just rather completely eliminate milk from their diet. Realize that we're the only animal who, after being weaned, continues to drink another animals' milk. Which I've always found that to be pretty interesting. Most mammals, after being weaned, they don't drink milk anymore. Actually, we're the only ones who do. So milk is not really a necessary food. Some people prefer it, they like it, they want to drink it, they don't have problems breaking it down, fine. If this is something they really want and its not causing mucous, fine. But for those people, especially blue-eyed people, who tend to have lymphatic difficulties, then we recommend using raw, or goat milk or soy milk. That way, with soy and goat milk, these do not form or cause mucous. They are non-mucous forming foods.

As far as meat and poultry, fish and eggs, we highly recommend that they are free range, free of hormones or antibiotics. Red meat sparingly, avoiding pork meat and sausages, the reason we recommend avoiding these is because of parasites. The same with sushi. We recommend avoiding sushi, the reason because it's raw, and it can carry parasites, a lot of parasite problems show up today. A lot of people have parasites and its important if you find that one of your clients has parasites that of course you'll need to treat them for that. If a person has parasites, it can lead to Candida or chronic fatigue or other diseases of the body. If someone wants to use meat substitutes, there's always tofu, eggplant and beans. We also recommend using fresh fish whenever possible. Organically raised meats, poultry and eggs, some people like to use brown fertilized eggs, some people don't. It all just depends on what your clients prefer. Now as far as seeds and nuts and whole grains and legumes, very important if you have a client with pockets, or what we

call Diverticula, remember these pockets are weaknesses in the lining of the colon and that foods such as seeds, nuts, popcorn, vegetables, carrots, things that are not chewed properly, these things can go into those pockets, stay in there, putrefy, cause inflammation and there you have inflammation of the pocket, or Diverticulitis. So what we recommend is that if people want to eat seeds and nuts, which is a very important part of the diet, that they soak them overnight, these leeches out or stimulates the enzymes so that they are easier to digest, put them into the blender and blend them up into a nut butter. You can find these things at health food stores and they can be fairly expensive. You can save yourself by doing these things at home by soaking the nuts or seeds over night and using the blender to make a butter. You can use this instead of margarine or butter. Almonds are the very best for this.

We also recommend that people eat pasta sparingly. Pastas are usually white flour unless you can find them with other flours, like rice flour, but usually pastas are white flour. White flour products tend to accumulate in the bowel and add to that mucous lining that we're trying so hard to eliminate. Also, use all types of grains, such as whole wheat, oats and millet, buckwheat, brown rice, whole corn meal, rye and ????. All of these are important. They all have the different vitamins, minerals and such. We suggest that people purchase whole grain products, crackers, bread, desserts and use pastas that contain beet, spinach and Durham flour, rather than just white flour. As far as beans and lentils, we suggest using a combination of soy, kidney, black, pinto, navy, Lima, lentil and split peas. Soak them overnight in water and then cook them. Soaking them overnight stimulates the enzymes and makes them easier to digest. Also it helps cut down on the amount of gas that's produced in the intestines, if they are soaked overnight.

As far as vegetable oils, we only recommend virgin olive oil. The reason is because it is not heat processed. All other oils are heat processed. And all other oils besides virgin olive oil are processed with a chemical called Hexane. Very important to only use virgin olive oil. Olive oil is also known to help lower cholesterol so of course that's something else that people need to learn. It's not only the oils in the diet but also the fats. So if you have someone who is working on lowering their cholesterol, they need to work on using less fat in their diet. Eating at home. Sweetening, rule of thumb is the best thing to use is raw honey, barley malt, and date sugar, real maple sugar. If a person has diabetes or hypoglycemia, then we recommend things like stevia, which does not raise the blood sugar, cinnamon, nutmeg and ginger are other types of sweetening herbs. We also suggest that people stay away from white sugar, as this can leach calcium out of the body and bones and cause problems.

As far as seasoning, we recommend that people stay away from black pepper, simply for the reason that black pepper can irritate the lining of the stomach. Also table salt, we recommend that if you want to use salt that you get a natural mineral salt. Regular salt contains sodium chloride as well as sugar and we don't recommend it especially for anyone with high blood pressure. If anyone you know has high blood pressure then we definitely recommend avoiding using table salt. Instead we recommend seasoning with garlic, fresh garlic, powdered garlic, herbs such as onion, basil, oregano, dill, parsley, peppers, red peppers which is cayenne and capsicum, kelp, which has a salty taste so if

you know someone who likes to use salt and they like a fishy taste, then they can use kelp, and rosemary.

As far as desserts, and in all of these foods, we recommend that the person of course needs to make their own choice, but we recommend that the person only use them if they are tolerated. There are nut milkshakes, protein shakes; these are using milk and seeds, cashews or almonds. Again, soaking the seeds overnight to stimulate the enzymes and then blending them up in the blender. There are fruit shakes and ice creams that can be made with fruit, rather than all the fat. And we suggest purchasing only unsulfured, organic wines. There are a lot of people who are allergic to the sulfur in wine, especially red wine. If a person is going to drink wine, then we recommend that it has a cork. A real cork, not a plastic one. Usually if a wine has a plastic cork it has sulfites in it and can cause food allergies. Make sure you tell your clients to read the labels to make sure that it says “does not contain sulfites.”

So this is a little bit on the Ideal diet and you’ll have this in your manual, in your information. What I want to go over now is called food combining. Now some people believe in food combining and some people do not believe in food combining. What I’ve done here is create a chart for you so you can see how food combining works. Now think of Thanksgiving. Most people at Thanksgiving will sit down and they will eat, usually they’ll start with wine or even start with a before dinner drink. Then they’ll have salad, then maybe bread, and then turkey and with the turkey they’ll usually have stuffing, maybe they’ll have potatoes or yams, a lot of times they’ll have cranberry sauce. Then after that they’ll usually have dessert. A lot of times there is fruit, and sometimes there is pie. Pumpkin pie, isn’t that our favorite? And sometimes there is ice cream, pumpkin pie a la mode. What do you think this does to the body, the digestive system? Do you feel like you’re going to go to sleep after eating something like that? That’s usually something that happens with people after a Thanksgiving dinner. Most people, after Thanksgiving dinner, all they want to do is sit on the couch or go to sleep. They’re bloated, they’re uncomfortable, they’re feeling terrible even some people become nauseas or get diarrhea. Why is that? Well food combining gets rid of that problem. What we do is separate the foods.

Notice here we have categories. Here we have protein. Proteins are all the meats, eggs, dairy products, nuts, seeds, etc. It takes about four hours to break down a protein in the stomach. Here we have starches. Starches are breads, grains, potatoes, things like rice, pasta. Also Danishes, bagels, muffins, anything as far as breads or breakfast foods, like donuts (which are actually a combination of protein and starch). It takes about two hours to break down a starch in the stomach.

Now we have green vegetables, lettuce, spinach, peas and green beans, zucchini, collards, all of your green vegetables. These take about an hour to break down in your stomach.

Now we have fruits. We have actually four types of fruits. I’ve drawn melons up here by themselves simply because I didn’t have a box on here. But we break down fruits into three categories. Acid fruits, like lemons, limes, oranges, grapefruits. Sub-acid fruits,

grapes, berries, kiwi, raspberry, boysenberry, apples are in there also. Then we have sweet fruits, figs, dates, bananas, apricots, peaches, and pears. Now here we have melons out by themselves. For those people, or anyone who has pockets or any kind of digestive difficulties, a lot of times food combining will help them. It should take 17 to 24 hours from the time you eat food, to when you eliminate the food. If the transit time is less than that or more than that, then the digestion is poor. If the transit time is less than 17 hours, it means the food is not being assimilated properly in the small intestines. It means the person probably doesn't have enough enzymes, doesn't have enough hydro-chloric acid, and they aren't able to break down their foods properly and its just moving on through. That's malnutrition.

If it's taking longer than 24 hours, then that person is backing up, they are constipated. If a person is eating twice a day, then they should be eliminating two times a day. If they eat three times a day, then they should be eliminating two to three times a day. Most people don't have a bowel movement every day. This can lead to what's called auto-intoxification. Auto-intoxification is when you make yourself sick by reabsorbing material from the bowel back into the body. If the body needs water in a particular area, the body will take water from the colon. With that water comes material, toxic matter. This is called auto-intoxification; you're making yourself sick. We can see this in the eyes when the autonomic nerve wreath is discolored, yellow or orange. If the autonomic nerve wreath is yellow or orange, this tells us that this person may have leaky gut, they may also have parasites. Remember that leaky gut is a form of auto-intoxification. So if we look at this chart the way this chart work is that we have proteins and starches, green vegetables and fruits. The way to do food combining is to combine vegetables and proteins in a meal or combine starches and vegetables in a meal. We do not want to combine proteins and starches in the same meal. So for instance, let's look at dinner. Its very easy to do this at dinner, what we would have is some kind of meat, if we eat meat maybe something like chicken, or if we don't eat meat, then something like tofu. Then we would have a vegetable. We can have a salad and a steamed vegetable.

If we want to go the other way and have a starch with the vegetables, we could have pasta or potatoes or rice and vegetables. You can combine several starches along with the vegetables, and several vegetables along with the starches, and several proteins you can combine. But you don't want to combine proteins and starches; this slows down the digestive process. Now looking at things for lunch, how many of you eat sandwiches for lunch? Most people eat a sandwich. This combines bread, which is a starch, and protein, which is usually your meat, salami or pastrami, or whatever kind of meat the person is getting like maybe turkey. Then usually, sometimes, maybe not always they'll have something like lettuce or sprouts or maybe some onions in there. This person is doing all three. Its better to have just one, rather than all three.

Now the other way to feed combined is with the fruits here. There are three kinds, acid fruits, sub-acid fruits, and sweet fruits. We suggest using the fruits for dessert only. Do not eat fruits with meals. This slows down the transit times and can cause indigestion problems. We have three kinds of fruits, and you should always separate them. So if somebody wants to have sweet fruit for dessert because they like apricots and peaches,

pears, figs and bananas, fine. Have them eat the sweet fruits, but only have them eat the sweet fruits. Don't let them combine that with apples and grapes, or lemons and limes. How many times do you make a fruit shake or salad and it has all these fruits combined?

The last thing is melons. They should be eaten alone; they are their own group. They do not fall into any of these categories. So a good test is to eat something and see how long it takes to be eliminated from your body. A good food to do this test with is corn. Corn on the cob. Most people don't chew corn on the cob and it can be passed fairly quickly. Eat some corn on the cob or have your client eat corn on the cob. Write down the time you ate it and what time you eliminated it. This will give you an idea of the transit time and an idea of what you need to do with your diet. Another good food to do this with is beets, raw beets will usually turn the stool red. Be sure to tell people when you suggest raw beets to them that they are not bleeding. I've had clients call me and say they think they have blood in the stool and they're scared, they don't understand and if you talk them through it you'll find they've eaten beets and the beets have turned the stool red. So there again, beets are a good way to tell the transit time. Be sure when you tell people to use food combining, find out if they believe in it first. A lot of times if a person says, "Oh, I don't think that's really going to matter," a lot of times they might be surprised. But there are people who will use this and it won't make a difference in their digestion process at all. Yet there are other people who will use this and it will make a big difference in their digestive process.

The next chart I want to go over with you very quickly is colon conditions. Then after that we will go ahead and go through the review of the specific signs from the constitutional. I'll show you some slides and we'll go over personality. First of all if we look here at the top, we can see what we call a normal colon. Note here of course the digestive system comes down here, the esophagus would be up here and then the small intestines would be wrapped around here in the center. Then we come across the appendix down here. The Ileo-Cecal valve is down here and it attaches the small intestines to the large colon, so it would be right here at this opening and we'll talk about the Ileo-Cecal valve. Now here we have the ascending colon, here is the transverse colon; we have the descending colon, the sigmoid and rectum area. Most problems are here in the descending colon, and in the sigmoid, there is a lot of material that is not eliminated, it just sits in the sigmoid colon. It's very important that people know they need to eliminate all the matter in their bowel. It's very important.

Now these other pictures here are signs, and you can show this to people so that when you look into their eyes, you can tell them, this is what it looks like. Realize that these are severe. This is obviously to make an impact. But explain to the person. This is prolapses. Remember Prolapses is when the transverse colon is falling down. You can see it in the iris, the transverse colon, where the autonomic nerve wreath comes down a little bit. Now note that prolapses of the transverse colon doesn't always come all the way down here and put pressure on these lower organs, this is only when its very severe. So that's why I've drawn these lines here to show you that over time it can come down. This is very important. It's caused by gravity. Gravity constipation. Very important that the person uses the slant board to bring the colon back into its proper position.

The next picture here is what we call prolapses with pressure on the lower organs. Note here the transverse colon is falling and putting pressure on these other organs. We talked about this, this can cause cysts, infertility, irregular menstrual periods and cramping for women. It can cause prostritis, problems with the prostate with men, its also been linked to cancer of the prostate. So its very important that if you see a person with a prolapsed colon that you tell the person that they need to work on their constipation. Put them on a cleanse, open up their bowel, work with a slant board, there are exercises to strengthen up the stomach muscles to keep the colon in place.

Next we have is what we call a stricture. Remember in a stricture what we see is that autonomic nerve wreath coming in very tight to the pupil. Notice here in the colon that there is good peristalsis muscles here, but then we have this very small area here where it comes in tight, then it opens up again, then comes in tight again, then opens up again. Now what happens or can happen is that as material is trying to pass this area, it can't get past this strictured area, and it can balloon out. So what can happen is the colon can get larger here, and fill up with material. As the material passes through here it can form what's called a blockage, and blockages are deadly. Material can no longer pass through this area, and it is be deadly, there's nothing else that can be done for this person except surgery, they have to go in and remove this area, this blockage. So this is very deadly. If you see someone who has a stricture, its very important to build up the colon, and make sure their elimination is good and moving along properly. Check for ballooning. This can also cause auto-intoxification if there is ballooning here. Here we see in the next picture, we can see ballooning. Notice here how large this area is right here. Notice how large the sigmoid colon is, it should be small just like the rest of this area, but its not, its very large. That means its holding onto a lot of material and as it does this, it stretches out and can become weakened. This is also something that can be dangerous, because it weakens the lining of the colon, so the person doesn't eliminate properly and can become even more constipated.

The next picture is called spasms. Spasming, like strictures, is a very small area, notice this very tight area here and this causes cramping. Again, above this area, the material can collect. This can balloon. Usually there is ballooning before spasms. This can become enlarged with matter because it can't pass through. And what can happen is when the material does go through here, again, it can form a blockage. Again, that is life threatening. Its very important that if you see somebody with spasms, that they build up that colon, increase their elimination. They may need to do enemas; they may need to clear this area out, maybe with colonics. Whatever it takes, needs to be done both here and for the stricture.

Now if we go down here, we can see Diverticula. We're not supposed to call them Diverticula; they're actually called pockets. Remember that a pocket forms on the outside of the colon like this. A little pocket forms on the outside of the colon. Material can go in here such as popcorn, foods that you haven't eaten or chewed well, if the colon is backed up and the person is constipated, material can go in here and stay in here. Then it can putrefy and cause inflammation and pain. That's when we call it Diverticulitis,

which is inflammation of these pockets. These pockets can be anywhere on the bowel. Very important to work with the person to clean out the colon. The next item, and last, is called colitis. This is how I got into iridology, I got colitis. There are different levels of colitis. There is colitis that is just forming, usually it begins with stress. Everybody has stress, if you live in this society, you have stress. And everybody sends this stress, without realizing it, to different parts of their body. With colitis, people tend to send their stress to their colon, to their larger colon, this is the descending colon. Colitis is inflammation of the colon. Another level of colitis is when a person stops eliminating. They can no longer eliminate by themselves and they have to take laxatives. Once a person has to take laxatives, they can become addicted to laxatives, and once they become addicted, they cannot eliminate by themselves anymore. This can further weaken the colon, causing ballooning. If a person continues on this trend, they continue to have stress, they continue to eat foods that irritate the colon, and then it can ulcerate. You can then have what's called ulcerated colitis, and can have bleeding. This area can become further inflamed, it can bleed, then there are some definite problems there.

There are ways to heal this, I am a perfect testimonial of that. One of my friends had colitis at the same time I did. She decided not to heal her colon in the natural way, so she ended up having to have part of her colon removed because it continued to get worse and it was bleeding and ulcerated. This is typically what's done with orthodox medicine, they will remove a part of the colon. I decided to follow a natural regimen and I no longer have colitis. Now colitis is also caused by food allergies. So if you have someone come to you with colitis, they usually have a distended abdomen, a lot of bloating, a lot of gas. They usually have alternative constipation and diarrhea, they feel sick, they're not breaking down their foods, they could be breaking out in hives, it could be many, many things. And a lot of times, the person can't even eat out anymore, because they just can't break down the foods. The first thing to do is to stimulate their digestion, to bring in food enzymes, because usually that person doesn't have any enzymes, their store of enzymes is gone. They cannot break down their foods properly. Their entire digestive system can be weakened. So it's very important with colitis that you build up that person's digestive system. Reduce that person's stress, put them on vitamin B, herbs to help reduce the stress in their bodies and help them learn how to deal with their stress, and then deal with their diet. Take out the sulfites, keep them away from fried foods, change and improve their diet and little by little, as they're building the colon with herbs, as they're improving their elimination, as they're detoxing their liver and spleen, as they're improving their enzymes and digestion, lowering the stress, the problem will go away, the colon will heal itself. There is no reason why the colon cannot heal itself. No reason at all.

So those are some of the signs that I wanted to go over with you, and at this point what I want to do is go over some slides with you and go over a review of the constitutional signs, such as transversals and fatty deposits and then go through a little bit of the personality typing.

Slides

Lets take a look at this iris. Now in this iris, what do we see? You've learned a lot about the constitutional markings, so you should be able to look at an iris like this and tell me what is going on. You should be able to look at this iris and tell exactly what's happening in the body. So the question is, can you see what's going on in this iris? Remember what you really want is to look at is the very first things that stands out. What's the very first thing you see, what stands out to you? Now the first thing I see, is a cholesterol ring, that's what stands out to me, and remember that's this ring here.

Now note this iris, I hope you can see this on this slide, going across here, coming from the sclera, coming directly across, is a red blood vessel. It's going just like this and coming across. And we don't see very many of these, we don't see many of these at all. Do you remember what red lines in the whites means? Do you remember what red lines in iris means? Red lines in whites, as a review, this is usually in the sclera, and like I said we'll be talking about sclerology a little bit and you can see the blood vessels in the sclera. A lot of times when there are these blood vessels in the sclera, this has to do with environment and stress. If you see a lot of the blood vessels, usually the person needs vitamin C. The large blood vessels are usually in the sclera; the small blood vessels are in the conjunctiva. The conjunctiva usually denotes emotional problems and the sclera, which is in the second layer, usually shows physical problems.

Now the red lines in iris means these areas are extreme hot spots, hyperactivity. Now what I've been finding is, these in alcoholics, people who have been alcoholics in the past or are currently alcoholics, people that use a lot of drugs, such as marijuana and other types of drugs. So if you see one of these, make sure you find out, if you don't already know, if the person used to be an alcoholic or still is an alcoholic. Remember that when you see these blood vessels that this is a hyperactive area and this needs attention immediately, its very important.

What's the goal again, of iridology? Basically, what we're doing here is we're trying to tell the person what their inherent strengths and weaknesses are. And then once they know what their inherent strengths and weaknesses are, then we are trying to tell the person how to heal these areas. So if you saw this person, actually this slide is of one of my new clients, what would you tell this person to do? Note they're a blue eye, so you know that a blue eye tends to have respiratory and lymphatic weakness, but what would you tell them to do? I'll let you think about that for a few minutes.

Now in that iris, lets discuss what you would do about that iris. That iris is a blue eye, and the main problem seems to be circulatory, doesn't it? Now if you were to work with this person, might you suggest kelation therapy? Do you know what kelation therapy is? It's a way of cleaning out the blood vessels and there are several types of kelation therapy. Lets move on.

Okay now we talked a little bit about transversals. Transversals usually show injury in the body. Its usually a marking in the iris that's going across, crossing the iris of the eye, so here we have a line that is crossing the fibers of the iris. The fibers are moving from the autonomic nerve wreath out. Notice this is crossing the fibers of the eye. This usually

tells us that there has been trauma or injury to the body; it usually shows up in the structural system. A lot of times the physical body will have healed but there can still be emotional problems. Be sure to be careful when you're talking to someone if you see a transversal, usually there's a story that goes along with that, a very severe story, maybe of a beating or a car accident, you never know what story is going to go with an injury like this.

Now let's talk about fatty deposits. Here we have some fatty deposits in the sclera. It's bad enough when a client has it on the inside, towards the nose, but it's even worse when it's out here, towards the outside of the eye. This usually has to do with liver/gallbladder. Note here there is a lacuna in the gall bladder area. This person is not breaking down their fat properly. This is different than a terigium(?) this is usually a growth that occurs on top of the eye and it grows and can completely cover up the eye. Those need to be surgically removed. But a fatty deposit is different. A fatty deposit grows on the sclera, due to fat problems. And if a person improves their fat assimilation and their digestion, then the fatty deposits will usually go away.

Now as a review we're going to look at a honeycomb and a rib leaf here. Do you remember what a honeycomb is, and a rib leaf and a stair step is? Here's a stair step. Two or more lacuna end to end. Now here's a honeycomb. We have five lacunas, touching each other, like a grape, like a honeycomb. And this is a rib leaf. A rib leaf has a rib on the center. Most of these are actually rib leaves, they have a rib in the center. A honeycomb means a severe deficiency in that area. They have a lacuna there so we already know they're weak in that area, but they also have more than one, they have three, so this tells us they have a severe deficiency of vitamins and minerals in that area. This should be taken care of first.

A rib leaf, or a leaf rib, either way is okay; means there is glandular imbalance, and also another severe deficiency. More severe deficiency of vitamins and minerals in that area. These can land anywhere in the iris even though they are a glandular imbalance. So there's a weakness in that organ where the lacuna is and then there is glandular imbalance.

Now the next item is a stair step. This is when there are two or more lacuna touching end to end in a particular area. This also means more of a severe deficiency, again deficiency of vitamins and minerals and this should be taken care of first.

This is a nice iris to show you the sclera. So why don't we go ahead and we can focus a little bit over here, we have the sclera, this is also a very good iris to show you the red lines. Notice all these red lines in the iris. These are blood vessels sitting on top of the iris in the eye. This person is an alcoholic, this person smokes marijuana twice a day. He smokes marijuana in the morning to wake up, smokes at night to go to sleep and he also drinks alcohol all day. And he's been an alcoholic for many years. Now he's in the process of trying to change his lifestyle and trying to become a massage therapist. Using herbs to help himself get off of the alcohol and the marijuana. So these are the red blood vessels in the iris.

Here we have red lines in whites. We have the blood vessels in the sclera; we had blood vessels in the other sclera also. And again, this is environmental and mental stress. This has to do with emotional and physical stress and weaknesses.

Please stop your video and go through practice number one.

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At this point, we're going to go through a review of the constitutional iridology and personality fiber structural typing. We've done this already, but we're going to do it again, lets do it quickly. There are basically personality patterns. Rayed, from the rayed, the flower, the jewel, the stream and the shaker. The first personality type is called emotional spontaneous. We call this the connective tissue type; these have many lacunas and no psora. The Germans call this the connective tissue type, Dr. Jensen calls this the weak constitution, and the Rayed calls it the flower emotional type. They tend to have a lack of structural tone in the connective tissue in the body and wherever there are lacunas, they tend to be structurally weak. They have a lack of tissue integrity; they tend to have weaknesses like varicose veins, hemorrhoids, prolapsed colon, organ displacements, hernias and structural misalignments. They tend towards glandular and especially adrenal weakness. They may have problems assimilating nutrients such as calcium, vitamin C, bioflavonoids, silicon and protein. Their entire body needs building and tonification. Supplements like raspberry, comfrey, nettles, oat straw, calcium, protein, vitamin C, silicon, minerals for the digestion, bowel cleansing with fiber, if they have pockets, these are all beneficial. They tend to be extremely strong emotionally; they may live longer and healthier lives than someone with a stronger constitution.

Here we have emotionally spontaneous but this one is called poly glandular type. This is a person who has many-closed lacuna encircling the wreath and it looks like the petals of a flower. Its usually called a daisy petal eye or ring around the collaret. Now remember the collaret is the same thing as the autonomic nerve wreath. In German they call this the poly glandular type, Dr. Jensen calls it a weak constitution and the Rayed call it the flower or the emotional type. This is also a lack of structural tone in the connective tissue. These people are prone to insufficient secretions of the glands such as the pancreas, the gall bladder, the adrenals, etc. They tend to have digestive troubles, heart troubles, liver and kidney problems. Their entire body needs building and tonification to strengthen it. Again, raspberry, comfrey, nettles, oat straw, calcium, protein, Vitamin C, silicon, minerals for the digestion and bowel cleansing with fiber if they have pockets are all beneficial. These people tend to respond to life with deep feelings and emotions. They're often flowery and showy. They tend to be very loose, and too open with their feelings and thoughts, they'll tell you everything about their life. They learn best with their ears and they respond to visual output, especially circular, dramatic gestures, pictures, visual descriptions and comments such as "look" and "I see." They tend to explain decisions in terms of "I feel this" or "I feel that" and tend to use sounds like "oh," "Okay," or "ooh," when they're excited or stimulated. They tend to be spontaneous and impulsive and they

need to learn to be more controlled and reserved in their energy. They tend to be attracted to analytical thinking types.

And here we have an analytical thinking type. This type of personality has many psora and no lacunas. The German calls them Psori, Dr. Jensen calls them drug spots and Rayed call this the Jewel. The markings tend to be breakdown of the blood due to liver problems. The colors indicate which organs may be involved, so wherever you see the psora, this tells us which organs are involved. They tend to be tense and rigid in the areas where the psora's are and can lead to an accumulation of toxins and metabolic wastes. The organs tend to accumulate poisons and probably need to be cleansed. These people are prone to liver and blood sugar problems, toxic accumulation and stagnation of energy. The psora represent hot spots that tend to build energy and heat. These people require cleansing and releasing therapy to open areas up and remove toxins. Bitter and relaxing herbs and food such as lobelia, valerian, yellow dock, dandelion, burdock, magnesium, B Complex and oxygen are beneficial. The spots represent a hidden or closed nature. These people respond to life with thought and analysis, they input visual and are likely to have a show me attitude. Their initial attitude may be skeptical but once they are convinced then they are much more likely to stick with it. They are convinced by reading. They tend to think about things a great deal and tend to explain their decisions in terms of "I think this" and "I think that." They output with words and they enjoy technical and precise language. Their gestures would be pointed and controlled and sounds would be closed like "huh," and "uh," these people need to learn how to let go, they're too controlled.

Here we have an active kinesthetic. This is usually a person would very straight and fine fibers, with an absence of psora and lacuna. The Germans called this Neurogenic, Dr. Jensen calls this a strong constitution and Rayed calls this the Stream. They tend to have a balanced fiber structure; they don't have any areas of extreme laxity, no lacunas and no areas of extreme rigidity, psora. They're just fairly straight eye fibers. These people can give their bodies a great deal of abuse without breaking down and they tend to abuse their bodies with too much work. They have a tendency towards nervous and stress related disorders such as cervical nervous system weakness, headaches, vascular spasms such as heart attack and stroke, ulcers, skin eruptions due to affliction of nervous system such as shingles, rashes, when under stress, and MS. These people need nerving herbs such as chamomile, lobelia, passionflower, hops, skullcaps, and valerian, also meditation is beneficial. They need to learn to take time for themselves instead of spending so much time caring for others. They're physically oriented; they learn through touch and movement, they respond to life with action and try to keep things running smoothly. They often feel responsible for everything and have difficulty letting anything fall through the cracks. They need to learn their own limits, to know when to stop and rest or recreate themselves through recreation. They tend to use sounds like "Hmmm" or "Mmmm" or when they are touched or affected by something. So that is the active kinesthetic.

Now this one that we just looked at is called the robust Neurogenic. The fibers have a slightly wavy appearance similar to wet combed hair. Germans call this Neurogenic, Dr. Jensen calls this strong constitution and Rayed calls this the Stream. These people are prone to nervous system problems, which I've already told you about.

The next one is also an active kinesthetic but this one is called delicate Neurogenic, the fibers also look combed, but are very straight and thin. The Germans call this Neurogenic, Dr. Jensen calls it a strong constitution and Rayed, a Stream. Again, they tend to have a balanced fiber structure. These people have a very sensitive nervous system and are prone to nervous breakdown. Again, nerving herbs such as chamomile, lobelia, passionflower, hops, skullcap, valerian and meditation are helpful. They need to take time for themselves. These people tend to be very sensitive.

This next personality is called innovative extremist. IN this eye we find both pigments and lacunas. There is no name for the German or for Dr. Jensen but the Rayid call this the Shaper. These people can be extremely emotional, extremely analytical or extremely kinesthetic, depending on the dominant pattern of their eyes. They tend to have a lot of varied health problems, have to constantly alternate between cleansing and building to stay healthy. They're prone to multiple health risks and have a reduced functional capacity. They are less likely to take care of themselves.

You need to use therapies that are explained for their dominant pattern. These people have both an open nature of the emotional type and a closed nature of the analytical type at war within themselves. They're seldom content with the status quo and feel impelled to be out on the fringes. They're on the cutting edge of changes and tend to be very creative and innovative. They move to and fro because they're trying to reconcile the opposites within themselves.

Now we have mixed types. We have five mixed types. Emotional kinesthetic, analytic kinesthetic, emotional extremist, analytical extremist and kinesthetic extremist. Here we have an emotional kinesthetic, this person has very few tiny lacunas, otherwise straight fibers. These are the doers who have a great deal of feeling, they tend to overemphasize with people's emotional needs and feel overwhelmed because they are unable to take care of everyone's problems. They need to learn detachment; they don't need to fix everyone.

The next personality style is analytical kinesthetic. These usually have one or two psora, but otherwise straight fibers. These are doers who tend to be analytical. They tend to be calm, caring people who can readily see the needs of other people.

This person tends to be an analytical extremist. This iris has a lot of psora and few lacuna. These people are self-reliant, strong willed and forceful in their innovativeness. They express their creativeness and innovativeness through their words and thought.

That about does it for the review.



Please stop your video and go through practice number two.

Now we're going to talk just a little bit about some of the different kinds of charts you can find in iridology. We've gone over Dr. Jensen's main chart but I want to talk to you a

little bit about a couple of charts here, just real quickly. This is the iridology chart by Dr. Bernard Jensen that we went over in the main course and you have received this chart with your supplies. This is a very good chart to use with iridology. There are newer charts that have different information in them that you may want to use as well, there are many different charts available. Now one of the charts that I want to show you is called a physical behavioral iris chart. I'm going to put this in your manual, I'm not going to spend a lot of time discussing this but this chart not only shows the physical areas of the body but it also shows the emotional areas. So for instance if we look over here at gall bladder and liver, we can see that grace and anger are both held in the gall bladder area. So if you have a client that you're working with and you see that they have weakness in their gall bladder area then you can find out how they deal with their emotions. Do they hold onto their anger? A lot of people do. This area tends to be an area that can be very weak.

We look over here at the adrenal area; we see that fear is held in the adrenal glands. Do you know somebody that has a lot of fear in their lives? Also trust is held in the adrenal glands, so if the person is very trusting, then their adrenal glands would be strong, but if they have a lot of fear in their life, then their adrenal glands would tend to be weak. The same with the gall bladder. If a person has a lot of grace in their life, then their gall bladder would be stronger, but if they have a lot of anger in their life, then their gall bladder would be weaker.

If we look up here at the lung area, we look at the plura area, the breast area, we see here that it shows social expression, withdrawn, electional. What we see here is a person's expression, is the person withdrawn? If a person is withdrawn, they may have a lacuna here, and so on. I just want to give you an idea that you can use other charts to look at other people's eyes, you can use other charts.

Tape 2

In this session I'm going to be covering a few things, one of the things I'll be doing is a review of the vitamins, minerals and herbs for each system. I'll be showing you photographs of irises and we'll be going through the systems. Then I'll be going through the British Iridology signs. I have pictures of most of the signs we'll be talking about, the ones that I don't, I'll be drawing it for you so you can get an idea of what they look like. You won't see too many of these signs. You won't see them on a regular basis whereas the other, more specific signs that we covered in the beginning and intermediate course, you will see those constantly, whereas the British signs, you'll see them once in a while. You'll need to use a bulb lens in order to see the British signs.

First what I'd like to do is go over a couple of notices that I think are very important. I have stated several times its very important not to practice medicine without a license or to prescribe and diagnose without a license. This notice here, I suggest you copy it, frame it and put it up on your wall so that your clients can see this when they enter your office and when they leave your office. The notice states that, "State law allows any person to provide nutritional advice or give advice concerning proper nutrition, which is

the giving of advice as the role of food and food ingredients, including dietary supplements. The State law does not confer authority to practice medicine, or to undertake the diagnosis, prevention, treatment or cure of any disease, pain, deformity, an injury, or physical or mental condition and specifically does not authorize any person other than one who is a licensed health practitioner to state that any product might cure any disease, disorder or condition.” Now remember that no one can cure anyone, only the body can cure itself, using Herring’s Law of Cure. So we want to make sure we do not tell anyone, “Take this bottle of herbs, it will cure your disease,” because we know that bottle of herbs is not going to cure that person. We can put that person on a diet, we can work with that person in such a way that we can help them change the environment in their body. But changing the environment in the body will allow the body to cure itself. We have to be very careful not to state that we as iridologists and nutritionists and herbalists are curing the body or giving the person something to cure the body.

So that’s the first form I suggest, and that will be in your manual. The second form is a Notice of Understanding and Agreement. Now in the intermediate course I gave you the constitutional forms and you will get another set of the constitutional forms in this manual. You’ll be doing some practices with the constitutional forms. On the front there is a waiver that I suggest you have people fill out. If you prefer to use this waiver, you can do that. At the top you’ll need to put your company name and then the person will need to fill this out. You can of course fill this out if you like, your name here, “I’m here on this and any subsequent visit to” so and so’s office, “solely on my own behalf and not as an agent for any Federal, State or local agency on a mission of entrapment or investigation. I fully understand that” and you can put your company name here, “is a holistic practitioner and not a medical doctor. I am not consulting him for medical, diagnostic or treatment procedures. I understand that the services performed by,” and your name, “are at all times to help me gain a better knowledge of my health specifically and health processes generally toward increased self-care and improved daily living. I understand that as a,” nutritionist, or your name, “recommends, discusses and or sells foods, nutrition supplements, vitamins and minerals, etc., herbs and other nutrients for special dietary use as they pertain to the whole body concept of health and not in the context of any specific disease, ailment or condition. I understand that appointments here do not involve the diagnosing, prognostication, treating or prescribing of remedies for the treatment of disease. Nor is this office involved in any act which constitutes the practice of medicine in California,” now if you’re not in California you’re going to have to white that out and put your own state in there. I also suggest you put this on your computer and then you can edit it, “for which a medical license is required.” Have your client sign it, date it, print their name, address, phone numbers and have them write who referred them.

When you get clients, when you receive phone calls from new clients or potential people, be sure you always ask them how they found out about you. Find out who referred them, its very important, if you’ve been in business for a while and you receive referrals, you need to know who referred them, did they get your name out of the phone book, did they find out about you from a client you just saw, or did they see you at a show or on a video or TV, where did they find out about you?

Then at the bottom here, it asks for a driver's license, this is up to you if you want to have them fill this out, you can ask them in order to process their payments, you can ask them to give you their driver's license, credit card number, expiration date and so on. So this is a form that is very useful. I'll be putting this form in your manual so that you will have a copy of it. Again, if you would like to do anything with this as far as copying it, changing it, just be sure if you change it that you keep the gist of the notification. So yesterday I briefly mentioned Candida and parasites. Remember that you cannot see the Candida and parasites in the eyes. I really recommend, if you have not already, that you learn to perform kinesiology or muscle testing. That way when a client comes to you, you can look in their eyes, you can see the Raddi Solaris in their eyes and you can say, "well, you've got Raddi Solaris here, this doesn't tell me you have parasites but it does show me that you have an environment in your body that is conducive to parasites." Use the muscle testing then, to find out if they have parasites and if they do, then use the muscle testing to determine what products are beneficial for their body. Muscle testing keeps you from diagnosing or prescribing. It allows the body to give you the answers, to tell you what's going on. That way you don't have to worry about, should I tell this person to use this body of herbs or not. Have them hold the bottle, test them, see what the muscle response is and then the body tells them themselves. Now with Candida, Candida is yeast, an overgrowth and Candida and parasites go hand in hand. You can find this on my web page and download it, I'm not going to go through and read all this to you, I don't think its necessary, I will put it in your manual, but if you want to download copies you're more than welcome to do that.

Candida and parasites go hand in hand. Since Candida is a yeast overgrowth, a lot of times its created by an overuse of antibiotics. Also, poor diet, too many antibiotics and not enough acidophilus. Now once a person has Candida, this weakens the immune system and this allows parasites to come into the body. Parasites can come into the body in many ways; the number one way is to eat food that is contaminated. That is why we do not recommend pork, we don't recommend sushi, especially sushi. You can also get parasites just from walking in dirt that has parasites in it, they can enter through the thin lining between the toes. You can also get them from petting an animal, like a dog that might have parasites, and if you have cuts in your hands or fingers, they can enter through that area. You can also get parasites from eating vegetables or salads that haven't been washed properly. And you can get them from other foods; you can get them from sexual intercourse. You can also get Candida from sexual intercourse. So it's important that you're careful about your diet, careful about what you're doing, so that you don't end up with Candida. There are many, many people who have Candida; I actually think there are more people who have Candida than don't. I have seen Candida support groups where the people have Candida so bad they've had to quit their jobs. And that's when it is a severe and chronic situation. That requires a lot of work, to bring the body back to a normal state.

The way to eliminate parasites is usually with bitters, so bitter herbs such as Cascara Sagrada, black walnut and pumpkin and things like this. This is usually very effective and we can talk a little bit about that later.

I'm going to be giving you a questionnaire and I recommend that you have your clients fill out the questionnaire. If you make an appointment for someone, mail them the questionnaire ahead of time, have them go through the questionnaire. Again, this is on the web, you can download it, again its going to be in your manual. Notice that on here its set up by system and when you have a person fill this out, you need to have them score, based on their symptoms, so they would put a one here, if they have gas with most foods, not just one food, occasionally. They would put two here on intestinal pain and colitis if they frequently have this symptom, and if they have bloating with or without gas, or bloating with most foods all the time, then they would put a three, which is for severe. This is set up based on the systems. This is a very good little test. At the end of the test they can add up their scores and then you can find out if they have Candida problems, how severe their Candida problems are, and then you can go on with recommendations and treatments.

One of the things that we recommend is called a "Candida control diet." Basically, the diet is eliminating all fruits for the first two weeks, then from there they can bring fruit back into their diet. But it's mostly a vegetable and protein diet. You can see the meats that we suggest here, there are the meats here. Again, I recommend muscle testing, because not everyone can eat these foods, even though they are all a low yeast forming food. So go through the list, muscle test everything and make sure this person can eat all these meats, or the fish, if they can drink the beverages, or use all the fresh vegetables we list here. A lot of times people have food allergies, they can't eat onions, or drink all the beverages, a lot of times people can't tolerate green peppers, especially if they need to avoid the nightshade family. People with headaches should avoid tomatoes. If we come over here and look over here, we can see nuts, seeds and oils, some people are allergic to certain nuts and seeds so its important to muscle test them.

Down here we have the fruits. Remember to have them avoid all fruits for two weeks. This can be very difficult. It's amazing how difficult this is for people to do. But if they can do this, it eliminates a lot of the sugar and helps to reduce the Candida. Down here at the bottom we have cold pressed oils. Again, find out if they are allergic to these things in whatever manner you can. If you don't do muscle testing but you have another way of testing for allergies, that would be beneficial.

We have whole grains. A lot of people are allergic to corn and wheat. So it's best again to test them. Then of course we have a lot of diet do's and don'ts. You can use the form, you can print it out on the web, I'll put it in your manual, and this would be beneficial.

The next thing I want to talk to you about is the hiatal hernia. I have a lot of clients who come in who have trouble breathing. There's a test you can do, its very simple and if you have a client that has trouble, they eat a little and they feel bloated and full, the food is sitting there in their stomach for four or five hours, they're belching, they don't feel good, they feel like there's pressure in the solar plexus area. Watch the way they breathe. Have the person take a deep breath; watch when they breathe if their shoulders come up or their stomach comes out. The way a person should breathe is by their stomach. Of course a lot of us have been told that you should never breathe from your stomach

because you need to have a very nice flat stomach. That is not accurate, you can have a flat stomach and still breathe from your stomach. So have the person take a deep breath in front of you and watch them.; if they can take a deep breath without raising their shoulders, then chances are they're okay. But a lot of time when the person takes a deep breath, they will raise their shoulders. This tells us that there is a blockage here.

Another way you can tell if a person has a hiatal hernia is by having them put pressure here, just below the rib cage. Put their fingers in here and press. This area here should not be tender. They should be able to put their fingers here without any problem. Usually if a person has a hiatal hernia, they're going to be tender in this area. There's a diagram here of what a hiatal hernia looks like. I get emails all the time from people telling me they have reflux and that is when material comes up from the stomach. The valve opens here at the base of the esophagus to the opening of the stomach and it allows the gastric juices to come back up into the esophagus. A lot of people having problems with this. What's going on here is, because of the stress, the way a person deals with their anger and their frustration, their emotions, they tend to hold onto their emotions, to hold onto their feelings and when they get stressed out they hold everything in and what this does is make the diaphragm area very tight. What it can do is push the stomach. This is the stomach here, this is the rib cage. It can push the stomach up into the lower part of the ribcage and if it does this, you can see, it can get stuck in the rib cage.

What will this do? The first thing is it will hinder digestion. The person isn't going to be able to produce the hydrochloric acid and the enzymes that they need to break down their foods. Another thing it can do is produce a lot of heartburn, and again, reflux from the gastric juices. Pain, bloating and so on, and this whole area can become tight and start interfering with their breathing. We found a lot of people with hiatal hernia have asthma. And a lot of people with asthma have hiatal hernia. So if you have a client with asthma, check them for a hiatal hernia. There are ways to adjust a hiatal hernia. A person doesn't have to have surgery to eliminate a hiatal hernia. There are many people who don't know this, they think that the only thing they can do is go in and cut and bring the stomach down or remove that area. Unless its ulcerated or degenerated to the point where its destructive and not going to repair itself, there's no reason why it can't be manually adjusted. This can be done by a chiropractor who's been trained to adjust a hiatal hernia, its very easy, you lay on the table, they relax this whole diaphragm area and they bring the stomach down manually. It can also be done by self-manipulation, by bending over and bringing the stomach down. That's a little bit more difficult.

Another way is by drinking first thing in the morning a large glass of luke-warm water and bouncing. If you have steps at home or your client has steps, have them bounce down the steps. The large glass of water puts weight in the stomach, the warmth relaxes the stomach and the bouncing will jar it lose. Now if the person has a prolapsed colon like we talked about yesterday, you don't want them bouncing down the stairs. Because this can further prolapse the organ and put pressure on the lower organs so we want to avoid this if the person has problems with prolepsis of the colon. But at the same time, we need to bring down that hiatal hernia and that can be done with manipulation.

The next thing I want to talk to you about is the Ileo-Cecal valve. The Ileo-Cecal valve is the valve that connects the small intestines to the large colon. Yesterday I showed you the colon charts that showed the appendix at the bottom and showed you where the large colon begins. When we're looking at the iridology chart, let's look at it for a moment, here we have the small intestines, they come down and then here we have the Cecum. The Cecum is the first part of the intestines or the large colon. The Ileo-Cecal valve would be in this area right here; this is where the IC valve would be. It's not marked on this chart. So between the small intestines and the large colon is a valve. Now remember you have valves throughout your digestive system. You have a valve at the top of your esophagus. You have a valve at the bottom of your esophagus at the opening of your stomach. You have a valve here, at the end of your small intestines, the beginning of your large colon. This is so material does not go backwards. If it goes backwards then we're talking about auto-intoxification and we've already spoken about that.

A lot of times if a person has a hiatal hernia, they're going to have an open IC valve. If a person has parasites or Candida, they're going to have an open IC valve. What does that mean? Well, if the IC valve is open, it allows material to go backwards, back from the large colon into the small intestines and this can cause auto-intoxification which can further weaken the person, make them feel sick, they may have bad breath, digestive problems and so on. And it can then increase leaky gut. The way to tell if a person has an open IC valve is to have them touch over here to the left of their right hipbone. If you have your client put their hand on their right hip bone then move just over to the left, make a circular motion, push in that area, it should not be tender. If it's tender, chances are that person has an open valve. If that area is toxic, the valve can become inflamed, and then it can remain open and then there are more problems. So if you find out a person has an open IC valve, work with them. Every night they need to lie down and massage that area. That will help close the IC valve. Also have them use particular herbs to help them reduce the inflammation, slippery elm, alfalfa, both these are excellent. Make sure they're eliminating properly. Improve their digestion; increase their enzymes, whatever you need to do to help them to eliminate the IC valve problem.

One of the things that I find with people is that they're having problems with their liver. The liver is one of the most important organs in the body. All the organs are important but the liver performs over 500 tasks. It's the only organ that you can remove a part of it and it will grow back, just like a lizard's tail. The liver performs many functions, I'm not going to go through all of this with you, it's in your manual. But what I find is that the liver is very sensitive to stress. So I'll have a person come in and I'll do kinesiology on them, I'll muscle test them, and their liver will be strong. The next time I check them their liver will be down 20 points, I'll talk to the person and find out why it's down is they've had a lot of stress in the last few days. So it's very important to support a person's liver, milk thistle, and dandelion, excellent ways to do that. Also in supporting their liver, you need to support their nervous system, so the B vitamins, Pantothenic Acid, B Complex, these help to support the liver area, and this is very important.

Now for people who have gallstones, liver and gall bladder stones, there are gall bladder flushes that can be done and these are recommended only if the person is not in pain. So

if the person is having a gall bladder attack, you look into the person's eyes and you can see the fatty deposits in their eyes, then you know they have a weakness in their gall bladder. If you look at their constitution and you see they have a fairly good constitution or tight constitution, then chances are they could withstand a gall bladder flush. But if you find a person is innervated, they have a weak gall bladder but also a weak or loose constitution, then we don't recommend that you have them do any gall bladder flushes until you build them up. So if you see them in a weakened state then you should build them. Have them build for at least six months, use kinesiology, make sure they're building. Once they have built, then you can have them do a liver flush. Once they've done a liver flush, and then rebuild them again, because a liver flush is pretty difficult. It can be done with herbs over a three-month period, it can be done with lemon juice, and then we have this kind of liver flush, which can be done over three days. I've had many, many clients do this flush and have very, very good results with this flush. So I highly recommend this for those people who are not too old and are not in pain.

Now if you're going to be working with people to help them rebuild their colon, there's a very good program by Dr. Jack Richardson that I'm going to include in your manual. This is a six month program, it's a monthly program, you follow this and at the end of the six months, your colon has been rejuvenated, it's been restored, the peristaltic action has been changed, it's improved. This is a very good program, I've had very good success with it and I highly recommend it for anyone who wants to work with their bowel. Of course I recommend that everyone work with their colon because that's an area that is very sensitive and an area that holds a lot of waste material, seems to be an area that is constantly being affected with toxins and needs to be worked with.

I talked a little bit about slant boards and prolapses. Slant boards are very important with anyone who has prolapses of the transverse colon. Unless a person has high blood pressure or a woman is having menstrual cramps, slant boards are excellent. Slant boards can be made very easily. You can have a person purchase a fancy slant board for \$250-\$300 or you can have them get a long piece of wood that is six feet long and three feet wide, put an old blanket on it, put one end on the couch and the other end on the floor and have the person lay on it. Usually you want the person to lie on it for ten minutes every night. It's good to take a warm bath to relax, then lay on the slant board. What this does is brings the blood up into the head. It also brings all the organs back into their proper place. If you know someone who is having problems with their vision, this helps. If you know someone who has any kinds of difficulties with their head, headaches, vision problems, hearing difficulties, colon problems, menstrual cramps, there are many things that a slant board is beneficial for. Now for people who don't actually want to use a slant board, they can put two by fours at the bottom of their bed, this way they are sleeping with their feet elevated and their head down. If a person is going to do that, it's important that they do not use a pillow, because a pillow constantly keeps the head above the heart. What we're trying to do here is bring the blood into the head. This is good for Arcus Sinillis, problems with memory, Alzheimer's, anemia in extremities, bringing blood in. So slant boards are very beneficial for people.

Yesterday I showed you the physical behavior iris chart. I thought maybe what I would do is show you the chart again and actually show you the original chart so that maybe you can see it a little bit better and get an idea, I will put a copy in your manual. If we look over here at this iris, we can see here that it is very similar to our iridology chart; we have the pupil here, the stomach here. The stomach here is called the “ring of perfection.” How many people do you know who are perfectionists? Everything has to be perfect for them? What does that cause in the body? It causes stress, doesn’t it? And stress causes acidity. So we see a lot of this over acid and under acid in the stomach. We know that this person is trying to be perfect. Then we have the colon around that, the small intestines and the colon. Outside of that we have all the organs and notice here, we can look over here, we can look at the thyroid. We can see a lacuna in the thyroid. We can see that emotionally this person has blocked communication, so we can work on this person’s thyroid in a physical way with herbs and diet, and we can also work with their emotions, their communications, find out what’s blocking their communication, help them, send them to classes, send them to personal improvement classes teaching them to communicate.

Then we can look here at the back area, the spine. We have the upper back, the middle back and the lower back. Notice again we can see iridology markings in the back area but we can also look at the emotions and we can see here that pride is held here in the upper back. Also if a person is resilient, this will affect the upper back. We can see in the middle back that survival is held in the middle back as well as compromise. So if a person is constantly trying to survive, constantly trying to feel like their trying to survive, constantly feeling like they’re not able to survive and they’re compromising themselves then chances are that will cause a weakness in this part of the body.

Here in the lower part of the body we see self-taught, the person has taught themselves what they know in life and they have resistance to life. How many people do you know have low back problems, low back pain? Louise Hayes says that anyone with low back pain is the type of person who doesn’t feel supported in life, they feel like they have to do everything themselves. I would say that 90% of my clients have back problems of some sort, they have vertebrae that goes out, they don’t stay in because the connective tissue is too weak. They have inflammation, they sit too much, they have sciatic problems, the nerves in the low back are pinched, and they have weaknesses, low calcium and magnesium. Why is that? Why do so many have problems with their back? Well for many its because of this resistance, they’re not supported, they don’t feel they have a member of their family or friends who are giving them the support that they need. So this is another example here of how the emotions can affect the body.

If we go over here, yesterday we talked about the liver and gall bladder areas, and here you can see that grace and anger are held in the gall bladder area. So if you have a client that is always angry, they’re angry all the time, look at their gall bladder, chances are they will have a weakness in that area, they may have stones.

This is helping a person learn how to deal with their anger. There are so many things here. WE can look at the left iris, and we can look at the heart area. In the heart area, not

only do we see the physical heart but also what do we hold in the physical heart? We have commitment and we have wandering. Doesn't that fit? How many people do you know that can't stay in a relationship? They get tired of it, they get afraid, the relationship is becoming too serious so its time to leave, to move on, to wander. And commitment. There are a lot of people who are very committed to their mates. So these are a few things, a couple of examples for you of this chart, I don't want to spend too much time on it, you have a copy in your book and your manual and it will be beneficial to basically know what types of emotions affect different parts of the body. This is good to know so that you can work with a person both physically and emotionally because we really believe that the emotions play a part in the health of a person's body, sometimes more than just the physical.

So at this time I want to go through and review the systems of the body. We went through this in the intermediate course, but I want to go through it again with you and give you a quick overview, I'll be showing you pictures of irises rather than slides so that you can get an idea of what to look for.

The first picture here, we'll talk about the circulatory system. The circulatory system, again if you'll recall, its around here. It's in the second zone and in this iris we can see that this person has a cholesterol ring, they have anemia in extremities, beginning of hardening of the arteries, and they have a cholesterol ring. So what can be done about this? We talked about this before; we talked about the herbs to improve circulation to the head. This is anemia in extremities, up here is Arcus Sinillis, the arch of old age and again this causes problems with headaches, memory and so on. This again we have hardening of the arteries. Kelation therapy is always helpful for someone with problems with hardening of the arteries. Now all the supplements are in your manual so I'm not going to go through them with you today, we did that in the intermediate course.

The next system is the digestive system. Of course at this point you know how the digestive system functions, you know that its very important and here we have an iris to show you that has a basically chronic digestive system. Notice the stomach, and notice that right next to the pupil this person has an assimilation ring and notice how dark it is right next to the pupil. Then notice the colon. This person has a lot of pockets, of course this is part of the intestinal system, but the stomach is also dark, this tells us the stomach is under-acid. So we need to improve the entire digestion system right here. We need to improve the assimilation in the small intestines. We need to improve the stomach, to bring it to a normal state, bring up the acidity and improve hydrochloric acid. The intestines of course have pockets so we need to improve the colon. Notice how dark the tone is here in the colon. Notice the orange around the autonomic nerve wreath, the pigmentation. This person has problems with leaky gut. So we can see that now we need to see if that person has a hiatal hernia and an open IC valve. Chances are they have both. The next system we have here is the intestinal system. Lets take a look at it. WE can see here in this iris that the intestinal system is very tight. What does this mean, when the intestinal system is tight? If you recall, it means constipation. The person is constipated. Notice here at the transverse colon here, the person is pretty severely prolapsed. The prolapses is not touching the pupil, so this means that it is not yet putting pressure on the

lower organs. But if it continues on this path, it continues to fall; it can eventually come down, touch the pupil and put pressure on the lower organs.

Notice also they have Radii Solaris, so this means that they have an environment that is conducive to parasite, they may have parasites. Again, notice the orange pigmentation around the autonomic nerve wreath tells us leaky gut, which also tells us that they probably have parasites. Also notice here in the left eye the descending colon and how tight it is, then it comes out and balloons a little in this area, but there is a stricture here. Notice that there is a ballooning then a little stricture so it's very important to help this person open up their colon.

Now this iris here, let's talk a little bit about the nervous system. I chose this iris because of all these nerve rings, look how many there are, there are probably six here, and most people usually have two or three, that's about normal. Most nerve rings are going to be a little bit white, maybe acute. But sometimes there will be a lot of nerve rings. Nerve rings suggest that they might be a little hyperactive, they might have hyperactive energy and it also suggests this person is stressed out. Notice the pupil in this iris is pretty good. Normally when there is a lot of stress the pupil is very tight. But we see all these nerve rings so we know we need to support the nervous system in this person. B Vitamins, using types of herbs to help the person be calm, very important.

Now here we can talk a little bit about the glandular system. The glands tend to be up in the head and in the lower part of the body. So we have the pituitary gland that runs from about 12:15 in the head area to about 12:30. So we see here there's a Radii Solaris running right through the pituitary gland, its minor, but still a Radii Solaris. We also see in the thyroid area there's a little open lacuna. Over here we have the adrenal glands and they look pretty good in this person, which is rare, usually they're not. We also have the ovaries over here, notice the pigmentation in the ovary area. So we have the uterus and prostrate over here, we have a Radii Solaris here and we have a psora. The vaginal area we can't see because of the light from the camera. What do you do when you see weakness in all these glands? We know we need to support the entire glandular system, don't we? We went over all these things, so supporting the glandular system is very important.

Here's another iris we can talk about, let's talk about the nervous system here. Look at the autonomic nerve wreath, notice its white, which means its acute, and when the nervous system is acute it tells us there's inflammation, maybe they had a car accident, there's a lot of pain in the body, they're hyper, hyper sensitive and you can see that this eye has nerve rings also. This person only has about two nerve rings; however, look at the fibers of this iris, look at how wavy and white the fibers are. The waviness indicates stress. However, wavy fibers can also indicate glandular imbalance. So it's very important to check the glands as well as the nervous system for this person. Why don't we go ahead and do that. This is the left eye, so let's see here, let's look at the glands. We can see the pituitary gland is very white so we can assume it's very active, meaning the other glands will probably be out of sync. We have the adrenal glands here and the adrenal looks like there's an open lacuna here. We have the uterus prostrate here, again a lacuna and in the

vaginal area here. And over here we have the testes and ovaries. Again we have both the uterus and prostate in this area and the testes and ovaries over here but depending on if you're seeing a man or a woman it will determine whether it's the ovaries or testes or the uterus and prostate. So we see here we have two things going on, the nervous system is stressed and we have glandular imbalance.

Now the next iris I'd like to show you is the lymphatic and immune system. This iris here is very pretty looking at it from far away, the question is, and do you want to own this iris? Here we have a very nice, clear lymphatic rosary and this is telling us that there is definitely some time of infection in the body, some type of low-grade infection. Also the lymph nodes are swollen and toxic. When they're white like this, they're acute and swollen, when they're yellow like this and have this yellow and orange pigmentation, we know that there are psora in these areas, we know that these are being changed by the pigmentation that is deposited in these areas. Because we have the yellow we know the kidneys are infected, because of the orange we know the pancreas is affected, and the liver, because of the dirty brown we know that the liver/gall bladder is affected and the person is having difficulties with iron. That's how quickly it is to be able to look at somebody's eyes and know that which system is the strongest and which is the weakest. Notice they have fatty deposits out here and this tells us that on top of everything they have difficulties in the liver and gall bladder and of course we know this because of these psora.

So this is a little bit about the immune system. The next system is the respiratory system. Let's take a look at it. The respiratory system, of course here we have the bronchioles and we have the lungs out here, this is again the left eye, and we see a very large closed lacuna in the bronchial area. We also see several small lacuna in the bronchial area. Exactly at three o'clock in the heart area. We see in the heart area there is an open lacuna so we know there is a problem with the heart and lung area. The lungs, there are stress lines going through here, this tells us that this person, when they get stressed out, has trouble breathing.

So again, very easy to tell what's going on in the particular system. Let's look at this picture. We're going to be looking at the urinary system, the kidneys and the bladder. Look at this area here; we have a very large, closed lacuna. It does look like it's healing. There's a little bit of a rib leaf here but there are also cross fibers in this area, so that's very good because we can tell this person that this area is healing. Also over here, we have an open lacuna, adrenals, kidneys, thigh, legs, all this affected here so it's very important to know that this area is affected. You need to help them support their kidneys, have them drink more water, whatever else is necessary to support this area.

The last area is the structural system. Let's take a look at it. Here we have, again, this person has a lymphatic rosary and look at their autonomic nerve wreath, it's white. Look at how dark their eye is, they're basically in a chronic state. They have a lot of acute fibers in here telling me that they're in a lot of pain. Their autonomic nerve wreath is white telling me that they are having back problems. Their pupil is irregular telling me again, problems with the back area. Again, this is the left eye, we have the back over

here. Notice these spots in the low back. Notice all this white material that's deposited in the middle and low part of the back. Also the upper part of the back, we have a lot of acute tissue here. A lot of pain in the back area. This also tells us that because of this pain they're losing their calcium and magnesium, so its very important to support their structural system. Glucosimine sulfate, chondroitin, sharks cartilage. All this things are beneficial for supporting the structural system. So when you are going through and conducting a constitutional analysis, it's very important to tell the person which systems are the strongest and which are the weakest. It's very important that they know. You may even want, at the end of the analysis, there's some space there, and you may want to mark it, which is the most important thing they need to pay attention to first. Which is the second, third, etc, so that they have a good program. Then have them come back to you and when they come back, follow up with muscle testing to be sure they are strengthening their body, that their organs are doing exactly what you want them to do, that they're building. Make sure the program they're following is working, that they are building everything up. At this time please stop your video and go through practice number three.

Okay, now at this point I want to go through a little bit of the British Iridology signs for you and I have photos to show you. So we'll talk a little bit about the British Iridology signs and for any signs I don't have pictures I will draw the marking for you. Again the British believe that the eyes don't really change and we don't agree with that simply because we have seen the irises change and we know how they change. What I'd like to do first is show you James Colton's Iridology chart and it is a little bit different than Dr. Jensen's chart. In some ways it's actually a little bit better and in some ways it's a little more confusing. But if we look here at the left side we'll see here again that we have the stomach here, the pupil, the stomach, and the colon around that. Note here we have the heart. Now notice here we have the heart also. In this chart we have the heart on both sides of the iris and actually we have it in both irises. We have the breast and the lungs in the same place. But then we also have the breast here and the plura and the diaphragm. Here we have the legs. The brain up here is in the same area but it's broken down into all of these different areas. We have the pituitary; we have the pineal, which is in a different place. We have optical center, we have four head lobes, the middle brain, the crown lobe, the crown bone, the forehead bone, the occipital bone, the occipital lobe, the mid-brain, the back lobe, the brain stem, the corpus collusum and so on, the cerebellum, the temporal lobe, the medulla, the temporal bone and it goes on down. We have the inner ear and the outer ear. This is nice to know, if we see a marking here we know if it's the outer ear or the inner ear. Notice here we have the pancreas. This is completely in the opposite place. The neck, the clavicle, aorta, here we have the thyroid. The thyroid instead of being out in this area, is right here. Upper, lower lung, ribs, the plura, the breast, the diaphragm, here we have the spleen in the same place, the arm and hand in the same place, again we have the spleen, the pancreas tail, the Duodenum. Here we have the hip, the sciatic nerve. Its very good we have a sciatic nerve showing here, but notice that its in the opposite side of Dr. Jensen's chart. We have the abdomen, the peritoneum. Abdomen again, ovaries or testes. In the inguido canal, the ureter, the adrenal gland, notice how its in the center here, this is normally where the thigh would be. The kidney, the rectal veins, the uterus, the genital tract, the prostrate, the anus, the rectum, the ureter,

over here we have the bladder and the pelvis, the pancreas body and the liver. Note how large the bladder is and how small the liver is. Here we have the duodenum. Here's the spine. Then we're coming up here to the rear ribs, the diaphragm, the breast and the plura, the thyroid, the para-thyroid, the esophagus, the tracheae; here we have the bronchus, and the heart again. The vocal cords, the breast again, the larynx and the pharynx, here we have the cheekbone and the jaw. Again the pancreas is up at the top. Here we have the nose, the left frontal sinus, the eye, the sclera, the retina, the balancing canal and then we're back to the brain again. Notice how different this chart is from Dr. Jensen's chart. This chart is much newer. This is just another way of looking at the eyes.

Now if you want to study British Iridology, I highly recommend you continue your study, don't stop with this course, study Canadian Iridology, and German Iridology, study Rayid, study with Denny Johnson, study German iridology with James Colton and continue to learn. Continue to learn everything you can learn because this is very important. What I want to do now is go through some of the British signs that I have and show you what we have.

Here's another chart and if we can focus on the center, we can look at some of these markings here on this chart. Here we have an iris vitamin chart, this is again British, and if we look at this marking over here, we can see an asthenic ridge. Now if we look at an iris that has this asthenic ridge, if we can focus on this iris here, we can look in this area here we can see an asthenic ridge, there are several. These are also known as Rarii Solaris, however they are usually a black line running outwards so starting at the autonomic nerve wreath and running outwards, usually beginning at the collaret, or autonomic nerve wreath, their base is broader than their tip. Notice here we have a Rarii Solaris but the base is larger than it's tip. That is called asthenic ridge. This usually indicates nerve weakness. When we see one in the head area, which we don't have in the pictures, it usually indicates severe headaches. B Complex, Vitamin C are very beneficial when you're working with something like this, and also working with specific treatments for this marking.

If we can focus on the chart again here. Now here we have an asparagus head. In this picture we also have an asparagus head. Now an asparagus head appears like a single piece of asparagus usually in the lower part of the iris, it indicates malignancy of the uterus or cervix. If you see something like this in someone's iris, we suggest you have the person get expert help. Have the person get a PAP smear, find out how the testing is going and then work with them.

There is a marking that's not on this chart, and it is called a black hair pigment. I'm going to draw this for you. A black hair pigment kind of looks like this. I've only seen one in about the last ten years and a black hair pigment looks just like a black hair, a small black pigment with fine, hair-like extensions. It doesn't look like a psora, you can definitely tell it's not a psora. A psora is just a spot. But a black hair pigment almost looks like a little spider. You can see that it has these little hair like follicles. When we see something like this in the iris, it tells us there are cell changes and these are usually within a gland, so we need to work with the glandular system. The person needs to follow

a meat-free, wholesome diet. Also Vitamin C, Vitamin A following an additive free diet. Then you need to work with the appropriate gland, whichever gland you find that there's a problem.

Now you've seen a cholesterol ring, so I don't think I need to go over that with you. We have what's called a coral formation and I don't see a coral formation on this chart but we do have a coral formation here in this iris, so let's go ahead and focus on this iris. Do you see these markings out here that look like a trabeculae that comes out and then you have all this coral markings. Here you have it again, it looks like a line that comes out and then all these markings that look like coral. Coral formations are wispy, coral shaped markings most often seen in the lung zones. Not always, it doesn't always have to be in the lung zones, it CAN be in the lung zones. This usually indicates bronchitis. Notice over here we have it in the lower part of the body. We do have it in the lung area over here, and so we know that this person may have bronchitis, asthma or tuberculosis. This person needs to give up smoking if they smoke, they need to avoid smoking environments and practice deep yoga breathing exercises.

Now I'll draw this for you and we can see the coral formation coming down. Here we have the fibers, here we have the pupil. We see the fibers coming down like this and then we have this formation coming down like this. This is what we call a coral formation. Here is the exterior of the iris and here is the coral formation. Again, this indicates bronchitis, asthma and tuberculosis.

Now we have other markings such as an encapsulated lacuna, and we can see here that it is basically a lacuna. We also call this a rib-leaf, so if we look at this picture here, there's a lot of these encapsulated lacunas, basically closed lacunas with a rib going through them. This iris is full of encapsulated or rib-leaf lacunas. These lacunas are shaped like a grain of wheat which is raised in the center and surrounded by white fibers. This is a brown eye so we can't see the white fibers, however we can see that it is raised around the exterior of the lacuna. It indicates a pre-disposition to an ulcer, although this marking may be present for many years before the ulcer will appear. It is often seen in the duodenum area. Prevention is best, avoid hot, spicy food and maintain digestive balance. Avoid bottling up your feelings. Very important to avoid bottling up feelings.

The next marking is called Granular pigment. It's not on this chart but I have a nice iris to show you. Here we have granular pigment. The iris looks as if it has been splattered with brown ink. There are basically hundreds of small dots of extra pigment. If you notice, there's all of these psora throughout the iris. This is an iron pigment and shows that the liver is not storing iron properly. It also tells us that anemia may be present. Very important to have the person eat iron-rich foods like spinach, green leafy vegetables and vitamin C to assist iron absorption.

The next is a grape lacuna. Here on the chart we have a grape lacuna. We know what a grape lacuna because we call it a honeycomb lacuna. You've seen what honeycomb lacunae look like, so let's talk about them a little bit. Here we have a picture with a nice honeycomb lacuna right here. A honeycomb or grape lacuna looks like a small bunch of

dark grapes often seen in the gland zone. It doesn't have to be in the glandular zone, notice this is in the bronchiole area, it can affect the heart. This usually means there is glandular imbalance, indicates a change to the fibrous tissue in the gland, particularly the thyroid gland. If it's seen in the thyroid, kelp is one of the best nutrients to take. Vitamin C should also be taken.

The next marking is called an Iodine Lacuna. This is a lacuna that is wider at its base so we would actually maybe consider it an open lacuna, in American Iridology. So we look down here, we have the autonomic nerve wreath coming around like this and the pupil is in here, then we would have this lacuna shaped like an open lacuna then it would have these cross markings here. No, this does not mean that the lacuna is healing. It is called an Iodine Lacuna. I have a picture here of an Iodine Lacuna that you can look at. Here we have an Iodine Lacuna, notice that this lacuna is larger at its base and it's a tear drop shaped, so it's unlike the common lacuna, its wider at its base. It's usually a large marking, this one is pretty large, it shows that the thyroid has difficulty storing up iodine. The nutrient needed for the thyroid healthy function is kelp, it's the best one to take and should be taken in a low dose for several months. Vitamin C should also be taken.

We know what a regular closed lacuna looks like, so we won't worry about that, I think we've gone over a closed lacuna a lot. The next marking is a Radial Plait. Look here at the chart, we have a Radial Plait. I have a picture that shows one if you'd like to come down here, we can focus here at the top of this iris, we can see here that a Radial Plate is two fibers which cross each other at least once, forming a plated appearance. We have several, here's one right here, there are a couple in the lower part of the iris. There's a Radial Plait here in this part of the iris, the inside. We have a Radial Plait here on the inside of the iris. This one is a very nice Radial Plait. You will not be able to see this with the naked eye, its just impossible. So you'll need to take pictures to see this kind of marking or use a bulb lens, which I will show you later in the course how to use.

A Radial Plait is two fibers that cross, forming a plaited appearance. This shows chronic irritation and if left untreated, once symptoms appear, it can lead to more serious changes in the cells. Look carefully for and remove any external irritants, such as food or chemical allergies. This person has severe migraines. They have migraines almost every day. This person is on a very strict diet to remove any food allergies. So its very important to work with a person when you see these British signs.

The next sign is Thyroxine Lacuna, which we have right here. A Thyroxine Lacuna is a large lacuna with a rounded end and small base. I have a picture here to show you of a Thyroxine lacuna. Here we can see a thyroxine lacuna right here. A lacuna that's small at the base and large at the perimeter. Now it has a rounded end and a small base which can be seen anywhere in the iris indicates the thyroid gland. Notice its not in the thyroid area, but its over here in the bronchiole area. This means that the thyroid tends to be out of balance. Its either over-producing or, more likely, it will under-produce thyroxine. Again, kelp is one of the best herbs to choose for getting the correct balance to the thyroid gland. So this is a thyroxine lacuna. We would also call this an open lacuna. So

the terminology is a little different. Some of the markings are the same and some are a little bit different, this gives us a little bit more information for looking at irises.

The next marking is a transversal and we've talked about transversals before. Here we have one on the chart. Notice the fibers of the eye and notice this line or fiber crossing the rest of the iris. I've got a nice transversal to show you in this picture here. This iris is almost full of transversals. Here we have a transversal, and very nice, white transversal. Here we have another. Again, it means injury. It's a single fiber that runs the opposite way of the rest of the fibers. Sometimes it can appear to be red. It indicates a change which occurred to the area in which the transversal appears. It is often seen in the spinal or neck zones. If seen in the spinal zone, consult a chiropractor or osteopath for a checkup. So again, here we have a transversal.

A twin lacuna is the same thing as a stair step and it doesn't seem like we have this on this chart but you know what a twin lacuna looks like, it basically looks like two lacuna, a stair step, are attached to each other they can either be attached here end to end or next to each other like this. But there are two lacuna in the fiber of the iris. I have a nice picture here of the twin lacuna or stair-step. Notice this area here at five o'clock. WE have two lacuna here, one, two. These are usually identical, small lacuna, although these are large, appearing side by side in the iris fibers often seen in the adrenal zone. Okay, well these aren't in the adrenal zone but it doesn't really matter where you find one, it indicates that there's a severe deficiency. It's sometimes seen where there is a non-malignant tumor of the adrenal gland. B Complex, Vitamin C and stress management will help restore the adrenal glands. Its also very important to work with the body as a whole when you see this type of marking.

The last marking is called a Tulip. A Tulip is not on this chart, either, which I find interesting. Anyway, I'll draw a Tulip for you. Here we have the perimeter of the iris, then the autonomic nerve wreath, and the pupil. A Tulip is almost going to be like a Radii Solaris or an iris fiber coming down with a marking like this, or we could even have it coming down and splitting like this. I have see quite a bit of this in the iris and didn't know what it was until I saw it in the British Iridology markings. I have a picture of a Tulip here for you. We can see several Tulips, actually, in this iris and they come down from the autonomic nerve wreath, they come out and open. So if we look at this iris we can see the areas where the fiber comes down and splits. These are usually two fibers separating towards the outer edge of the iris. Its usually seen in the head zones, here we see it in the head zones, fiber and it splits. Particularly in the sinus zone, we have Radii Solaris here, if they go on and split then it tells us this person has a Tulip. It usually indicates pressure in the head, usually in the cases of chronic sinus problems. This person needs to leave out all dairy foods from the diet as these foods produce more mucous in the body. The person needs to eat fresh fruit and vegetable, and garlic will help. During an attack the person can inhale eucalyptus and menthol oil.

So at this time, we've gone over a review of the iridology signs for the systems and we have gone through the British iridology signs. So lets look at that chart again. We've looked at these and at this point you should be able to look at an iris and be able to see

any of these markings in the eye. When you're looking into an iris, you're going to need to use a bulb lens. This will help you, when you're looking at an iris, you can use the regular magnifying glass to see most of the markings. But when you are looking at some of these signs in the iris that are a little more specific and harder to see, you need to use a bulb lens. In the next section we'll be going over Sclerology. Sclerology again is the study of the white part of the eye. I'll be going through and showing you iridology signs and sclerology signs so you can learn these signs. I'll also be going over and teaching you how to take pictures of the iris of the eye. You will learn how to draw the eyes, or at least how I draw the eyes, you can do it however you want to. You will also learn how to take pictures of the eyes and a little bit about sclerology. What I want you to do now is go through practice number 4.

BREAK

Thank you for watching and ordering the advanced video, we will continue in the next tape with the sclerology.

TAPE THREE

Welcome back to Advanced Iridology. AT this point in our study we will be talking about sclerology, which is the study of the whites of the eye, and we will be going through and explaining what a Miasmatic, Medecic and Murky/Sewage eye is. So the first thing I'd like to do is explain a little bit about Sclerology. I have a chart here to show you. This is a chart on sclerology created by Leonard Mehlmauer in 1996. Sclerology, if you'll notice, here we have the pupil of the eye, in the center, around this is the iris and you've already learned iridology, so all the markings you learned in iridology, showed up here in this small area of the eye. Around that area we have the sclera. The sclera is the white part. The nose would be here in the center, and this includes the sclera here.

Now if we look at this area we can see the same markings or the same areas in the iris will show up in the sclera. For instance, here we have the stomach, then the kidney below that then the adrenal glands. To the right we have the leg and foot and the bladder, the sigmoid colon, the gonad, the transverse colon and so on. To the left we have the prostate or uterus, we have the emotional, back stress and genitals, the hips and lower back, the liver, the spinal nerves the upper back, the mid back. We have emotional heart. Now this is something we didn't have in our other iridology charts, we didn't have these emotional markings, which is why I showed you the other charts, which had to do with the physical and emotional areas.

When we see a blood vessel coming into the sclera from this direction here, we need to see first of all if it is a small blood vessel or a large, dark blood vessel. If it's a small blood vessel, its on what its called the Conjunctiva. The Conjunctiva actually shows emotions and stresses in a person's life. Whereas the large, dark blood vessels show physical problems. So basically sclerology is defined as "the science of markings in the whites of the eyes describing conditions of health." The red lines and other markings and

colorings in the whites of the eyes actually correspond to real conditions within the body. Therefore, sclerology is a means of looking into a person's eyes to see what is happening with his or her health, to get a sense of what's most important, to find out where there is congestion, stress, where these things are located in the body, how much of the stress is emotional, how much is physical and how much is combined? It's a way of viewing inherent tendencies to weakness and of seeing various disease processes. So basically the sclera, or the white of the eye, is capable of showing the conditions of health and disease in the body. When the health is well in a person, the sclera will be bright, crisp and white. When the person is unhealthy, the sclera changes color for whatever period of time the person is unhealthy. When we look at this, I'll show you a picture here, focus on the inside, where the sclera is, what we see here is very small veins in the sclera. Notice the iridology signs we see here, we have a little bit of fatty deposit here, but we also have the very thin, little blood vessels. These thin blood vessels have to do with emotions. This is on the Conjunctiva; the conjunctive is on top of the entire iris. So if we put this picture with the chart here and look at this area, what we will see here is the liver, there is a line or blood vessel going into the liver area, the esophagus area, into the spinal nerve area up into the tongue and the center of the throat. Also into the upper back and the emotional heart.

The emotional heart has to do with sensitivity, feeling and pain. All the things you sense with your heart, all the feelings. If we move this mark over, we can also see blood vessels in the hip and lower back area. This tells us that these emotions are affecting the entire area. Plus, we have some physical weakness here in the tongue, throat and upper back. So this is a way of looking at the sclera.

If we look at the other side, we look at this iris, the right iris and do the same thing. Here we have the right iris and we can see here again, we have a lot of the very small blood vessels here, you can see the one that's traveling from the very top to the very bottom here and we can also see the very large vessel here in the sclera. The large blood vessel has to do with the physical health and the small vessel has to do with the emotions. So if we line this up we can see here that this person has physical problems in their back area, upper and mid back area, also some here in the emotional back stress, okay this means that stress is causing the weakness in the back area. We see again emotional liver, meaning that the liver is susceptible to stress and emotions. Sclerology is very nice when you have a dark eye and can't see anything in this dark eye. For instance, a dark brown eye, if we cannot see the markings in the dark brown eye other than lacunas and psoras, the types of things we would see in the brown eye such as pigmentation and Arcus Sinillis, anemia in extremities, these things, cholesterol rings, hardening of the arteries, the things you've learned already.

Now with sclerology in a dark brown eye, sclerology is very effective because you don't have to only look at the iris, you can look at the sclera. Now what I want to do is go over a few markings that will show up in the sclera. You'll have a copy of this chart in your manual, just so you know. We can start up here at the top of the chart and we can see in this chart that we have what's called a short indicator line. This is just a straight blood vessel. This means stress, simple stress, congestion or dysfunction, inherited tendencies.

We have the medium indicator, and the medium indicator means that the person has medium stress, congestion or dysfunction, which would be a longer line. Then we have a long indicator line. This may fork, it can also reach or touch the iris, and it can come very close to the iris itself. We have an influence line which means secondary involvement. WE have a short branch coming from the primary line, it means trauma and or tumor or injury, so if you see something like this in someone's eyes then you know that it's quite possible that they have a tumor or some type of injury in this area.

Here we have an iris, lets look at the sclera, and here in the sclera definitely we have a long indicator line then we also have what's called a congestion line over here. A congestion line is a meandering vessel that may be in any area and involve any type of tissue or quality including mental and emotional. The thicker the line, the greater the congestion. We can take this, look at this line, know that it's a congestion line, put it on the chart and then we'll know exactly where this area lands in this. So if we look at our chart and line this up, we can see that this person has congestion in their jaw and mouth area, also in their eyesight and pharynx area up here in the head and throat area.

So when we're looking at the sclera we can also see such markings as abnormal tissue. This shows us that the person has a tendency to developing extreme tissue vulnerability, high toxicity or critical exposure. It looks like a fine webbing or network. We also have what's called a saw tooth line, which shows general body, collagen and vascular damage and this is from impure diet. Normally if there is vascular damage you'll see something like anemia in the extremities. Here when we see a lot of the blood vessels in a small area we see connective tissue breakdown. So basically a person who has low collagen or basic weakness in the spine will not hold an adjustment, their vertebrae will come in and out of alignment, they'll go have an adjustment, come back, two hours later they need another adjustment. If you see two lines together, then we can see what's called an infection line. This is usually local, non-enclosed infection. And we have an infection pocket. This usually can mean this person may have parasites. Again, make sure you don't tell the person, "You have an infection pocket showing up in your sclera, therefore you have parasites," you cannot see parasites from the iris nor the sclera. Be sure when you do this that you tell them that they have the environment that is conducive to parasites. The same as you would do with the iris.

Now if we look down here a little further we can see markings that show an eye infection. Here we see emotional distress, this look likes the branches of a tree. This usually stays on top of the conjunctive layer and lies atop the sclera, its usually brighter. Here we have what's called an immune tangent. IT usually is any length and runs roughly parallel or close to or even touching the iris of the eye. So let me show you a picture here and we'll come up here to the top of the picture and here you can see a blood vessel that's running from the lower right quadrant all the way up and along the edge of the iris of the eye here. This tells us that there are immune difficulties, impediment, compromise. If we continue on, then we can look here to the right side and we can see over here on the right side some various markings as well. AT the top here we can see what's called melanin. These are small brown splotches that show up in the sclera. They usually mean mild to moderate liver hardening. This is A. We also have B, which are brown patches and these

are also pigments showing on the sclera, away from the iris rim, they also mean severe hardening of the liver and more sugar system involvement, so if you have an alcoholic for instance that is on his way to sclerosis of the liver, you may be able to tell this by looking at his sclera. Let's see, why don't we look at this picture again. If we come over here we can see that this person has some melanin in their sclera. This tells us that this person has some moderate liver hardening. We didn't have to look at the iris for this and if you notice how dark this iris is, its very, very difficult to see as it is. Could you put some more light on this iris?

Now see if you look at this iris, now you can tell that it has a pretty loose constitution, quite a few lacunas, and also hardening of the arteries, which is pretty severe. Also that the pupil is affected. In an iris that is dark like this, its very difficult unless they have a lot of lacuna like this, to tell where there is inherent weakness. But, we can very easily see here in the sclera that they have difficulties with their liver, and it only took a minute just to be able to see that.

Now also there are some other lines that show up in the sclera and we can look down here. We can see if someone has surgery, these lines here are called surgery lines and they are either a)free or b)connected. They are straighter and thicker than the lower immune lines. There can also be drug involvement. Notice this squiggly line here on b, this means drug involvement.

here in the next area we have what we call injury marks. These usually show physical trauma or injury. Notice how the blood vessel goes towards the iris of the eye. Then there are other signs as well. There's what we call a tortoise line. This usually means the person has fever damaged vessels, especially in the kidney area. We also have what's called a sandwich line. This usually means hardened plaque and fatty material build-up. This is especially useful in a brown eye, remember that a brown-eyed person tends to have weakness with their circulatory system, as shown in the brown iris. Note here that this is a brown iris, and therefore, inherently the person would have circulatory weakness.

So it is especially useful to know if this person has a sandwich line in their sclera because this tells us if there is hardened plaque in the blood vessels and fatty material buildup. It can also mean infection in the artery areas. And this will tell you if the person should have kelation therapy or if they should just use herbs depending on how severe the problem is. Down here we have what we call heart wash. This is a soft, reddish water color wash in the heart areas. This tells us if the heart has been affected, if its physical, emotional or both. So if we see a red splotch in the white of the eye, we can tell if the heart is affected. And so on, there are other such markings in the eyes as well.

So this sclerology chart is very useful and I highly recommend that you use sclerology, include it in your practice, depending on how much you want to study it, if you want to study it a little or a lot, there are iridologists that are mostly using sclerology only. I have a couple of charts here that will be included in your manual. These are sclerology charts so that you can draw the blood vessels that show up in a person's sclera. You see here we have the upper quadrants and the lower quadrants. In the upper quadrants, we have

the right eye, the left eye, the lower quadrants we have the left eye and the right eye. And make sure when you look at a person's eyes, lift up their lid, and lower their lid and have them look up and down so that you can really see where all of these blood vessels are coming from and where they are going and what types of blood vessels they are. Its very important to be able to draw this. You can draw it for yourself or your clients, make a copy for them if they want a copy. This is a very good chart to use.

The next chart, this shows the medial and the lateral. The medial is the middle, the nose is here in the center. Here we have the medial, here we have the lateral, the lateral is towards the outside, near the ears. Again, mark whatever blood vessels you may see on the chart, make copies of this chart, its for you to copy and use with all your clients or certain clients, especially as you're learning. Its an excellent chart.

What I want to do now is a very brief explanation about the eye itself. Here you have the eyeball, this entire area is the eyeball. What you'll notice here at the top, is you will see, here's the lens of the eye. This little black area here that goes all the way around the lens in this area, this is the iris of the eye. Notice how small the iris is. Here we have the pupil and here is the cornea. You've heard that people can scratch their cornea, well here is the cornea. On top of that is the conjunctiva. Very, very, very thin layer and that's the area that shows the emotions. Notice all the way around this large area right here is the sclera. The sclera runs all the way down here and it becomes durra matter of the brain down here. So this is the sclera, right in here. And so on, it continues all the way around. Notice how it goes over the pupil, over the iris, it sits atop.

And here on the very outside we have the eye muscle and this is what controls your nearsightedness and farsightedness and how the eyeball changes shape so that you can see shorter and farther distances. So we have the eyeball, the lens, the iris, that comes right here on top, we have the pupil, which is the black part of your eye, then we have the sclera that sits on top and surrounds the eyeball and on top of that we have the conjunctiva. The sclera shows the physical, the conjunctiva shows the emotional.

So that's a brief introduction to sclerology. At this point, what I'd like to do is go over a little bit about the magnifying glasses I spoke to you about. First, please stop your video and go through practice number 5.

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Now please stop your video and go through practice number 6

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Okay, at this point, what I'd like to talk to you about now is what's called a murky eye. A murky eye is basically an eye you can never cleanse. It has a lot of deposits, an iris that has a lot of markings, a lot of deposit. If you look at this iris what we can see here is a lot of deposit. This looks like a mixed eye. We can see the blue fibers in here, we can also see the orange pigmentation that would usually have to do with the pancreas and the liver. We also see a lot of these closed lacuna, rib leafs, stair-steps, very weak colon and so on. Of course a lot of markings in the sclera. We call this a miasmic or murky eye

because we consider it to have systemic drug accumulation. Now this person has been cleansing her body for about the last 8 years. As an experienced iridologist, you can see that it is still extremely toxic. This accumulation can be due in part to conditions inherited from the parents and it also indicates a state where catarrhal elimination has been suppressed. Now we talked about Herring's Law of Cure and we talked about not suppressing any eliminations. Now Catarrhal is a mucous, it starts out as a mucous, it can, if suppressed, go down and redeposit in the body and cause problems like you see here.

Now we also call this a medic eye. The reason we do that is because it is so polluted that the person can basically cleanse their body for their entire life and it will never become completely clean. You will see these once in a while, not too often, and it's better that you don't see it that often, but you will see them once in a while. If we could come back down to this iris again, here's another look at the eye, let's pan to the left eye. Here we have the other iris of the eye and here again, you can see a lot of the markings in here, the stress rings, you can see a lot of inherent weakness in here. So this person has a lot of work to do, and they've been doing a lot of work but they still have a long ways to go.

Okay, so at this point, please stop your video and go through practice number 7.



Alright, welcome back. At this point, I'm going to show you how to take photos of the eyes. We're going to go through and I'm going to show you how to draw the eyes and also how to take photographs of the eye using the camera and then we're going to go through some case studies.

There are several different kinds of cameras you can use in iridology. I spoke to you earlier about using a digital camera or a 35mm. Now with me today here I have a regular 35mm camera and this 35mm camera, I'll show you here some of the types of photos. Most of the photos I've used in this class I've taken with this camera. So you can see that the pictures are very clear and very defined, very easy to read and very sharp. So if we can come over here, I'll show you how we can take pictures of the eyes.

Here we have an iridology camera, this is Dr. Jensen's iridology camera, this is the 113CW. This iridology camera is nice because it's pretty much an automatic camera, pretty easy to use. It has a regular camera attached to the back, a Pentax, inside this housing is the fiber optic wiring, lighting and special lenses. Now you have to use a special iridology camera to be able to take pictures of the iris simply because you have to be able to get close to the eye. Also, the eye is not flat, so you have to be able to get the picture of the entire iris of the eye. This is the fiber optics here, at the end are the lights, and when we're going to take a picture of the left eye, we will see the light come out here and you'll see a spot on the iris. The same thing goes with the right.

So what I'm going to do now is basically show you how to take a picture, so that when you are ready, if you don't have a camera already and you're ready to possibly purchase one, you can decide if you like this kind of camera. Now I have both, the 35mm camera

and the digital camera. The 35mm is very nice for producing slides, as I've done for this course, producing slides, being able to hand someone a picture. The digital camera is really nice because then you can bring their picture in about 11 seconds directly onto the screen. This helps them so they can see their eyes. So what I like to do is take a picture with the camera first, for my own benefit and then I take them, I put their picture up on the digital, I can show it to them, print it with like an Epson printer, print it out and then they have it.

So now as far as taking pictures, the first thing we need to do is determine the color of the person's eyes. He has brown eyes, or basically mixed color eyes. So up here at the top what we have to do is set the amount of lighting that shows up in the iris of the eye. If too much light shines in, then of course the iris will be too light. So because he has mixed eyes, we'll give him a little more light, more than say a person with blue eyes. And this doesn't mean that what we're actually doing is shining more light into his eyes, we shine the same amount of light whether it's a brown eye or a blue eye, but what this does mean is we're opening the shutter a little bit more. So the first thing we want to do is look into the camera and find the eye. This camera is pretty easy because it only has three dials. One dial down here, this brings the camera up and down. This next dial brings the camera to and fro for focusing, then we have a dial here on the right side, if you turn it, it brings the camera back and forth this way. So normally, when I take someone's eyes, I usually use a drape. This drape comes with the camera. I'm not going to use it today so that you can simply see how we take pictures, but usually we would drape this over this area here and this would keep out any light, any reflection. The next thing we do is have the person look straight into the center of the camera here and have them cover their right eye.

So in having him cover his right eye, we have him focused exactly where we want him to focus, which is directly into the center of the lens. Now that he's focused into the center of the lens, we can look for his eye, find it, focus on it and turn the light on it. AT the top of the camera is a teeny black button. This button on this particular camera needs to be pushed, on the newer cameras, that's no longer necessary. So what we'll do is turn the light on, and we will focus on the eye and have him open his eye real large. Push the little black button. Open your eye real big and we'll take the picture. Now we can turn the light off. And it's that simple, its very easy. Now Dr. Jensen always suggests to start with the left eye, simply because that's where the descending colon is but you can do it any way you want, you can start with the left eye or the right eye, however you prefer.

My suggestion to you is that you make it a regular routine. With every person always start with the same eye, because if you do that, you won't get mixed up and forget to take a picture. If you don't do that, what happens is you start getting confused, "Did I take the right eye?" "Did I take the left eye?" and so on. So now what we'll do is move the camera over so we can take the other eye and have him cover his left eye. We'll find the eye, focus, push the button, turn the light on, have him open his eye real big and take the picture and turn the light off. Its that simple. Once in a while, a person will blink. Watch them to see if they blink, to make sure you get the picture. If you find their eye is not opening properly you can have them hold the lower lid down like this so you can get the

lower part. You can also use q-tips to open both eyes as long as you're careful. Now if you're going to actually be studying sclerology, then what you'll do is rather than having them look straight at you, you will be having them look up and having them pull their lid down.

The next thing, before you leave, I've mentioned various lenses and I've talked a bit about bulb lens and a regular lens. Let me show you the bulb lens. This is an 8x, meaning 8 power, it magnifies the iris of the eye 8 times. This is an excellent tool to use along with your 3x or 4x magnifying glass and your flashlight. So what I suggest that everyone does, when you're working with people if you're going to be looking at eyes with a flash light and a magnifying lens is first use a magnifying glass with a light, see if that will be enough light to see in their eye. If not, use a penlight. As I said in the beginning class, if you're going to use a pen light, be sure you adjust it so that it comes to a very small point and never shine the light directly into someone's pupil. Always go around the iris.

So for instance if we're going to look at a brown eye, shine the light around the pupil, we don't want to shine it directly on the pupil, because that hurts. Also make sure you're constantly moving the flashlight around because it will burn, the person will let you know it burns.

The bulb lens is a little difficult to get used to. It distorts everything. You can look at it this way by having the small end next to the person or you can look at it this way having the large end next to the person. I think its easier to look by having the small end next to the person's eye. Remember when you're working with someone, that you do not want to touch them. So if you're working with a magnifying lens, you shouldn't have to touch them, but when you're using a bulb lens, you'll have to touch them. You'll have to rest your hand or fingers on their eyebrow. So be sure before you do that, that you ask permission. Always ask permission before you touch someone.

So I'll show you here how we'll use this bulb lens. What we'll do here is make sure its okay, do you mind if I put my hand here? Okay, so what we're going to be doing, have your client look directly here at the center here of your nose, then what you're going to be doing is bringing the bulb lens directly up to the eye like this and you'll be bringing the flashlight around like this. This is very beneficial when you're looking for markings such as the British markings we spoke of earlier, if you're looking for a special sclerology marking, if you're trying to determine if a lacuna is a rib leaf or a stair-step because it's a lot easier to see these markings when you're magnifying it with an 8x rather than a 3 or 4x. These work as long as the iris is light and as long as the markings are easy to see. But if you're looking for something a little more difficult to see, especially the heart area, so you would hold it like this, rest your finger on the eyebrow right here, hold it up close and shine the light. If you want to do it the other way, then you can, shine the light, but its much more difficult this way. The same thing with the other eye, rest the hand here, bring this area. Okay, thank you very much.

So now you have learned how to take pictures of the eyes. At this point what I'd like to do is show you how to draw the eyes. Everyone has their own way of doing this type of thing, everyone has their own method. People that are kinesthetic are going to want you to draw their eyes for them. People who are analytic will prefer a constitutional analysis. People who are visual will prefer to see their eyes on the screen. There are three ways that people learn, visually, auditorially and kinesthetically. Kinesthetic means they learn by feeling, and they're usually the type that learn better by drawing. Then we have the visual type of people and they learn better by seeing, so they'll want to see their picture on the screen. Then you have people who are auditory and they learn by hearing, they're going to want to listen to you. They may want to write down notes, but they're mostly going to want to listen to you and that's how they'll learn. So its important when a client comes into you, you can ask them, which do you prefer, would you like a constitutional analysis, have me put your eyes up here on the chart and draw them for you. Which would you prefer? Then, basically go by that.

So what I'm going to do now is draw the eyes for you. I'll show you how I draw the eyes. I usually use red, blue and black pen and I use red to show usually if there is anemia in extremities or other markings such as stress and things like this. Then I use black to show the dark markings. First thing is you want to draw their colon. If you're going to do what I do, I use the actual iridology chart to draw on. I use a non-permanent pen, so that I can make a copy of the chart for the person and then I can just erase the chart and start over again with the next person. It makes it easy. You can make copies of the chart, on just plain paper and then use a pen and draw on it that way, also if you want to. So we can look down here at the chart now, let me draw the iris for you.

First of all we want to draw the colon. Looks like here we have the transverse and it's a little tight, comes out here, a little ballooned, then it comes around nicely, all the way around. Then we have this iris over here, this iris has a very interesting colon, maybe we can focus on this picture, let me show you this colon. Notice up here at the top, at the transverse colon, notice how the ascending colon comes up and then zig-zags. There's a very tight stricture here in this person's transverse colon and it's also prolapsed. Very interesting colon. I don't see too many that are this severe. Okay, so lets go back now and draw, it looks like here we have the transverse colon that comes down like this and it comes around like so, a little flat around the small intestines, it comes around, a little in here, round here like so, cramps up a little bit here on the ascending and it hooks up again. So there we have the colon. WE have some Radium Solaris in this iris, and the Radium Solaris look like they are in the sensory locomotion. Here's a major Radium Solaris, then we have another Radium Solaris in the equilibrium/dizziness center. WE have a minor going through the pituitary, another minor going through mental and pineal, and we have another major going through the eye area.

Then we have a pocket here in the bronchial/shoulder area, and this is how I draw my little pockets, a little triangle. Then we have another pocket looks like here at the heart. We have another Radium Solaris going into the spleen area, another little pocket here in the diaphragm. Here we have a little Radium Solaris going into the left ovary, another going into the thigh/groin area. We have a Radium Solaris major going into the adrenal and

kidney area. WE have another minor going into the uterus, a little major into the bladder, a few more small little pockets in the upper and mid back and then we have a Radium Solaris minor here in the bronchus, a major here in the tonsils and then we're back where we started, we have a little pocket at the nose area.

Now, we have stress rings. So let's draw the stress rings, use a different color, use blue. WE have one stress ring that starts here at about the bronchial area and it wraps all the way down through the kidney. WE have another stress ring that looks like it starts all the way up at the top and comes all the way down here. We have several stress rings on the skin area. We have a stress ring that starts up here in the neck area and goes all the way around look likes to the bladder area. We have another stress ring it looks like it starts here at animation life and comes around and stops in the esophagus, another that starts in the esophagus and comes down to the back. So those are the stress rings in that eye, now let's look at the right eye.

In the right eye, we have a small stress ring looks like from the ear down to the lung, then another starting in the shoulder, coming down, looks like it goes all the way down to the vaginal area. WE have another stress rings just kind of does this little bit, one out here on the skin, comes around. Another starts here in the ribs and comes around all the way down. We have a stress ring that starts here in the head area, the ear and goes all the way around to the thyroid. Another that starts in the medulla and comes to the tonsils. One starts in the thyroid and comes all the way down and around. Then we have another small stress ring that starts here in the thyroid around this way. So we have about three stress rings in this iris. What we can do here now is draw some of the pigments. Let's see right here, we have a lot of pigmentation in the head area, especially the sinuses, pituitary, this person has some leaky gut so we can draw this all the way around. And again, around here.

Also this person seems to have some anemia extremities so we can draw this all the way around the iris, showing that this person has anemia in extremities. Like I said, you can use colored pencils, some people like to get really elaborate, I like to keep it simple, I don't like to go through a lot of time in doing this unless someone actually requests that I spend a lot of time with them. We have a Radium Solaris here that I missed, we have Radium Solaris here in mental ability, pocket here in the tongue/mouth/lower jaw, Radium Solaris in minor in the bronchial. Radium Solaris major in the upper back, Radium Solaris in the lower back. Radium Solaris in the uterus, the thigh, a pocket affecting the appendix, also the gall bladder and a Radium Solaris coming from that. Radium Solaris minor in the pancreas, Radium Solaris going into the bronchial, major into the shoulder, minor into the ear. Another minor in the back. Major in the medulla, major coming off here in inherent mental and also major in animation life and a minor going through pituitary.

The pupil looks like its about the right size but it's flat on top, so we'll draw the pupil. Pupil here, flat on the side, otherwise round, about the right size. The stomach looks over-acid, it's a little bit over-acid, you may not be able to tell that from this distance. Here we have the stomach, and let's see, they may have a little of anemia extremities, a

little Arcus Sinilllis up here at the top. Then you can go on and draw all the sclera veins if you like, but this is my version.

So I can show you if you want, to look at the picture and the drawing, together. You can see the picture here with the drawing. You can then go through and explain to the person, this is what happened, this is what is going on . We can do the same thing with the other eye so that they can see exactly where everything fits. Now again, you can draw a person's eyes in any way that you want. It's completely up to you how you want to draw a person's eyes. You don't even have to make that an option if you don't want, you can tell the person that you take photos, or maybe you don't even take photos, you just look at their irises with a flashlight and magnifying glass, and that's what you do, or you can incorporate all these things. You can use colored pencils, you can make it fancy, you can draw the eyes after you see the person, after you've taken their pictures. You can bring them back for a second consultation. That's something a lot of people like to do, in the first consultation spend half an hour with the person, just go over the main markings that show up in the very first part. Then what they like to do is have them come back in about a week and have them go through a full consultation with them, which would be about another hour, hour and a half.

So it depends on what you like to do. If you like to draw, if you like to take pictures, depending on how many people you're seeing, if you're seeing ten people a day or more, then you're not really going to have time to spend a lot of time in the initial visit, you may just want to spend fifteen or twenty minutes with that person. And that's okay, whatever works for you, whatever you prefer to do, this is your business you can set it up the way you want. What I suggest you do is find out what your clients want and tailor your business to that. If they want to spend two hours with you, an hour on iridology and nutrition and then the next hour on muscle testing, learn muscle testing if you don't know and then offer it. And if they want only to spend an hour with you then incorporate everything into that hour. How much you charge will determine whether or not you get a lot of people and what type of people will come to you. Then you also have to decide what types of diseases and illnesses do you want to deal with? Do you want to deal with chronic heart problems, cancer? Do you want to deal with simple ailments such as allergies, arthritis and asthma? How far do you want to go? What is it exactly that you want to accomplish? Who do you want to work with and how do you want to help them?

So please stop your video and go through practice number eight.

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Now we're going to take a look at some case studies. Before we do though, I'd like to talk to you briefly a little more about the camera and also the software that's available to you if you're interested.

So first of all we have a software available called Soft Iris Pro. I've actually used this software, if you have a digital camera or are going to be using a digital camera, this software is pretty good. Most people are fairly happy with the software. It puts an invisible grid on your computer and if you have an iris that shows up on the screen or two

irises that show up, the digital camera will bring the irises up to the screen and freeze them on the screen by themselves, so they'll be on the screen. They do not do any analysis for you, so you'd have to buy separate software for that. This software right now is running about \$300. So it puts an invisible grid up on your screen so you would have a chart like Dr. Jensen's iridology chart actually up on the screen itself. Of course it wouldn't have all the markings I've made on it but what will happen then is if you have an iris picture or someone's eyes on the screen, you can click on the lacuna and it will actually state on the screen where that is, such as left shoulder, right eye, upper left lung, right kidney and so on. You can go through and click. Then there's places on the left side and right side, for your notes, so you can type on there, chronic lacuna, left shoulder, such and such is recommended, diet change, lifestyle changes, baths, fasting, colonics, relation, whatever you recommend. So this is a pretty good software to use.

We also have another type of software which is from the Naturopathic Technologies. This is a newer software that works directly with the digital camera and it costs about \$450, so it's a little more expensive. But, I actually think it's a little bit better. It's an iridology control program, it also has the grids, several types of grids, American and German charts, you can lighten up the irises with this software, you can zoom any region, sample and record pigmentation changes, create negatives, measure pupil sizes and it will also look the pupil for you and tell you about the flattening. You can also use it as a scanner and scan in existing photos and slides. So if you have slides like this and you'd like to scan them into the computer, you can scan them yourself rather than having to pay for someone to scan it in for you.

One of the other things this software allows for is that it allows you to have a page for their irises. You'll see here its got an area for their name, their address, phone numbers and so on and then it will have iris signs, it has brain area, it will tell you, animation life center, that there's a cramp ring, it will say "constitution" and you can say "Weak, strong, medium," and so on. There's also patient history where it will actually tell you what it thinks you should suggest so this stops you again from practicing medicine without a license, it helps you avoid prescribing.

So here we see suggested supplements, herbals, celery, vitamins, skin, they have ascurf rim, these are the observations in the suggestions, exercise, nutritional counseling, skin brushing, rest and relaxation and see chiropractor and so on. So the program will actually make suggestions for you. You don't have to use them, you can delete them, you can use a different type or put your own suggestions in there. But this is a benefit, to have this program. Here we also show some other things that can show up in the program. It will show you sclera information, indicator lines, influence lines. Also, these are all the other things included, vascular signs, these are all the sclera signs we spoke about earlier, the congestion line, the infection line, drug impediment, surgery lines and vascular lines.

So it will create a report, which will have what the weaknesses were in the iris, and then it will also put down the explanation and produce a report. That's a really nice thing to do. There's another report in here you can create called "Patient Details" and this is where you list everything from the person starting with however you decide to keep track

of your clients, number 10 here, name, address, state, phone numbers, date you saw them, birth date, marital status if important, any children, occupation, religion if that's important to you, insurance, yes or no, if you take insurance or not, what their family history is, what are the weakness that their family has had, cancer, diabetes, what have been the weaknesses in the family. Surgery, have they had surgery, if so list it here. If there's any current treatment, taking herbs or vitamins, prescriptions, of course medications are down here are they taking any natural supplements, B-12, folic acid, have they had vaccines? No vaccines or all the vaccines? Also over here, in the right side over here, we can put their eye color, what color are their eyes, are they blue, mixed or brown? Over here we see blue-green. Is it male or female? What is their weight? What is their height?

Down at the bottom you can add whatever you want. Here we have blood pressure. If the person knows their blood pressure or if you are working with them on their blood pressure and you need to keep track or any additional notes that you may want to add here. These details, these charts can be changed and edited. They are beneficial to use. So if you decide you want a digital camera or you have a digital camera and you're looking for some software, that is something we are more than happy to provide you with. These cameras are pretty expensive, depending on how much money you want to put into this business. The camera that I used here to take the pictures runs about \$3,200. We have installment plans, so if that's something, if you have that kind of money and you want to put it all out at one time, or if you want to have an installment plan, that works also as long as you qualify for the loan then you can have an installment plan. The digital cameras run \$4,000. There again, same thing, we have installment plans, that will run you about \$120 a month. ON the installment plan you can purchase the camera with the installment plan and pay it off as soon as you like. It's a three year program, you can pay for it at \$120 a month for three years or you can pay it off in one month or two or three months, whatever works for your budget. If you wait the entire three years then you're going to pay about \$1000 in interest. So that's something to think about. As far as buying used cameras, there are many used cameras out there. WE have one of these cameras for sale right now that's used, maybe about 6 months old. The iridologist is selling it and is probably going to reduce the price several hundred dollars. If you're interested let us know.

So there are many used out there. Just be sure that if you purchase a used camera that before you purchase it you see the pictures that the camera takes before you use it because once you buy it, depending on the warranty, you may be stuck with a camera you don't like. Used cameras can run anywhere from \$800 to \$2000 or \$3000, depending on what you want to invest in. There are Lima's, they are pretty good, handheld cameras. You rest your elbows on the table, your client rests their elbows on the table, you hold the camera here and then you lean in. There's Polaroid cameras. Dr. Donbach is still producing his cameras. His camera is a very lightweight, portable camera that's pretty nice. Then there are dr. Jensen's cameras and there are many other cameras. Again, your budget, what you're interested in, the warranty, the type of pictures you want, digital vs. 35mm, that's up to you.

Okay, at this time, I'd like to go ahead and start going through several case studies. I'll tell you a little bit about the person, the types of programs that the person's been on, what they've done, what they've complained about and how they've healed themselves, or if they're still in the same situation or worse.

Case studies are very good. Its nice to have them. If you've been working a long time looking at eyes and working with clients then you can basically show the kind of improvement the person has made. Of course as an iridologist, you're not doing the work, you're basically a guide or a coach. You're there to assist them to find the path that's right for them. Some people will come see you once, and you'll never hear from them again. You'll have other people who will come and see you on a regular basis depending on how often you follow up and how you follow up. Remember that you can see markings in the iris within about a week to two weeks after a person begins a program but it all depends on the person and how quickly they heal, how quickly they change. I've seen some people's eyes, put them on a cleanse and in three months, their eyes will change color, whereas I can put somebody else on a cleanse and five years later, their eyes look the same. I think that has something to do with emotions and how well they let go in life and it's something that because the emotions play such an important part in a person's life I think that also has to do with a person's body changes.

We're all one piece and everything affects everything.

So let's go ahead and look at these irises here. Lets move to the left iris. We can see this person has a lot of stress, can't we? This photograph was taken in 1997. Even still in 1997, this person has had quite a bit of stress. These stress rings in this photograph are pretty subdued. This person has been working on their body for about 10 years. It's a mixed eye, however, the eye used to be much darker and the person, this client, had seen quite a few iridologists. Dr. Jensen was one, Dr. Bodean, in New York, Dr. Johnson in Arizona was another, and there were several other iridologists. All of them had conflicting information as to the actual color of the eye. Some people said the eye was blue, some said the eye was brown, some said the eye was mixed. Everyone agreed that there was a lot of stress and problems. AS far as the history of this person, this person had colitis. You can see that here in the colon, notice how dark the colon is and the muscle tone of the bowel here, its actually much better than it used to be, the muscle tone here is still a little loose and there's still a little bit of a cramp here. Notice the enervation, the autonomic nerve wreath is very hard to see. So there is enervation.

The program that this person was put on was a very good program and it worked. Basically the person was not able to eat out, was not able to eliminate without laxatives, the person was addicted to over the counter laxatives. There was alternating diarrhea and constipation, a lack of enzymes, the person was on a very simple but poor diet. There were a lot of food allergies, they had a lot of stress so they were breaking out on their legs and arms with hives on a regular basis. They had headaches and had to take over the counter medication for the headaches. There were severe menstrual cramps, so now you know it was a woman. Also had severe low back pain. So if we look at this iris, we can see that even after all these years, there is still quite a bit of work to do. We can see that

the colon is still dark, however, it has lightened up quite a bit. But the main thing that has changed in this person is the iris itself. The iris is no longer the dark brown color it used to be. It is now much lighter with the blue fibers showing through. The stress rings have never changed as far as the number, they'll never go away. But what they have done is that they are very, very subdued compared to the way they used to be. They used to be very, very white and wide. So they are much calmer.

Also, the colon, even though still has this orange pigmentation in here, it has lightened up quite a bit in the number of years. If we move over here to the right iris, we see a very dark pocket here in the small intestines. This pocket has caused quite a bit of problems for this person. The fact that it's up in the small intestines has been a difficult area to heal. This person has done about 8 different colon cleanses, several fasts, colonics, enemas and a lot of medicinal herbs to try to heal their body. They are finally at the point now where this person can eat just about anything, they can do just about anything. This person no longer has colitis. This colitis was an incurable disease but they no longer have it, they no longer break out in hives, no longer has back problems, can eat out any time that she wants, no longer has menstrual cramps. So you can see over the last ten or eleven years, this person has done a lot. This person has changed her life twice, actually and has done a lot of work.

Let's now take a look at a blue eye. Let's move to the left eye. Here we have a man in his late thirties. This person has you see, has a very good constitution. This person is the kind of person who can eat anything and do anything. However, now that he is further along in life and in his late thirties, he's starting to notice his body is changing. He doesn't have quite as much energy as he used to have, and can't eat anything anymore. Notice that he's a blue eye, and blue-eyed people tend to have respiratory weakness. He notices that if he eats yogurt, cottage cheese, cream cheese, ice cream especially, that he gets extremely mucous-y. These are food allergies. We see here in this iris, this yellow pigmentation here in the iris. We see the yellow markings here, the pigmentation in the iris. We know that this person has a little bit of leaky gut. Also if we look over here at the sclera, in both eyes, this person has fatty deposits. Quite a bit of them, and this is a new problem. This was not in the sclera a year ago. Let's continue to move over and let's look over here, we see a lacuna in the gall bladder area and it looks like the liver is stressed, which explains to us why this person is no longer to eat everything and anything that they used to eat. They are no longer able to digest as well as they could. Also this person's energy is not as high as it used to be and this person has a lot of intestinal gas. Notice the pockets. Otherwise this person tends to be fairly healthy. Memory is not quite as good as it used to be, notice he has a little bit of an arc here, and as far as immunity, his immunity is very, very good. He doesn't catch colds, doesn't seem to have many problems. But this person does not suppress any catarrh. He is constantly eliminating catarrh. Constantly blowing his nose, eliminating mucous. If he was not constantly eliminating the mucous then he would have a lot more material deposited in his iris.

So this is a case study here of someone who has a strong constitution, someone that has not really worked on his body very much. He's done several cleanses, he did a gall bladder flush, passed some gallstones, he did a colon cleanse and realizes that he needs to

do another colon cleanse. He has been working to improve his diet, but it seems the next thing that needs to happen is he needs to work on his liver and his gall bladder a little bit more.

Let's look at these pictures here. Here on this iris, I showed you this one earlier, here we can see hardening of the arteries, especially worse on the outer part of the iris and up in the head area. Now this person is a black male and he is I'd say in his late sixties, early seventies. He's had a stroke. He's come back fairly well, he isn't paralyzed although he doesn't move around like he used to. He never underwent kelongation therapy although it was suggested to him. He had symptoms quite a while that he was beginning hardening of the arteries. This person was a chiropractor, is still a chiropractor. So he's still able to function, but his memory and thought processes are nothing compared to the way he used to be. He's extremely forgetful, forgets directions to get places, has difficulties concentrating. Look at the sclera in this eye, you see here that there is definitely liver involvement. If we look over here to the right iris, we have the same thing in this iris. Notice the pupil and how bright, how white it is. This is definitely something that needs to be taken care of and at this point in his life, he still has not even after the stroke, undergone kelongation therapy. So that old saying that you can lead a horse to water but you can't make him drink is exactly true. People have to want to take care of themselves. They have to want to take care of their body. They have to want to heal their body. They have to realize that if they don't take care of their body, no one else is going to do it for them. So all you can do, again, is coach and lead a person and then it's up to that person whether they take your advice or they don't take your advice.

Let's look at these pictures here, moving to the right iris. This is the iris I showed you earlier, this is the one I drew. I find this extremely interesting here in the sinus area. Remember the sinus is right here above the transverse colon and above the brain area. This is a woman who is 35 years old and she has had chronic headaches, sinus infections, chronic sinusitis. She also has had chronic back pain. She went to three doctors, one being a chiropractor, one an osteopath, and the other one being a surgeon. The surgeon told her that he needed to go in and remove one of her vertebrae. The chiropractor told her could adjust it and fix it and the osteopath basically said the same thing, that surgery was needed. So what this woman has done in the process is she's begun to use medicinal herbs to help with the inflammation, she's learned that she needs to move around, she's worked on relaxing that area of the lower part of her back. She's in aerobics now, rather than sitting, and interestingly enough, the pains are gone. No surgery, she has had some chiropractic adjustments so she has had some help in that area. She is taking responsibility for her health. She's changed her lifestyle. Let's look at the sinus area. Notice how the transverse colon is coming down. This woman has constant pain in her upper right corner of her ascending colon, actually the beginnings of the transverse colon and here we have the ending of the ascending colon here, so this is about where she would have pain, she would have cramping there.

Now this is a new client, now that she knows what's causing this problem, so now we are going to start working on her transverse colon and open this up for her and get it working properly. Notice there is leaky gut, she probably has parasites and she has this problem

here. Now sinuses. This woman has used medicinal herbs for her sinus infections and they have given her some relief but they have not completely taken care of all the problems. She's had some dental problems. She went to the dentist and they told her it was her wisdom teeth. Her wisdom teeth were putting pressure on the nerves going up into the head area and affecting her sinuses so they recommended that she have her wisdom teeth removed. Now they told her that if she had her wisdom teeth removed that she might lose some of the feeling in her face. She decided it was worth the chance of losing the feeling and she had her wisdom teeth removed. This has been about three months and she had not had one sinus headache since having those teeth removed. So here again, we see someone that has taken responsibility for their life, has done what needed to be done, made decisions based on information she was given, went and was given three opinions about her back, chose the best route, handled it and now she had the decision to make about her sinuses, was given the information, was told she needed surgery to clean out the sinuses and now she has no sinus problems.

So its very important that people understand that when you're reading their eyes that they can heal their body. There is absolutely no reason why they cannot heal their body. AS long as blood is entering these areas, as long as an area is not degenerative or destructive, and even so, even when an area is degenerative or destructive, it can still be healed a lot of times if the person is willing to do what it takes. At that point its far more difficult and takes longer, but a person can still heal their body.

Let's look at the next pictures here, the left eye. This person was shot in the head. This person still has some material in their spine that they were never able to remove the shot. So he has some definite poisoning going on in his body. He's noticed a lot of difficulties with memory. He's found that since he's been shot, he has to study and read material over and over again in order to retain it. Now this man is in his late forties, early fifties. Very smart individual, certified in just about anything you could imagine but notice the material still in his body. He has done many cleanses, many programs, many medicinal herbs. He has worked a lot on his body. Look over here at the right sclera. What we'll see here is the fatty deposit here and a lot of congestion lines. So there is still work to be done, but he's on his way to improving his health and I think that for this person its going to be a constant battle, so to speak, to be able to heal his body because of the problems and because he was shot.

Please stop your video and go through practice number 9.



I'd like to conclude now and basically thank you for looking to Joyful Living Services for your certification. We hope you've enjoyed studying with us. We hope you've learned a lot about iridology from us, a lot of basic skills, you've learned constitutional iridology, you've learned a little about sclerology and British signs. We hope that you will continue to learn iridology in the future and that you will also continue to work with people. We also invite you to work with us in whatever way you feel comfortable, whether its coming to the Bay Area and working with us with clients or working with us via the web or

email. Whatever works for you is what we will be happy if you will take the time and you need any support. Please stop your video and go through practice number 10.

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Now that you've finished all your practices, there will be the test. Once you've completed the test for this course we'll grade it and as long as you passed at 80%, we'll send it back to you along with the certificate showing that you've completed the advanced course. Along with the certificate, you will receive your final exam. Once you've completed your final exam, please send it back to us and once you've passed the final exam, you will receive your certificate of accomplishment. Please stop your video and go through the Advanced Iridology Test.

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Please let us know if you have any questions, if you need anything, if you have any questions about any of any of our courses. Let us know if we can assist you or support you in any way. Remember that iridology is a tool to use to help those that you are consulting with. It's a very effective tool for looking into the eyes, and I thank you again.

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