



*Beginning Iridology
Correspondence Course
Transcription*

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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 homework, you will be able to look into someone else's iris and determine what markings are evident and what those markings mean. You will be able to make simple nutritional and lifestyle suggestions.

Welcome to Beginning Iridology. My name is Brenda Generali and today I'm going to be teaching you iridology. The purpose of JLS Educational Services is to teach people how to be responsible for their own health through the use of iridology, nutrition, kinesiology, muscle testing and education. Today what I'm going to do is give you basic Iridology skills. I'm going to give you an introduction to Iridology and we're going to talk about where Iridology originated. We're going to talk about the history of Iridology, and I'm going to explain to you about the true eye colors, blue and brown as well as mixed eye colors. I'm also going to explain to you what a true green eye really is. I'm also going to go through what's called Herring's Law of Cure. Herring's Law of Cure is the way we heal our body. We're also going to go through a chart that tells us what Iridology does for us and what it cannot do, so that you know exactly what Iridology does and does not do. I'm also going to do a little example of how you can approach a client. How do you hold a magnifying glass and a flashlight to a person's eye without burning their eye? How can you look into someone's iris and determine exactly what a marking is in their iris? Then we're going to go through recognition of the eye and study of the Iridology chart. This is very important. In order to be able to perform Iridology, you have to be able to look at the iris and tell exactly what markings are where in the iris. If you find a marking in the iris in a particular part of the iris, where is that marking located? Is it in a lung area, a heart area, the bowel area, or in the stomach? And if it is in the lung area, heart area, or bowel, or any other part of the body, what does it mean?

We're going to go through recognition of the eye. We're going to study the Iridology chart. We're going to go through most of that part of the chart. Then what we're going to do is go through the disease stages and the levels of inflammation. In order to perform Iridology you have to be able to tell a person what stage a particular area is in, what level of disease or level of inflammation is this area of their body in that may be causing their symptoms, because people are going to come to you and say "I'm having a particular problem." Sometimes people will come to you just because they're curious and they want to know what shows up in their eyes. But usually it's for a particular reason. They're having a problem. They've sought other kinds of treatments. Maybe it's worked, maybe it hasn't. They want to see what shows up in that part of their body. And you're going to be able to tell them. You need to be able to tell them what level of inflammation is in that part of their body. So you can tell them, this is now what you need to do about that. Here we have an area that is weak, it's inherently weak and here's what you do about it.

We're also going to talk about Iridology signs. What can show up in the iris? Now remember, you need to know, iridology does not diagnose disease. We are not doctors. We cannot diagnose disease. We cannot tell somebody you have diabetes, or you have cancer, or you have arthritis, or so on. What we are doing is we are telling people what

their inherent strengths or weaknesses are in their body. Are therefore the definition of Iridology according to Dr. Bernard Jensen is “Iridology is the study of the iris of the eye, to determine strengths and weaknesses in the body.” That’s what we’re doing. We’re telling them where their inherent strengths and weaknesses are in their body. Then what they can do to correct those or heal those, so that when, in 20 or 30 years, they will feel better than they feel today.

So we’re going to go through the Iridology signs, we’re going to go through them and explain them, and then I’m going to basically give you a conclusion. What is your goal? Why do you want to learn Iridology? What is the purpose? Why are you taking this class? Why are you watching this video? What is the purpose for you to learn iridology? Are you learning it for yourself as a basic instruction and to learn about it or do you actually want to go out in the field and practice Iridology and help people, help clients, determine what’s going on in their body?

So now what I’m going to do is give you an introduction to Iridology and when we look at an iris of the eye, we look at the entire iris of the eye. When we look at the eye, we’re looking at all the parts of the iris, we’re looking at all the colors, so we see oranges here and yellows, we’re looking at the pupil. Let’s start from the center. We look at the pupil. We look at the size and the shape of the pupil. We look at the color of the pupil. We look at the ring around the pupil. Is there a ring? Now with Iridology, when we don’t see something it means that that area is functioning properly. When we don’t see a marking in a particular area of the iris, it means that it’s functioning properly. So when we don’t see a ring around the pupil or we don’t see this yellow discoloration, or this pigmentation in the iris, or we don’t see these little markings here in the iris that look like little holes and lines and markings here and this ring around the outside of the iris. When we don’t see these markings, we know this person’s body is functioning optimally.

But when we DO see these markings in the iris, this tells us where there is a weakness, where there’s an inherent weakness, what parts of the body are functioning properly and which are not functioning properly. Where there’s sluggish areas, where there’s too much stress, where there may be toxic settlements and a weakness causing symptoms.

And so its very important to look at all the parts of the iris. What we also do is look at the sclera, the white part of the eye. This is called the sclera and there is a science, called the science of Sclerology, and it’s actually a study of the white part. What we’re actually studying is the blood vessels and what direction these blood vessels are leading, where they’re pointing in the iris.

Now let me tell you a little about the history or Iridology. The story of Iridology began with Dr. von Peczely. Dr. von Peczely was a Hungarian physician. The story behind Iridology is that von Peczely found an owl in his tree. Dr. von Peczely tried to free the owl from the tree, and the owl’s leg broke. Dr. von Peczely mended his leg and in so doing noticed a line form in the bottom part of the owl’s iris. This intrigued Dr. von Peczely and he wondered, why does this line show up in the lower part of this owl’s iris? What does this mean? So Dr. von Peczely began to study other animals before surgery,

after surgery , before medications, after medications. Broken legs, and so on, and started noticing markings showing up in the iris. This is basically the beginning of Iridology and how it started. Note here that the lower part of the iris here directly at six o'clock is the leg area, and it happened that it was the leg that broke in the owl.

Now I'm going to show you a few charts. I'm going to go through these fairly rapidly. This is how some of the charts have changed. This is a chart from 1886 and of course this is Dr. von Peczely's first chart. And you will notice here that even in this chart he talks about the lung, and of course I can't read German but I know that some of the areas, the knee and the foot, these are the areas that are the same in the charts we use today. Note here Nils Liljequist, his chart, and how different it is from Dr. von Peczely's chart. Here's a chart, this is a German Iridologist named Peter Theil, and notice his chart where he actually correlates the parts of the body to the iris coloration. Here's another chart just in black and white. But notice here this marking here in the chart, this is the spine area on his chart and today this is pretty much where the spine is today. Here we have the lung, pretty much in the same place, and the brain. So you see here that the chart continues throughout the years. This is a chart, actually my favorite chart, from Chile'. Here we actually have the parts of the body showing up in the chart. You'll see the brain and the face and the eyes, the nose, the lips, the thyroid, the spine, the leg, the lungs, the heart, the liver, the spleen, the stomach and the colon. So when I look at this chart, there's no question in my mind exactly where the body parts are located.

Now there is typically three colors of eyes, of true eye color. There's blue, there's brown and there's mixed. Now a blue iris is an iris that has a fairly strong constitution, typically fibers are nice and straight, but not always. Sometimes we can have what we call a weak constitution. Constitution is the genetic makeup of this person. And so what we see is fibers in the iris. I want you to look at this slide very carefully and note the fibers going from this area here which is called the autonomic nerve wreath, which we'll talk about later, out to the perimeter. Notice the fibers. We also call these tribiculi. Notice the fibers coming out. This tells us that this is a true blue iris. Note that the fibers are fairly tight. You don't see a lot of spaces in here, and we don't see a lot of different colors or pigmentation. We don't see a lot of deposits, we don't see a lot of any markings in this iris. This is a very nice, true blue iris. I always get questions, show me an eye of a healthy person. Show me an eye of a true blue eye, a true healthy person. This is a good example of a healthy person. Sure, this person is going to have some inherent weakness, there is no perfectly healthy person, but this is a good iris to show you. A good healthy person.

Now what are some of the tendencies of the blue iris? A blue iris we call a lymphatic tendency. These are usually people who are of European descent. A blue-eyed person is usually of European descent. They are normally prone to lymphatic disturbances and catarrhal afflictions. Catarrh means "I flow", mucous. They are frequently heavy consumers of dairy products, and they have greater tendency to accumulate uric acid in their bodies, as well as to have kidney troubles. Blue-eyed people tend to have kidney troubles. They need to pay particular attention to the following mucous membrane areas: the upper respiratory tract, bronchioles, villi of the lungs, digestive tract, and urogenital

tracts and lymphatic tissues. Lymphatic tissues include the tonsils, the appendix, the spleen, and the lymph nodes as well as membranes of the joints. Blue-eye people tend to have problems which include sinus trouble, sore throats, tonsillitis, bronchitis, ear aches, asthma, swollen lymph nodes, skin catarrh, which is eczema, or psoriasis, dandruff, kidney weakness, arthritis and rheumatism.

Now this has been found to be fairly accurate, so you need to look at this. If you're a blue-eyed person, does this pertain to you, does this match? Do you tend to have these kinds of weaknesses?

Here we have a brown eye, a true brown eye. Now if I'm standing in front of you and I look at your eyes, I may think from a distance that you have a brown eye. It's not until I actually stand in front of you with a flashlight and magnifying glass and really look at all the markings in your iris before I can determine if your eye is a true blue or a true brown iris. According to Iridology, most people have blue eyes. Now this is a true brown iris. The way we can tell it's a true brown iris is the brown pigmentation throughout the iris. Note that underneath this brown pigmentation are fibers. There are iris fibers underneath this pigmentation and on top is this brown pigmentation everywhere. Now this makes it much more difficult to read this iris, because what we're looking for are the same markings we looked for in a blue iris and we can't see those in a brown iris. So we have to assume, depending on the symptoms the person is complaining about, depending on what else we can see in the iris, that these weaknesses are here. Notice in this brown eye that there are. We cannot see any fibers like in the blue eye, but note what we can see: this blue ring around the outside of the iris. We see this pupil and the fact that it's very large, and also it's hazy. We see that there is a dark ring around the pupil itself.

This dark marking, in case you were wondering, is from the camera from the flash and so are these white spots. Any time you see any glare, like this glare here, this is from the flash. This is not part of the iris. This is from the flash taking the picture. Notice this marking here, this kind of yellow deposit. We call these fatty deposits. This usually means problems with the digestive system.

Now because this is a brown eye, we call this hematogenic, instead of lymphatic, as with a blue eye. With a brown eye we call it hematogenic. And the tendencies tend to be predisposed to imbalances in blood composition, and blood disorders. They usually have an inherent inability to store adequate supplies of minerals. They have problems with calcium metabolism. Specific systems and organs to pay attention to are the circulatory system, which is the heart, the blood, the blood vessels, the organs that make the blood, which is the liver, the spleen and the bone marrow, and the digestive system and the endocrine glands. Common health problems experienced by brown-eyed people include anemia, which is low iron, hardening of the arteries, all types of blood diseases, constriction and hardening of lymph tissue, possible reduced leukocytes in the blood, digestive troubles, mineral deficiencies, and early breakdown of the endocrine glands. If you're a brown-eyed person, you may want to take a look at that, and see if you've experienced any of those problems, any of those weaknesses. That's the difference between a blue eye and a brown-eyed person.

Note this blue ring around the outside of the iris. This is very easy to see. When you stand in front of somebody who has a blue eye, a brown eye or even a mixed eye, which I'll go into in a few minutes, the first thing you can see is this blue ring. Most people have this ring. We call this anemia in the extremities. We also call this venous congestion. This is a lack of circulation to the extremities, to the hands and the feet. It means the person does not have enough iron in their blood, does not have enough oxygenation, and is having a difficult time bringing the blood back up the body. We need to look at other areas, which I'm going to go into a while. Now let's look at what we call a mixed iris.

A mixed iris we call biliary. Note there is both the blue and brown fibers in this iris. Note the fibers that are coming out in this iris, the trabeculi that are coming out this direction. They start here at the autonomic nerve wreath and they come out towards the outside of the iris. Note also this brown pigmentation in this area here. This happens to be the center of the body. The center of the body happens to be the digestive system. Note that brown pigmentation. This tells us that this is a mixed iris, a mixed biliary. We call it a mixed biliary iris. Tendencies for a mixed biliary iris are hepatic or liver troubles. If you see someone and you're looking into their iris, and you note they have a mixed biliary iris as I have, you will note the first thing is they probably have something going on in their liver, or in their gall bladder. Also, toxicity in the body due to digestive problems and other things include imbalances in the glandular and circulatory systems. Body systems and organs to pay attention to are the digestive system, which is the stomach, the pancreas, the gall bladder, especially the liver, and the intestinal tract. When you see someone like this, depending on how strong they are, you may want to focus on their digestive system. Common health problems include hypoglycemia, PMS, indigestion, gall stones, constipation, gas, toxicity of the digestive tract, anger or depression. I'm sure you've heard that anger is held in the liver. Difficulty getting to sleep followed by difficulty waking up in the morning, nausea, stiffness and achiness, headaches, especially migraines, food allergies, seasonal allergies, and Candida. Candida is a yeast overgrowth in the body. If you have a mixed biliary eye, have you had any of those symptoms? If you have, then you know what area to focus on.

As a basic recap, the blue eye tends to be lymphatic, a brown eye tends to be circulatory and a mixed eye tends to be digestive.

What about a green eye? I've heard many people say, "I have a green eye." Well, according to Iridology, there is no such thing as a true green eye. Let's look at this eye. Note first of all there are fibers coming out here from the iris, all around, and there is no brown pigmentation but there is yellow. Notice the yellow here in all these markings. In all these areas there are yellow spots, yellow markings. Now if you think about crayons, if you mix blue and yellow, you get green, correct? So here we have it. We have a blue iris with a lot of yellow pigmentation on top of it. This makes the iris look green. And what do we say about a blue iris? It has lymphatic tendencies. This can all be cleared out of the body. And remember when we're looking at someone's iris, we're looking at their body, not just their eye. So if I was to work with someone that had a green eye, I would

tell them to cleanse, depending on their constitution, depending on how strong their body is. We'll talk about that a bit later.

Now here is this iris, when we look at it from far away, it looks like a hazel eye. If you stand in front of somebody and you say you have a hazel eye, chances are this is what the iris is going to look like. And note again, this is a mixed biliary eye. This is a mixed iris. We have both the blue fibers and we have also this brown-orange pigmentation.

Now what I'd like to do is talk to you about Herring's Law of Cure. This is the way that we heal our body. No one can cure your body, you can cure your body yourself. We don't even like to use the word cure. What we like to talk about is healing. The way Herring's Law of Cure works is this: you heal from the head down, from inside out, and in reverse order as symptoms have appeared or have been suppressed. So let's take a look at this. We heal from the head down. What does this mean? This means that first we must believe that we can heal ourselves. How many people do you know say, "Oh, I have such and such a problem and they say, oh, I'll try and see if I can get rid of it." Right off the bat the word "try" tells me that they don't really believe they can heal their condition, and it's not going to work. Because they don't really believe it, they're not committed. But if I have somebody come in to me and say, "I've had this for five years, I'm tired of it and I'm willing to do whatever it takes to get rid of it, I believe I can get rid of it," then they're on the right track. Whether it is a lifestyle change, dietary, herbs or vitamins, slant boards, colema's or colon cleansing, if they're ready to get rid of it, then it will work.

Secondly, the body heals from the inside out. What does this mean? This means they need to cleanse. The body needs to purge the impurities, and it needs to cleanse these out of the system. And it does this by increasing the mucous in the mucous membranes. It does this by giving you symptoms of diarrhea or a cold, or breaking out on your skin. Whatever your body feels is necessary to cleanse out an impurity, it will do. So for instance, if you're constipated all the time and you open up your bowel in whatever way you do, using herbs as a natural form, what will happen is that will open the elimination channel so that your body can cleanse through your bowel. One way of cleansing is of course diarrhea. If your body determines that it's time to cleanse through the skin, it has a certain amount of material that it's suppressed for a certain amount of time and the skin is the easiest way to eliminate it. Since the skin is one of the eliminator organs, you might break out all over your back, or you might break out all over your face. But this will only last a certain amount of time, usually only three to four days. Now the last part of this is that we heal in reverse order as the symptoms have been suppressed. What that means is that the last illness that you had that you suppressed is the first illness the body will look at and try to eliminate.

So let's say the last illness you had was a cold and let's say you tried to go through the cold naturally, without suppressing it. You tried not to suppress a fever, you tried not to suppress elimination, but you had to, you had a presentation to give. So you took something that stopped the fever, that stopped the mucous, so you could go on with your day and do the things you needed to do. That means that material, what the body is

trying to eliminate, is being suppressed. It usually will go into the body and later on can create other problems since it was suppressed.

So what the body will do is the body will eliminate that and it will bring up the mucous. It will bring that up and it will try to purge that material. You might get a cold, or you might bring up another fever, to burn it out. And so its very important that in doing that, you allow that to happen. Now we call this a healing crisis. Healing crisis' are when the body goes into a type of cleanse. When you look at the iris and you see healing everywhere it's important to let that person know or to know in your own eyes that you're healing everywhere. Your program is working. But also note that your body when it's strong enough, when it's healed enough, it may come up to a healing crisis and it's going to do whatever it needs to do to eliminate whatever has been suppressed. So its' very important to trust your body. Your body knows what its supposed to do. It knows what it needs to do it eliminate. So we call this Herring's Law of Cure. It's the body's way of healing itself and it's the body's way of eliminating catarrh and mucous and material that has settled in the tissues of the body.

Now let's look at a few markings in the iris that have been suppressed. Here's an iris, and in this iris we see what we call drug deposits. Note these dark markings here. These dark reddish pigmentations. Now there are three basic colors that show up in the eye. There is yellow, there is orange and there is brown. Really there are five colors that can show up in the iris of the iris, there is straw yellow, notice in this iris we have some of this straw yellow. Straw yellow is like in this green eye that I showed you and it normally shows up first. This means that there could be kidney problems. It could also be sulfur problems. It can also mean that there is a lot of mucous in the body. Now when we see a lot of this orange pigmentation there is usually this yellow pigmentation underneath. There is also neon orange and we don't really see any neon orange in this iris. Neon orange usually related to the pancreas and blood sugar problems. So you could say that if you see a lot of orange in the iris that this person may have blood sugar imbalances. This person might come to you with say, hypoglycemia or diabetes. Again, you are not a Doctor, you're not allowed to diagnose them and say, "You have orange markings in your iris so therefore you have diabetes or hypoglycemia." That is not acceptable. What you can do is tell them that it looks like they have a tendency towards blood sugar imbalance and problems with digesting or metabolizing carbohydrates.

So it is very important, and I'm going to stress this throughout the video, it is very important in the wording that you use with people because you are not a doctor. Now if you ARE a doctor using Iridology to help you determine what's going on in the body, that is different. You can use whatever wording you use as a doctor. But if you are not a doctor, it is very important that you do not act as one. Remember that we are looking for inherent strengths and weaknesses in the body.

Now note this dirty orange. Note this iris has a dirty orange in the pigmentation in the iris and this can also relate to the pancreas but it can also relate to the gall bladder. It suggests a tendency towards gall bladder problems, and if there are gall bladder problems this person will certainly tell you. They'll tell you that they're having problems digesting

fats and proteins. After they've eaten something with a lot of fat, they may have a stomachache and other problems. One thing you can do is look here in the sclera and see if they have a deposit there, a fatty deposit, which kind of looks like a yellow fatty material sitting on top of the sclera, normally sitting here towards the nose area.

Now we also have a dark brown. This is more of a rusty color here but we also have a dark brown. You could say that some of this here is a dark brown color. The dark brown usually related to liver function. So if we see dark brown in the iris we can then look in the liver area of the iris and see if there is weakness in the liver area. We also have reddish brown. Note the reddish brown marking here, the rust color of the iris. This usually means a breakdown in the blood, and a need to work on the blood purification and building. There also may be possible problems with liver, also the spleen and maybe even the bone marrow. Note this area here and the markings. Now whenever we see these deposits, these pigmentations, not only do we know that this material has settled in these areas but we also know this area is weak. So we're looking at two different things there. Not only are we looking at what color this pigmentation is and what it means, but we're also looking at where it lands in the iris so that we know what part of the body it is affecting. This can cause acid in this area, it can cause pain, it can cause sluggishness, and it can cause many different kinds of weaknesses in these areas.

Here's another iris. Now this iris, I can give you a bit of history for this person. This person is a child and note the marking here this is the brain area, the top of the iris this is the head, the brain, note in this part of the brain the marking. The mother had brought this child to me because she was fearful that the drugs she had taken when she was pregnant might have affected his brain. And so what we did here was we looked at this iris and noted these deposits here. Note where they are in this iris, they're all over here. And of course one of the things that needs to be done, which I'll talk about later, is cleansing this person, blood purification. But here we have a reddish brown and again that could signify problems with the liver, the spleen and the bone marrow. There are quite a few colors, but also note there is yellow and there's orange and there are other colors in here.

Now what I'd like to do is talk to about what Iridology can and cannot do. What can Iridology do for you? And what can it do? It's very important to know what it can and cannot do. One of the things that Iridology does very well is tells us the primary nutritional needs of the body. What vitamins, what minerals, what is needed for the body? What kind of diet does this body need? What kind of diet does this body NOT need? What's important? What types of nutrients does this person need? It also will tell us inherently weak organs, glands and tissues. Now why is that important? It's very important to know what's inherently weak so that we know what to heal and what to focus on. It will tell us the inherently strong organs, glands and tissues. If we know what is strong then we don't have to worry about dealing with that part of the body.

Now we always work with the inherent weaknesses first. We always work to heal. We start with the weakest area. We work to heal that part of the body. It will tell us the constitutional strength or weakness. How strong is this person's body? Is it strong

enough that it will tolerate cleansing? Can they tolerate a cleansing diet? Or do we need to build their body first? Is their body in a weakened state? If it is, maybe we need to build them before we cleanse them.

What organ is in the greatest need of repair and rebuilding? Now we can tell this very easily by looking into the iris and determining the level of inflammation. That's why it's very important to know the levels of inflammation. What are the relative amounts of toxic settlements in the organs, glands and tissues? Where are there toxic settlements? The markings I just showed you, the yellows, the oranges and the browns, where are they? What are the stages of tissue inflammation and activity? Where is their inflammation? Where is their pain? What is going on? Is there under activity or sluggishness of the bowel? How many times does this person have a bowel movement a day? Do they have a bowel movement every day? Or do they have one every three or four days? There are people that believe that one bowel movement every five days is fine. It's not fine.

How many times does a person have a bowel movement per day? It will tell us if a person has a spastic or a balloon colon. Why am I having these symptoms? What's going on? It will tell us if there is a need for Acidophilus in the bowel. Do I need to take Acidophilus? Is there enough Acidophilus? Do I need to eat foods that will increase my Acidophilus? What kills Acidophilus? Is there a pro-lapsed transverse colon? Is that what's causing my symptoms? Is there a nervous condition or inflammation of the bowel? Does this person have high-risk tissues in the body that may be leading to a disease? If so, what do I do about it now so that I can correct it? Is there pressure on the heart? This is very important. And note that the heart is a very sensitive area for people. What's the circulation level in the various organs? Is there nerve force or nerve depletion in certain parts of the body? Is there hyperactivity or hypoactivity of organs, glands or tissues? If so, which organs are hyper which ones are hypo? What is the influence of one organ on another? What is the contribution of one organ to the condition elsewhere in the body? Is the bowel affecting another part of the body? And if so, in what way? Is there lymphatic system congestion? Is there poor assimilation of nutrients? Or is the person assimilating properly? Is there a depletion of minerals in any organ, gland or tissue and if so, which organs? Is there a relative ability of an organ, gland or tissue to hold nutrients? If so, great, if not, what do we do about it? What are the results of physical or mental fatigue or stress on the body? Where does stress affect you? How does your attitude, your mental outlook, your lifestyle, affect you? Does it need to be changed? Do you have a need for rest to build up your immune system? What are the tissue areas contributing to suppressed or buried symptoms? Do you have a low or high sex drive? If you have a low sex drive, what's causing it? Is there a genetic pattern of inherent weaknesses and other influence on organs, glands and tissues? Are there pre-clinical stages of potential diseases and conditions in your body? Are there miasma, which we talk about in another course. What is your recuperative ability? This is very important to understand. How quickly do you heal? If you start on a program tomorrow, how long will it take you to heal? Do you have a build up of toxic material in your body? If so, what do you do about it? What are your genetic weaknesses, do you have them that affect the nerves, the blood supply and your bones. What are your genetic influences?

Do you have healing signs anywhere in your body? Healing signs indicating strengths. Healing signs telling us that you are on the proper program. That's one of the reasons to have Iridology and to perform Iridology and practice it is to be able to tell people, if the program their following is working properly?

Am I taking the right herbs, am I eating the right diet, do I live in the right climate or do I need to change these things to heal quickly? Are there bone marrow problems? Is there a potential for varicose veins in my legs? What are the positive and negative nutritional needs of the body? Is there a probable allergy to wheat? What are the sources of infection? A lot of times you can have a very low-grade infection. It will show up in your eyes but you won't really run a temperature. What could be the source of that? Is there acidity in the body or catarrh development? Is there suppression of catarrh, and where is it? Is the climate and altitude where I live the best? Are there potential contributions to senility? How is my circulation to my brain? Could that be something that's contributing to my senility? What about where I live? Is the polluted environment causing problems or symptoms? Do I have adrenal exhaustion and can this indicate low blood pressure, lack of energy, slow tissue repair, deficiencies of Vitamin C and adrenaline? What is the resistance to disease? What is the relationship or unity of symptoms with organs, glands or tissues? Iridology will also tell us if we are following Herring's Law of Cure, if we're coming close to a healing crisis, it will also tell us if there is a particular program or therapy is working properly or not. If there is proper nerve force in the body it would tell us the overall health level of the body. These are some of the things that iris will tell you.

Now some of the things it will not tell you, it will not tell you if a woman is pregnant, it will not tell you if someone has kidney stones, gall bladder stones, how many they have. It will not tell you if an organ has been removed from a body. So if somebody comes to you and you read their iris, if they've had their gall bladder removed, you will not be able to see that. It will not tell you blood pressure levels, if they are normal or abnormal. It will not tell you what the blood sugar level is; they'll need a blood test to find that out. It will not identify which medication or drugs the person has used. It will not tell them which surgical operations a person has had. It will not tell you what a person does or does not eat. However, if the person has changed their diet, has cleaned up their diet, you will be able to see more healing in their body because of that.

It will not tell you how much uric acid is in the body, it will tell you where it is, but it will not tell you how much. It will not indicate when an injury occurred, you can tell usually if it's happened in the past or if it's a current injury based on the amount of healing that's gone on in that person's body. It will not determine whether there's been a poisonous snakebite. It will not tell you whether a person is male or female, you cannot tell that from a person's iris. It will not tell you if there are more than two kidneys, if there are three kidneys or if there is a missing kidney, or a double uterus. It will not tell you any of these things.

It will not verify fungal infections such as Candida Alb? However there are some people who believe they can see Candida in the iris. It also cannot tell you if a person has

parasites, however there are markings in the iris where we can note that the correct environment is in the body to produce parasites. It will not show you which tooth is causing trouble but it can show if there is inflammation in the jaw. It will not tell you if there is the presence of lead, aluminum, and cadmium or other metallic elements. It will not tell you if the person is on birth control pills. It will not tell you if there is a tumor, or what size the tumor. Based on the markings we see in the iris we can tell a person that there may be a growth in their body, but we cannot tell them for sure. We cannot tell them reliably that there is definitely a tumor in their body. That would need further testing.

We cannot tell them if an operation is necessary; that is for a doctor to do. It will not tell us if there is a hemorrhage. It will not tell us if a person is homosexual, has AIDS, has had syphilis or gonorrhea, whether they have gall stones or kidney stones or if there is a blockage in the cardiac artery. So these are some of the things that Iridology can and cannot do, and it is very important to know when you're talking to people exactly what Iridology can and cannot do for them.

Now what I'd like to do is go through and show you how to approach a client. Then I'd like you to pause the video and go through practice number one. Once you've gone through practice number one, then you can start the video again and continue on.

First of all, what you need is a good magnifying glass and flashlight to look at the iris. This is about a 3.5 power, it does have a light, and this is a nice penlight you can use. There are other types of magnifying lenses, here is another type that works very well, and it has another small lens in the center here to look at areas that you cannot see very well. This is very nice also. This is an 8 power lens, this is a little cup lens and this works very well for those hard to see areas. Now first of all, it's very important to be very careful that you don't burn the eye. And the person you're looking at will tell you right away, "Ouch! That hurts!" The first thing they'll do is back away. Their eye will start to water. So what you want to do first is take your magnifying lens and bring the lens to a point, as close to a point as possible, so that you have a very small light area. Then what you want to do is come up to your client and have him look directly at the center between your eyebrows. People tend to look all over when you're looking at their eyes and sometimes they're nervous, so the closer you can get to your client the better you are. So you'll want them to look directly here, at the center, and open their eye very wide, and then what you're going to do is bring the light around their eye. You NEVER, this is very important, you never shine the light directly into their pupil. You always need to move the light around, notice where my hand is here on the side of the eye, at the bottom of the eye. Notice how I'm holding the flashlight. You need to practice this so that you can be able to look at the iris without shining the light for a long period at their iris. So you'll bring the magnifying lens up in front of the face. Don't touch the person. You don't want to rest your hands or your fingers on their face. If you find that you absolutely need to do that, then you can ask them, "do you mind if I rest my finger on your forehead?" Usually they will say no, but it is always better to not have to do that. So you'll hold the magnifying lens up here so that you can see their eye, you have them open their eye wide, and you bring the light around the iris.

Once you've looked at that eye, then you come over here and do the same thing on this side. Keep both eyes open, and then you can look at the iris. Again, very important that you move your hand and you move the light around all the time. A lot of times there will be a very small marking that you will want to look at. That is something that is sometimes difficult to see, if it is a small marking. When there is a small marking, its very good to have this type of a magnifying lens, the little bulb lenses. That way you can put this over their eye, you can cup their eye and shine the light on the side and a lot of times this will magnify it a lot better for you.

It really does depend on the eye. Brown eyes tend to be a lot harder to read, so you'll need a brighter light. You might want to have both a magnifying lens with a light and you might want to shine a flashlight at the same time into their eye. So now what I'd like to do is have you shut off your video and practice number one and when you're done with that, come back and watch the video.

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Welcome back! At this point, we're going to go through the next session, and we're going to talk about the recognition of the eye and go through the study of the Iridology chart. We're going to be spending a lot of time on this chart, and at the end of this session then you'll do the practice for session two. What I'd like to do first is explain the chart to you. This is Dr. Jensen's iridology chart that he created in 1981 and it's based on all the previous research as well as his own research. What I'd like to do first is explain the way the chart works.

First of all, this is the right iris, and this is the left iris, the R stands for right the L stands for left. The right side of the body shows up in the left iris, and the left side of the body shows up in the right iris. Here you've got the pupil in the center, the stomach is in the center of the body, this is the right side of the stomach, and this is the left side of the stomach. This is the front of the stomach, this is the back of the stomach. Around that we have the colon, so notice here we have the small intestines, the small intestines come down. This is the right side of the small intestines; the left side of the small intestines. The small intestines come down, the cecum comes across, we have the ascending colon that comes up, transverse colon comes across the top, descending colon comes down the left side, sigmoid comes across then we have the rectum and the anus.

On the outside of the body, we have the skin, this is the right side of the body, and this is the left side of the body. Top of the body we have the brain, the brain is from 11 to 1. Bottom of the body we have everything associated, the kidneys, the groin, the legs, the pelvis, lower back and so on. On the outside of the iris we have the lungs and the breast. Inside we have the bronchioles. Right side of the body we have the liver and the gall bladder. On the left side we have the spleen. These are the kidneys, this is the left kidney, and this is the right kidney. Here is the pancreas at seven o'clock. This is the thyroid. This marking is the spine, these are the bones, and this is the muscles and ligaments. This is the tailbone. This is the right side of the spine, this is the left side of the spine, in the tail bone. Here we have the left side of the bladder, and the right side of the bladder. Here we have the heart, the aorta, and everything else. Here we have the

neck and shoulder, the tongue, mouth, lower jaw, the nose, the upper jaw, the eye, the temple, the forehead, the tonsils, the larynx, the vocal cords, the esophagus. Same thing on the other side.

Here we have the ovaries and the testes. Here we have the prostate and the uterus. PRO for prostate UT for uterus. Here also, prostate and uterus. Here we have the vagina, penis is not on the chart, it should be in the same area with the vagina. The P up here stands for pineal gland. Here's the right pineal, here's the left pineal. This is the pituitary gland here.

Here we have the adrenal gland. This is the left adrenal and the right adrenal. Here we have the hand and the arm, the neck and the shoulder. Basically where any markings fall on this chart, this tells us where there are inherent strengths and weaknesses. Note here this zone right here, this is called the lymphatic and circulatory system. This marking here is the solar plexus, and THY in this area, this is thymus. This area here from 11 to 1, this is the sinus area, all in through here. This marking here on the chart, this means this is the area where there is the most of the accumulations, most of the toxic settlements in the brain settle right in these two areas.

Here, which is the most important part, which is the autonomic nervous system, or the autonomic nerve wreath. Now what happens in Iridology is you have the nerves, or the nerve impulses that go through the organs, from the organs they go into the spine, they come up the spine, at the base of the skull they cross, then they cross again, then they go into the iris. They come into the iris directly at the autonomic nerve wreath, or the ANW. This is also called a collarate. This is what causes the iris to change. Depending on the vibration the organ is releasing, that is what changes what comes into the iris at the ANW and that change comes up into the iris itself. That's how we can tell if there is healing, is by the nerve impulses that come into the iris in these areas.

Now there are several ways of looking at this chart to help you, rather than having to memorize all these small areas. One way to look at it is as a clock, notice twelve, one, two, three, four, five, and six and so on, all the way around the iris. One way of looking at this, when you're looking at someone's eyes, if you see a marking here at twelve o'clock, you can say, there's a marking at twelve o'clock, and twelve o'clock happens to be animation life. This is part of the brain. That's one way of looking at it.

The other way of looking at it is based on the parts of the body. Notice here we have neck and lung and throat and upper abdomen, lower abdomen, pelvic, lower back, upper back, throat, face and so on. That's another way of looking at it. There's a marking in the throat area and it happens to land in the thyroid gland. Or there's a marking in the lung area and it happens to be in the upper lung. Another way is zones. There is one, two, three, four, five, six, seven zones in the iris. This is another way of looking at this chart. There is marking in zone two in the neck area. Or there is a marking in zone seven in the brain area.

These are easy ways of looking at this chart. So what I'm going to do now is go through as many of these areas as I can and explain to you a little bit about each area, what are

some of the things you can do for these areas. What are some of the markings you can see in these areas? First I'd like to show you a chart.

This chart here is a good chart to help you understand how Iridology works. Note here we have the pupil in the center, around this we have what we call our assimilation, and I'm sure you've heard the saying, "we are what we assimilate, not what we eat." It is what you assimilate that helps you to build your body. Now the assimilation is your digestive system, your stomach and your colon. And then we have out here what's called utilization. These are all of your organs. This is where you utilize. You burn your nutrients.

Here on the outside we have our elimination. This is where we eliminate. Our skin is the largest elimination organ of the body. So we have our assimilation in the center, we have our utilization in all the organs and then we have our elimination on the outside. Now if we go back to the chart what you'll see here is the same thing in several zones, the stomach and the colon here in the center, this is our assimilation. We have our organs, our assimilation zones are one and two, and our utilization zones are four and five. Elimination zones are six and seven, which are our lymph, circulation and our skin.

Let's go through the brain areas. Notice at twelve o'clock we have what's called animation life. As the energy center of the brain, this is where you realize how much energy you have. This is your energy force. Now what I'd like to do is draw you a couple of markings that you may see in the iris, so that you know as I'm talking what kinds of markings might show up in the iris as you're looking. One of the markings that may show up in the iris is a line. This is called radii solaris. The RS is basically a toxin line, or an inherent weakness. It normally goes with the grain, or with the fibers of the iris. We can also have what's called a closed lesion, or a closed lacuna. This is an area that is completely closed; it's encircled. When you're looking at someone's eye, it kind of looks like a hole in their iris. It's usually an oval shape like this and it's closed. This is called a closed lesion. This is normally an inherent weakness, it also means that blood has a hard time going in and out of this area and it doesn't heal very easily, it takes longer for it to heal.

We also have what's called an open lacuna, or an open lesion. An open lesion heals easier, blood can come in and out easily. And also normally a closed lesion is typically something that is not healing and it is inherent and a lot of times when this inherent weakness or whatever marking is showing up in the iris, if this was created by an accident or something, a lot of times as it heals it will open. Now these are inherent, they will heal, if the person is working with their body, changing their lifestyle. Now when they heal what we get is healing lines. Healing lines are cross fibers, it's a kind of knitting, it kind of looks like a knitting of the lacuna, or a knitting of the lesion. These are healing lines. This tells us when the program the person is using if its working properly, if they're following the right program, if they're eating right and so on. Another thing that can show up in the iris which I showed you earlier are called psora. They're psoral itch spots, they're called chemical deposits, they're called pigmentation depending on who you talk to, what form of Iridology you study, all these sort of things

have different names. A psora is usually a reddish-brown, orange spot that shows up in the iris, usually on top of the iris. So we'll either see a radii solaris, we'll see a closed lesion, we'll see an open lesion these are typically inherent weaknesses. We'll see a psora which can be an inherent weakness or actually something, maybe chemicals that a person has taken into their body that have deposited in a particular part of the body. And then of course if the program is working properly we'll see healing going on in part of the body and this is actually right here, what we want to see. WE want to see as much healing as possible going on in the body. This is what we're aiming for is healing.

So let me go ahead and go through these areas for you so now you'll know what to expect to see in these areas and later we'll go through all these markings so that you can actually see them in an iris. Back to animation life, this is the energy center of the brain. So we might see a lacuna or radii solaris in the animation life area. And the animation life area, if we see a marking in the animation life area, what that does is that tells us that there is probably a lot of fatigue, a lot of stress in this person's body. This person probably has adrenal fatigue, they may not be sleeping enough, maybe working too hard, they might be an extremist, they might be a workaholic, someone that does a lot of work. And when we look at the animation life and we see a marking in it, it will tell us that the person has a tendency toward depression. This happens quite a bit, where there will be a marking in animation life. I see it a lot, at least in the Bay Area, and I think its because of the lifestyle that we lead, with traffic and stress all day long, environmental pollution and so on, where our bodies are taxed. We don't eat as well as we should, or get as much sleep as we should, we live a very fast lifestyle here, and we burn out. We burn out our adrenals. We burn out our energy. And so besides looking at the animation life area of our brain, we also need to look at the adrenal gland. The adrenal gland is the gland that creates the adrenaline to make us go faster, to help us wake up in the morning, to help us get up and go.

If you see someone that has markings in the animation life, you can look at the adrenal and if you see someone that has a marking in their adrenal, likewise you can look in the animation life. Also if we see a marking in animation life, we want to look at the autonomic nerve wreath here, to see if it is what is called washed-out. Washed-out means that it is very difficult to detect. It's washed out, we can't see the autonomic nerve wreath, and it's very thin. It's very important to build up these areas. What are the sorts of things we can do? Well, rest, relaxation, there are kinds of meditation techniques, hot baths, supplementation to build up the nervous system. Vitamin B and C, there are herbs that can be taken such as catnip and chamomile that help a person to relax. There are herbal combinations that help a person relax. Changing the lifestyle, slowing down the pace a little bit, or dealing with the stress differently, these are the things that can be done to help with adrenal fatigue. Building up the adrenals can be done very well with pantothenic acid and B complex. This helps to build up the adrenal glands as well as Vitamin C.

Now when the animation life is functioning properly, the person has vitality/fatigue balance. They are balanced. They have proper appetite, they have emotional energy, they have nerve/gland interaction and they feel excited. They have a sense of life,

exhilaration, vitality, they feel good. They have a good sense of who they are and they feel good about themselves. And when it's abnormally functioning, when it's weakened, they are restless, they have hyperactivity, melancholy, laziness and dullness. Life just isn't as exciting anymore. They have depression, they could possibly have suicidal tendencies. So if you know anybody with despair and weakness and so on, you may want to check and see if they have a marking in their animation life. It's quite possible they may have a marking in their animation life.

The next area here is what we're going to talk about is called sensory locomotion. Before I go on let me mention that the animation life is both on the left and the right iris and is directly at twelve o'clock. Now the next area is sensory locomotion, notice it is on both irises, it's here on the left iris at about twelve-fifteen and over here on the right iris at about eleven forty-five. Sensory locomotion has to do with the way a person moves around, muscle coordination and magnetism, sensations of heat, cold, pain, touch, pressure and tension and also movement. So if you know anyone who has problems with movement, a lot of elderly have problems with sensory locomotion, somebody that has problems with their balance, someone that has problems moving around. Even someone who has broken their leg might have a marking in sensory locomotion. It has to do with moving around.

The attributes are motor and sensory type, reaction time to sound and light, muscular exertions without fatigue strength and physical fitness. Abnormal is lack of sensation and exhaustion. Do you know anybody who is not coordinated? There are a lot of people who aren't coordinated. Look and see if there is a marking in sensory locomotion. Also look down here at the legs, the thigh, the knees and the foot. See if there are any markings down here, if there is any inherent weakness in the sensory locomotion and the leg areas or even the back areas. There may be some problems in the back area that prevents this person from moving around properly. There may be some problems.

Now the next area is called inherent mental. Notice that inherent mental is about twelve-thirty in the left iris and eleven-thirty in the right iris. On the chart you'll see HAL, this stands for hallucinations, and OBS which stands for obsessions. What does inherent mental mean? This is the emotions, stamina, and normal functions. They can also have hallucinations and obsessions, but it also has to do with their concentration. How well do they concentrate? How good is their memory? The positive attributes are optimism, courage, will and love, individuality and security, confidence, identity and success and social acceptance. Abnormal function is impatience, hallucinations, melancholy, inability to comprehend, vacant mindedness, habitual inattention, and mental turbulence. So if you know anyone who has difficulties with mental ability, or a learning disability, you may want to look in the inherent mental area of the brain. Check to see what is their circulation to the brain like? Do they have enough circulation to the brain? If not, then that would need to be stimulated. As much circulation to the brain as possible is important. A few ways to get circulation to the brain would be slant boards, exercise, Keneipt baths, herbs like ginkgo and gotu kola and capsicum and hawthorn, these things stimulate the circulation, ginger, these things help to get the blood up into the head.

These are very effective, slant boards, when you lay at an angle with your feet up and your head down, this helps bring the blood up into your head.

The next area is equilibrium dizziness. This is at twelve forty-five in the left iris. Notice it is not in the right iris at all. The equilibrium dizziness area has to do with balance and also autonomic muscle coordination. It also has to do with sexual activity. When it is functioning properly the person has a sense of balance. They are stable and they have a sense of security. When it is not functioning properly, there can be epilepsy, fainting, dizziness, and impaired muscular response. If you know anybody who has epilepsy or any kind of problem with their balance or equilibrium or dizziness, note if there are any markings here in this part of the brain.

The next area is the five-sense area. Note that the five-sense area is at eleven forty-five in the left iris and twelve-fifteen in the right iris. What are the five senses? The five functions are visual, tactile, auditory, olfactory and gustatory. Seeing, tasting, smelling, touching and hearing. When all of these functions work properly, there will not be any markings in this area. Now remember when you're looking at the iris, there will not be markings in an area that is functioning properly. What if you find a marking in this five-sense area? If you find a marking in the five-sense area you'll need to go to all of the senses. Let's say there's a marking in here and we want to see which sense is not functioning properly. We can go over here to the ear, and we can look at the ear area and note if there is a marking in the ear area. We can go over to the hand, for touch, and note if there is a marking there. We can look over here at the mouth and jaw area, the upper and the lower jaw, note if there is a marking in here, or if it has anything to do with the tongue, with taste. Note if there is a problem with smell, look at the nose area, and remember the sinuses are here, we can see if there are any markings in the sinus area.

If there are markings in this area, what do we do about it? Then we have to treat each area by itself. We will have to treat the ear by itself, if there is ringing in the ears, tinitus, then we would have to treat that separately than we would treat something going on with the hand. If the person is having a problem feeling, then that might mean the person is having a problem with the nerves, we might have to treat the nerves of have chiropractic adjustments to work with that part of the body, or take supplements for that. If there are problems smelling, then we have to find out what the problem that is causing this, if there is a lot of sinus congestion, then we know the bowel is obstructed and we'll need to work with cleansing the bowel. Of course we'll have to look at the bowel at the same time. As we're working with the iris and working with the body we need to determine what is causing some of these weaknesses.

Positive attributes of this area are sensuality, materialism, sensory stimulus and so on. The abnormal functions are sensory handicaps, over stimulation, impaired sensation and trouble hearing.

Lets go ahead and talk about ego pressure in the brain. We'll find it here in the left iris at about eleven-thirty and we'll find it in the right iris at about twelve-thirty. Ego pressure has to do with blood pressure regulation. Do you know anybody who has high blood

pressure? If you do, there might be a marking in this area. It also has to do with decision making and psychological stress, willpower, anxiety and tension. The positive attributes would be desire and power and assertiveness, ideals, domination, determination, self-reliance. How does this person feel about themselves? This has a lot to do with a person's ego. Does this person have a positive ego, a positive idea of who they are? Or do they not? Do they constantly beat themselves up? Do they have a lot of greed, or anger and selfishness and fear and pride? Are they brutal, and so on? Are they sarcastic all the time? If they are, maybe there's a marking here in this ego pressure area and that needs to be looked at. Do they have a positive attitude? If they have a negative attitude, this might be a good place to start with the ego pressure, and if they do this might be a good place to start and from there work with this person on their attitude and their diet and so on. We'll talk more about the things that can be done when you see these markings in the brain area.

We also have acquired mental speech. Acquired mental speech is here at eleven-thirty in the left iris and twelve-thirty in the right iris. Acquired mental speech has to do with speak, learning, memory, skill center, concentration, attitude again, and language skills, reading and writing. Does somebody have a child that's having a difficult time in school? Do they have a hard time learning reading and writing and speaking? If they do, do they have speech impediments? What's causing it? Some of the attributes are assertiveness and attentiveness, social attitudes, rejection, trust, love of cleanliness, religious reverence, and there's a long list of all the attributes. Abnormal function is slow learning, forgetfulness, poor attitude, stuttering and stammering and lack of concentration. So what do you do about this if a person has a problem with their speech? Again, any of the herbs or vitamins that are good for the brain overall will be good for any of these areas.

What we want to do here is determine exactly what's causing these problems, if this person has a weakness in any of these areas, what is causing it? Why does this person have weakness in these areas?

The next area we'll talk about here is mental ability. Mental ability is here at eleven fifteen and twelve forty-five. Mental ability has to do with logical thinking and personality. It has to do with reasoning and voluntary movement and memory. It has to do with confidence and independence and assertiveness, discrimination, exactness and dominance and exactness and ability. Abnormal function is confusion and suspicion, mental chatter, withdrawal, melancholy, pessimism. All of these attributes, normal and not normal are these parts of the brain.. Something that can be done about this is rest, minerals, food supplements, and herbs such as gotu kola, capsicum and ginkgo, these help to increase energy. Also a change of diet, from refined to unrefined foods, this can help with energy, this can also help with the energy of the adrenal glands. Anything to bring blood up into the head, one of the vitamins that works for this is Niacin. Niacin helps bring blood up into the head to increase the circulation to the head. Also, alfalfa is a good herb to help build up the vitamins and minerals in the body and also to feed the brain.

We also have sex impulse/mental sex area in the brain. Notice here how sex impulse/mental sex area is directly across from the uterus, prostate and vagina area, notice that its directly across from the organs. And we call this is reflex, that it is directly across the iris. Now sex impulse/mental sex area is only on the right iris at eleven-fifteen. And sex impulse/mental sex area has to do with attraction and sexual responsiveness, and reproduction. If you have somebody that comes to you that is having problems with infertility you may want to look up in the sex impulse/mental sex area to see if there is any marking as well as look into the uterus, prostate and vagina area. Normal function is attraction, reproduction and the attributes are creativity and motivation, excitement, imagination and exhilaration. Abnormal function is perversion, violence, competitiveness, irritation, lassitude, vanity and self-centeredness.

Some of the herbs you could use for women here in this area are things like dongquoy, dongquoy is a very good herb for balancing out the female reproductive system. And for men we have herbs that are excellent for the prostate.

Lets talk about the organs now. First of all the lungs, we have the lungs between two and three in the left iris and in the right iris between nine and ten o'clock. Notice here we have upper and lower lung on the left iris, upper, lower and middle lung in the right iris. Notice we have the bronchioles and the bronchus. The lungs basically remove waste products from the body and they help to keep the acid/alkaline balance in the body. If you know anyone who has asthma, or gets bronchitis a lot, or has problems breathing, you may note that there may be some markings in their iris. Remember what we talked about earlier, the types of markings you can see in the iris you can see open or closed lacuna, you may see radii solaris coming you may also see stress rings and these are lines that can show up around the iris of the eye. A lot of times when somebody has asthma its because they focus their stress in their chest area and their chest area tightens up. A lot of times it's also psychological but a lot of times it has to do with holding the stress in the chest area.

If somebody has a lot of problems with their lungs they might need to seek a climate. If someone has a lot of mucous or a lot of bronchitis, they'll want to raise their elevation, they'll want to find places that are dry, have a dry climate. Elevated altitude between fifteen hundred to twenty-five hundred feet above sea level is a good altitude for people who have problems with the lungs and the bronchioles. Also a place where there is low humidity, it's not too cold, this is excellent for someone with lung conditions. Bowel care is essential. One thing noticed is that the bowel is in the center part of the iris. Note that most of the organs are attached to the autonomic nerve wreath, and a lot of times what will happen is this bowel, depending on where the small intestines or the large colon are weakened, it can cause weakness in various parts of the body. So if you notice this person has a weakness in their lungs, then it makes sense to take care of especially this descending colon. If you notice the person has a weakness in the right bronchiole, or the right lung, then it makes sense to take care of the ascending colon. Of course, the way to take care of the ascending colon is the way you take care of the entire colon, which is through bowel cleansing. So bowel cleansing is especially good for any kind of lung condition whether it be asthma or bronchitis or any kind of infections, typically

weakening the lungs. Also, working with the immune system at the same time. Eliminating all processed dairy foods, a lot of times people have food allergies to dairy, cheeses and milks and things like this. Also, whole-wheat products, a lot of time people have whole-wheat allergies, and for refined foods. Also vitamins that are excellent for the lungs are vitamin A, and B and C, of course C is beneficial for most ailments, and Vitamin D, also minerals calcium and copper, fluorine and iron, and silicon. Helpful herbs are comfrey, lungwort, angelica, elecampane, eucalyptus, and the list goes on, licorice, marshmallow, and mullein. Mullein is an excellent herb, it acts as a lung healer. Sage and thyme. Also exercise, excellent to help the lungs and Dr. Jensen talks about sniff breathing. Sniff walking. Which is when you walk at a rapid pace and you breathe in on three steps, you breathe in, and on the last step you breathe out. Of course doing this in an area that is not polluted and not on the side of roads where you have a lot of exhaust from cars is the best place to do this. Stay away from heavy smog areas, not smoking, if you know someone who smokes and they have a weakness in their lungs, be sure to tell them when you see somebody like this be sure to tell them where the weakness is. Is the smoking causing the weakness in the bronchioles and lungs? Some people have the belief that smoking does not cause weakness in their body, and a lot of times it will not, but there are a lot of people who don't have that belief, and it does.

Be sure not to suppress sneezes or coughing, as sneezing and coughing are ways for the body to eliminate bacteria and phlegm and mucous and this is very important for cleansing. This is the body's way of cleansing out material that has settled in that part of the body.

We also have here the pleura, this is the breast area, this little blue circle is the nipple and each one of these lines are the ribs. When we're looking at an iris of the eye, its very difficult to tell which rib was broken, or which rib has the problem. But if a woman tends to have cysts in the breasts, or any problems in the breasts, it's a lot easier to tell if there is a problem in the breast and which breast it could be in, the left breast or the right breast, depending on what kind of marking there is. If there is a cyst in the breast, you'll normally see a closed lacuna in the breast area, if there is a broken rib, a lot of times you'll see a closed lacuna with healing, depending on what the person has done. I've seen several men who've fallen off roofs, and you can see where they've broken their ribs based on a lacuna that's in there. Over the years, the body has mended, so there's a lot of healing lines in this area in that lacuna. If a woman has had a breast removed or a cyst removed a lot of times you can see the condition before it was removed, (you can't tell that it was removed though) so you can tell the woman what may have been the problem in that area before it was removed.

Now the next area is the heart area. Note when you talk to people about their heart, they've very sensitive about their heart. Here in the US, the heart is the organ that's associated with pain and love and grief, and we have a lot of heart disturbances. A lot of that can be from disappointments in love, if you've ever had a time when you were ever hurt, you can actually feel that pain in your heart, a physical pain. There are a lot of people that actually have a lot of physical pain in their heart. So when we see a marking in that area, its not strictly physical. It can also be emotional. Again remember if the

heart is functioning properly there will not be any marks in it. But some of the marks we can see in that area are white fibers, which we'll talk about later. We'll talk about when we can see if there's an irregular heartbeat, or if there is a weakened heart area, it will show up at three o'clock. One thing that needs to happen in order for there to be a serious heart condition, the autonomic nerve wreath needs to be broken. This wreath is usually one piece, its not broken anywhere. If it IS broken, then its telling you that particular organ, where the wreath is broken is not getting the proper nerve supply. So if you notice the nerve wreath is broken here at the heart area then that can tell you that the heart is not getting the proper nerve supply that it needs.

Now some of the things that can cause markings in the heart besides inherent weakness is lack of fresh air, too much fat on the heart walls, disharmony in the home, disappointments in love, strong passion or even over excitement, or if someone has a weak medulla. Now the medulla I didn't talk about because we do have what's called a heart-medulla syndrome. Note the medulla is here at one o'clock in the left iris and eleven o'clock in the right iris. We have what's called the heart-medulla syndrome. Now the medulla is the part of the brain that regulates breathing and heartbeat, automatic functions. You don't have to think about when you're supposed to breathe. A lot of times there will be a marking in the heart and the medulla, or you'll notice in the eye there's a marking in the medulla and maybe in the heart at the same time, and then you can tell that there may be an irregular heartbeat problem. A lot of times this is caused by food allergies, or stress. Stress can cause an irregular heartbeat. A lot of times it's caused from too much caffeine in the diet, too much over stimulation. If the heart becomes over stressed, if there's too much physical exertion, if a person is exercising too much and they're over stressing their body and their heart. Overeating, excessive drinking, these are things that can weaken the heart, drinking too much tea or coffee, too much alcohol or smoking, or even sexual exertion. The best herb that I know of for the heart is Hawthorn berries. Hawthorn berries have been known historically to build up the heart and whenever I talk about herbs in the video, know that I'm talking about historic uses of herbs. Hawthorn berries have been shown to be excellent for the heart as well as capsicum, which helps to stimulate the flow and blood, and cayenne. We also know have chlorine and iodine foods as well as iron and calcium and magnesium are good. Lecithin is excellent for anybody having problems with their heart areas or high cholesterol to help break down the fats. Vitamin E, phosphorous foods, nerve fats and salts are all excellent for the heart. Excessive use of beef in the diet and use of drugs can weaken the heart area so it's important to have a good diet and use your diet in moderation.

Now what I'd like to do is for you to stop the video and go through practice two, once you've finished that, come back and we'll go through the next part and section three.

Welcome back to beginning Iridology and now we're going to continue to talk about the recognition of the eye and study of the Iridology chart. What I'm going to do is explain one other area of the brain, which is the temple/forehead area and we'll find the temple/forehead area in the right iris at one o'clock and in left iris at eleven o'clock. And the temple forehead area, when we see markings in this area of the brain, a lot of times we'll know that the person is experiencing headaches, especially migraines and tension

headaches. If we notice in this area pigmentation or a psora like I drew earlier for you, we'll know that these are tension headaches or toxic headaches, maybe materials that have deposited in the temple/forehead area of the brain. What I'd like to do is tell you a few things about the brain, some of the vitamins and minerals and herbs that can be used for the brain to go along with all these areas that we spoke about. One other area that I would like to talk to you about is the hypothalamus. The hypothalamus is not on the chart, but you will notice here that it is at twelve o'clock, this is the left side and this is the right. The hypothalamus is the gland that basically tells the pituitary how to function and the pituitary is the master gland that then goes on and tells the pancreas and the adrenals and the uterus and the prostate and the ovaries how to function. So its important to get into the sun and stimulate the hypothalamus and also to give the brain enough nutrition. And the types of vitamins that are good for the brain are B complex, this includes all the B's and this is B1, and B2, B6, B12, B13, also colleen, folic acid, ????, niacin, panathenic acid and Vita C, D and F. Minerals include calcium, iron, magnesium, maganese, phosphorus, fluorine, potassium, zinc, iodine, silicon and sulfur. The herbs include valerian, lobelia, skullcap, oatstraw as well as ginger, and capsicum and gotu kola and also gingko.

I want to remind you that in no way are we prescribing herbs for any ailments and we are not diagnosing in any way. By looking at the iris we are looking for inherent weaknesses and also we are not prescribing herbs. If at any time there is a serious health problem its always recommended to seek other professional advice, to have blood tests to verify what is happening in the body. So we are purely, with Iridology working with inherent weaknesses and historic uses of herbs. So it's important to remember that.

What I'd like to talk about is the spleen. The spleen is only on the left side of the body at about four-thirty in the iris. The spleen performs five functions. Note that when you receive this video you will receive handouts that will have this information in it and a lot of charts you will be using throughout the course will give you a lot of the information that I am stating here in this video so that you can refer to it and use it as you're studying. I highly recommend that you study the charts and use this information as much as you can. Now the spleen performs five functions and these functions are: it filtrates the old and damaged red blood cells, the second function is the filtration of bacteria and blood debris, the third is production of antibodies, the fourth function is production of lymph cells and plasma cells, the fifth function is storage of about one-third quart of blood in case of hemorrhage. The spleen is mostly lymphoid tissue, and it performs those five functions. Now if you know anybody who has been in a car accident and is missing their spleen, then you'd could look at the spleen area and see that it is missing. Now if the spleen is removed surgically, you won't be able to see that. Anytime a person is under anesthesia the changes aren't recorded in the iris of the eye. However, if the person had an accident and caused damage to the spleen then we can see that there is weakness in that area. Of course we can also tell if that area is healing as well.

Some of the herbs that are beneficial for the spleen are chaparral, we cannot get chaparral at this time but hopefully it will be available in the future, but garlic and capsicum, these are excellent for the spleen. Anything that can help cleanse the body. Any of the bitter

herbs, such as Cascara Sagrada, black walnut and burdock root, these help to cleanse the spleen and stimulate it to function better. Also cleansing the bowel, using things like cilium hulls for bulk and herbal laxatives like Cascara Sagrada, also hydrated bentonite, its excellent in small quantities to help with the spleen.

Lets talk about the liver. Its only in the right side of the body, its here at seven-thirty we have the liver/gall bladder. I see a lot of markings in the liver area, as well as a lot of markings in the spleen area. A lot of times when someone has Candida, is craving a lot of sugars, has spaciness after they eat, food allergies, you can look in the spleen area, you will find they have a closed or open lacuna in this area. A lot of times if somebody is having problems with digestion of any type, or if they come to you and are having hypoglycemia, or diabetes or a difficult time breaking down fats, halitosis, anything having to do with bad digestion, if their food sits in their stomach for a long period of time, they may have problems with their liver, their liver may be sluggish. This happens a lot. The liver is very sensitive to stress and weakness easily, however the liver is the only organ in the body that you can remove part of it and it will grow back.

The liver has six functions and five of these are non-digestive. One function is digestion. The non-digestive functions are production of plasma proteins, these are antibodies, and also anti-coagulant production. It also destroys worn out red blood cells and bacteria. It helps to detoxify the body acids and metabolic wastes. Note that the liver helps to cleanse the body. Basically anything that you eat or drink goes into the liver to be broken down into nutrients. The nutrients are then absorbed into the body and used for energy. The material that is not needed is then put back into the bowel and eliminated through the colon. The fourth function is glucose balance of the blood, it also helps to store and release sugar into the blood. So the liver does play a part in sugar metabolism and sugar balance. So if you know anyone with hypoglycemia or diabetes, or having problems with blood sugar, maybe if they don't eat for a long period of time they feel lightheaded or they feel faint, or aggravated, besides looking at the pancreas to see if there is a weakness there, we would also look at the liver. Also the liver stores vitamins A, D, E and K. It also stores copper and iron and also stores poisons that it finds in the body.

The digestive function is to produce bile. The bile is produced in the liver and its' held in the gall bladder. The gall bladder is here, just above the liver. So the liver produces the bile, the bile is stored in the gall bladder until the person starts to think about what they're going to eat. Once the person starts to think about what they're going to eat, the digestive process starts, it starts before you eat. Bile is then sent into the duodenum. The duodenum is the first part of the small intestines. This is where the bile will break down your fats. Care for the liver includes an herb that is excellent for this, milkthistle. We also work a lot with liver flushes, using Epsom salt and lemon juice. Its very important to be careful with someone who has problems with their gall bladder, maybe with digestion and breaking down fats, its important to be sure that person is strong enough to do a liver flush. If they're in a weakened condition or a lot of pain, its suggested not to do a liver flush, its better to do maybe a slow liver flush with a little lemon and water in the morning. Herbs historically help, working with the gallstones. Some of the vitamins that are excellent are Vitamins A and C and E, minerals include iodine, sulfur and chlorine,

and iron potassium, sodium. Herbs, dandelion has been historical used, Cascara Sagrada, chicory, goldenseal, marigold, rosemary, yellow dock and comfrey. Chiropractic manipulations are excellent. Also raw and steamed beets, these seem to help stimulate the liver to eliminate toxicity in the body. So these are some of the things you can do for a weakened liver. Remember when we have a mixed biliary eye to look at the liver and gall bladder area. Also note that there is a weakness in the gall bladder or liver area, this would be the nose area, to look in the sclera, towards the nose area, to see if the person has any fatty deposits, and if they do, then you know that this person has some weakness in the liver and gall bladder areas. One of the ways to work with the liver is to help the person reduce stress. Meditation, relaxation, vitamin B's, also helping that person to possibly change their lifestyle, eating a lot of raw fruits and vegetables, hot sweat baths are excellent, good exercise, a brisk walk is good for stimulating the liver. Any kind of deep breathing exercises will stimulate the liver area.

Now I'd like to talk to you about ovaries and testes. The Ovaries and testes are in the left area at five o'clock. Left iris at five and right iris at seven o'clock. You may see markings in the ovaries and testes when they are problems with irregular menstrual periods, when a woman is not ovulating, when a man is having problems with impotence, you may see inherent weaknesses showing up in the ovary and testes area. If a man has had a vasectomy, there will be a small lacuna in the testes area. If a woman has had any kind of problems with her menstrual cycles or fertility, there will be a marking in the ovary area. Now remember if you do see a marking in the testes or ovaries area, that you look up here at the mental/sex area, because this has to do with the way the person thinks about themselves and their sexual function. So it's important, besides looking here for the uterus and the prostate, to look in this area of the brain for the ovaries and testes. And likewise you can use this both ways if you see a marking here the sex impulse/mental sex area you would also look at the uterus, prostate, vagina, ovaries and testes. This is important because if there is a weakness in the testes and ovaries this is important to know, it may give a person a reason or a cause for what's going on in the body. One of the herbs that has been used in the past is donquoy, also red raspberries, black cohosh. I must state that black cohosh does have a side effect. Most herbs only have a minor side effect of diarrhea or a headache, they're typically non-toxic and very safe. Black cohosh has a side effect of a headache and it can last for several hours. What black cohosh does is stimulates your own estrogen. If you're a woman and you use this to stimulate menstrual cycles or to balance out your glands, it's also a very good herb for women that are going through menopause. If you use this, be sure to use it in small quantities, because it can cause a headache and take quite a while for the headache to go away.

The ovaries and testes are the sex glands and they produce hormones. In women it produces estrogen and progesterone and in men the testes produce testosterone. Testosterone assists in the development of the prostate gland, seminal vesicles and secondary sexual characteristics and sexual behavior. It also helps regulate fluids and electrolytes in the pituitary gland. Ovaries control the cycles of ovulation and menstruation. Now the foods that are excellent for the testes and ovaries are foods high in iodine such as pineapple, green onions, fish, and seaweed. Also calcium, silicon, oatstraw, zinc, and also vitamin C, B12 and E are good. Herbal supplements beneficial

to the glands include sarsaparilla for the men, red raspberries for women, black cohosh for women, kelp is excellent for the thyroid and gotu kola are excellent for the testes and ovaries, besides working for the brain. So these are some of the things you can find in the ovaries and testes area and some of the things you can do or suggest to people.

The next area is the pancreas. Its here at seven o'clock and there seems to be quite a bit of weakness in the pancreas. I think a lot of it is caused by the fact we live such a stressful life and we don't eat right. A lot of people tend to eat sweets and starches when they're hungry, it's an easy thing. They look in the refrigerator and they see a piece of bread, or they go out to eat and they eat something that doesn't have a lot of nutritional value. The pancreas has two functions, it works as both an organ and a gland. As an organ it helps to produce a lot of your enzymes, and as a gland it helps to produce insulin. So it does both, it helps to regulate your blood sugar and keep it at an even level so that you're not constantly having these ups and downs with your emotions. If the blood sugar gets too low then what can happen is a person can become hypoglycemic. When a person becomes hypoglycemic they tend to have shakiness, lightheadedness, they can faint if they haven't eaten for a long period of time, they can get a lot of headaches, just feel pretty miserable. They can also have crankiness, if you know anybody with these symptoms and they haven't eaten for a long time and get these symptoms then they may have a problem with their blood sugar fluctuating. What's good to do for a person who is having these symptoms and they're hungry is to have protein. Protein tends to keep the blood sugar level even for a long period of time. Chromium is an excellent problem to use for this. Also if you know someone with diabetes, this is also an area, besides the liver, that can be in a weakened state, and this means they have too much sugar in the blood. If they have too much sugar in the blood, there again, the pancreas needs to be built up and balanced out. One of the herbs used for the pancreas for diabetes is goldenseal. Goldenseal has been showed to help lower blood sugar. Vitamins would be B1, B2, minerals would be sodium, chlorine, copper, iron, magnesium, potassium, silicon and zinc. Other herbs, dandelion, elecampane, yellow dock and juniper berries. These are some of the vitamins and herbs that have been excellent for building up the pancreas, besides chromium. Anyone with any kind of blood sugar imbalance can benefit from chromium because it does help to keep the blood sugar balanced.

The next area is the adrenal glands, now I spoke a little about the adrenals when I spoke about the animation life. The adrenal glands are at five-thirty in the right iris and six-thirty in the left iris. They're two small glands and they sit atop the kidneys in the back. The adrenal glands produce corticosteroids. These are produced to prevent disease and infection. They also produce hormones that help us with weakness, loss of stamina, if people feel fearful and feel unequal to tasks. Also the adrenal glands help us with our energy level. If our energy level is low and we need a lot of stimulation during the day, a lot of people need stimulation in the morning, to get out of bed, they need caffeine or some kind of stimulant, then you know they have some kind of adrenal fatigue. So you would probably see a lacuna here in the adrenal gland. There might also be a radii solaris in this area. The best thing to do for this is rest and relaxation. A lot of relaxation, sleep also, anything to build the adrenals such as B complex, pantothenic acid, vitamin C. Helpful herbs are juniper berries, licorice root, gotu kola, ginseng. Ginseng acts as an

adaptagen. And adaptagen is an herb that the body will use if it's necessary, if it needs it. If the body doesn't need it, there's no effect. If a person needs the ginseng, then the person will be able to feel it. It's also supposed to be excellent for longevity. Also, kelp and parsley are excellent for the adrenal glands. I see a lot of adrenal fatigue and I think it has a lot to do with the lifestyle that we lead, we're under a lot of stress, we work a lot of hours and our adrenal glands only have a certain amount to put out and after awhile, they lose their amount of energy.

The next area is the kidneys. The kidneys are at six-thirty in the left iris and five-thirty in the right iris. The kidneys are one of your main elimination organs. They help to filter out impurities out of the blood and out of the body. One of the important things for the kidneys is to drink a lot of water. The kidneys remove waste from the blood and they also maintain proper blood levels in the body. It's important to drink enough water so that the urine is a straw color. Unless the person is taking a B complex or some kind of vitamins or even some kinds of medication can change the color of the urine it should be a straw color. Also its important not to eat heavy meals late at night, after six p.m. The best thing for the kidneys is to eat your heavy meals during the day and a light meal at night. Also too much protein is hard on the kidneys. What you can find in the kidney area is a closed or open lacuna. If someone has a weakness in the kidneys, if someone has kidney stones or pain in the kidneys, pain in the low back, its important to make sure they get that checked, there's a lot of things that can be going on with the kidneys. Skin brushing is also excellent. Skin brushing is done with a dry skin brush before showering all over the body. This helps to open up and stimulate the pores of the skin. The skin acts as a third kidney and helps eliminate uric acid as does the kidneys. Now if somebody uses a skin brush regularly, this can help the kidneys eliminate uric acid. Some of the herbs beneficial for the kidneys are alfalfa, uva ursi, if you know someone who might have gout, or pain in the joints, uva ursi is an excellent herb for that. Juniper berries, oatstraw, parsley are good. Parsley acts as a diuretic without leaching out the potassium. So it is an excellent herb for that, as are dandelion and chamomile. Again, drinking plenty of water is essential for the kidneys.

Now we also have uterus/prostate and it sits atop the vagina area. The uterus/prostate are the male and female organs, again has to do with the reproductive system. And the uterus/prostate, the uterus, its major role is menstruation, also the location of a developing fetus. So for women that are going through menopause, black cohosh is an excellent herb. If you notice any kind of white marking in here or lesion or lacuna, that can tell us that there is an inherent weakness in the uterus, if the woman is experiencing difficult periods, or non-bloody discharge, or excessive menstrual flow or cervix inflammation, a lot of times we can see what might be the cause. There could be inherent weakness. Again, look up here at the sex impulse mental/sex area of the brain anytime there is a marking in the reproductive organs. Chronic symptoms can include boggy uterus or a prolapsed uterus and I can talk to you about that later when we talk about a transverse colon and we'll talk about how a transverse colon plays a role in a prolapsed uterus. Also backache or menstrual difficulties, also if there's a pap test that's failed. Now the prostate gland produces an alkaline fluid that helps protect sperm from destruction in the vaginal area. It also can be influenced by the transverse colon.

Vitamins, minerals and herbs that are excellent for the prostate are juniper berries, goldenseal and gravel root. Buchu leaves are also excellent for the prostate area as are B complex, Vitamin C, D, B12, zinc, calcium, fluorine, iron and sulfur. Also for the uterus we have donquoy, red raspberries and also other herbs that are historically used for these areas.

Here we also have the vagina. The vagina is in the same location as the penis though the penis is not listed. A lot of times you'll see markings in this area if there are problems with vaginal yeast infections for women, again I talked about that earlier, if there is problems with Candida, look over here at the spleen, see if there is a lacuna in the spleen, and then follow a program to help work with the Candida, changing the diet, taking the person and reducing the amount of sugar in their diet, and following a Candida diet, which there are several. If there are problems with impotence it may have something to do with circulation. So if a man comes to see you and is having a problem with impotence, you may want to take a look at the circulatory system as well as the mental sex area to see if that is playing a role in that particular problem. We also have the appendix, its in the right iris at about six-thirty. The appendix is both part of the colon as well as lymphatic tissue. Now Dr. Jensen says that the appendix is the oil can for the Ileo-Cecal valve. What it does is it produces lymph for the cecum, the lower part of the bowel. For people who have had their appendix removed, they don't have this little oil can down here in the lower part of their body, they have rely on other ways. But the Ileo-Cecal valve separates the small intestine from the large intestine. We can see here the small intestines and here is the valve. You'll find it here on the right side of the body. What you'll find is a lot of times the valve does not function properly, and a lot of times what will happen is if this valve does not close properly, there can be a lot of what we can auto-intoxification. The matter is supposed to go through the small intestines into the colon, and what can happen is if the Ileo-Cecal valve is open, the matter can go backwards. It will go from the large colon into the small intestines, and we call this auto-intoxification.

Auto-intoxification is when someone makes themselves ill through toxicity. It's the reabsorbtion of toxic matter. What's important to prevent this is to make sure that the Ileo-Cecal valve is functioning properly. One way you can tell if the valve is closed is by massaging this area. You can find the valve by putting your hand on your right hipbone and just to the left of the bone massage this area. If you massage this area and it is tender, this can mean that the valve is swollen and open or not functioning properly. So its important to make sure that elimination if working properly. You may want to use herbs or whatever dietary changes to be sure the material is eliminated properly. If it is not sore, then the chances are good that the valve is functioning properly.

Now one of the things I've noticed is by looking at the eyes is, right next to the pupil we have the assimilation ring. If you recall what I said earlier about markings in the iris, when an area is functioning properly, there will not be a marking in the iris, so the marking around the pupil, if it's a blue eye, it will be blue, in a brown eye, it will be brown. If it's the same color as the iris that tells us that the assimilation is adequate. If there is a dark ring around the pupil, then that tells us that assimilation is poor. If that is

true, its possible the person has an open Ileo-Cecal valve. That's one way to tell. If they do, you know to check for an open Ileo-Cecal valve. If the person is tender, its important that this person be checked right away.

A lot of times along with an open valve the person will have a Hiatal hernia. The solar plexus is right here, about four o'clock in the right iris. What I'm finding is a lot of people have what we call a Hiatal hernia. This is when a person would tend to hold a lot of their anger, emotions and tension in the diaphragm area. What happens is the muscle contract and get very tight in this area, and the stomach gets pushed up into the rib cage. If this happens, it can cause many symptoms. In your package of information I will give you a handout on both the Ileo-Cecal valve and Hiatal hernia. Just to go over a little bit about it, though, is one of the things a Hiatal hernia can cause is difficulty in breathing. So anyone who has problems with breathing, a pressure here in the diaphragm area, a lot of times it can be remedied. It can also cause a lot of digestive problems, heartburn and inability to break down foods because if the stomach is pushed up into the rib cage, it can get stuck in that area and cut off the circulation. One way to adjust that is with a chiropractor that knows how to manipulate the muscles and release that tension. Of course going and having a chiropractic adjustment for this will provide relief. It's also important that the person change the way they deal with stress and their emotions. If they continue to hold in their anger or emotions, a lot of times the muscles will just go back into that place because the muscles are already set up in that way. So its important, besides having the hernia worked on by a chiropractor, the person should learn some relaxation techniques, also work with the nervous system, find out what's causing this area to be so tight and become like that. Once that's discovered the person can learn how to get rid of the hernia and to keep it from coming back.

Another area here is the back and the spine. Here we have the back area. This is the upper back, the middle back and the lower back. This is the spine area, here is the atlas at the top and all the vertebrae, and the tailbone. Now a lot of times there will be a marking in the back area, the spine area, depending on what's going on. Anything from a broken bone to a degenerative disk to muscle spasms, sciatica, anything causing any kinds of problems, tension, misalignment of the spine, any kind of markings, anything that can show up here in the back area. Notice over here we have the neck and shoulder, directly across the upper back. People that work all day on computers have a lot of tension in their upper back, a lot of tension in their neck and shoulders. People that work all day in one position have a lot of tension and a lot of times will have an open or closed lacuna in their neck and shoulder area. Also it can show up here in their upper back. People that sit a lot can have weakness in the low back, especially if they have a pinched nerve, or sciatic problems, that will show up. If someone has a lot of pain in their neck and shoulders because they have tight muscles, or if a vertebrae is out of alignment, it will show up here in the back area and that person obviously needs to get that adjusted, they need to work on maybe changing the position their chair and computer is in, make sure they walk around if they're having problems with their low back and be sure to get this corrected. If someone has sciatica, there will often be markings in the legs, besides the low back here in the iris. So a lot of times there will be markings in the iris as well as in the leg area and that can be helped also. It's a combination of working with the spine

also working with the muscles and learning what's causing this. Is the person sitting in one position too much, not getting enough exercise? Or is it more of a problem with pinched nerves and the person needs to be adjusted? Or does it have to do with poor nutrition? Are they either not absorbing their calcium or are they depleted of calcium? Its very important the person works with their stress. In most of these cases, a lot of these conditions can be caused by stress. A lot of times if a person has problems with their back or with their legs if they exercise and move around, get on a good exercise program, a lot of times this can take care of it.

Also massage is an excellent way to reduce stress in the body. If you have a tight neck and shoulders or any problems in your back, massage is great for that. Warm baths, Epsom salt is an excellent product to relax the muscles. Foods that are excellent for the spine are any foods that are dark green, the leafy vegetables, these are high in calcium, also the green tops of vegetables. Dairy products, if the person is not lactose intolerant, can be very good. Calcium supplements along with supplements, and slant boards are excellent for the spine. These are some of the things a person can do if they have back problems.

Lets look here at the throat area. In the throat area we have the tonsils, the larynx, the pharynx, the thyroid, the vocal cords and the esophagus on both sides. You'll notice its between eight-thirty and ten o'clock in the left eye and between two o'clock and three-thirty in the right iris. A lot of people seem to have an under active thyroid, and if you know anybody with dry hair, dry skin, lot of weight gain, low metabolism, the thyroid controls the metabolism in the body, they may have imbalance in the thyroid gland. One of the things that can be done for the thyroid is kelp, and high iodine foods. High iodine foods are excellent for the thyroid and also Dr. Jensen recommends protomorphigins. Protomorphagins are actually products that come from the glands of animals. A lot of times if a person is open to using a Protomorphogens, if they're not a vegetarian, this will work. Sometimes if people are vegetarians then there are always herbs or foods that can be worked with.

Vitamins such as A, B6, C, D and E and high iodine foods such as kelp and seaweed, fish, pineapple and green onions are high iodine foods and beneficial, as well as parsley. There is also an exercise which can be done called Thumping the thyroid. This can be done on a regular basis to help stimulate the thyroid gland.

I'd like to talk to you about the colon, there are several things that can happen with the stomach and the colon. First of all, we have the stomach here in the center of the body and it is in the center of the iris next to the pupil. I spoke a little bit to you about the assimilation ring, which can show up next to the pupil, and then next to that we have the stomach. Now if the stomach is functioning properly, then we will not see a ring on the iris. If it is not functioning properly it can be what we call over acid or under acid, and there may be a ring here around the stomach. The function of the stomach is to break down the foods before it goes into the small intestines for absorption. One way of protecting the stomach from ulcers is to be sure the stomach has a thick sodium lining. One of the ways to make sure that lining is adequate is by using goat whey and celery.

Celery is a natural form of sodium. Also make sure there is not too much stress in your life. Adequate vitamins such as A, D and B, folic acid and niacin, these are all beneficial. Herbs such as papaya, ginger, comfrey, fenugreek. Papaya is excellent for either an over acid or an under acid stomach and in one of the later videos I will show you what these look like in the iris so that you can see how to tell the difference and what to suggest to people. A lot of time stress will cause problems in the stomach such as ulcers, and that would be an over acid stomach and we'd deal differently with that than an under acid stomach. If you know someone where the foods sit in the stomach for a long time and the person is not able to break down there foods, then we know that is an under acid condition and we need to bring up the acid in the stomach area.

So in the colon area we have the small intestines, and these come down, we have the cecum area, which comes across, we have the ascending colon that comes up, the transverse colon goes across and the descending colon that comes down in the sigmoid. The colon is basically an area that is meant to help you absorb nutrition. The small intestines have small villi and this is where the nutrients are absorbed into the system before they go into the liver. Now the cecum and the ascending colon are mainly areas that remove liquids from the material and the descending colon is basically an area that helps to eliminate any excess fiber or foods that are not necessary in the sigmoid area. There are a lot of markings that can show up in the colon area, there are many things that can happen with the transverse colon. One marking you may see is a marking we call prolapses of the transverse colon, and that's when the colon falls, when it comes down. This is caused by gravity and also constipation. It's very important that a person eliminate two to three times a day. If a person is eating three meals a day, you should be eliminating two to three times a day. If you're not, then you're constipated. People that have elimination once every three days are constipated, and this can cause some very serious problems down the line. So its very important to make sure that the bowel is moving properly and that there is no constipation. We can talk about the herbs and diet, a lot of fiber in the diet, this will stimulate the bowel and help the bowel to make sure that the material is moving through the bowel properly. Herbs such as cilium, this is an herb that you cannot digest, it is insoluble fiber, but it will pass through the bowel, this is one way of helping with constipation. Also working with bitter herbs. There are many bitter herbs that help stimulate the colon such as Cascara Sagrada, black walnut, burdock root, chaparral, and also raw beets in the diet are excellent for stimulating the parastolisis as well as peppermint. Peppermint is also excellent for the stomach and gall bladder in producing hydrochloric acid. So later what I'll be doing is showing you some iris signs that correspond with the things I've spoken about. I've gone through the iris chart and given you a lot of information about the iris chart, about herbs and vitamins that have been used historically through the years for some of these inherently weak areas in the body. What I'd like you to do now is stop the video and go through practice three. When we come back we'll go through disease stages and levels of inflammation.



Welcome back. Now we're going to go over the disease stages and levels of inflammation. In Iridology the disease stages and levels of inflammation are very important to be able to determine what is going on in the body. So what we've done so

far is we've gone over the Iridology chart, we've gone over the levels of the chart you're going to be using. Now the second part is about looking at and determining the levels of inflammation in each area.

If someone comes to you with a question or a concern or a comment about whatever is going on in their life, and you look into their iris, you're going to find a marking in their iris and this will be one of the markings we talked about earlier, the radii solaris, the open lacuna, the closed lacuna, the psora, maybe some healing lines. What will happen is that you'll find this marking and you need to determine the level of inflammation in that marking and once you've figured out that you, then can tell them well, this is what seems to be causing this particular symptom or problem, its in this level of inflammation and this is what we now can do about it.

What I've got over here is a slide to show you the levels of inflammation, we have here the iris. The pupil is here in the center, and this right next to the pupil is called the pupillary ruff. The pupillary ruff is also the assimilation ring, which I'll show you later. This here is the digestive system. In this area, this is the stomach and the colon, right around the pupil, all the way around. This line right here is the autonomic nerve wreath. These are the fibers, or tribiculi. Here is the border of the iris, the skin out here. What we see is in a normal iris we see the fibers of the iris are just flat and just normal, normal color which is blue, brown or mixed. Then what we see is this lacunae, or radii solaris, open lacunae, closed lacunae. The examples we see here are closed lacunae.

What we see is these levels, level one, level two, level three and level four. Notice that we have four levels of dis-ease. We have a normal level, which is the normal iris color, and then we have four levels of dis-ease. The first level is acute, the second level is sub-acute, the third level is chronic and the fourth level is degenerative. We can also use destructive if we want to.

Now in the acute stage, the fiber of the iris is raised. Notice here how it's raised. Acute means inflammation. Whenever anything is acute, it is inflamed. There is usually pain associated with that inflammation, there might be a runny nose, or a cold, maybe pain in the joints, and there can be any kind inflammation. Now inflammation of any kind in the body is usually called an "itis", as in bursitis, or arthritis and so on. There are many "itis's" and these will normally show up as white raised fibers in the iris, telling us that it is acute, that it is flowing and irritated and inflamed. Whenever it's acute, it means we need to take care of this, the body is crying out, "Pay attention to this! It's important! Let's deal with it right now."

The second level of inflammation is called sub-acute. Now sub-acute you'll notice is one layer down into the iris structure and it is a light gray color. If it's a blue eye, its going to be a little bit darker blue, if it's a brown eye its going to be a little bit darker brown, if it's a mixed eye its usually going to be a little bit darker, either brown or blue. Its going to look like a little hole in the iris. This is a closed lesion, it can also be open, here on the end. When something is sub-acute, its going to be a bit sluggish. Typically the symptoms might be cold once in a while, you might be lethargic, not have as much

energy as you should or feel as good as you should. Just kind of under the weather, maybe allergies, but it's not chronic yet. It's not something that's going on everyday, just something that bothers you once in a while, there's going to be a few symptoms. Not something that sends you to the doctor, but maybe a backache here and there, or maybe a little bit of pain on your right side once in a while. Because it's not a constant pain, we know it's not acute.

Then the next level is called sub-acute. Sub-acute we'll see here, we have acute, raised fiber, we have normal, we have sub-acute and then the next layer down, we have chronic. Notice here, white raised fibers one layer down, light gray color sub-acute and then the next level, two layers down is chronic. Chronic is usually a dark gray. If it's a blue, its going to be a very dark blue, if the eye is brown its going to be almost a black color.

I have chronic arthritis, I have chronic bursitis, everyday I have this pain, and everyday I have this. I have allergies everyday, I can't breathe everyday, I've got asthma everyday. Asthma falls into this categories, severe allergies fall into this category, pneumonia falls into this category. This is where we have chronic problems, and when we're in chronic, this is what sends us to the doctor. When people are in chronic state, when something is bothering them everyday, that's when they are sent to the doctor to find out what is causing this problem.

Now the last level of inflammation is called degeneration, or like I said, we can call it destructive, because that's basically what it is, a destructive behavior. We see here that we are now four layers down into the iris structure, and this would look black. In here we find things like cancer, emphysema and diseases that do not heal well. This can be the end of life here. This is when the cells do not replace themselves properly. This is usually when people are at the point where they have suppressed for so long the body has a hard time reversing and going back to a normal or healthy state. This does happen to a lot of people, they get into this degeneration or degenerative state and they are here for many years until they pass on. What we want to do is stop this, we want to stop the body from breaking down in this manner, from going from a sub-acute to a degenerative level. We want to keep the body in a normal to sub-acute range. How many people are in a normal to sub-acute range, with the diet that we eat, the lifestyle that we live? Not many. Most people, by the time they seek out alternative treatments, or even medical attention, they are usually in chronic. Most people, before they come for alternative treatment, they have already been on some kind of program to try and reverse this chronic state. Maybe it hasn't worked, or maybe it has and they're healing.

Earlier I talked about Herring's Law of Cure and healing crisis, and I spoke about the body curing itself backwards, from the head down, from the inside out, and in reverse order as symptoms have been suppressed. What we see here, from Herring's Law of Cure, is cross fibers filling in these layers, we'd see cross fibers down in this destructive area, then we'd see we see it filling it and coming into this chronic area, then again in the sub-acute area. Then we'd see the lacuna would be all filled in and then what would happen? Then we'd come to a healing crisis. That's what I spoke about when the body cleanses. Now healing crises are here, they are in the acute state. A healing crisis is

always an acute state. How can you tell the difference? The way you tell the difference between a diseased state and a healing crisis is the healing lines, or healing fibers we also see this as a healing area also by the symptoms. We can see that there used to be a lacuna and that lacuna has filled in with healing. Then we know that this is also in healing crisis. Also we see all the other lacunae are filled in with healing. IF we were only to see one lacuna in an acute state and all the rest are in chronic, then we know it is not a healing crisis. Then we would know it is a dis-ease state.

Now the reason I state dis-ease is because when we talk about disease, we talk about the dis-ease. We're talking about the body being out of ease, out of balance. So when we look at these levels of inflammation, we're looking at level of dis-ease and destruction. This is all caused by our thoughts, our attitude, our lifestyle, our stress level, our dietary habits and so on. So when we talk about holistic healing, we're talking about healing the body as a whole. That includes the mind, the body, the spirit, it includes the whole person. It includes diet, attitude, lifestyle, adequate water, nutrition, mental attitude, massage and whatever is necessary to rebuild this tissue. Now down below we have another chart, and this is another view showing the iris and the eye. This is the autonomic nerve wreath, or the Collarete, which was up at the top. Here was have the stomach and the colon in this area, here we have the pupillary ruff, we have the pupil right here which we don't see. These are the different levels of inflammation. Here is where normal would be, the normal iris fiber. Here we have acute. Here we have the sub-acute, one layer down. We have chronic, this is the second layer down, and then we have degenerative or destructive.

So now what we're going to do is show you some iris's with these levels of inflammation. Here is a blue iris, we can see its blue because of the fibers, and we can see a lot of white fibers here. Note all the white fibers in this iris, its almost not a blue iris, its almost a white iris. White signifies inflammation. So the level of inflammation in this eye is almost acute. This is an acute eye, acute iris, this is also what we call an acid eye. There is a lot of acid, a lot of time when you see all this inflammation all these acute fibers, we know this person is under tremendous stress. We can also assume this person may have trouble with gout, or arthritis, any kind of inflammatory problem. We also know this person has a lot of stress, which tells us this person probably has digestive problems. This is an over acid, or acute, eye.

Now this next iris is what I'd call sub-acute iris. Here we have the normal fibers of the eye, and we have some white areas here, the autonomic nerve wreath is white, telling me that the autonomic nerve wreath is acute. We also have some acute areas here going into the body and we notice that this is the right iris, the way we tell this is the right eye is towards the outside of the face the eye comes to a point and towards the nose it is open like this. The sclera is open. Also the pupil will normally be closer to the inside of the iris than the outside of the iris. Now what we see here is we see this area out here, we see this area and the circulatory area and the skin, and this area is darker. We do have some acute fibers out here, all this white, we even have a transversal in the back area. Transversal is, if you can see this on the screen, when a fiber goes across the grain that there was an injury in this back area, and some pain in the back area. What we're looking

for is a sub-acute and it looks like the circulatory system and the skin is sub-acute, it's a little bit darker, a yellowish, grayish color. Its not quite blue, its not white, it's a light gray color. Even in here, some of these areas, note this is a lacuna, note it is a darker color. These are sub-acute.

We also have this next eye, a mixed biliary iris. We have these blue fibers coming out from the autonomic nerve wreath going to the skin area, note we have a lot of this brown pigmentation in the digestive system, this means it is a mixed biliary, its both blue and brown. Note how dark this area is here, the skin and circulatory system, note these areas here in the bowel area, they're even darker than the last slide, they're more of a dark gray color. Even the skin is a darker color. The other way to tell this eye is sub-acute, is that it lacks luster, it lacks excitement. It seems to be overall a chronic eye. Notice these spots, which are a lymphatic rosary. This also tells me that its more of a chronic type of iris, this person has problems with their lymphatic system. But the fact that it's just kind of a dull color, its not vibrant and it has a lot of these dark fibers all over, tells me it is a chronic eye.

Now notice this iris. This is a very, very dark iris. Notice we have some of the white fibers in here. We have the autonomic nerve wreath, the autonomic nervous system is white, meaning that its acute, it's stressed out. They have a lot of these white wavy fibers are tribiculi, and this shows stress in the eye. Wherever it's white means inflammation. However, look how dark over all this iris is, its not even a gray color anymore, its like a dark gray to black. Notice you cannot tell the difference between the pupil and the stomach or the pupil and the colon. The colon is almost a black color, notice the skin and how dark it is. I would put this iris in a very chronic, to a destructive or degenerative level of inflammation.

So now you have seen what the levels of inflammation look like. You've seen acute, meaning a very white iris, you have seen sub-acute, a light gray or gray iris. Markings in the iris that are in a sub-acute level of inflammation are a light gray, you've seen a chronic where the levels of inflammation in the lacunae are a dark gray color and you have seen a destructive to degenerative iris, where everything is basically dying. So what I'd like you to do now is stop the video and go through practice number four, the bring the video back on and we'll go through the basic iridology signs.

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Welcome back. Now we're going to go through some specific iridology signs. The first sign is called anemia in extremities. Anemia in extremities shows up in the iris as a white or blue ring around the outside of the iris. This can also be called venous congestion. What this tells us is that the body has anemia. Cold hands and cold feet are the symptoms of anemia in extremities. Notice this blue ring around the outside of the iris. This also tells us that the person is having a hard time bringing blood up through the body from the legs. This person is having trouble bringing blood back up into the body from the legs. When we see something like this we know right away this person is having circulatory troubles. When we look at this eye we can right off the bat see this is a brown iris. A brown iris tells us this person would have circulatory weakness. Notice here on

this blue ring, where it is, it comes all the way onto the iris, this ring can be very small or very wide. Some of the things a person can do to change this anemia in extremities is exercise. Exercise stimulates the circulation. Herbs to stimulate the circulation traditionally have been used and these herbs include ginger, capsicum, ginkgo, and gotu kola, anything to bring circulation to the extremities. Exercise such as walking every day, sitz baths, Keneipt baths, cold and hot showers, and also garlic, anything to help stimulate the circulation especially to the extremities.

So if you see this in someone's eyes, you know that they're having difficulties with circulation. Now if I have someone like this come into my office I will automatically look at their heart area and their leg area, because the legs are the pumps that help bring the blood back up into the body. Notice this marking here in the iris, this is an open lacuna, open because it is not completely encapsulated. Notice this marking here, this is a closed lacuna at six o'clock in the leg area. This tells us this person has inherent weakness in legs. They may have varicose veins. Also when there is weakness in the legs there is often not enough calcium in the body, this person is not retaining their calcium stores. Also notice that there is a lot going on over here in the bronchia area, and the heart is over here. Unfortunately, we can't see the heart area, but notice there is an awful lot of weakness in this area. This tells me that this person has weakness in the bronchioles, so they're not getting as much oxygen as they should in their body. Anemia in extremities and venous congestion also has to do with lack of oxygenation to the body and it has to do with anemia, low iron. Chlorophyll and alfalfa are excellent historically for building up the blood, bringing in the iron. Dark green leafy vegetables are excellent for building up the iron.

When we look at this iris, I'll go through this quickly so you can get a kind of idea, we have the pupillary ruff, which is right around the pupil, and if we don't see the pupillary ruff, or the assimilation ring, then we know the assimilation is adequate. We can see a little bit of an assimilation ring here, telling me that the assimilation is not as good as it should be. This tells me also that they may have an open ileo-cecal valve. Then notice here, from the pupillary ruff here, this marking here goes all the way around the iris, this is the autonomic nerve wreath. Now this autonomic nerve wreath is never perfectly round. There just isn't any such thing. In this area is the stomach and the colon and it's layered. If you look at your iridology chart, what you see here, it doesn't look like it's layered. It looked like you have the pupil the center, then the stomach and then the colon around that. But that is not the way it works. These are actually layers. You have the pupil here in the center, right next to the pupil you have the assimilation ring. Next to that you have the stomach but from the autonomic nerve wreath all the way to the pupil is also the colon. So you can have the stomach ring on top of the colon. So this is two rings here taking up the same space. If you don't see the stomach ring, then you know the stomach is functioning properly. If you do see the stomach ring, then that stomach ring will be on top of the colon, so you have both. You have the colon, the colon goes from the autonomic nerve wreath to the pupil all the way around and then you have the stomach which may or may not show up on top of that, taking up the same space.

This is very important to understand. You have to be able to see the autonomic nerve wreath in order to be able to tell the difference between the digestive system and the organs. Remember the organs are out here. This is the key to being able to do iridology, you have to see the autonomic nerve wreath. Now, if we look at the slide, we see here this autonomic nerve wreath, this is a very nice autonomic nerve wreath, its very easy to see. Of course we also have a very large slide here. You have to imagine what it would be like to see this iris if you were looking into someone's eyes, this would be very, very small. But we can still see the autonomic nerve wreath. Then we know these are the organs and every place we see one of these lacuna, we know these are inherent weaknesses. We know that depending on the person and their lifestyle and what they're willing to do to heal or cleanse or build their body, we know these can heal, fill in and change. We know that depending on what the person is willing to do, they can improve their circulation. The iris will change and this blue ring will go away. So that's anemia in extremities.

Now the next slide is called Arcus Sinilllis. Arcus Sinilllis is basically called brain anemia. Notice the white cap at the top of the iris. This is telling us that this person is not getting enough blood circulation to the brain area. This cap can be very small and completely cover the top of the iris if it's severe. We see this a lot in senility, there are even children who have this? What causes Arcus Sinilllis? Lack of circulation, standing up all-day or sitting up all day, the heart has to pump blood upwards. If the person is not getting enough exercise, or their circulatory system is not working properly, and they may not be able to get enough blood up into the head. This can cause problems with memory, memory loss, headaches, concentration, imbalance, dizziness, many symptoms corresponding to senility in older age. So what can we do to stimulate blood into the head? The same things, ginkgo, exercise, capsicum, garlic, anything to stimulate blood into the head. If this person has headaches, then we would need to use things for headaches, we would need to find out if this person has a toxic bowel, or if we need to use an herb such as feverfew, which has been historically used for migraines and headaches. Also, when we look at an iris, we always look at the bowel, we always look to see what's going on in the nervous system, so lets take a look here. The autonomic nerve wreath is here but its difficult to see. Its basically washed out. That tells us this person is very enervative. Everything looks tight in the iris, which means this person is stressed. All of this contributed to poor brain circulation.

Now lets look at this iris here. Here we have what we call an under acid stomach. Again, next to the pupil is the assimilation ring. Really, this person's assimilation is pretty good except for here at the top. This is the back of the stomach here, this is the front of the stomach here and they do have a little bit of an assimilation ring so we can assume that this person is not assimilating as well as they should. And they have a stomach ring. First what we do is find the autonomic nerve wreath, and that's here, there's always a different constitution or nerve fibers, iris fibers, inside the autonomic nerve wreath than outside the autonomic nerve wreath simply because we're looking at two different structures, we're looking at the digestive system versus the organ. The entire colon is inside this area. And here, going around very nicely is the stomach. Notice the color of the stomach. It is a grayish brown color. This grayish brown color stomach tells us that this stomach is under

acid. This typically means that this person has a hard time breaking down foods. Food probably sits in their stomach for a long time, they feel full, they have a lot of belching, and they have a lot of symptoms of inability to break down their fats. They have a lot of problems breaking down their proteins. They probably have a lot of gas. They have a lot of problems with digestion. One of the things that typically helps with that is papaya, alfalfa and even hydrochloric acid tablets. Increasing the hydrochloric acid in the stomach helps break down the foods. When you turn 35, typically, 35 to 40 your body slows down its production of hydrochloric acids and you can have an under acid stomach at this time.

Now there are certain foods that can increase the hydrochloric acid in your stomach and one of these is peppermint. Peppermint tea will increase the hydrochloric acid in your stomach. So will red beets. They will stimulate the production of bile, the bile will help break down these foods.

We also have an over acid stomach. Over acid stomach means a white stomach. Here we have a very dark assimilation ring and we can't see the stomach here but we have a very white area out here in the autonomic system. This tells us that the stomach is not functioning properly again. The fact that this iris has so many acute fibers, this tells us that there is an under acid stomach as well as chronic to degenerative problems in the body. Now if the stomach were over acid it would be white. So what we would see is this iris here, but this stomach ring would be white instead of this gray color. What we have here is an under acid stomach. What you will find as you practice iridology and look at people is that most people have under acid stomachs. Typically an over acid stomach's symptoms would be heartburn, ulcers, painful digestion, belching and gas, needing to take antacids and things like this. Whereas an under acid stomach it's the opposite. They still have heartburn and belching but they don't have that burning, they don't have an ulcer, what they do have is an inability to digest their foods.

Now here what we see is an over acid body chemistry. Remember acidity is acute and acute means white. Notice all the white fibers in this iris. Notice the autonomic nerve wreath is very white. This tells us that the nervous system is inflamed. This person may have had some kind of accident, maybe they hurt their back. This person is in a lot of pain, they're over acid. Over acidity usually causes pain, and an over acid body is perfect for causing dis-ease or disease. Disease will not grow in an alkaline state body and the goal is to change the body chemistry to an alkaline environment. Disease only will grow in an acid environment. So how do we change this iris to an alkaline environment? By changing the diet. Change the diet to an alkaline diet. An alkaline diet is mostly fruits and vegetables. Your fruits and vegetables are alkaline, your starches and your proteins are acid. The other thing is of course dealing with lifestyle. Lower your stress, deal with your stress, maybe even needing to change your job. Whatever it takes to change the body chemistry. Green drinks, green juices, wheat grass is an excellent way historically to change body chemistry, bring in a lot of green juices. Bring in a lot of aly foods. This is very important because if this person continues with this acidity, eventually they will probably have a disease or have a dis-ease of the body, if they don't already.

Now I'd like to talk about the bowel, the colon. I've already mentioned here that the colon is inside the Autonomic Nerve Wreath, and inside here, we have the both the stomach and the colon. Notice the stomach, here is the stomach ring, and notice it is a light gray color, and again this means the stomach is under acid. The colon is from the pupillary ruff all the way to the Autonomic Nerve Wreath, and notice here in these areas there are these little dark lacunae, on the edges of the Autonomic Nerve Wreath. They are darker than the actually colon, or any other part of the iris itself. When we see these little lacunae inside the colon but on the Autonomic Nerve Wreath, we call these pockets. The medical profession calls this diverticula, and most people are familiar with diverticulitis. Diverticulitis is inflammation of the diverticula, again, "itis" is inflammation, and they're acute. Anytime someone has diverticulitis its usually painful and they have gas and so on and there's inflammation. Now these pockets, they're the same thing as diverticula, it is a pocket that has been created in the colon, its kind of an out pouching of the colon. Now what happens here is if the elimination is sluggish, material that you haven't chewed like carrots and nuts and seeds and so on, they can go into these pockets and putrefy. If they putrefy and your bowels are not moving at regular, daily routine, these can putrefy and can cause a low-grade infection and be painful. These can also cause gas. A lot of people have gas, and a lot of times this is caused by these pockets. We call them pockets because that is what they look like and we are not medical doctors. A medical doctor will tell you these are diverticula. From this iris we can see this person has quite a few of these pockets and as we go through slides we will see there are quite a few pockets. Most people do have them. Most people are born with them, they're inherent. They can shrink. As a person works on their bowel, as they clean their colon, and as they work and heal their bowel, these can shrink. What the first thing that should be done about this? Make sure the bowel is moving and working properly, every day. Another thing a person can do is do some colon cleansing. Cilium has been used for many years to clean the colon, its insoluble and works like a broom. Also bitter herbs can help stimulate the liver, the spleen and clean the colon. It helps clean out those pockets. Don't eat seeds or nuts unless they've been soaked over night. Popcorn can be especially harmful to someone who has these pockets. A good exercise to do for someone who has these pockets is chew twenty times before swallowing, this helps grind up the food. I heard a saying once I've never forgotten, "your stomach has no teeth." So if you remember that, your stomach has no teeth then you know you have to chew, your teeth have to chew your food before it goes into the stomach.

Otherwise there are undigested food that gets traps in the colon, in these pockets and cause infections. We don't want these pockets to become inflamed and cause other problems. Now this iris here, what we're looking at is called prolapsed. Note that this is blue and we have the brown pigmentation here. Note that this is a mixed biliary iris. We will look here at the iris, the Autonomic Nerve Wreath is flat here. This should not be flat, it should be going around just like the rest of the Autonomic Nerve Wreath. The fact that it's flat like this tells us that the transverse colon is falling. If this colon continues to fall, it can eventually put pressure on the lower organs of the body. So a lot of times when there are irregular menstrual periods, cysts on the ovaries, cysts on the uterus, prostritis, other types of prostrate problems a lot of times this can be caused by a

prolapsed colon. Because the colon is pushing down, it's prolapsed, its falling. This can be caused by gravity, we're standing up all day. It can be caused by poor elimination, constipation. It can be caused from poor muscle tone. Now again, something that can be done about this is cleansing, the same kind of cleansing I spoke about for the pockets. Also, slant boards are very beneficial for prolapsed colons. A slant board is a board you lay on where you put your head at the bottom and feet at the top and this helps bring all the organs back into place. You can find a lot of information on slant boards and a lot of material in the material I will provide for you. This is what we call a prolapsed colon. And realized that a transverse colon affect the sinus area. Notice all these markings here in the sinus area, the sinus is here from eleven to one. This is the brain area here from eleven to one. Notice all of these, we call this radii solaris, that I drew earlier. What this means are there are toxins leaching from the transverse colon into the blood and into the sinus area of the head. Now we can also call this leaky bowel syndrome, where material is leaking through the intestinal wall into this part of the body. So this can be causing a lot of sinus problems here for this person.

What I'd like to do now is ask you, what do you see the most in this iris here? You see stress rings. What is a stress ring? They are the white circular lines. Do you know what they mean? The individual is under a lot of stress. These are stress rings. They're also called sensitivity rings, they're also called cramp rings. It means this person is under a lot of stress. Notice these rings start and stop. This one here is starting then it stops. Where these cramp rings start and stop is where they are causing the most problems in the body. Not only do we look to see the color, which these rings are very white which mean this person typically would be very stressed out inside, but also how many rings there are. Notice there is about four or five rings. Typically people have about two rings. Everybody has a few rings because of the environment and their stress level, but when you see someone with a lot of rings, a lot of acute rings, maybe this person is very emotionally sensitive, they maybe work very hard, they can also be very motivated and pushing themselves to the limit. Another thing these stress rings can have to do with is the stomach if the stomach is under active or stressed. Note that we can't see the stomach but because the bowel here under the Autonomic Nerve Wreath, note that the stomach is very dark, we can assume that the stomach is under acid. Also the kidneys may be very stressed out, and there can also be thyroid weakness, when we see these stress rings. So then we need to look at the kidneys, is there a weakness in the kidney and is there a weakness in the thyroid and what is going on with this person besides just stress and their lifestyle.

So one of the ways to correct this is changing the person's lifestyle. Using calming herbs, using herbs to help them calm down. All the B's, anything to help them calm down, catnip and chamomile, anything for calming. Lots of rest, staying away from caffeine, maybe moving to a better environment, a place where the person can relax, maybe even changing jobs or at least toning things down, slowing down the pace. Whatever it takes to help this person calm down. Now these stress rings will calm down. I've never seen, in all the years I've been doing iridology, I've never seen a stress ring go away, but they tone down. They tone down to the point where you barely see them. Then if the person gets stressed out again, you can see them again. If you see stress rings

way out here in the skin area, chances are this person will break out on their skin with hives. Hives are, if they're not an allergic reaction, stress or a stressful situation can cause them. Massage can be beneficial, chiropractic manipulation, sitz baths, warm baths, anything to help relax and build the body would be beneficial.

Another thing to look at is the bowel. Notice how the Autonomic Nerve Wreath moves around nicely, and then its flat here. Notice how flat these descending colon is. When its flat like this, it tells us there is no muscle tone in this part of the bowel. The peristaltic action is diminished. The person has a difficult time with their elimination. They have a tendency towards a sluggish or weakened bowel. They have a tendency towards constipation. When they're very stressed out, this person has a tendency towards irritable bowel or inflammation of the bowel, or colitis, which is inflammation of the colon. Now we can see here that this bowel is fairly dirty, it needs to be cleaned, and there are also some little pockets that we spoke of here in this colon. Very important to note too that this colon is a little bit prolapsed here on the top and the transverse colon, so this colon needs some work and we also see here this same radii solaris that we saw in the other iris, these lines here look like the spokes of the wheel, so we know there are some toxins going out from the colon to the body causing inherent weakness. Again, we call this leaky bowel syndrome. We also call this auto-intoxification, where the person is actually intoxicifying themselves, so we know this person should be drinking more water as well.

So now what I'd like to do is to have you pause the video and look at someone's eye and determine what the first marking you're looking at in their eye is. See if you can determine the level of inflammation in that eye and note if you have noticed any of the markings we have just gone over in the iris.



So now we will continue with the specific iridology signs, and we'll talk now about ballooning and what ballooning is, ballooning of the bowel. So here we have what we call a catarrhal eye, or more of a miasmatic eye. It's also what we would call a mixed biliary eye. What we always look for first is the Autonomic Nerve Wreath, and of course in this iris, the Autonomic Nerve Wreath is very hard to see, it comes way out here. Its difficult to tell if the Autonomic Nerve Wreath comes in here and goes around this way, or if it actually comes out of the iris, way out into these other zones here. Now what we'll see here is an under acid stomach and we see all of these large lacunae here inside the Autonomic Nerve Wreath and these areas are darker than the rest of the bowel. There are a lot of pockets and what we call ballooning, a ballooned bowel, when the bowel comes way out like this in various areas and there's a lot of space. What we're looking at in these spaces is the muscle tone of the bowel, notice how loose the fibers are, this tells us this person probably has a weakened bowel as well as a lot of gas, a lot of constipation and also tends to have a sluggish bowel movements. Also, just because this person's bowel is ballooned doesn't mean they have an extended abdomen. Just note they have a large bowel. When you see this you know their eliminations aren't going to be regular. They may have a lot of diarrhea, a lot of loose stools, they may not eliminate well, even though this bowel doesn't look really dirty. It's just very loose and ballooned. So what this person needs to do is work on the tone, strengthen or build up the bowel. That can be

done with herbs, also to help clean out the spleen, clean out the liver, even cilium would be beneficial. Acidophilus could be helpful too. There are a lot of herbs that are good for building up the colon, and some of the herbs and vitamins are aloe vera, comfrey, cilium, also the vitamins are B Complex, all the B's, the coleen and asitol, niacin, paba, pentathenic acid, C, D, E, bioflavinoids, vitamin F and K. Calcium, Iron, chloride, potassium, magnesium, phosphorous, sodium as well as sulfur. The herbs, goldenseal, as well as your essential fatty acids, these are all good for building up the bowel.

Now here what I'd like to do is talk to you about a spastic colon. When there is a spastic colon that tells us that the person has a lot of spasms. Here we also have ballooning, notice here's the bowel, here's the Autonomic Nerve Wreath, this person here, where you see the colon comes out here to a point, the fact that the Autonomic Nerve Wreath is so thick, this shows us this is ballooned, but it also shows us that it tends to be spastic. Spastic means cramping and pain, so even though the bowel is very large and very loose, comes way out here into these zones we also see these thick fibers here and these thick fibers tells us there can be a lot of pain and spasms. The colon needs to be relaxed, this person is taking out their stress on their bowel. They need to relax, they need to learn another way of dealing with their stress or lifestyle. They may have a lot of food allergies. Chances are with spasticity when there is a lot of diarrhea and pain, then there are food allergies. The person needs to go through their diet and determine what are their food allergies, what are the foods that the person can and cannot tolerate, rather than expecting the body to listen to the person, the person needs to listen to the body and determine what it can and cannot tolerate.

Here we have another spastic bowel. Whereas with the last bowel the Autonomic Nerve Wreath was out here in the zones, here we have a bowel that is NOT out in these zones, its exactly where it should be, but at the same time its very spastic. Spasticity mean that its coming in and out, also the fact that the Autonomic Nerve Wreath is very white and thick, this tells us there is pain and inflammation in this bowel. When there is a lot of pain and inflammation in this bowel, we know there is a lot of diarrhea and cramping. There again, anything to help calm the bowel, anything to help calm down the body. Catnip and chamomile are excellent for calming down the bowel. Even retaining and calming enemas these are things that have historically been used to calm down spasticity. But again, Acidophilus is effective as well as learning what the food allergies are.

Now this next iris, we have a stricture. Normally the Autonomic Nerve Wreath comes around nicely like this, but notice here the Autonomic Nerve Wreath comes directly in and touches the pupil. This is telling us that this colon is strictured or clamped down. What does this mean? Well if you imagine a cylinder and part of the cylinder closes down and narrows down and almost completely closes, that is what we're looking at. So if this person is trying to eliminate, a lot of times what happens is the material as its coming through here, its going around through the small intestines and around the colon, as its coming down here, it can slow down. It can actually back up and create a ballooning in this area. So a lot of times when there is a narrowing of the colon here and material can't pass, what can happen is it can back up and it can cause the colon to extend and create a ballooning. Now in this iris I don't see this happening yet. But we do see

some pockets here and inherent weakness against the colon itself. So this is what a stricture is. So what can you do about this? Well again, you have to be careful, this can be pretty serious. One thing that can be done is anything to relax, relaxing enema, or even olive oil, in a bulb syringe will help relax and lubricate that area and help to pull that matter out of there. Any kind of cleansing, I wouldn't go in and start using a large amount of cilium because that might stop the elimination from happening. What I'd use is the bitter herbs, cascara Sagrada, burdock and black walnut to loosen everything up, maybe referring this person to a colon therapist, colonics might be beneficial to help use some water therapy and help clean this out. It may be necessary for this person to have X-rays to determine just how back this stricture is, there are certain strictures that are very dangerous, and if this does completely clamp down, it can be life threatening so stricture is nothing to take lightly.

Now here what we have is called calcium out of solution. Now calcium out of solution is a very light white ring all the way around the iris. If you recall earlier we talked about this blue ring as being anemia in extremities. It can also be venous congestion. But we also have a very light white ring here in the iris and this normally sits atop the iris itself and we normally call this calcium out of solution. Calcium out of solution can lead to a cholesterol ring, and it can also lead to hardening of the arteries. It can also mean a potential for kidney stones, it basically means that calcium is not being absorbed into the body, its not getting absorbed into the bones. Now if you look at this iris, notice the pupil. Is the pupil black? No, it's not black, it's hazy. This is an indication this person may have some cataracts, or may be beginning cataracts. Even with the flash this pupil should be black, as you've noticed most of the pictures are. This person is not, however, this pupil is hazy. The fact that this person has a hazy pupil and also calcium out of solution tells us this person is having a hard time absorbing calcium. What can you do? Well one thing is to work on the para thyroid. The para thyroid helps increase calcium absorption, and there we're talking about working with the glands. Also working with the herbs that would treat anything like cataracts, or arthritis, anything having to do with the kidneys. Stimulating the eliminative organs would be beneficial. Using a natural form of calcium and magnesium. Historically, hydrochloric acid has been used to help break down calcium and absorb it into the bones, and there are many other things that can be done to aid in the absorption of calcium. Changing the diet and eating dark green leafy vegetables. And if a person has a tendency towards kidney stones, then increasing the amount of water is important as well as herbs that we've had results with such as cornsilk and uva ursi, and things like this.

Now here's an interesting iris. I have this iris here for you because it shows cholesterol and hardening of the arteries. Now this is a brown iris and here we see the Autonomic Nerve Wreath, and what we have here is we have this white ring. This white ring does go all the way around the iris, and notice how thick this ring is, and this is on the outside of the body, and this is the inside of the body near the nose. Now this is hardening of the arteries, this can also be called a cholesterol ring, this can also be called a calcium out of solution, sodium cholesterol ring, they all go together. Usually these all run together, but normally we don't have this thick ring on the outer edge. Normally the cholesterol, when I see it, its usually around the bottom part of the iris, the bottom part of the body and also

anemia in extremities at the top. But in this iris we see a very good example of hardening of the arteries on the outside of the body. Not only does this tell us that this person has hardening of the arteries, but also that this person has a lack of circulation, a very severe lack of circulation on the outer part of the body. This would encompass the lungs, the bronchioles, the skin and the lymph, all of this area is affected and sluggish. So what would you do for something like this? The first thing I would suggest is a blood test to find out how high their cholesterol is. If their cholesterol were high they would probably need to go on a low fat diet. Now this person I know is already on a low fat diet. The next thing would be losing weight, and working with products or herbs that have been historically used with chelation therapy. Chelation therapy, there is oral chelation and venous chelation. Oral chelation is a way of cleansing the veins and this can be done with herbs like hawthorn berries and capsicum, and butcher's broom and there are other herbs and vitamins that are excellent. There's also venous chelation, this is where a person actually goes into a clinic and they actually put the material to clean out the veins into the veins themselves. Now this is fine as long as the person having this done has strong kidneys. This can be hard on the kidneys. If someone is going to do an oral chelation program, it's usually a four to six month program and the person will normally see a big difference in both their iris and their circulation. Notice with this iris that this person also has anemia in extremities, they also have venous congestion, they also have a little Arcus Sinillis. So we know this person is having a little bit of trouble bringing the blood back up in to the body. They're having a difficult time with the return. And notice here that there is weakness in this part of the body, which is the leg area. So this is very important to note that when there is a cholesterol ring that the person take care of this immediately. The first thing is to have this checked. Have a blood test, make sure the cholesterol level is not too high because it can be dangerous.

Now let's talk a little bit about constitutions. When you look at a person's eye, the first thing you should do is determine the color of their iris. What is the color of this iris? Is it blue, brown or mixed biliary? Once you've determined the color of this iris, you then know their tendencies, if they tend to have lymphatic disturbances, or digestive disturbances or circulatory disturbances. Now the next thing to determine is their constitution. Constitution is basically their genetics or the way their body is built. How strong is their body? How weak is their body? Once you've determined their constitution or how strong their body is you can then tell them what they should do. If they have a strong constitution, then you know they can cleanse. If they have a weak constitution, then you know that this person needs to be built and if you put them on a cleanse, if they're weak, they'll just get sick. Chances are they will not be able to eliminate all the toxicity out of the body while they're doing a cleanse.

So let's take a look at this slide now. Here we have a blue iris and the fibers are nice and straight. They're a little bit wavy, but pretty much they're nice and straight. We don't see a lot of pigmentation, there's a little pigmentation in here next to the Autonomic Nerve Wreath, so we know there's a little sulfur deposit, a little bit of mucous, but really the colon is pretty clean, they don't have a lot of circulatory problems, maybe a little bit, but pretty much these fibers are nice and tight. This tells us that this is a strong constitution. This is the type of person that can do just about anything and feel good. This is the type

of person that can cleanse, they can eat just about anything and can assimilate it, digest it, break it down. This is a kind of person who usually has a lot of energy, can even outrun you. This is the type of person who can eat whatever they want and it won't affect them. They can have a pretty stressful lifestyle and they can deal with it, they won't break down as fast. They have a stronger body.

Now lets look at this iris, we've seen this iris before. Now this iris I would consider to be a medium constitution. Notice the fibers in this iris, the fibers are not as straight. There's a few lacunae in here throughout the iris here and there, there's a few more wavy fibers, also the pupil's a little bit too big, there's a few markings here with the stomach and a little bit more with the circulation, there's a little bit more space here between these fibers. This tells me that this person is more the medium constitution. This tells me that this person is a little weaker, they're constitutional makeup, their genetic background is a little bit weaker. They probably can't eat everything that they want, they probably can't do everything they want, they don't have quite as much energy and they need to get more sleep. They break down a little bit easier. They may have a few food allergies, they may have a few or sub-acute chronic complaints, they're not quite as strong. Now the strong constitution you know they could tolerate a cleanse. A medium constitution, you may want to cleanse them, it depends on what's going on, and you may want to build them for a little bit. But this person will not tolerate stress quite as well.

Now here we have a weak constitution. Notice how much space there is. Notice the fibers underneath here, the layers, the fibers underneath are fairly strong, but notice here there are many, many lacunae all the way around and even some chemical deposits here. We call these psora. Notice a lot of material here on the outside of the iris. The fact that there's a lot of space in between these fibers all the way about the Autonomic Nerve Wreath, the fact that there are so many spaces tells us this is a weak constitution. This person would have to be very careful with what they eat. They cannot tolerate a lot of stress. They're a very sensitive person. They cannot tolerate a lot of foods, they probably have a lot of food allergies. They just cannot tolerate a whole lot, if they eat something they're allergic to, they feel it right away, they have food allergies. This would be a person I would definitely build. If I were to cleanse this person, they would probably get sick, because their body might not be able to eliminate all the toxins that are stirred up during cleansing.

So you've seen a strong constitution, a medium constitution and a weak constitution. So once you've determined the person's constitution, you can then tell a person, you have a strong constitution, a medium constitution, or a weak constitution. If you have a strong constitution we can cleanse you. If you have a medium constitution, it may depend on what their symptoms are. Maybe you might want to cleanse them, you might want to build them up. If they have a weak constitution, then you know that you need to build them up.

Now here we have an iris that we have some chemical markings, or some psora, or drug deposits. Now I've shown this to you about this before and we've talked about the different colors, the yellows, oranges and browns. So I'm not going to go into this again. But notice these deposits, these pigmentations and where they are in the iris. Wherever

these pigments land, or deposit in the body, they can cause weakness and they can cause inflammation and acidity. They can contribute to the breakdown of those areas in the body. So its very important that this person, depending on their constitution, cleanse. The best way to get rid of these types of pigmentations and this type of deposit in the iris is by cleansing the system. Notice the constitution on this iris and the fibers. The fibers are pretty straight and tight, so we know this person has a fairly good constitution. We know what this person can tolerate, this person can tolerate cleansing. It would be a good idea for this person to do some cleansing. When I'm talking about cleansing I'm talking about bowel and blood cleansing. Bowel cleansing with cilium has been traditionally used to clear out these toxicities. Also hydrated bentonite pulls heavy metals out of the body. Also stimulating the liver and stimulating the spleen to clean the blood. This process of cleansing the body takes many years. Its not usually something that will cleanse out of the body at a rapid rate. You will notice that over a period of time some of these areas will clean up. What happens is these markings will dissolve. They lift off the iris and they disappear. This one here is one that might be lifting, being broken down by the body. Eventually, one by one these are cleansed and eliminated out of the five elimination systems. So its very important, in order to cleanse out the body, that all five elimination systems area functioning properly and are able to cleanse the material out of the body that needs to be cleansed.

Now here we have another iris and here's another way of seeing chemical deposits and drug spots. This is another kind of strong constitution. Notice these reddish-brown spots here. Notice how much larger these are than the ones in the last slide. These would take much longer to dissolve, and eliminate out of the body as in the last slide. These are deeper in the tissue, and these, if not cleansed out can lead to degeneration and destruction of these tissues. Now notice where they land in the chart. Not only are these causing weakness in the areas where they're deposited, but we also know its causing toxicity in the body itself. It's causing inflammation and acidity in those areas. Also look in the sinus area. Notice from eleven to one. What do we see? We see a lot of this pigmentation in here as well as these radii solaris lines. Notice where the radii solaris lines are starting, some of them are starting here in the assimilation. So we know the small intestines are possibly leaking toxic material into the body. Note that some of these are short and some of these are long. The short radii solaris is called radii solaris minor, meaning they are not as old, not as severe. The long radii solaris are called radii solaris major, these are older and these are also more toxic.

There are some iridologists will tell you if you see radii solaris that this person has parasites. This is not necessarily so. The actually correct way to define radii solaris is that they create the environment that's conducive to parasites. Just because we see the radii solaris here in this person's body does not mean that they actually have parasites. It means that they may. The environment is certainly there. The best way for them to find out is to have some tests. Stool samples, as well as kinesiology. With stool samples, if the parasites are in the stool samples itself, then the test will come up positive. If the parasites are not in the stool sample, then the sample will come up negative, and the person may want to back that up with kinesiology to make sure there aren't any parasites in that part of the body.

Now here's an iris with the same thing, the same types of psora. Here we have a very, very dark psora in the lower part of the body. This is the right iris and notice that this is in the low back area. Chances are this person has a lot of problems with their low back. Notice this fiber here is white, raised and actually going towards this psora. Its quite possible this psora is causing a lot of inflammation in the lower part of this person's body, in their back. So again, if this is not taken care of, it can continue to cause inflammation and weakness in that part of the body and eventually cause destruction to that part of the body.

Now lets look at some healing. What we want to see in the iris is healing. This is our goal. The body's sole purpose is to survive and iridology is an excellent tool to tell us if the person is healing or degenerating. If a person is on an herbal program or anything other kind of program, iridology is an excellent tool to tell us if this program is healing the person's body in the way in which they want to heal. So what we'll look at here are these two large lacunae. Notice this is an open lacuna or lesion, here we have some other lacuna over here that are open, and closed. What we're going to look for in this iris are cross fibers. Now there is some cross fibers in this iris, there's actually quite a bit of healing. Now if a lacuna is not healing, the fibers will just continue in the same direction as the rest of the fibers of the eye. But if there is healing, then we'll see fibers going across the grain. We can see that happening here, and we can see that happening in these areas here, we can see healing here in this lacuna. There is actually quite a bit of healing going on in this iris. This is what we want to see, this is important. We can now tell this client that "you're on the right track, you're doing exactly what you want to do, you're healing your body." At the same time we want to let them know that as these lacunae continue to heal, eventually they will all heal. When they are at the point where they are all healed, then the person might go into what we call a healing crisis. At that point when you see healing in all the lacunae, its important to explain to them about Herring's Law of Cure. Its important to explain to them that the body, when its ready, will go into a healing crisis. If it needs to, it will bring out a fever to eliminate the toxicities, and if it needs to it will stimulate the elimination systems and bring up mucous to help cleanse out the impurities. This will usually only last three or four days. The difference between a healing crisis and a disease is that the person, at the end of the crisis, feels better, they feel stronger. And it only lasts three or four days. Whereas in a disease condition, they will feel enervated, they will feel weaker, and it will last longer than three or four days.

So when you're noticing healing in these lacunae, that you prepare the person that they may become ill for a few days, and when that happens, they need to realize it is a positive thing. You need to work with them through it so that they understand.

Here we have a slide to show you about the heart. Here we have a left iris, the nose is over here, and here we have the Autonomic Nerve Wreath, but its not here. Notice that it stops. Notice that the Autonomic Nerve Wreath is broken here. There is no Autonomic Nerve Wreath here. I don't see a lacuna here. But the fact that the Autonomic Nerve Wreath is broken here, it tells us that these particular organs are not getting the nerve supply that they need. There is enervation in these parts of the body where there is no

nerve supply. I've spoken about the heart earlier. When we see white in the heart area, we know that there can be an irregular heartbeat. Stress can affect the heart just like it can any other part of the body. When we see a lacunae in there, we know there may be a weakness in the heart area. Then again, we need to look to see if there is a marking in the medulla. And yes, there is a very dark, destructive lacuna in the medulla area and this tells me that there is a problem with the heart and possibly even the lungs here, and this person needs to pay attention to it.

Now people are very sensitive when speaking about the heart. Typically it seems to be a scary subject for people, so you need to be a little bit delicate when working with somebody and talking to them about their heart. Basically telling them that it looks like there is a weakness in that area and then what they can do about it, how they can heal their heart area.

What I'd like to do now is have you stop the video and go through practice number five and when we come back we will go through the second part of the specific iridology signs.

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So now we'll go through and complete the specific iridology signs. What we'll start out with here is called irritation of the nervous system. Notice here in this iris the Autonomic Nerve Wreath. The Autonomic Nerve Wreath is very white and very close to the pupil. When the Autonomic Nerve Wreath is very white and there's a lot of white all around here like this then we know the area is acute and inflamed. Also notice the fibers that come out from the Autonomic Nerve Wreath and how white they are. This means that the top of this person's body is very acute, whereas the rest of their body, the rest of their iris is chronic. Notice how dark and chronic this iris is whereas the nervous system is very acute and irritated. Now when the Autonomic Nerve Wreath is white like this and irritated, this tells us that maybe there was an accident or this person hurt their back in some way, or maybe they work in construction and has pulled their back in some way.

Now this is the left iris, so if we look at the right iris and the back area, we'll see that there are large, closed lacunae as well as several small lacunae here in the back area. When we see this then we know there has been trouble with the back and the spine and this does verify the irritation of the nervous system and what could be going on here. Also notice this white ring here. Earlier I spoke about an under acid stomach. This is what we call an over acid stomach. When we spoke about this earlier, I told you how a person with an over acid stomach can complain of heartburn and pain and ulcers. This is what it looks like in this iris, the stomach ring is very white and acute. This is what an over acid stomach looks like and also an over active or over irritated nervous system. This person is stressed out and over acid. So this person needs to calm down. This is similar to nerve rings, it just shows up in a different way. The nervous system is stressed out and instead of showing up as cramp rings, it shows up as these white wavy fibers. It shows up as an irritated Autonomic nervous system, or a white Autonomic Nerve Wreath.

Now here, what I'd like to talk to you about is a lacuna. There are two types, an open or a lesion and a closed lacuna or lesion. This iris has a very large open lesion. They also have a smaller open lesion in the part of the body. This is the right iris, and this is in the upper back area. Note that this is much darker than the iris itself. So we would say this person has chronic problems in their upper back area. Then we can also look over here at the neck and shoulder area and notice that there is weakness here in the neck and shoulder area. With an open lacuna, remember it tends to heal easier and quicker because blood can get up into this area much easier. Whereas a closed lacuna, it cannot. So also if a lacuna is closed, its not healing, whereas an open lacuna will open, which means it is on the mend, it is healing.

Now this is a good example of closed lacunae. Here we have very, very nice closed lacuna here. Note this is the right iris and this is in the bronchus area. Here we have a closed lacuna, it is completely encapsulated, completely closed. Here again, there are many closed lacuna. Again, it doesn't look like these are healing so we need to stimulate healing into these areas. When you see a lacuna in the iris, this is an inherent weakness. Iridology is showing us where the inherent strengths and weaknesses are. And lacuna or lesions, are inherent weaknesses. A lacuna like this can also present itself if a person breaks their leg or hurts themselves in some way, they can show up with a lacuna. And a lacuna that is not taken care of such as an open lacuna can become worse, it can become much darker and it can change from a sub-acute to a chronic or a self-destructive or degenerative state.

Now here we have these spots. Now who can tell me what are these spots in the iris? It's called a lymphatic rosary. A lymphatic rosary usually shows up in the lymphatic area and that is on the outside. Remember we have the skin on the outside of the body and just in the zone inside that we have the circulation and lymph. And here we have a lymphatic rosary. Can you tell me what a lymphatic rosary is? What does it mean? It means the lymph is not working properly, it's stagnating, the circulation is not moving. There is not enough stimulation for circulation. So we see here this lymphatic rosary. This tells us that this lymph is stagnating. This tells us also that there may be a low-grade infection. That fact that this lymphatic rosary is white tells us that there may be a low-grade infection. A lot of times, the lymphatic rosary can be yellow or orange and when that's the case what that tells us is that there could be allergies and the lymph may be toxic. But when the lymph is white like this, then this could tell us the lymph is over active, it can also means its sluggish, that there's congestion and the lymph is not functioning properly. Maybe the person is not getting enough exercise, they have a low-grade infection or they may be fighting something. Remember earlier when I spoke about pockets in the bowel. These can cause a low-grade infection. If we look at this iris, we can see this person has pockets in their bowel. Note inside the Autonomic Nerve Wreath all of these little pockets there are a lot of them here and note the level of inflammation, that is definitely a chronic pocket. When we see a chronic pocket, we know that there is potentially some putrefaction going on. When there is putrefaction like this, we know it can cause inflammation and ultimately infection in that part of the colon. Now this person may not be running a fever, just because they may have a low-grade infection doesn't mean that

they're running a fever. But we do know that there's definitely a probably with the lymph, the immune system.

Now here we have another iris with a different type of lymphatic rosary. The lymphatic rosary is darker, much darker. When its darker like this, we can tell that the lymph is sluggish, and we can also tell that it is toxic. So here again we need to work on stimulating the lymph. There are many herbs that work with the lymphatic system. They would be potarco and Echniacea. Echinacea excellent for stimulating the immune system and producing white blood cells. Vitamin C is also excellent for the lymphatic system and for building up the lymph. Also herbs like Dandelion, barberry and blue violet are excellent for the spleen and can also work for the lymphatic system since the spleen is made up of lymphatic tissues.

Anytime that you cleanse the colon, this is beneficial for the lymph. Opening up the elimination channel, cleansing the bowel. Chaparral is also excellent for stimulating the lymphatic system. Potassium, sodium and chlorine are excellent minerals for the lymphatic system as well as B Complex vitamin E are excellent vitamins for the lymphatic system.

Now you've seen this slide before and I'm just going to put it up quickly to show you about nerve rings. Remember that nerve rings go around the iris of the eye, and they tend to crimp, they're also called cramp rings. If you see this in someone's eye, then you know they're under a lot of stress. Emotional or physical stress, they may not show it to you, you may not be able to tell just by looking at them or their actions. But if you talk to them about their lifestyle or their habits, then you can usually tell that this person is under a lot of stress.

Here we have nerve rings in a blue eye. This is what we like to see in a nerve ring. Here we have only three nerve rings, notice how light they are, how difficult they are to see. This is what we want to see if we see nerve rings, we want to see one or two, maybe three of them and we want them to blend in with the iris. This could mean they have a little bit of stress, but its not excessive stress. Excessive stress breaks down the body very quickly. This might be a motivational or environmental stress. If these nerve rings darken into a chronic or even degenerative color, a dark gray or even black, then we know this person is causing nerve depletion. They are causing nerve damage. That is also very important to know, the difference between an acute nerve ring or a chronic nerve ring. In the slide we saw before the nerve rings were very white, they were acute, meaning there's a lot of stress going on. It's not a degenerative type of stress. Whereas this stress is a lighter stress, not as severe as the stress in the other slide. If these rings were a darker color, then we would know it's a debilitating stress.

Now what I'd like to do very quickly here is touch on personality typing. There are some iridologists that say you cannot tell the personality from the iris of the eye. I've been doing a study on this and finding that in about 95% of clients you can tell quite a bit about personality from their iris. The way that we do this is the Autonomic Nerve Wreath. We look to see how large the colon is. Is the colon close to the pupil, or way

out in the zones? We look to see what shape the colon is, if its fairly round and balanced, or if its ballooned, comes out a little bit and comes in again. We look at the shape and also to see if there are other types of markings. Now when we look at this iris, we note that the colon is pretty balanced, but its close to the pupil itself. This typically tells us this person is more introverted. This person would tend to be more analytical, would want to know the facts of why and when and how, what makes something tick. This person may be an accountant or someone who works with a lot of numbers and statistics. We can tell this simply because the Autonomic Nerve Wreath is fairly close to the pupil.

Let me show you another iris that is just the opposite. Notice this iris, notice the Autonomic Nerve Wreath is way out here, the colon almost completely covers the iris itself. Besides knowing that this is a weak constitution, we also see that this bowel is controlling this person's life, its pretty much controlling the health of this whole body. Also notice how large the bowel is, overall. This tells us that this person is very extrovert. This person likes to party, very boisterous, emotional and sensitive, they love to talk, go to parties, they're not a wallflower, they like to go out and meet and talk to people. They would be a promoter, this person would not be an analyzer at all, or have the kind of job that would cause them to need to know why or when. Whereas the other person with the bowel that is close would be much more introverted and tend to stay by the punch bowl and wait for someone to come to them.

This is just a little bit of personality typing just to give you a little introduction and learn a little bit about it. What we're finding out, besides knowing the color of the iris of the eye, whether they're a lymphatic constitution or a mixed biliary or a brown eye with circulatory weakness, is that by knowing the constitution of the eye, we can then learn a little bit more about their personality and whether they're an extrovert or an introvert. This helps us know how to treat them. How well do they heal? An introverted type of person will typically be a lot slower to heal. They are more rigid. Whereas an extroverted person would probably heal faster, and might be open to alternative forms of healing. So this is just a couple of ideas for you to play with.

Lets talk now about the pupil. Here we have a very large pupil, notice how large this pupil is. When the pupil is large like this, its virtually impossible to read the iris of the eye. The colon is in this area right here, its smashed into a very small area as is the stomach and is very difficult to read. Everything else in this iris has been changed, the markings have been forced out. Notice these lines here in the iris, these are simply shadow from the camera and the eyelashes. What does it mean when someone has such a large pupil? This means that they usually have adrenal fatigue, they're enervated, and very, very tired. A lot of times there are certain drugs that can cause the pupil to dilate. But when we're shining our light into the iris, it's a very bright light and that pupil should contract. If it doesn't contract, then we know there is some enervation there. The best way to deal with this is for the person to get a lot of sleep, but also to build up the adrenals. B Complex, pantothenic acid, relaxation, building up the body, avoiding caffeine, overstimulation, getting enough sleep.

Now here we have just the opposite. We have a very tight, small and tense pupil. Notice how small this pupil is. When the pupil is tight like this it tells us this person is uptight inside. When you shine the light into somebody's iris, this pupil should open and close, and it shouldn't be so small. This pupil should be at least double its size. Also notice how white this iris is and how stressed this person is. This person is extremely acidic and very stressed. So when we work with someone like this, we need to talk to them about their lifestyle, and their job, and about how they deal with stress and how much stress do they have? Where is it coming from? Is it emotional? Is it physical? What is going on in their life that is causing so much stress? And why are they holding on to all this stress? Its very important that this person learn how to relax.

Now here we have a very interesting iris. Several things are going on here. We have what we call an irregular pupil. Notice how this pupil is flat, it should be nice and round. This normally means there is pressure on the part of the body where the pupil is flat. This happens to be the brain area, so if the pupil is flat like this, this tells us that there can be pressure in that part of the body. Also notice here that there is a part of the iris that is missing. This person has had eye surgery and here is the marking in the iris that shows us part of the iris that is gone. So a lot of times when you look at someone's iris and you're reading their iris you may see markings like this in their iris, where they've had eye surgery or an implement has caused damage in their eye. Also if someone has had radial keretomy, you'll see marks, or scars in the iris where the iris has been cut. You can still read the iris. There's no reason why you can't. The markings just show up on top. Also if someone is wearing contacts, when you're first learning to read the iris its very difficult if someone has contacts in, whether they are clear or colored. So at the beginning I always suggest to people that as you're practicing and as you're looking at people's irises, be sure to have them remove their contacts. After you're familiar with reading the iris and you can look past the contact, you can leave them in. Even if they are colored.

Now we've looked at this before and I'm just going to go over it quickly. Here we have radii solaris lines and both minor and major radii solaris lines. They can either start here in the assimilation ring here which is the first part of the small intestines, where the villi absorbed the nutrients. They can start here in the colon, they can start in any part of the colon. This is the left eye, so notice how they start here, this is the descending colon, the transverse colon, the small intestines. We have radii solaris major in the small intestines and minor in the small intestines. We also have major and minor in the transverse colon; we have major in the descending colon. They can go all the way around.

Again, cleansing is the best thing if this person's constitution is strong, and note that the constitution here in this iris is strong, so you can go ahead and suggest cleansing. Now here we have more radii solaris, and note that they are all over. This is the right iris, so we have the small intestines right here and the cecum and the transverse colon here. Notice there are radii solaris minor and major all the way around. Wherever these radii solaris they can affect this part of the body. And note the radii solaris are elongated lacunae. They are inherent weaknesses. So instead of this person having an actual round lacuna, what we have here are these very elongated, very thin lacunae all over. So we

know this person has a lot of inherent weakness. Again, cleansing the body can clean the radii solaris and can help to heal the body.

On this slide I want to talk about the skin. Notice this very, very dark ring around the outside of this iris. This is the skin. Now if the skin is eliminating properly, it will be the same color as the iris. This should be blue. This is a blue eye, I showed you this earlier. This is a blue iris with yellow pigmentation, or sulfur deposits. Kidney deposits. Now what we have is a very chronic skin. What does that mean? It means the skin is not eliminating the toxins properly. Now remember that the skin is the third kidney, it eliminates uric acid just like the kidneys do. Its very important that the skin eliminate properly. Some of the reasons that it may not could be the clothes we wear, a lot of us wear synthetic clothing. The best clothing would be cotton, natural fibers allow the skin to breathe. Another thing that we regularly do is put creams on our skin. We say that we have dry skin so we put cream on our skin. Then we say later, gee, I have MORE dry skin and then we put lotion on again. And what happens over a period of time is that we have layer upon layer of cream, and uric acid, dead cells and more cream and more dead cells, to the point where the skin cannot eliminate, it cannot breathe.

Now the skin is one of the five elimination systems. If one of the elimination systems does not function properly, the other four have to take over and they have to eliminate the material that the skin would eliminate. You don't see what the skin is eliminating. Its eliminating about two pounds of material per day. So the best thing to do for the skin is use a dry skin brush. Use it for two to three days and I almost guarantee you won't have to use creams. The way you use a dry skin brush, this is a natural, vegetable bristle skin brush with a long handle, and you use the brush before you take a shower all over your body except for sensitive areas. If you want to brush your face then you need to get a facial skin brush. What dry skin brushing does is stimulate the circulation. Some people believe that the best way to brush is up towards the heart. But if you brush your skin everyday before you get dressed or take a shower that will help loosen up that uric acid and that material that has accumulated on the skin. You then go into the shower, wash it off, get out of the shower, dry off and get dressed. You do not put creams on your skin. I've had many people have very good results in just a few days. If you know someone who does not sweat when they go into a hot climate and all they do is get red in the face and hot, and it makes them ill because they're not sweating. Tell them to start using a dry skin brush. At first it will feel rough but after a while the skin gets used to it. What people notice is that when they scratch their skin, there won't be any flaking. When you lightly scratch your skin, do you have flakiness on your skin? If you do, then you probably have a build up of uric acid and dead cells on your skin that is preventing a proper elimination and a skin brush would probably be beneficial for you.

Now this is the last slide that I'm going to show you in the beginning Iridology class. I'm showing you this slide because of this ring here. This is a severe hardening of the arteries, sodium cholesterol, calcium ring. Notice also the pupil is calcium out of solution. There is combination of many things going on. This person has a severe problem with a hardening of the arteries, and notice they also have venous congestion. Meaning that they have severe problems bringing the blood back up through the legs into

the body. Also anemia in extremities, Arcus Sinilllis, calcium out of solution. This person has had three strokes. Its very important that if you notice any kind of marking in the iris that looks like this, to be sure if you're consulting for this person, make sure they get some kind of medical attention, make sure they get checked, to be sure they don't have hardening of the arteries, and if they do, to get treated.

So what I'd like to do now is go ahead and have you stop the video and go through practice six. When we come back we'll go through a short conclusion and I'll explain to you how to turn in your homework.



So now lets conclude the beginning Iridology class. What I'd like to do here is talk about the purpose, your purpose for learning iridology and the purpose of iridology. Now remember when we look in the iris of the eye, we're looking for inherent strengths and weaknesses. We're looking at all the markings that show up in the iris. We're looking for any lacuna or lesions and looking to see where they fall. We're looking for any chemical deposits in the body. We're looking at the circulation, and the lymphatic system and the sclera of the iris to determine where there are any fatty deposits. We're looking at the overall constitution of the iris of the eye to determine the inherent strengths and weaknesses in the body. Its important to remember when we're doing this that we're not diagnosing. We're not naming any diseases and we're not doctors prescribing any kind of treatment. We can suggest herbal treatments based on historical knowledge, but we cannot diagnose and prescribe. So the purpose of this video and this course is to teach you beginning Iridology skills. So after seeing all these slides and learning all this information you should be able to complete the homework and practice with family members and friends and co-workers and so on and be able to look into their iris and tell them where their inherent strengths and weaknesses are and what their basic constitution is. Then what they can potentially do to correct any kind of weaknesses. One thing that's important to mention is privacy. Now that you've learned about iridology, it won't be the same when you talk to somebody. Normally when I talk to people, I make eye contact with them and by making eye contact with them, I'm looking into their eyes. Its very important from now on, that when you look into someone's eyes and you talk to that person, that you actually concentrate on what they're saying and not analyze their iris. Analyzing someone's iris without knowing that you're doing it is an invasion of privacy. So its important when you talk to somebody to be very straightforward and talk to them. And if you want to read their iris, be sure to ask their permission. Tell them you're studying iridology and ask their permission to look into their iris. Chances are they'll say sure. Always tell them you're a student and you're practicing iridology and you're looking for inherent strengths and weaknesses.

To conclude, the goal here is to heal the body and to see healing signs in all these lacunae and radii solaris. I wish you a lot of luck in your studies of iridology. At this time I recommend you go through homework number one. If you have any questions, please call me at 530-878-1119 or you can contact me through my website, www.joyfullivingservices.com. Please mail your practice and test manuals to P.O. Box

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