



Beginning Iridology
Course
Practice
Manual

By:

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**Certified Nutritional Consultant
Certified Iridologist
Certified Herbalist
Nature's Sunshine Manager**

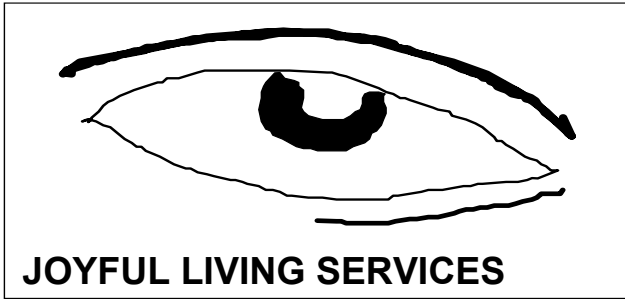
JOYFUL LIVING SERVICES

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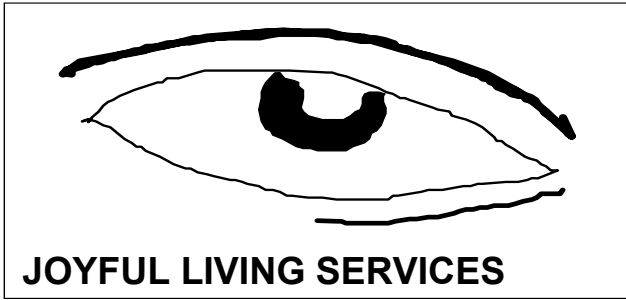
I hereby make oath and say that the answers to all questions in the 6 practice sessions and were provided by me without direct assistance from any second party, and that all research involved in the Certification process are my exclusive work and not that of any second party.

Sign below in Notary's presence:

Notary Stamp Here

NOTARIZED: Subscribed and Sworn before
me this _____ day of _____ 20 ____
My commission expires: _____ 20 ____

NOTARY PUBLIC



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Practice #1*

Determine the True Iris Color for Each Iris Below.

Iris 1: True Iris Color: _____

Iris 2: True Iris Color: _____

Iris 3: True Iris Color: _____

Iris 4: True Iris Color: _____

Iris 5: True Iris Color: _____

Iris 6: True Iris Color: _____

Iris 7: True Iris Color: _____

Iris 8: True Iris Color: _____

Iris 9: True Iris Color: _____

Iris 10: True Iris Color: _____



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Practice #2*

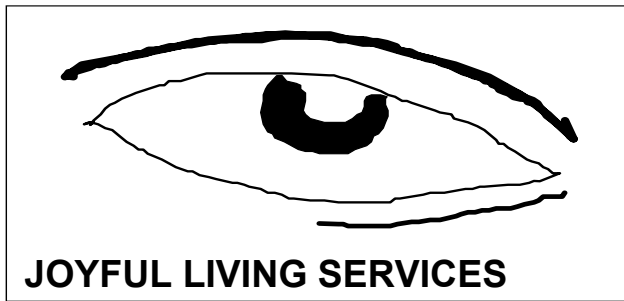
**For Each Iris, Determine If There Are Markings In The following Areas.
Answer YES or NO for Each Area. Any marking is considered a marking.**

Iris 1

- Medulla
- Sex Impulse - Mental Sex Area
- Inherent Mental
- Sensory Locomotion
- Animation Life
- Five Sense Area (smell, touch, sight, sound, taste)
- Ego Pressure
- Acquired Mental Speech
- Mental Ability
- Equilibrium - Dizziness Center
- Temple/Forehead
- Sinus
- Lungs (8-10 R, 2-4 L)
- Bronchioles (8-10 R, 2-4 L)
- Bronchus (2-3:30 R, 8:30-10 L)
- Ribs (8-9 R, 3-4 L)
- Breast (8-9 R, 3-4 L)
- Heart (2-3 L)

Iris 2

- Medulla
- Sex Impulse - Mental Sex Area
- Inherent Mental
- Sensory Locomotion
- Animation Life
- Five Sense Area (smell, touch, sight, sound, taste)
- Ego Pressure
- Acquired Mental Speech
- Mental Ability
- Equilibrium - Dizziness Center
- Temple/Forehead
- Sinus
- Lungs (8-10 R, 2-4 L)
- Bronchioles (8-10 R, 2-4 L)
- Bronchus (2-3:30 R, 8:30-10 L)
- Ribs (8-9 R, 3-4 L)
- Breast (8-9 R, 3-4 L)
- Heart (2-3 L)



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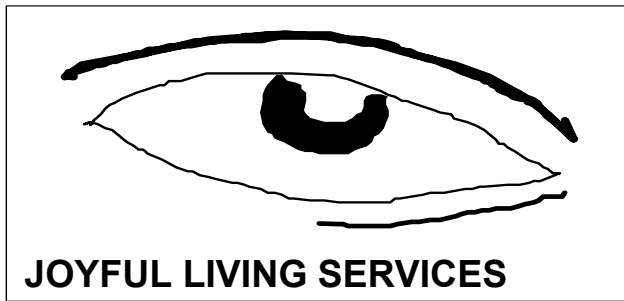
For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 3

- Medulla
- Sex Impulse - Mental Sex Area
- Inherent Mental
- Sensory Locomotion
- Animation Life
- Five Sense Area (smell, touch, sight, sound, taste)
- Ego Pressure
- Acquired Mental Speech
- Mental Ability
- Equilibrium - Dizziness Center
- Temple/Forehead
- Sinus
- Lungs (8-10 R, 2-4 L)
- Bronchioles (8-10 R, 2-4 L)
- Bronchus (2-3:30 R, 8:30-10 L)
- Ribs (8-9 R, 3-4 L)
- Breast (8-9 R, 3-4 L)
- Heart (2-3 L)

Iris 4

- Medulla
- Sex Impulse - Mental Sex Area
- Inherent Mental
- Sensory Locomotion
- Animation Life
- Five Sense Area (smell, touch, sight, sound, taste)
- Ego Pressure
- Acquired Mental Speech
- Mental Ability
- Equilibrium - Dizziness Center
- Temple/Forehead
- Sinus
- Lungs (8-10 R, 2-4 L)
- Bronchioles (8-10 R, 2-4 L)
- Bronchus (2-3:30 R, 8:30-10 L)
- Ribs (8-9 R, 3-4 L)
- Breast (8-9 R, 3-4 L)
- Heart (2-3 L)



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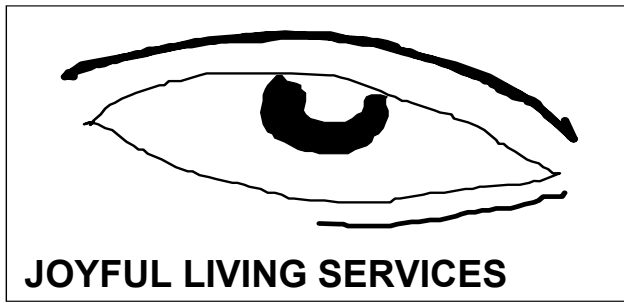
For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 5

- Medulla
- Sex Impulse - Mental Sex Area
- Inherent Mental
- Sensory Locomotion
- Animation Life
- Five Sense Area (smell, touch, sight, sound, taste)
- Ego Pressure
- Acquired Mental Speech
- Mental Ability
- Equilibrium - Dizziness Center
- Temple/Forehead
- Sinus
- Lungs (8-10 R, 2-4 L)
- Bronchioles (8-10 R, 2-4 L)
- Bronchus (2-3:30 R, 8:30-10 L)
- Ribs (8-9 R, 3-4 L)
- Breast (8-9 R, 3-4 L)
- Heart (2-3 L)

Iris 6

- Medulla
- Sex Impulse - Mental Sex Area
- Inherent Mental
- Sensory Locomotion
- Animation Life
- Five Sense Area (smell, touch, sight, sound, taste)
- Ego Pressure
- Acquired Mental Speech
- Mental Ability
- Equilibrium - Dizziness Center
- Temple/Forehead
- Sinus
- Lungs (8-10 R, 2-4 L)
- Bronchioles (8-10 R, 2-4 L)
- Bronchus (2-3:30 R, 8:30-10 L)
- Ribs (8-9 R, 3-4 L)
- Breast (8-9 R, 3-4 L)
- Heart (2-3 L)



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For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 7

- Medulla
- Sex Impulse - Mental Sex Area
- Inherent Mental
- Sensory Locomotion
- Animation Life
- Five Sense Area (smell, touch, sight, sound, taste)
- Ego Pressure
- Acquired Mental Speech
- Mental Ability
- Equilibrium - Dizziness Center
- Temple/Forehead
- Sinus
- Lungs (8-10 R, 2-4 L)
- Bronchioles (8-10 R, 2-4 L)
- Bronchus (2-3:30 R, 8:30-10 L)
- Ribs (8-9 R, 3-4 L)
- Breast (8-9 R, 3-4 L)
- Heart (2-3 L)

Iris 8

- Medulla
- Sex Impulse - Mental Sex Area
- Inherent Mental
- Sensory Locomotion
- Animation Life
- Five Sense Area (smell, touch, sight, sound, taste)
- Ego Pressure
- Acquired Mental Speech
- Mental Ability
- Equilibrium - Dizziness Center
- Temple/Forehead
- Sinus
- Lungs (8-10 R, 2-4 L)
- Bronchioles (8-10 R, 2-4 L)
- Bronchus (2-3:30 R, 8:30-10 L)
- Ribs (8-9 R, 3-4 L)
- Breast (8-9 R, 3-4 L)
- Heart (2-3 L)



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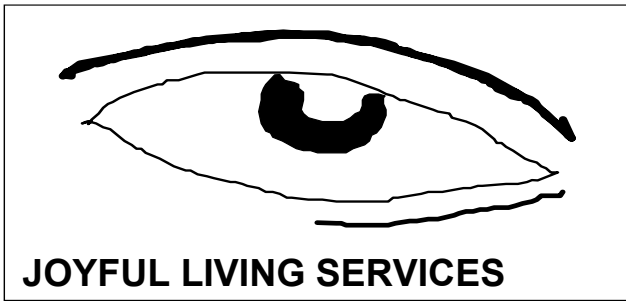
For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 9

- Medulla
- Sex Impulse - Mental Sex Area
- Inherent Mental
- Sensory Locomotion
- Animation Life
- Five Sense Area (smell, touch, sight, sound, taste)
- Ego Pressure
- Acquired Mental Speech
- Mental Ability
- Equilibrium - Dizziness Center
- Temple/Forehead
- Sinus
- Lungs (8-10 R, 2-4 L)
- Bronchioles (8-10 R, 2-4 L)
- Bronchus (2-3:30 R, 8:30-10 L)
- Ribs (8-9 R, 3-4 L)
- Breast (8-9 R, 3-4 L)
- Heart (2-3 L)

Iris 10

- Medulla
- Sex Impulse - Mental Sex Area
- Inherent Mental
- Sensory Locomotion
- Animation Life
- Five Sense Area (smell, touch, sight, sound, taste)
- Ego Pressure
- Acquired Mental Speech
- Mental Ability
- Equilibrium - Dizziness Center
- Temple/Forehead
- Sinus
- Lungs (8-10 R, 2-4 L)
- Bronchioles (8-10 R, 2-4 L)
- Bronchus (2-3:30 R, 8:30-10 L)
- Ribs (8-9 R, 3-4 L)
- Breast (8-9 R, 3-4 L)
- Heart (2-3 L)

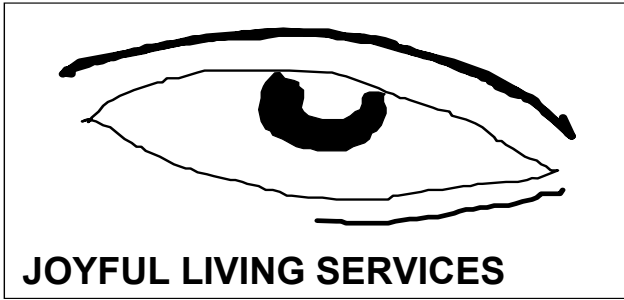


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For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 1

- _____ Arm Hand (8 R, 4 L)
- _____ Spleen (4:30 L)
- _____ Liver (7:30 R)
- _____ Gallbladder (7:30 R)
- _____ Ovary Testes (7 R, 5 L)
- _____ Pancreas (7 R)
- _____ Adrenal Gland (5:30-R, 6:30-L)
- _____ Kidney (5:30-R, 6:30-L)
- _____ Uterus Prostate (5 R, 7 L)
- _____ Vagina/Penis (5 R, 7 L)
- _____ Anus Rectum (6:45 L)
- _____ Scrotum Perineum (7:45 L)
- _____ Bladder (4:45 R, 7:15 L)
- _____ Appendix (6:30 R)
- _____ Back & Spine (3:30-4:45 R, 7:30-8:30 L)
- _____ Throat (2-3:15 R, 8:45-10 L)
- _____ Face (1-2 R, 10-11 L)
- _____ Neck & Shoulder (10-11 R, 1-2 L)
- _____ Pineal (12-1 R, 11-12 L)
- _____ Pituitary (12-1 R, 11-12 L)
- _____ Hypothalamus Gland (12-1 R, 11-12 L)
- _____ Solar Plexus (3:45 L)
- _____ Ileocecal Valve
- _____ Lower Abdomen (6:15-7 R, 5-5:45 L)
- _____ Stomach (Center) - Upper=Cardiac, Lower=Pylorus
- _____ Autonomic Nerve Wreath (Center)
- _____ Small Intestines
- _____ Cecum
- _____ Ascending Colon
- _____ Transverse Colon
- _____ Descending Colon
- _____ Sigmoid Colon
- _____ Duodenum (Center 7:45 R)
- _____ Peyers Patches (2-3:30 R, 8:30-10 L)
- _____ Lymphatic & Circulatory Systems (Outer)
- _____ Skin (Outer)
- _____ Leg/Knee/Foot (6:00 R, 6:00 L)



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For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 2

- _____ Arm Hand (8 R, 4 L)
- _____ Spleen (4:30 L)
- _____ Liver (7:30 R)
- _____ Gallbladder (7:30 R)
- _____ Ovary Testes (7 R, 5 L)
- _____ Pancreas (7 R)
- _____ Adrenal Gland (5:30-R, 6:30-L)
- _____ Kidney (5:30-R, 6:30-L)
- _____ Uterus Prostate (5 R, 7 L)
- _____ Vagina/Penis (5 R, 7 L)
- _____ Anus Rectum (6:45 L)
- _____ Scrotum Perineum (7:45 L)
- _____ Bladder (4:45 R, 7:15 L)
- _____ Appendix (6:30 R)
- _____ Back & Spine (3:30-4:45 R, 7:30-8:30 L)
- _____ Throat (2-3:15 R, 8:45-10 L)
- _____ Face (1-2 R, 10-11 L)
- _____ Neck & Shoulder (10-11 R, 1-2 L)
- _____ Pineal (12-1 R, 11-12 L)
- _____ Pituitary (12-1 R, 11-12 L)
- _____ Hypothalamus Gland (12-1 R, 11-12 L)
- _____ Solar Plexus (3:45 L)
- _____ Ileocecal Valve
- _____ Lower Abdomen (6:15-7 R, 5-5:45 L)
- _____ Stomach (Center) - Upper=Cardiac, Lower=Pylorus
- _____ Autonomic Nerve Wreath (Center)
- _____ Small Intestines
- _____ Cecum
- _____ Ascending Colon
- _____ Transverse Colon
- _____ Descending Colon
- _____ Sigmoid Colon
- _____ Duodenum (Center 7:45 R)
- _____ Peyers Patches (2-3:30 R, 8:30-10 L)
- _____ Lymphatic & Circulatory Systems (Outer)
- _____ Skin (Outer)
- _____ Leg/Knee/Foot (6:00 R, 6:00 L)



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For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 3

- _____ Arm Hand (8 R, 4 L)
- _____ Spleen (4:30 L)
- _____ Liver (7:30 R)
- _____ Gallbladder (7:30 R)
- _____ Ovary Testes (7 R, 5 L)
- _____ Pancreas (7 R)
- _____ Adrenal Gland (5:30-R, 6:30-L)
- _____ Kidney (5:30-R, 6:30-L)
- _____ Uterus Prostate (5 R, 7 L)
- _____ Vagina/Penis (5 R, 7 L)
- _____ Anus Rectum (6:45 L)
- _____ Scrotum Perineum (7:45 L)
- _____ Bladder (4:45 R, 7:15 L)
- _____ Appendix (6:30 R)
- _____ Back & Spine (3:30-4:45 R, 7:30-8:30 L)
- _____ Throat (2-3:15 R, 8:45-10 L)
- _____ Face (1-2 R, 10-11 L)
- _____ Neck & Shoulder (10-11 R, 1-2 L)
- _____ Pineal (12-1 R, 11-12 L)
- _____ Pituitary (12-1 R, 11-12 L)
- _____ Hypothalamus Gland (12-1 R, 11-12 L)
- _____ Solar Plexus (3:45 L)
- _____ Ileocecal Valve
- _____ Lower Abdomen (6:15-7 R, 5-5:45 L)
- _____ Stomach (Center) - Upper=Cardiac, Lower=Pylorus
- _____ Autonomic Nerve Wreath (Center)
- _____ Small Intestines
- _____ Cecum
- _____ Ascending Colon
- _____ Transverse Colon
- _____ Descending Colon
- _____ Sigmoid Colon
- _____ Duodenum (Center 7:45 R)
- _____ Peyers Patches (2-3:30 R, 8:30-10 L)
- _____ Lymphatic & Circulatory Systems (Outer)
- _____ Skin (Outer)
- _____ Leg/Knee/Foot (6:00 R, 6:00 L)

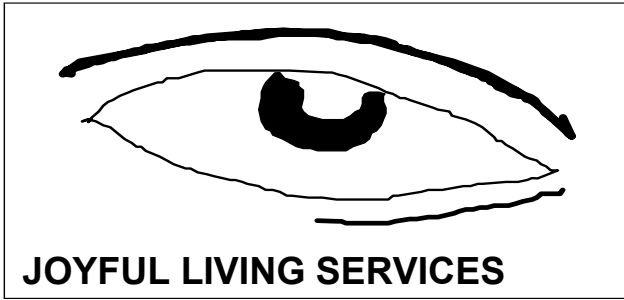


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For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 4

- _____ Arm Hand (8 R, 4 L)
- _____ Spleen (4:30 L)
- _____ Liver (7:30 R)
- _____ Gallbladder (7:30 R)
- _____ Ovary Testes (7 R, 5 L)
- _____ Pancreas (7 R)
- _____ Adrenal Gland (5:30-R, 6:30-L)
- _____ Kidney (5:30-R, 6:30-L)
- _____ Uterus Prostate (5 R, 7 L)
- _____ Vagina/Penis (5 R, 7 L)
- _____ Anus Rectum (6:45 L)
- _____ Scrotum Perineum (7:45 L)
- _____ Bladder (4:45 R, 7:15 L)
- _____ Appendix (6:30 R)
- _____ Back & Spine (3:30-4:45 R, 7:30-8:30 L)
- _____ Throat (2-3:15 R, 8:45-10 L)
- _____ Face (1-2 R, 10-11 L)
- _____ Neck & Shoulder (10-11 R, 1-2 L)
- _____ Pineal (12-1 R, 11-12 L)
- _____ Pituitary (12-1 R, 11-12 L)
- _____ Hypothalamus Gland (12-1 R, 11-12 L)
- _____ Solar Plexus (3:45 L)
- _____ Ileocecal Valve
- _____ Lower Abdomen (6:15-7 R, 5-5:45 L)
- _____ Stomach (Center) - Upper=Cardiac, Lower=Pylorus
- _____ Autonomic Nerve Wreath (Center)
- _____ Small Intestines
- _____ Cecum
- _____ Ascending Colon
- _____ Transverse Colon
- _____ Descending Colon
- _____ Sigmoid Colon
- _____ Duodenum (Center 7:45 R)
- _____ Peyers Patches (2-3:30 R, 8:30-10 L)
- _____ Lymphatic & Circulatory Systems (Outer)
- _____ Skin (Outer)
- _____ Leg/Knee/Foot (6:00 R, 6:00 L)



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For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 5

- _____ Arm Hand (8 R, 4 L)
- _____ Spleen (4:30 L)
- _____ Liver (7:30 R)
- _____ Gallbladder (7:30 R)
- _____ Ovary Testes (7 R, 5 L)
- _____ Pancreas (7 R)
- _____ Adrenal Gland (5:30-R, 6:30-L)
- _____ Kidney (5:30-R, 6:30-L)
- _____ Uterus Prostate (5 R, 7 L)
- _____ Vagina/Penis (5 R, 7 L)
- _____ Anus Rectum (6:45 L)
- _____ Scrotum Perineum (7:45 L)
- _____ Bladder (4:45 R, 7:15 L)
- _____ Appendix (6:30 R)
- _____ Back & Spine (3:30-4:45 R, 7:30-8:30 L)
- _____ Throat (2-3:15 R, 8:45-10 L)
- _____ Face (1-2 R, 10-11 L)
- _____ Neck & Shoulder (10-11 R, 1-2 L)
- _____ Pineal (12-1 R, 11-12 L)
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- _____ Sigmoid Colon
- _____ Duodenum (Center 7:45 R)
- _____ Peyers Patches (2-3:30 R, 8:30-10 L)
- _____ Lymphatic & Circulatory Systems (Outer)
- _____ Skin (Outer)
- _____ Leg/Knee/Foot (6:00 R, 6:00 L)

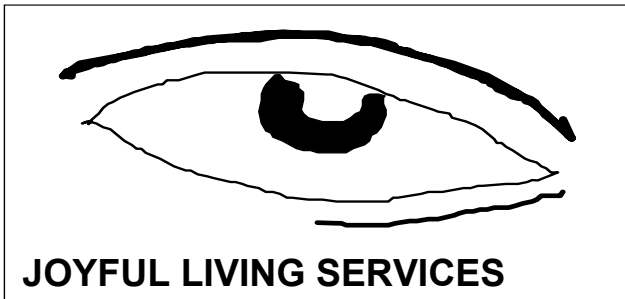


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For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 6

- _____ Arm Hand (8 R, 4 L)
- _____ Spleen (4:30 L)
- _____ Liver (7:30 R)
- _____ Gallbladder (7:30 R)
- _____ Ovary Testes (7 R, 5 L)
- _____ Pancreas (7 R)
- _____ Adrenal Gland (5:30-R, 6:30-L)
- _____ Kidney (5:30-R, 6:30-L)
- _____ Uterus Prostate (5 R, 7 L)
- _____ Vagina/Penis (5 R, 7 L)
- _____ Anus Rectum (6:45 L)
- _____ Scrotum Perineum (7:45 L)
- _____ Bladder (4:45 R, 7:15 L)
- _____ Appendix (6:30 R)
- _____ Back & Spine (3:30-4:45 R, 7:30-8:30 L)
- _____ Throat (2-3:15 R, 8:45-10 L)
- _____ Face (1-2 R, 10-11 L)
- _____ Neck & Shoulder (10-11 R, 1-2 L)
- _____ Pineal (12-1 R, 11-12 L)
- _____ Pituitary (12-1 R, 11-12 L)
- _____ Hypothalamus Gland (12-1 R, 11-12 L)
- _____ Solar Plexus (3:45 L)
- _____ Ileocecal Valve
- _____ Lower Abdomen (6:15-7 R, 5-5:45 L)
- _____ Stomach (Center) - Upper=Cardiac, Lower=Pylorus
- _____ Autonomic Nerve Wreath (Center)
- _____ Small Intestines
- _____ Cecum
- _____ Ascending Colon
- _____ Transverse Colon
- _____ Descending Colon
- _____ Sigmoid Colon
- _____ Duodenum (Center 7:45 R)
- _____ Peyers Patches (2-3:30 R, 8:30-10 L)
- _____ Lymphatic & Circulatory Systems (Outer)
- _____ Skin (Outer)
- _____ Leg/Knee/Foot (6:00 R, 6:00 L)

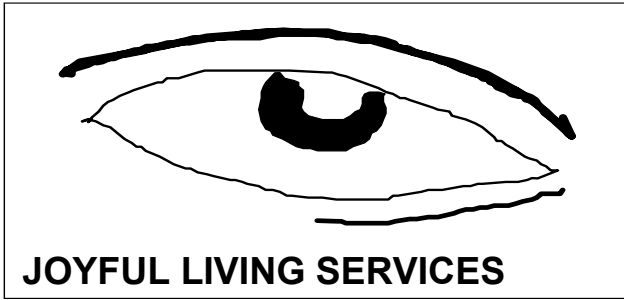


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For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 7

- _____ Arm Hand (8 R, 4 L)
- _____ Spleen (4:30 L)
- _____ Liver (7:30 R)
- _____ Gallbladder (7:30 R)
- _____ Ovary Testes (7 R, 5 L)
- _____ Pancreas (7 R)
- _____ Adrenal Gland (5:30-R, 6:30-L)
- _____ Kidney (5:30-R, 6:30-L)
- _____ Uterus Prostate (5 R, 7 L)
- _____ Vagina/Penis (5 R, 7 L)
- _____ Anus Rectum (6:45 L)
- _____ Scrotum Perineum (7:45 L)
- _____ Bladder (4:45 R, 7:15 L)
- _____ Appendix (6:30 R)
- _____ Back & Spine (3:30-4:45 R, 7:30-8:30 L)
- _____ Throat (2-3:15 R, 8:45-10 L)
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- _____ Cecum
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- _____ Transverse Colon
- _____ Descending Colon
- _____ Sigmoid Colon
- _____ Duodenum (Center 7:45 R)
- _____ Peyers Patches (2-3:30 R, 8:30-10 L)
- _____ Lymphatic & Circulatory Systems (Outer)
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Iris 8

- _____ Arm Hand (8 R, 4 L)
- _____ Spleen (4:30 L)
- _____ Liver (7:30 R)
- _____ Gallbladder (7:30 R)
- _____ Ovary Testes (7 R, 5 L)
- _____ Pancreas (7 R)
- _____ Adrenal Gland (5:30-R, 6:30-L)
- _____ Kidney (5:30-R, 6:30-L)
- _____ Uterus Prostate (5 R, 7 L)
- _____ Vagina/Penis (5 R, 7 L)
- _____ Anus Rectum (6:45 L)
- _____ Scrotum Perineum (7:45 L)
- _____ Bladder (4:45 R, 7:15 L)
- _____ Appendix (6:30 R)
- _____ Back & Spine (3:30-4:45 R, 7:30-8:30 L)
- _____ Throat (2-3:15 R, 8:45-10 L)
- _____ Face (1-2 R, 10-11 L)
- _____ Neck & Shoulder (10-11 R, 1-2 L)
- _____ Pineal (12-1 R, 11-12 L)
- _____ Pituitary (12-1 R, 11-12 L)
- _____ Hypothalamus Gland (12-1 R, 11-12 L)
- _____ Solar Plexus (3:45 L)
- _____ Ileocecal Valve
- _____ Lower Abdomen (6:15-7 R, 5-5:45 L)
- _____ Stomach (Center) - Upper=Cardiac, Lower=Pylorus
- _____ Autonomic Nerve Wreath (Center)
- _____ Small Intestines
- _____ Cecum
- _____ Ascending Colon
- _____ Transverse Colon
- _____ Descending Colon
- _____ Sigmoid Colon
- _____ Duodenum (Center 7:45 R)
- _____ Peyers Patches (2-3:30 R, 8:30-10 L)
- _____ Lymphatic & Circulatory Systems (Outer)
- _____ Skin (Outer)
- _____ Leg/Knee/Foot (6:00 R, 6:00 L)

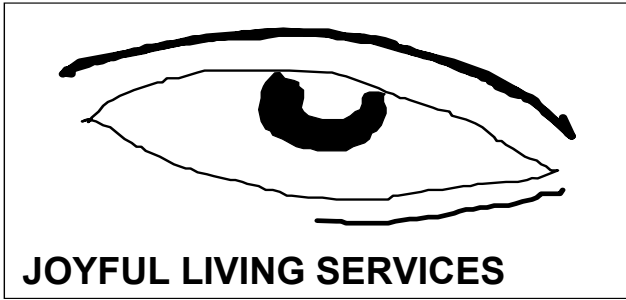


*Beginning Iridology
Correspondence Course
Practice #3*

For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 9

- _____ Arm Hand (8 R, 4 L)
- _____ Spleen (4:30 L)
- _____ Liver (7:30 R)
- _____ Gallbladder (7:30 R)
- _____ Ovary Testes (7 R, 5 L)
- _____ Pancreas (7 R)
- _____ Adrenal Gland (5:30-R, 6:30-L)
- _____ Kidney (5:30-R, 6:30-L)
- _____ Uterus Prostate (5 R, 7 L)
- _____ Vagina/Penis (5 R, 7 L)
- _____ Anus Rectum (6:45 L)
- _____ Scrotum Perineum (7:45 L)
- _____ Bladder (4:45 R, 7:15 L)
- _____ Appendix (6:30 R)
- _____ Back & Spine (3:30-4:45 R, 7:30-8:30 L)
- _____ Throat (2-3:15 R, 8:45-10 L)
- _____ Face (1-2 R, 10-11 L)
- _____ Neck & Shoulder (10-11 R, 1-2 L)
- _____ Pineal (12-1 R, 11-12 L)
- _____ Pituitary (12-1 R, 11-12 L)
- _____ Hypothalamus Gland (12-1 R, 11-12 L)
- _____ Solar Plexus (3:45 L)
- _____ Ileocecal Valve
- _____ Lower Abdomen (6:15-7 R, 5-5:45 L)
- _____ Stomach (Center) - Upper=Cardiac, Lower=Pylorus
- _____ Autonomic Nerve Wreath (Center)
- _____ Small Intestines
- _____ Cecum
- _____ Ascending Colon
- _____ Transverse Colon
- _____ Descending Colon
- _____ Sigmoid Colon
- _____ Duodenum (Center 7:45 R)
- _____ Peyers Patches (2-3:30 R, 8:30-10 L)
- _____ Lymphatic & Circulatory Systems (Outer)
- _____ Skin (Outer)
- _____ Leg/Knee/Foot (6:00 R, 6:00 L)

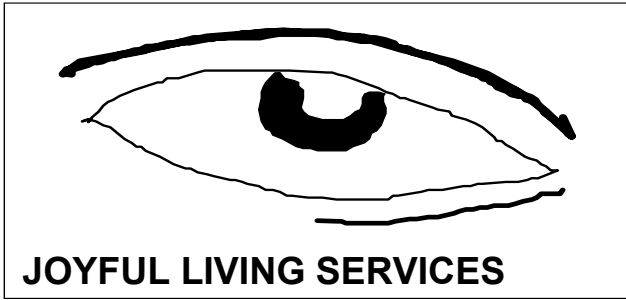


*Beginning Iridology
Correspondence
Course
Practice #3*

For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 10

- _____ Arm Hand (8 R, 4 L)
- _____ Spleen (4:30 L)
- _____ Liver (7:30 R)
- _____ Gallbladder (7:30 R)
- _____ Ovary Testes (7 R, 5 L)
- _____ Pancreas (7 R)
- _____ Adrenal Gland (5:30-R, 6:30-L)
- _____ Kidney (5:30-R, 6:30-L)
- _____ Uterus Prostate (5 R, 7 L)
- _____ Vagina/Penis (5 R, 7 L)
- _____ Anus Rectum (6:45 L)
- _____ Scrotum Perineum (7:45 L)
- _____ Bladder (4:45 R, 7:15 L)
- _____ Appendix (6:30 R)
- _____ Back & Spine (3:30-4:45 R, 7:30-8:30 L)
- _____ Throat (2-3:15 R, 8:45-10 L)
- _____ Face (1-2 R, 10-11 L)
- _____ Neck & Shoulder (10-11 R, 1-2 L)
- _____ Pineal (12-1 R, 11-12 L)
- _____ Pituitary (12-1 R, 11-12 L)
- _____ Hypothalamus Gland (12-1 R, 11-12 L)
- _____ Solar Plexus (3:45 L)
- _____ Ileocecal Valve
- _____ Lower Abdomen (6:15-7 R, 5-5:45 L)
- _____ Stomach (Center) - Upper=Cardiac, Lower=Pylorus
- _____ Autonomic Nerve Wreath (Center)
- _____ Small Intestines
- _____ Cecum
- _____ Ascending Colon
- _____ Transverse Colon
- _____ Descending Colon
- _____ Sigmoid Colon
- _____ Duodenum (Center 7:45 R)
- _____ Peyers Patches (2-3:30 R, 8:30-10 L)
- _____ Lymphatic & Circulatory Systems (Outer)
- _____ Skin (Outer)
- _____ Leg/Knee/Foot (6:00 R, 6:00 L)



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Practice #4*

For Each Iris, Determine the Overall Level of Inflammation in the ENTIRE Iris.

Iris 1: Level of Inflammation: _____

Iris 2: Level of Inflammation: _____

Iris 3: Level of Inflammation: _____

Iris 4: Level of Inflammation: _____

Iris 5: Level of Inflammation: _____

Iris 6: Level of Inflammation: _____

Iris 7: Level of Inflammation: _____

Iris 8: Level of Inflammation: _____

Iris 9: Level of Inflammation: _____

Iris 10: Level of Inflammation: _____



*Beginning Iridology
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Course
Practice #5*

For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 1

- Arm Hand (8 R, 4 L)
- Anemia in the Extremities (Venus Congestion-Blue Ring)
- Arcus Sinilis (Brain Anemia-White Cap)
- Assimilation Ring (Over acid Stomach)
- Assimilation Ring (Under acid Stomach)
- Body Acidity (Over acid Body Chemistry)
- Bowel Pockets
- Bowel Prolapses
- Irritable Bowel Syndrome (IBS/Colitis)
- Ballooned Bowel
- Spastic Bowel
- Bowel Stricture
- Calcium Out of Solution (White Ring)
- Cholesterol Ring (Yellowish Ring)
- Constitution (Strong)
- Constitution (Medium)
- Constitution (Weak)
- Drug Spots/Deposits/Psoric Itch Spots (Chemical Deposit)
- Healing Signs (Program Showing Results)
- Heart Trouble

Iris 2

- Arm Hand (8 R, 4 L)
- Anemia in the Extremities (Venus Congestion-Blue Ring)
- Arcus Sinilis (Brain Anemia-White Cap)
- Assimilation Ring (Over acid Stomach)
- Assimilation Ring (Under acid Stomach)
- Body Acidity (Over acid Body Chemistry)
- Bowel Pockets
- Bowel Prolapses
- Irritable Bowel Syndrome (IBS/Colitis)
- Ballooned Bowel
- Spastic Bowel
- Bowel Stricture
- Calcium Out of Solution (White Ring)
- Cholesterol Ring (Yellowish Ring)
- Constitution (Strong)
- Constitution (Medium)
- Constitution (Weak)
- Drug Spots/Deposits/Psoric Itch Spots (Chemical Deposit)
- Healing Signs (Program Showing Results)
- Heart Trouble



*Beginning Iridology
Correspondence
Course
Practice #5*

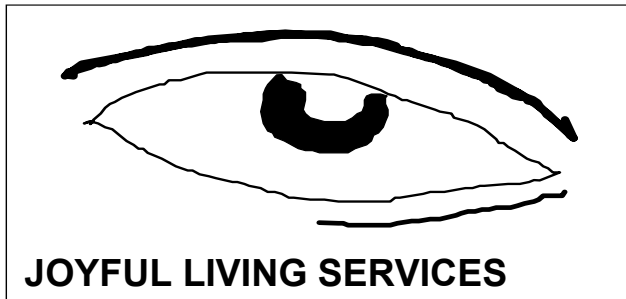
For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 3

- Arm Hand (8 R, 4 L)
- Anemia in the Extremities (Venus Congestion-Blue Ring)
- Arcus Sinilis (Brain Anemia-White Cap)
- Assimilation Ring (Over acid Stomach)
- Assimilation Ring (Under acid Stomach)
- Body Acidity (Over acid Body Chemistry)
- Bowel Pockets
- Bowel Prolapses
- Irritable Bowel Syndrome (IBS/Colitis)
- Ballooned Bowel
- Spastic Bowel
- Bowel Stricture
- Calcium Out of Solution (White Ring)
- Cholesterol Ring (Yellowish Ring)
- Constitution (Strong)
- Constitution (Medium)
- Constitution (Weak)
- Drug Spots/Deposits/Psoric Itch Spots (Chemical Deposit)
- Healing Signs (Program Showing Results)
- Heart Trouble

Iris 4

- Arm Hand (8 R, 4 L)
- Anemia in the Extremities (Venus Congestion-Blue Ring)
- Arcus Sinilis (Brain Anemia-White Cap)
- Assimilation Ring (Over acid Stomach)
- Assimilation Ring (Under acid Stomach)
- Body Acidity (Over acid Body Chemistry)
- Bowel Pockets
- Bowel Prolapses
- Irritable Bowel Syndrome (IBS/Colitis)
- Ballooned Bowel
- Spastic Bowel
- Bowel Stricture
- Calcium Out of Solution (White Ring)
- Cholesterol Ring (Yellowish Ring)
- Constitution (Strong)
- Constitution (Medium)
- Constitution (Weak)
- Drug Spots/Deposits/Psoric Itch Spots (Chemical Deposit)
- Healing Signs (Program Showing Results)
- Heart Trouble



*Beginning Iridology
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Course
Practice #5*

For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 5

- Arm Hand (8 R, 4 L)
- Anemia in the Extremities (Venus Congestion-Blue Ring)
- Arcus Sinilis (Brain Anemia-White Cap)
- Assimilation Ring (Over acid Stomach)
- Assimilation Ring (Under acid Stomach)
- Body Acidity (Over acid Body Chemistry)
- Bowel Pockets
- Bowel Prolapses
- Irritable Bowel Syndrome (IBS/Colitis)
- Ballooned Bowel
- Spastic Bowel
- Bowel Stricture
- Calcium Out of Solution (White Ring)
- Cholesterol Ring (Yellowish Ring)
- Constitution (Strong)
- Constitution (Medium)
- Constitution (Weak)
- Drug Spots/Deposits/Psoric Itch Spots (Chemical Deposit)
- Healing Signs (Program Showing Results)
- Heart Trouble

Iris 6

- Arm Hand (8 R, 4 L)
- Anemia in the Extremities (Venus Congestion-Blue Ring)
- Arcus Sinilis (Brain Anemia-White Cap)
- Assimilation Ring (Over acid Stomach)
- Assimilation Ring (Under acid Stomach)
- Body Acidity (Over acid Body Chemistry)
- Bowel Pockets
- Bowel Prolapses
- Irritable Bowel Syndrome (IBS/Colitis)
- Ballooned Bowel
- Spastic Bowel
- Bowel Stricture
- Calcium Out of Solution (White Ring)
- Cholesterol Ring (Yellowish Ring)
- Constitution (Strong)
- Constitution (Medium)
- Constitution (Weak)
- Drug Spots/Deposits/Psoric Itch Spots (Chemical Deposit)
- Healing Signs (Program Showing Results)
- Heart Trouble



*Beginning Iridology
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Course
Practice #5*

For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 7

- Arm Hand (8 R, 4 L)
- Anemia in the Extremities (Venus Congestion-Blue Ring)
- Arcus Sinilis (Brain Anemia-White Cap)
- Assimilation Ring (Over acid Stomach)
- Assimilation Ring (Under acid Stomach)
- Body Acidity (Over acid Body Chemistry)
- Bowel Pockets
- Bowel Prolapses
- Irritable Bowel Syndrome (IBS/Colitis)
- Ballooned Bowel
- Spastic Bowel
- Bowel Stricture
- Calcium Out of Solution (White Ring)
- Cholesterol Ring (Yellowish Ring)
- Constitution (Strong)
- Constitution (Medium)
- Constitution (Weak)
- Drug Spots/Deposits/Psoric Itch Spots (Chemical Deposit)
- Healing Signs (Program Showing Results)
- Heart Trouble

Iris 8

- Arm Hand (8 R, 4 L)
- Anemia in the Extremities (Venus Congestion-Blue Ring)
- Arcus Sinilis (Brain Anemia-White Cap)
- Assimilation Ring (Over acid Stomach)
- Assimilation Ring (Under acid Stomach)
- Body Acidity (Over acid Body Chemistry)
- Bowel Pockets
- Bowel Prolapses
- Irritable Bowel Syndrome (IBS/Colitis)
- Ballooned Bowel
- Spastic Bowel
- Bowel Stricture
- Calcium Out of Solution (White Ring)
- Cholesterol Ring (Yellowish Ring)
- Constitution (Strong)
- Constitution (Medium)
- Constitution (Weak)
- Drug Spots/Deposits/Psoric Itch Spots (Chemical Deposit)
- Healing Signs (Program Showing Results)
- Heart Trouble



*Beginning Iridology
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Course
Practice #5*

For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 9

- Arm Hand (8 R, 4 L)
- Anemia in the Extremities (Venus Congestion-Blue Ring)
- Arcus Sinilis (Brain Anemia-White Cap)
- Assimilation Ring (Over acid Stomach)
- Assimilation Ring (Under acid Stomach)
- Body Acidity (Over acid Body Chemistry)
- Bowel Pockets
- Bowel Prolapses
- Irritable Bowel Syndrome (IBS/Colitis)
- Ballooned Bowel
- Spastic Bowel
- Bowel Stricture
- Calcium Out of Solution (White Ring)
- Cholesterol Ring (Yellowish Ring)
- Constitution (Strong)
- Constitution (Medium)
- Constitution (Weak)
- Drug Spots/Deposits/Psoric Itch Spots (Chemical Deposit)
- Healing Signs (Program Showing Results)
- Heart Trouble

Iris 10

- Arm Hand (8 R, 4 L)
- Anemia in the Extremities (Venus Congestion-Blue Ring)
- Arcus Sinilis (Brain Anemia-White Cap)
- Assimilation Ring (Over acid Stomach)
- Assimilation Ring (Under acid Stomach)
- Body Acidity (Over acid Body Chemistry)
- Bowel Pockets
- Bowel Prolapses
- Irritable Bowel Syndrome (IBS/Colitis)
- Ballooned Bowel
- Spastic Bowel
- Bowel Stricture
- Calcium Out of Solution (White Ring)
- Cholesterol Ring (Yellowish Ring)
- Constitution (Strong)
- Constitution (Medium)
- Constitution (Weak)
- Drug Spots/Deposits/Psoric Itch Spots (Chemical Deposit)
- Healing Signs (Program Showing Results)
- Heart Trouble



*Beginning Iridology
Correspondence
Course
Practice #6*

For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 1

- Irritation of Nervous System (Stressed Out)
- Lesions/Lacunae (Open) (Inherent Weaknesses)
- Lesions/Lacunae (Closed) (Inherent Weaknesses)
- Lymphatic Rosary (Allergies, Hay fever, Weakened Immune System)
- Nerve/Stress/Sensitivity Rings (Stress Affecting Body)
- Personality Typing (Introvert)
- Personality Typing (Extrovert)
- Poor Nerve Supply (Broken Autonomic Nerve Wreath)
- Pupil (Enlarged)
- Pupil (Small)
- Pupil (Irregular)
- Radii Solaris (Minor) - (Toxic Lines, Parasites, Liver Lines)
- Radii Solaris (Major) - (Toxic Lines, Parasites, Liver Lines)
- Scurf Rim (Poor Skin Elimination)
- Sodium Ring/Venus Congestion (Hardening of the Arteries)

Iris 2

- Irritation of Nervous System (Stressed Out)
- Lesions/Lacunae (Open) (Inherent Weaknesses)
- Lesions/Lacunae (Closed) (Inherent Weaknesses)
- Lymphatic Rosary (Allergies, Hay fever, Weakened Immune System)
- Nerve/Stress/Sensitivity Rings (Stress Affecting Body)
- Personality Typing (Introvert)
- Personality Typing (Extrovert)
- Poor Nerve Supply (Broken Autonomic Nerve Wreath)
- Pupil (Enlarged)
- Pupil (Small)
- Pupil (Irregular)
- Radii Solaris (Minor) - (Toxic Lines, Parasites, Liver Lines)
- Radii Solaris (Major) - (Toxic Lines, Parasites, Liver Lines)
- Scurf Rim (Poor Skin Elimination)
- Sodium Ring/Venus Congestion (Hardening of the Arteries)



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For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 3

- Irritation of Nervous System (Stressed Out)
- Lesions/Lacunae (Open) (Inherent Weaknesses)
- Lesions/Lacunae (Closed) (Inherent Weaknesses)
- Lymphatic Rosary (Allergies, Hay fever, Weakened Immune System)
- Nerve/Stress/Sensitivity Rings (Stress Affecting Body)
- Personality Typing (Introvert)
- Personality Typing (Extrovert)
- Poor Nerve Supply (Broken Autonomic Nerve Wreath)
- Pupil (Enlarged)
- Pupil (Small)
- Pupil (Irregular)
- Radii Solaris (Minor) - (Toxic Lines, Parasites, Liver Lines)
- Radii Solaris (Major) - (Toxic Lines, Parasites, Liver Lines)
- Scurf Rim (Poor Skin Elimination)
- Sodium Ring/Venus Congestion (Hardening of the Arteries)

Iris 4

- Irritation of Nervous System (Stressed Out)
- Lesions/Lacunae (Open) (Inherent Weaknesses)
- Lesions/Lacunae (Closed) (Inherent Weaknesses)
- Lymphatic Rosary (Allergies, Hay fever, Weakened Immune System)
- Nerve/Stress/Sensitivity Rings (Stress Affecting Body)
- Personality Typing (Introvert)
- Personality Typing (Extrovert)
- Poor Nerve Supply (Broken Autonomic Nerve Wreath)
- Pupil (Enlarged)
- Pupil (Small)
- Pupil (Irregular)
- Radii Solaris (Minor) - (Toxic Lines, Parasites, Liver Lines)
- Radii Solaris (Major) - (Toxic Lines, Parasites, Liver Lines)
- Scurf Rim (Poor Skin Elimination)
- Sodium Ring/Venus Congestion (Hardening of the Arteries)



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Practice #6*

For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 5

- Irritation of Nervous System (Stressed Out)
- Lesions/Lacunae (Open) (Inherent Weaknesses)
- Lesions/Lacunae (Closed) (Inherent Weaknesses)
- Lymphatic Rosary (Allergies, Hay fever, Weakened Immune System)
- Nerve/Stress/Sensitivity Rings (Stress Affecting Body)
- Personality Typing (Introvert)
- Personality Typing (Extrovert)
- Poor Nerve Supply (Broken Autonomic Nerve Wreath)
- Pupil (Enlarged)
- Pupil (Small)
- Pupil (Irregular)
- Radii Solaris (Minor) - (Toxic Lines, Parasites, Liver Lines)
- Radii Solaris (Major) - (Toxic Lines, Parasites, Liver Lines)
- Scurf Rim (Poor Skin Elimination)
- Sodium Ring/Venus Congestion (Hardening of the Arteries)

Iris 6

- Irritation of Nervous System (Stressed Out)
- Lesions/Lacunae (Open) (Inherent Weaknesses)
- Lesions/Lacunae (Closed) (Inherent Weaknesses)
- Lymphatic Rosary (Allergies, Hay fever, Weakened Immune System)
- Nerve/Stress/Sensitivity Rings (Stress Affecting Body)
- Personality Typing (Introvert)
- Personality Typing (Extrovert)
- Poor Nerve Supply (Broken Autonomic Nerve Wreath)
- Pupil (Enlarged)
- Pupil (Small)
- Pupil (Irregular)
- Radii Solaris (Minor) - (Toxic Lines, Parasites, Liver Lines)
- Radii Solaris (Major) - (Toxic Lines, Parasites, Liver Lines)
- Scurf Rim (Poor Skin Elimination)
- Sodium Ring/Venus Congestion (Hardening of the Arteries)



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For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 7

- Irritation of Nervous System (Stressed Out)
- Lesions/Lacunae (Open) (Inherent Weaknesses)
- Lesions/Lacunae (Closed) (Inherent Weaknesses)
- Lymphatic Rosary (Allergies, Hay fever, Weakened Immune System)
- Nerve/Stress/Sensitivity Rings (Stress Affecting Body)
- Personality Typing (Introvert)
- Personality Typing (Extrovert)
- Poor Nerve Supply (Broken Autonomic Nerve Wreath)
- Pupil (Enlarged)
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- Radii Solaris (Minor) - (Toxic Lines, Parasites, Liver Lines)
- Radii Solaris (Major) - (Toxic Lines, Parasites, Liver Lines)
- Scurf Rim (Poor Skin Elimination)
- Sodium Ring/Venus Congestion (Hardening of the Arteries)

Iris 8

- Irritation of Nervous System (Stressed Out)
- Lesions/Lacunae (Open) (Inherent Weaknesses)
- Lesions/Lacunae (Closed) (Inherent Weaknesses)
- Lymphatic Rosary (Allergies, Hay fever, Weakened Immune System)
- Nerve/Stress/Sensitivity Rings (Stress Affecting Body)
- Personality Typing (Introvert)
- Personality Typing (Extrovert)
- Poor Nerve Supply (Broken Autonomic Nerve Wreath)
- Pupil (Enlarged)
- Pupil (Small)
- Pupil (Irregular)
- Radii Solaris (Minor) - (Toxic Lines, Parasites, Liver Lines)
- Radii Solaris (Major) - (Toxic Lines, Parasites, Liver Lines)
- Scurf Rim (Poor Skin Elimination)
- Sodium Ring/Venus Congestion (Hardening of the Arteries)



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Correspondence
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Practice #6*

For Each Iris, Determine If There Are Markings In The following Areas. Answer YES or NO for Each Area. Any marking is considered a marking.

Iris 9

- Irritation of Nervous System (Stressed Out)
- Lesions/Lacunae (Open) (Inherent Weaknesses)
- Lesions/Lacunae (Closed) (Inherent Weaknesses)
- Lymphatic Rosary (Allergies, Hay fever, Weakened Immune System)
- Nerve/Stress/Sensitivity Rings (Stress Affecting Body)
- Personality Typing (Introvert)
- Personality Typing (Extrovert)
- Poor Nerve Supply (Broken Autonomic Nerve Wreath)
- Pupil (Enlarged)
- Pupil (Small)
- Pupil (Irregular)
- Radii Solaris (Minor) - (Toxic Lines, Parasites, Liver Lines)
- Radii Solaris (Major) - (Toxic Lines, Parasites, Liver Lines)
- Scurf Rim (Poor Skin Elimination)
- Sodium Ring/Venus Congestion (Hardening of the Arteries)

Iris 10

- Irritation of Nervous System (Stressed Out)
- Lesions/Lacunae (Open) (Inherent Weaknesses)
- Lesions/Lacunae (Closed) (Inherent Weaknesses)
- Lymphatic Rosary (Allergies, Hay fever, Weakened Immune System)
- Nerve/Stress/Sensitivity Rings (Stress Affecting Body)
- Personality Typing (Introvert)
- Personality Typing (Extrovert)
- Poor Nerve Supply (Broken Autonomic Nerve Wreath)
- Pupil (Enlarged)
- Pupil (Small)
- Pupil (Irregular)
- Radii Solaris (Minor) - (Toxic Lines, Parasites, Liver Lines)
- Radii Solaris (Major) - (Toxic Lines, Parasites, Liver Lines)
- Scurf Rim (Poor Skin Elimination)
- Sodium Ring/Venus Congestion (Hardening of the Arteries)

Once you have completed these practice sessions and the test, please have both notarized. Then send both the completed "Beginning Iridology Test Manual" and the "Beginning Iridology Practice Manual" to: Joyful Living Services, P.O. Box 485, Weimar, CA 95736-0485, USA, for grading. Once you have passed the test you may apply for the "Intermediate Iridology Correspondence Course" by contacting us at 530-878-1119, or by e-mail at iridology@netzero.net.