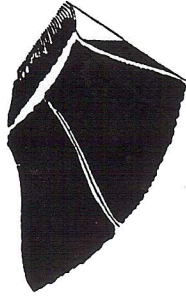
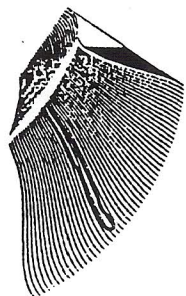
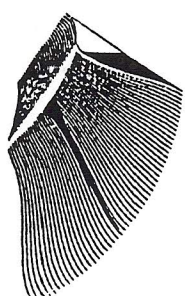
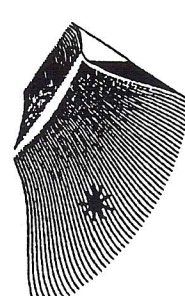


Iris Marking	Name	Description	Meaning	Treatment
	Annoyance line	Seen in the heart zones at 15 and 45 minutes as a single white line.	Indicates irritation of the heart, though not necessarily a specific heart problem.	If stress is causing heart palpitations get help with stress management. B-complex vitamins help.
	Asparagus head	Appears like a single piece of asparagus, usually in the lower part of the iris.	Indicates malignancy of the uterus or cervix.	Get expert help if you suspect a problem. First go to your doctor for a smear test.
	Asthenic ridge	A black line running outwards, usually from the collarette. Characteristically its base is broader than its tip.	Nerve weakness. When seen in the head area it usually indicates severe headaches.	Generally, vitamin B-complex and vitamin C. Specific organs may need individual treatment.
	Black hair pigment	A small, black pigment with fine hair-like extensions.	Cell changes, usually within a gland.	Wholesome, meat-free, additive-free diet, with vitamins C and A suited to the appropriate gland.