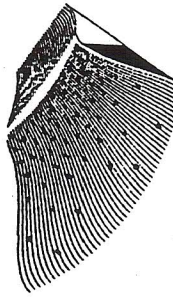
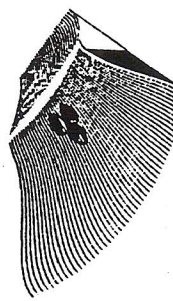
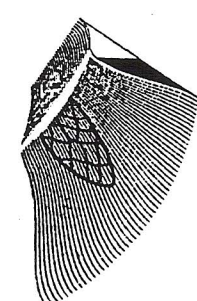
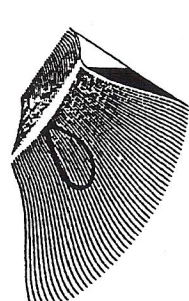


Iris Colour and Markings

Iris Marking	Name	Description	Meaning	Treatment
	Granular pigment	The iris looks as if it has been splattered with brown ink. There are hundreds of small dots of extra pigment.	This iron pigment shows that the liver is not storing iron properly. Anaemia may be present.	Plenty of iron-rich foods like spinach, green leafy vegetables, and vitamin C to assist iron absorption.
	Grape lacuna	Looks like a small bunch of dark grapes. Often seen in the gland zones.	Indicates a change to the fibrous tissue in the gland, particularly the thyroid gland.	If seen in the thyroid, kelp is one of the best nutrients to take. Vitamin C should also be taken.
	Iodine lacuna	Unlike the common lacuna, this lacuna is wider at its base and not tear-drop shaped. It is usually a large marking.	It shows that the thyroid has difficulty storing up iodine, the nutrient needed for its healthy function.	As above, kelp is one of the best nutrients to take and should be taken in a low dose for several months. Vitamin C should also be taken.
	Lacuna	A tear-drop shaped iris marking. Can appear almost anywhere in the outer part of the iris.	An inherited marking showing decreased function, usually of a gland.	Give the gland in which the lacuna appears extra amounts of the nutrients known to help it.