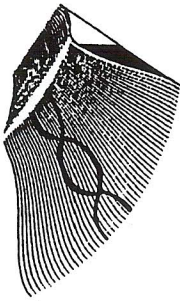
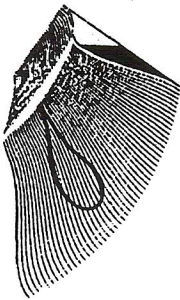
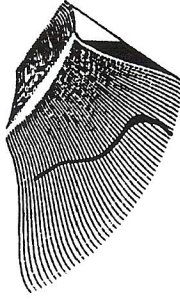
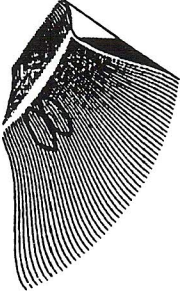


Iris Marking	Name	Description	Meaning	Treatment
	Radial plait	Two iris fibres across each other at least once, forming a plaited appearance.	This shows chronic irritation and, if left untreated once symptoms appear, can lead to more serious changes in the cells.	Look carefully for and remove any external irritants, for example food or chemical allergies.
	Thyroxine lacuna	A large lacuna with a rounded end and a small base which can be seen anywhere in the iris but still indicates the thyroid gland.	Definite thyroid marking indicating that the thyroid tends to be out of balance, either over-producing or, more likely, under-producing thyroxine.	Kelp is one of the best herbs to choose for getting the correct balance to the thyroid gland. If symptoms are present consult your doctor.
	Transversal	A single fibre which runs the opposite way to the rest of the iris fibers. It may appear to be red.	Indicates a change which occurs to the area in which the transversal appears. Often seen in the spinal or neck zones.	If seen in the spinal zone consult a chiropractor or osteopath for a check up.
	Twin lacunae	Identical small lacunae appearing side by side in the iris fibres. Often seen in the adrenal zone.	Sometimes seen where there is a non-malignant tumour of the adrenal gland.	Vitamin B-complex, vitamin C and a stress management course will help to restore adrenal function.