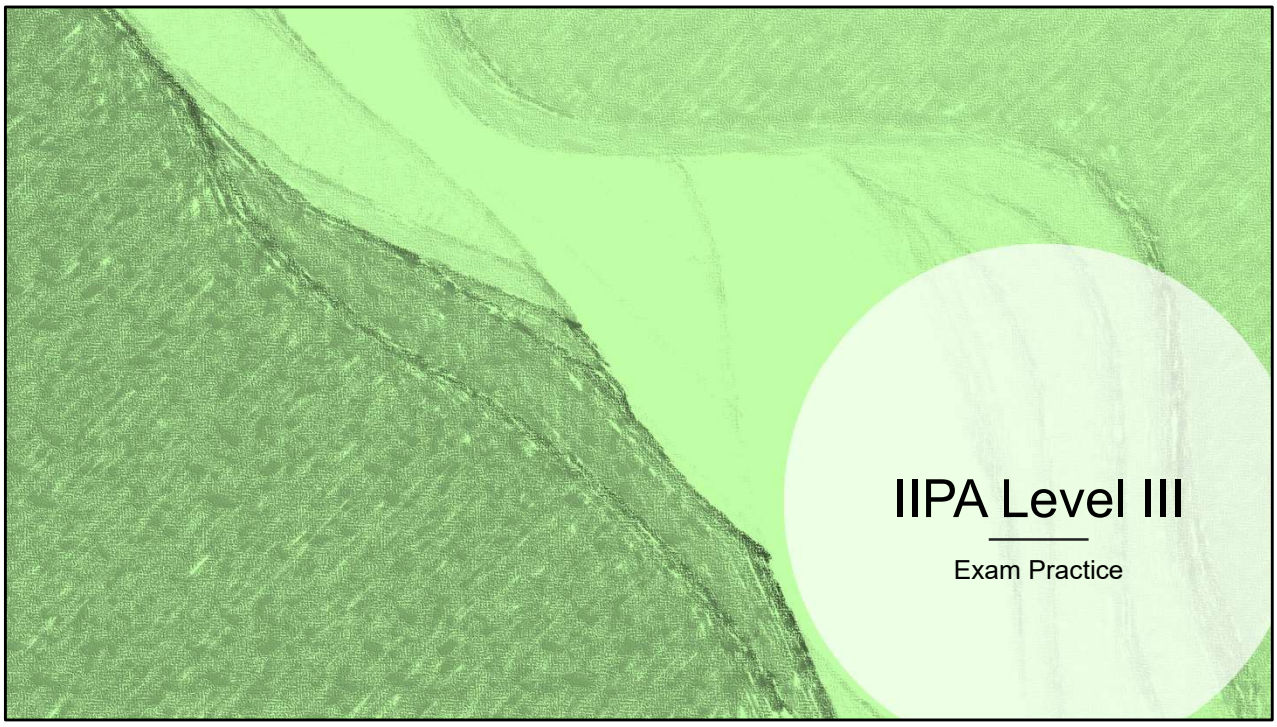

IIPA Level III
Exam Practice

Based on John Andrew's works, what is this spot called and what causes it?

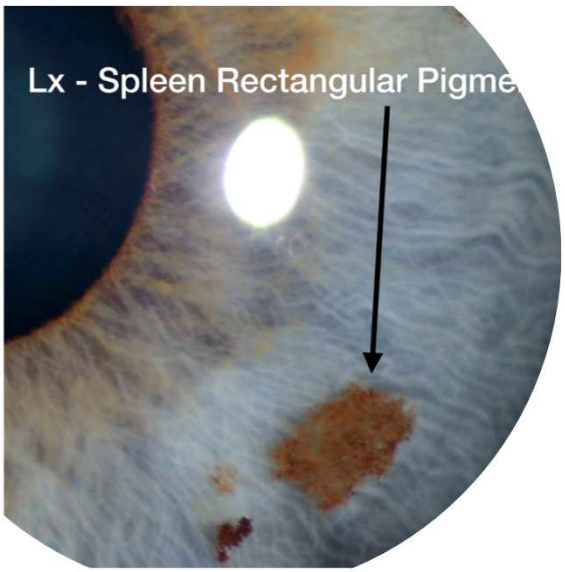
1. Pinguecula
2. Bitot's Spots
3. Brushfield's Spots
4. Lymph Cords

While most common in males, Bitot's Spots are common to see in someone deficient in Vitamin A. The deposits are formed on the conjunctiva of the eye, and with proper utilization and absorption of Vit A, this can be corrected.

Noticed in oval, irregular, or triangular shapes.

It may also be found in those with normal levels of Vit A but have problems with malabsorption of lipids. Vitamin A is a fat-soluble vitamin.

Where can you find a rectangular pigment and what can it mean?



The rectangular pigment, as seen in the photograph, is situated in the spleen reaction field.

John's research tells us that when rectangular pigment is seen in any reaction of the iris, it is related to the spleen.

The pigment can be seen in any color iris.

The pigment can be seen in colors such as brown, black, orange, or ochre. The shape is the most predominant feature of this sign.
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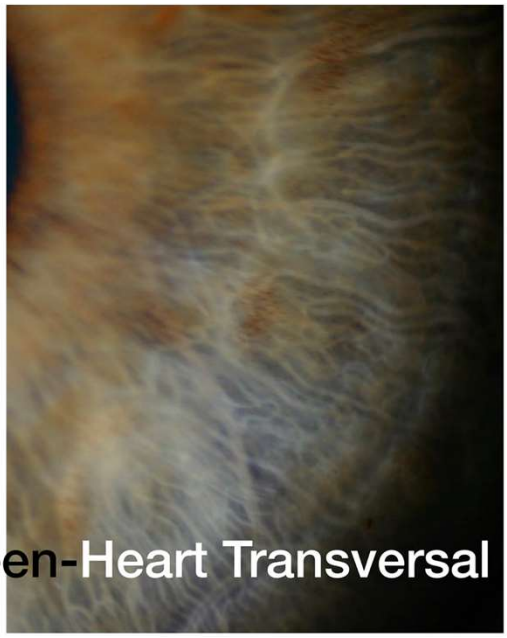


What can a Spleen-Heart Transversal indicate?

T/F: A Spleen-Heart Transversal can be seen in both the right and left irises.

The Spleen/Heart transversal is seen in the left iris.

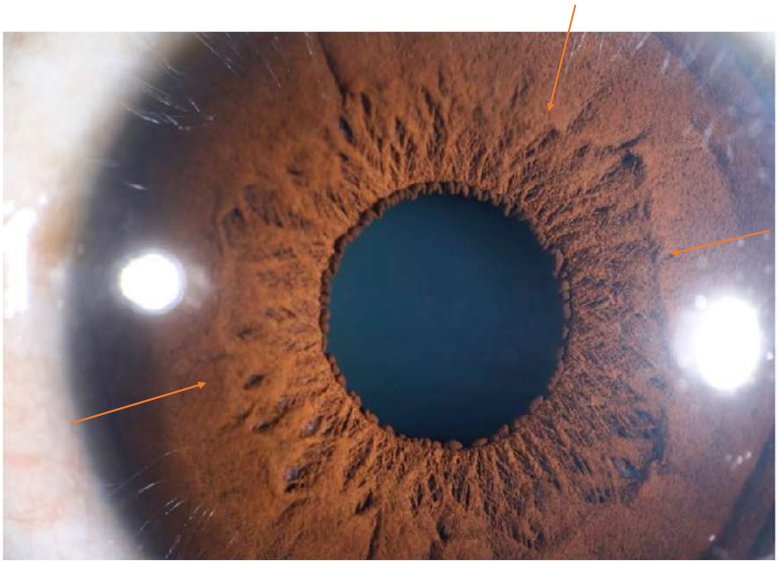
A transversal running from the spleen to the heart area indicates a strong family history of Myocardial infarction and severe congenital heart problems. It is not a definite indication the patient could have an infarction, but it is a distinct possibility depending on the current level of health, lifestyle, and cardiac risk factors.

On an emotional level, vascularized transversals can relate to issues of anger, frustration, delusions, and relationships with females as underlying factors.

Consider coleus forkohlii, Cordyceps or Ganoderma to move the blood. Co Q10 and lecithin may be helpful as well.

Notice the arrows.

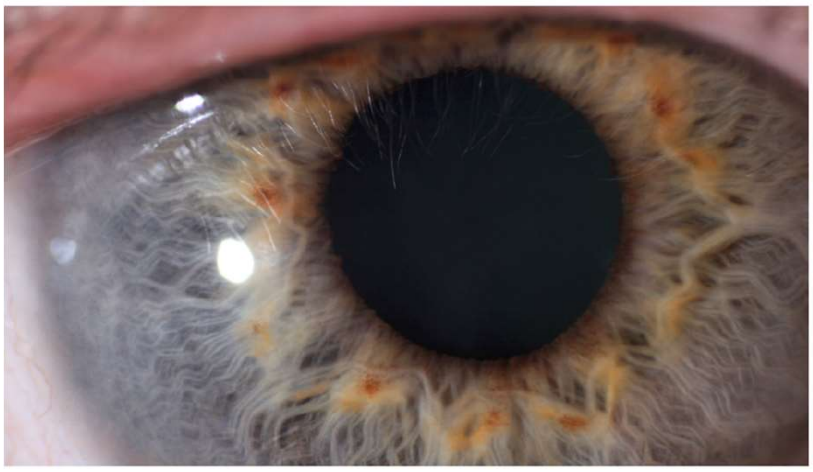
What type of collarette do you see here and what can it mean?



A **Linear collarette** is like a square collarette associated with blood sugar irregularities.

Only a portion of the collarette appears square.

When all four sides a “square” there is a higher tendency for blood sugar issues/metabolism.



Think of John Andrew's works. What are the pigments around the collarette called and what can cause it?

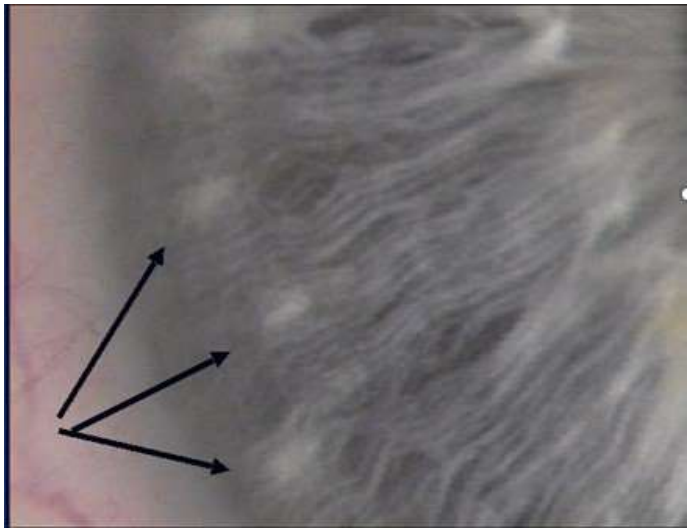
1. Square Pigment
2. Swirls of Orange
3. Bitot's Spots
4. Liver Detox Spots

Swirls of orange/yellow pigment on the collarette show us…

Vitamin B6 deficiency tendencies

Lower vitamin B6 can increase inflammatory stages and CRP (C-reactive protein)

Orange pigment or heterochromia in the intestinal and stomach zone can indicate betrayal, especially in connection to parent relationships.



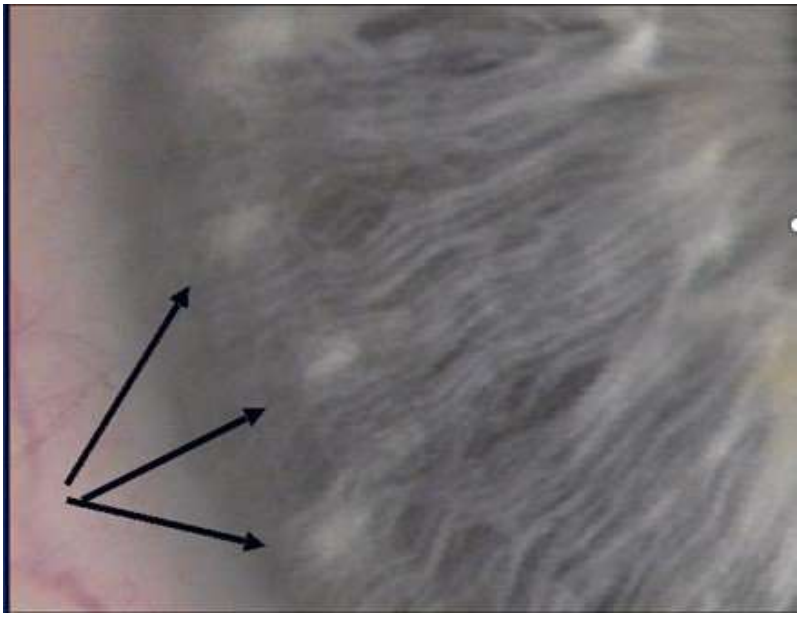
Think of John Andrew's works. What are these spots called and what can cause them?

1. Square Pigment
2. Swirls of Orange
3. Bitot's Spots
4. Brushfield Spots

- Genetic markings
- Clinical sign in 85% Down's Syndrome children
- Genetic/ Pre-clinical sign present in 15% of the general population
- Peripheral Sign - collarette & embryological topography give greater reliability in regards to the immune system

This ring is called a:

1. Lipemic Diathesis
2. Ring of Perfection
3. Ring of Harmony
4. Kayser-Fleisher Ring

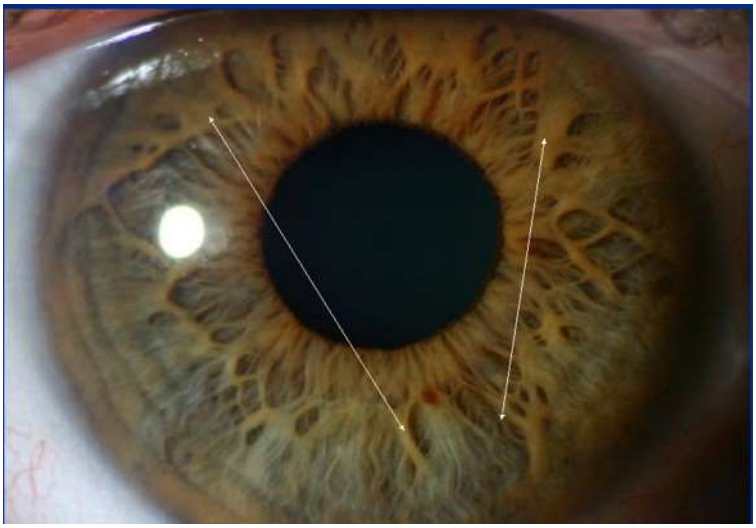


In IIPA Level I & II, we refer to flocculation in the periphery as tophi or lymphatic rosary.

We also refer to this as the Ring of Harmony.

People with this sign usually shoulder the blame for misdoings, want to keep the peace, and have a desire not to upset people.

CALT is conjunctiva- associated lymphoid tissue.



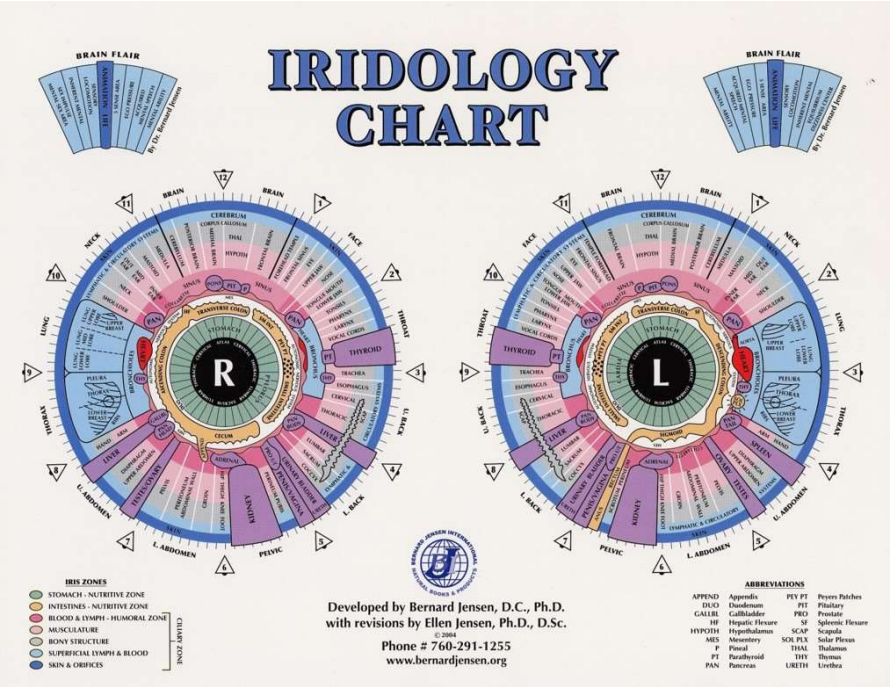
Thinking of John Andrew's works and looking at the yellow arrows, what are these markings called and what do they mean?

1. Fibers of the Iris
2. Lymph Cords
3. Linear Collarette
4. Swirls of Orange

Lymphatic vessels are found in nearly all tissues throughout the body except in the cornea, inner ear, epidermis of the skin, cartilage, bone marrow, and the central nervous system.

- Deeper lymph circulation is located around the external border of the collarette
- 70-80% lymph nodes attached to the exterior of the intestines
- Lymph cords attach with Brushfield's Spots suggesting a tendency to stagnation of these intestinal nodes and hormonal fluid circulation
- The Lymphatic system has the capacity to hold 18 litres of waste fluid

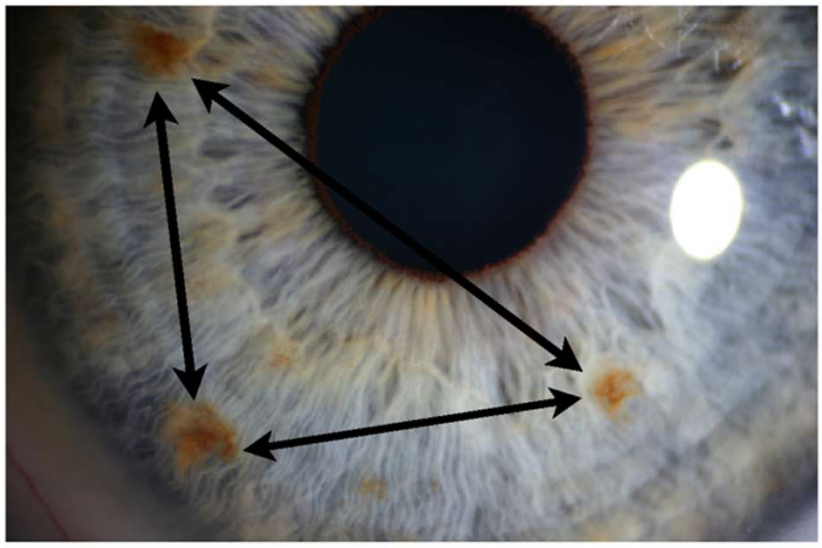
What is the Mesenchyme and where is it located on the iridology chart?



Mesenchyme is a type of tissue comprised of loose cells embedded in the mesh of proteins and fluid called the **extracellular matrix**.

The loose fluid of mesenchyme allows its cells to migrate easily and play a crucial role in the origin and development of morphological structures during the embryonic and fetal stages of life.

Mesenchyme gives rise to most of the body's connective tissues, from bones to cartilage to the lymph and circulatory systems.

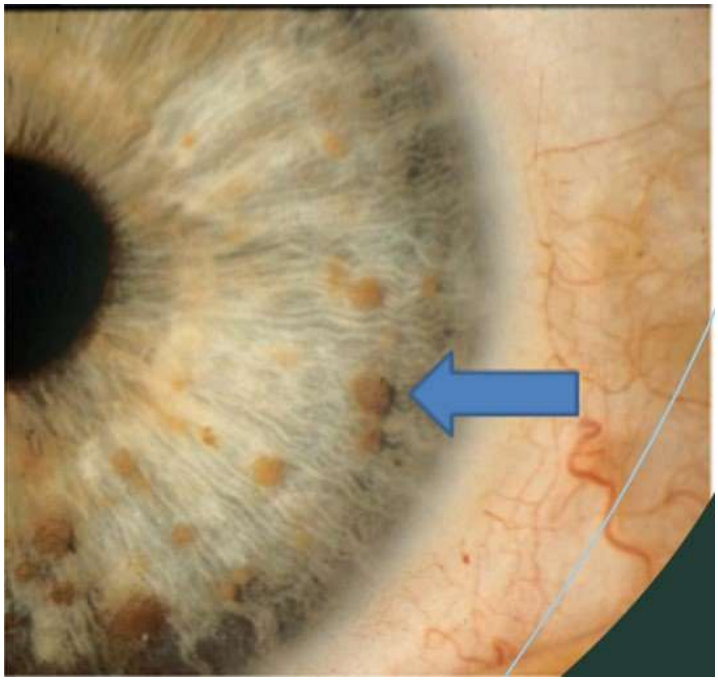


What are these 3 pigments called and what can this mean?

Pigment Triad/Triangle: Frequently observed in auto immunity.

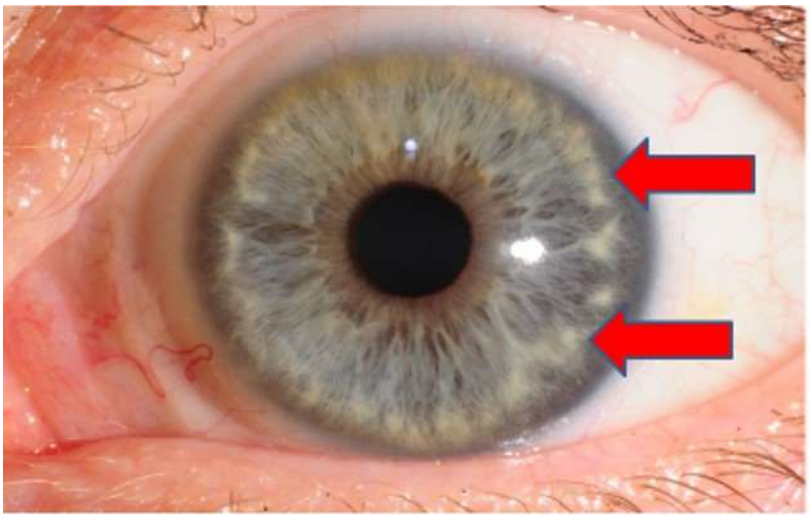
Think about Ellen Jensen's Atypical Ocular Signs, what is the name of these markings and what do they mean?

1. Orange Pigments
2. Lisch Nodules
3. Mammilations
4. None of the above



Lisch Nodules

- Melanocytic (pigmented) growths, usually clear yellow to brown.
- Well defined, dome shaped elevations projecting from the surface of the iris.
- They may be seen without magnification but a slit lamp examination may be necessary to distinguish them from common pigments on the iris which are mostly flat with blurred margins. The nodules are thought not to cause any concerns to the vision.
- Lisch nodules are the most common clinical finding in adults over 20 years of age with Type I Neurofibromatosis (NF-1).
- This is an example of an **ocular manifestation of a genetic disease**. NF-1 has been mapped to a gene defect in chromosome 17.
- Recommend ophthalmology inspection.

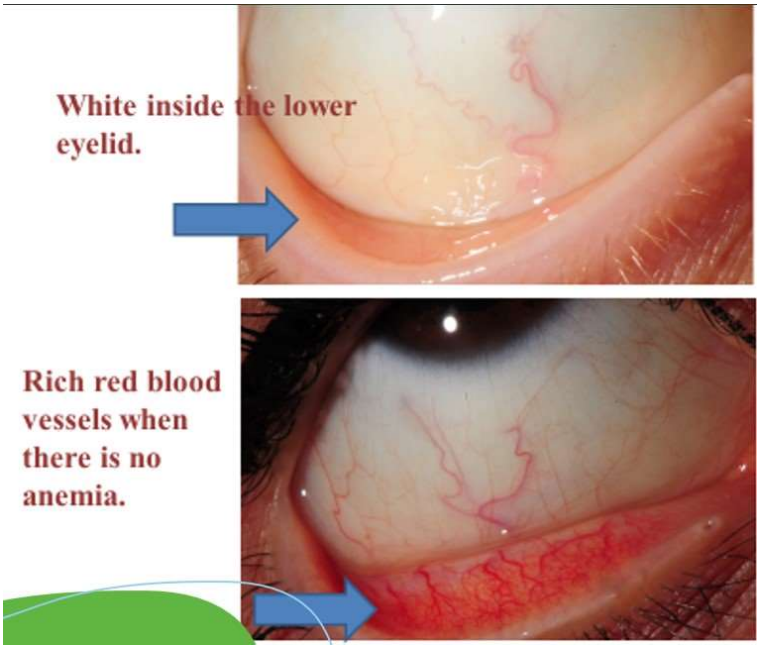


What are these spots called and what can they mean?

1. Bitot's Spots
2. Wollflin Spots
3. Ring of Freedom
4. None of the above

- Wolfflin spots are the whitish clumps of connective fibers found in some irises (mostly blue) near the periphery. These are somewhat distinct from Brushfield spots.
- Wolfflin described it as "elevated nodules (whitish or light yellow), usually situated in the periphery of the iris, and occurring in about 10% of all normal individuals."
- In iridology known as lymphatic rosary, hydrogenoid
- Tophi are collagen bundles/clumps of connective fibers

What is it called when the inside of the lower eyelid is devoid of blood vessels and what could be the symptoms and the cause?

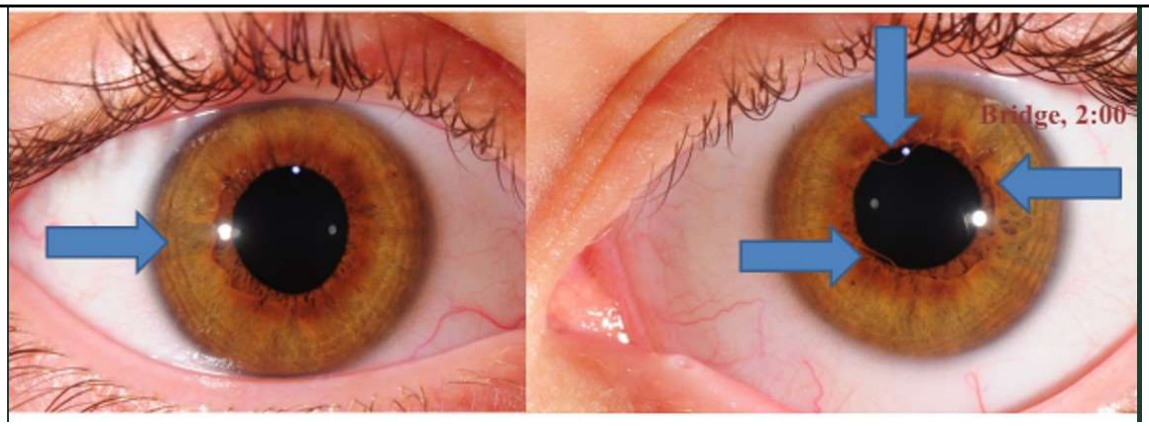


Iron Deficiency Anemia

- Condition in which the body does not have enough healthy red blood cells.
- Iron helps make red blood cells.
- When your body does not have enough iron, it will make fewer red blood cells or red blood cells that are too small.

Causes of Anemia

- Frequent and excessive blood loss
- Decrease in production of red blood cells
- High rates of blood cell destruction
- Iron deficient diet



What is this sign/syndrome called and what does it mean?

Koch Sign

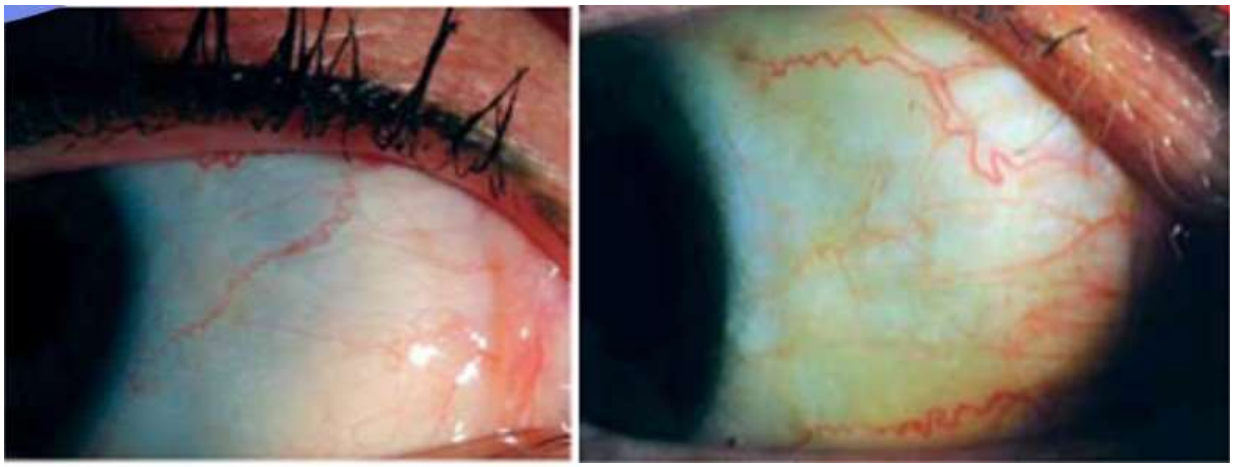
Collarette loose, often with bridges or breaking bridges. Collarette often floating over the pupil.
Stroma of the iris is often wavy with Medusa (jellyfish) lacunae.

Tendencies:

- Difficulties in upper respiratory tract, trachea, and bronchus.
- May be prone to pneumonia, asthma, or emphysema.
- May have digestive disorders.
- Blood sugar imbalances.
- Use up minerals quickly. B vitamins also most helpful to balance nervous system.

Emotional Aspects:

- Dissatisfaction with repetitive experiences.
- Highly sensitive.
- Always searching for the new.
- Desire to travel.
- Like to do research.
- Intolerance of confinement and restraints.
- Quickly switch from excitement to exhaustion.



What are the names of the 2 sclera markings you see here and what can they mean to your client?

- Blue sclera in newborns is normal
- Changes to white around six to eight months of age when the sclera thickens.
- In adults, lack of exercise, fresh air, oxygen.
- Often occurs in older people and sedentary people
- Without oxygen, iron is not properly utilized
- Without oxygen, anemia may occur

- A yellow sclera will show a sign of jaundice
- Caused by excess bilirubin in the blood.
- Bilirubin is produced by the normal breakdown of red blood cells.
- In a newborn, mild jaundice can be common due to the immaturity of the baby's liver, which leads to a slow processing of bilirubin.
- It generally disappears by 1 to 2 weeks of age.

- In an adult, jaundice can be caused by a number of liver disorders.