

# IIPA Level III



The IIPA Board of Directors would like to dedicate the Level III program to:

*Arthur Eugene Jensen*

*1940-2021*

Art's devotion to iridology and the grow of IIPA was as constant as his smile and heartwarming "country gentleman" personality. He and his loving wife, Ellen Jensen worked countless days and nights to elevate IIPA to the stature of where we are today.

We thank Art for his knowledge, his business acumen, his sweet kind spirit, and his brotherly love. He will remain in our hearts forever.

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And thank you to all students who continue to advance themselves in the research and continuation of iridology. Your dedication to the advancement of iridology is crucial to upholding holistic values in natural health.

Day 1

Anatomy & Physiology Review  
Constitutional Diathesis  
Pigments and Eye Color



## Anatomy & Physiology Review

### Student Notes

#### Anatomy of the Eye

- When light is refracted into the eye, the pupil becomes smaller from the sphincter muscle aka, *musculus sphincter iridis*.
- The iris consists of stroma, and the stroma is made up of blood vessels, nerves, and connective tissue.
- The connective tissue contains fibers and small cells.
- Light enters the eye from the image we are looking at and converts the light into an electrical impulse which is sent through the fibers of the optic nerve to the brain
- The ciliary body regulates the focus of our lens.
- The zone from the edge of the collarette and the outer edge of the iris consists of 3-4 layers of iris fibers.
- The cornea is situated in front of the iris.
- The eye is approximately 12mm in diameter.
- While the iris and the eye are an elongation of the brain and functional at seven months' gestation, it is not fully developed until six years of age.
- **Anterior Endothelium**- the outermost layer consisting of one layer of thin cells, so thin that it does not affect the interpretation of iris signs.
- **Anterior Border Layer**- connective tissue and pigmented cells that determine iris color.
- **Dilator Muscle**- a layer of muscle cells controlled by the sympathetic nervous system.
- **Posterior Membrane**- consists of the dilator muscle allowing the pupil to dilate.
- **Posterior Epithelium**- two layers of densely pigmented cells that can be seen at the pupillary ruff.
- **Stroma**- consists of blood vessels that run from the pupillary border to the iris edge. They are surrounded by connective tissue and make up the structural constitution. We also call these fibers Trabeculae.
- The iris is layered with epithelial cells at the posterior level, muscles, vessels, and the pigmented fibrovascular stroma layer.
- The blood, feeding, and nourishing the stroma layer is a plexus or a networking of arteries and vessels.

- **Cornea**- The transparent covering is centrally located at the front of the eye, covering the iris. When light enters the eye, it is refracted by the cornea.
- The cornea is a non-vascular structure and maintains its thickness over the iris, tending to flatten as we age.
- **Sphincter muscle**- controlled by the parasympathetic nervous system and situated behind the pupillary zone. This area is also known as the Digestive zone.
- Circular fibers arranged in a narrow band form the pupillary sphincter.
- Pigment cells and muscle cells originate from the neuroectoderm tissue that makes up the brain and spine.
- The iris has been estimated to contain more than 28,000 nerve endings, yet modern science does not recognize the necessity of iridology and does not have an explanation for this.
- The thickest part of the iris is the collarette.
- **Optic Chiasm** is an X-shaped crossing of the optic nerves in front of the hypothalamus gland located in the forebrain.
- The crossing of the optic fibers allows the hemispheric visual field to be perceived by the visual cortex from both eyes.

Notes-

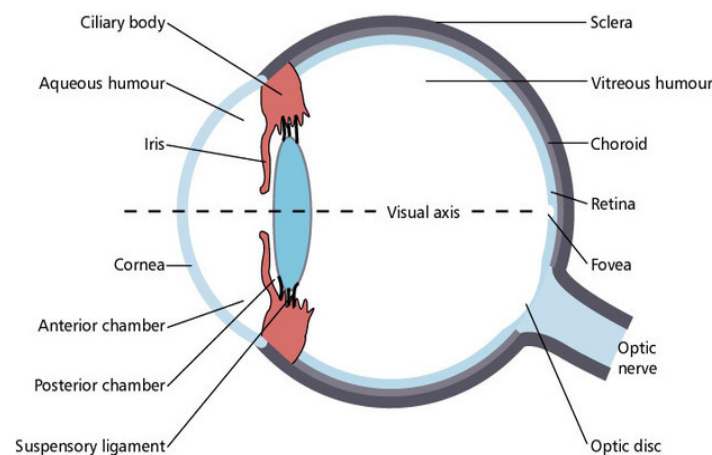
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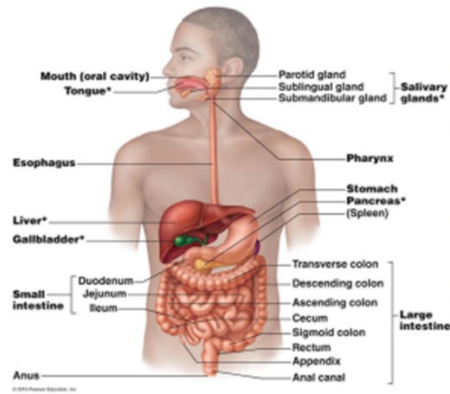
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# Digestive, Hepatic, Eliminative System

## The Digestive System



- Salivary glands.
- Pharynx.
- Esophagus.
- Stomach.
- Small Intestine.
- Large Intestine.
- Rectum.
- Accessory digestive organs:  
• liver, gallbladder, pancreas.

### Symptoms to look for:

- Constipation, diarrhea
- Distended abdomen
- Abdominal cramping, bloating, gas
- Stomach aches
- Blood in stools
- The tongue will heavily be coated in the back

### Balancing the Digestive Tract

- All yellow foods are high in magnesium
- Chlorella, alfalfa tablets taken with flaxseed oil helps to relieve constipation
- Enzymes for digestion
- Probiotics-friendly bacteria
- Beets or beet tablets may relieve constipation
- Okra- soothing food

### Bowel Exercises

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**Foods to support the Digestive system**

Flax \_\_\_\_\_

Aloe vera \_\_\_\_\_

Apple \_\_\_\_\_

Squash \_\_\_\_\_

Cabbage \_\_\_\_\_

**The Liver**

- Symptoms to look for:
- Yellow skin, brown patches on the skin, and whites of the eyes
- The liver area may be swollen and painful
- The person may be over/underweight
- Problems with digestion, bloating
- Premenstrual cramping and irritability or hot flashes during menopause
- The liver processes estrogen and fats

**Avoid:**

- Xeno estrogens- found in plastic bottles, dryer sheets, cosmetics, soaps, and artificial fragrances
- If plastic bottles have the number 1-5, the plastic will become toxic after two years
- Margarine, caffeine, nicotine, pesticides, dairy products, and beef with hormones. This keeps the liver from processing estrogens properly.
- Alcohol, heavy metals chemicals, and drugs are harmful to the liver

**Foods/herbs:**

Raw apple cider vinegar \_\_\_\_\_

Sprouts \_\_\_\_\_

Milk Thistle \_\_\_\_\_

Dandelion \_\_\_\_\_

Additional notes-

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### **The emotional aspect of the liver:**

Anger or passion \_\_\_\_\_

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### **Gallbladder**

#### **Symptoms to look for:**

Nausea, burping, abdominal pain, gallstones may be present

#### **For balance:**

Organic sodium from celery juice or goats whey

Hydrangea helps dissolve gallstones: olive oil and lemon juice.

#### **Foods/herbs:**

Lemons \_\_\_\_\_

Beet juice \_\_\_\_\_

Hydrangea \_\_\_\_\_

Chanca Piedra \_\_\_\_\_

#### **Emotional aspects of the gallbladder:**

Bitterness in life. Letting go of bitterness and finding things that bring happiness are helpful for the gallbladder.

### **The Pancreas**

#### **Symptoms to look for:**

Cravings sweets, light-headed, dizziness, hunger, gas, bloating, constipation

#### **Avoid:**

Refines white sugar, white flour, caffeine, nicotine, and alcohol

**Balancing Pancreas Chemistry:**

- Eating small meals throughout the day
- Greens help to balance pH
- Soaked nuts, seeds, and seeds, raw or steamed vegetables
- Jicama and Jerusalem Artichoke are high in inulin that balances blood sugar

**Supplementation for the pancreas:**

Chromium (sweet cravings)

Enzymes- Amylase breaks down sugar, pancreatic enzymes

Liquid trace minerals

**Herbs:**

Licorice \_\_\_\_\_

Dandelion, leaf, and root \_\_\_\_\_

Bitter melon \_\_\_\_\_

Gymnema Sylvestre \_\_\_\_\_

**Emotional Aspects of the Pancreas:**

Pancreas = sweetness in life

Please make a list of those things that make you happy and practice them often.

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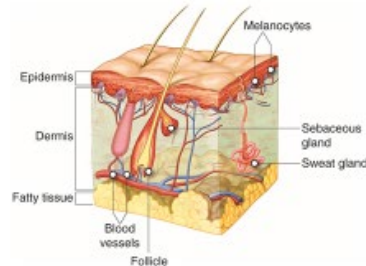
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**Happiness is a direction, not a place.**

## Integumentary System

- Skin
- Hair
- Nails
- Sebaceous Glands
- Nerves



This system's main job is to act as a barrier to protect the body from toxins in the outside world. It also functions to retain body fluids and oil, protect against disease, eliminate waste products, and regulate body temperature.

### Causes of Skin Problems:

- Pollution
- Dehydration
- Too much Sun
- Stress
- Smoking
- Excess alcohol

### Symptoms of the Integumentary system:

- Red rashes
- Itching
- Pimples
- Boils
- Flaking
- Cracking
- Dry

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### Suggestions for improving the skin:

- Silicon (trace mineral) oat straw tea, horsetail herb, red bell peppers, brown rice
- Flax and borage oils

- Enzymes
- Drink plenty of fresh water
- Cotton clothing-no synthetic fibers
- Use natural soaps and lotions
- Avoid chemical cleaning fluids
- Get plenty of good quality sleep
- Cleanse and support the colon, liver, and kidneys

**Natural remedies:**

- Rosehip oil strengthens skin- wrinkles and sagging skin
- Rosemary oil mixed half and half with coconut oil helps dandruff, acne, cellulite, stretch marks, age spots.
- Collagen, Hyaluronic acid, Vitamin A, Vitamin C, Vitamin E
- Macadamia nut oil, avocado oil
- Omega 7, Sea Buckthorn oil

Testing for pH

- The pH of the body must be in balance in order for body chemistry to be balanced. Here is a simple urine and saliva test that will show the pH of the body.
- Saliva and urine pH testing should be done first thing in the morning, before brushing your teeth, or eating. The evening saliva and urine tests should be done at least two hours after the last meal.
- To test the saliva, tear off a half-inch strip of litmus paper, and hold it between the tongue and roof of the mouth for 3-5 seconds. Immediately compare the color change of the litmus paper to the color chart to determine your pH level, and record the results.
- pH should be between 6.8 and 7.2 in saliva and urine.

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## Ringworm and Fungus Remedy

*Mix together to form a paste:*

- 2-3 drops tea tree oil or cajeput oil
- 1/2 tsp. Colloidal silver
- 1 tsp. powdered goldenseal

Apply and keep bandaged for 24 hrs. Wash area with tea tree oil soap or pine bark soap, rinse well and bandage again. With persistence, fungus or ringworm will leave in 1 to 2 weeks. Use clean towel daily and change clothing daily.

### **Acne Symptoms:**

- Avoid coffee, sodas, sugar, and bad fats
- Goldenseal masks, rosemary oil mixed with coconut oil
- Vitamins A, E, D and Evening primrose oil
- Oat straw tea, horsetail herb
- Yarrow and ginger help the skin to sweat out poison/toxin

### **The emotional aspect of the skin:**

The skin represents our self-esteem. Reminding yourself that you are worthy and wonderful may help when there are problems with the skin.

### **Love the skin you are in!**

### **Dry skin brushing-**

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## Circulatory System

### Circulatory system-

- Connects and affects all the body systems
- Even perfect blood that doesn't circulate cannot reach the organs
- If waste from metabolic processes is not removed, tissue damage results
- Involves the blood, lymph, legs, feet, and large intestines too
- Is Iridology helpful in understanding cardio disease?
- Which circulatory signs are in the sclera?

### Cardiovascular Disease refers to any disorder or condition of the heart

- Coronary heart disease
- Hypertension
- Congenital heart disease
- Disorders of the heart valves
- Heart infections, heart arrhythmias
- Angina- chest pain due to poor circulation
- Stroke

### Look for:

- Lacuna, rarefactions, and tissue bundles (tophi) in the heart area
- Double collarette or breaks in the heart area
- Corneal Arcus – complete, superior, inferior, or **lateral**
- Transversals in/from heart
- Lacuna or radial in the ego pressure area of the brain

### Location of the Corneal Arcus is Important to circulatory inquiry

- **Superior:** Look to problems with the vascular flow to the head and brain. Are there memory issues, depression, headaches?
- **Inferior:** Are there hip problems or poor circulation to the legs? Varicose veins? Burning feet?
- **Temporal or Medial:** Is there a family history of heart disease or lung disease? Tightness in the chest area. Look for a B3 bulge.

- **Complete:** Significant in about 50% of the cases with heart disease; still indicates a corneal hardening or plaquing

### **Venous Insufficiency-**

- Often seen in sedentary or elderly people
- Indicator of reduced oxygen to the cells
- Shows a lack of stimulation or sluggishness in the vascular system
- Normal in newborns, especially with brown eyes, as pigment bleeds through.

A double collarette shows greater sensitivity of the Autonomic Nervous System.

When seen in the heart, ask questions about angina, rapid heartbeat, and arrhythmia.

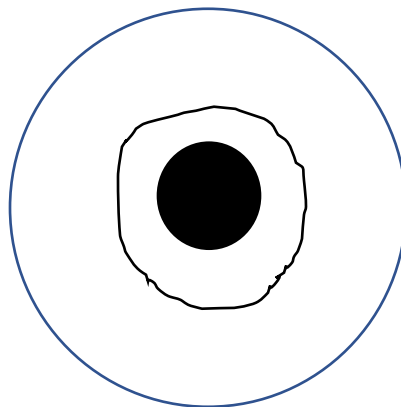
- Broken collarette or lacuna piercing the ANW
- It is associated with heart palpitations or breathing issues.
- *Time risk-* breaks in collarette

Transversals – heart/spleen; inherent sign. Ask about parents and grandparents.

### **Cardio-Renal Syndrome**

- Lacuna in heart and kidney
- The left ventricle of the heart influences kidney function
- It can also indicate edema and ascites
- Acute or chronic dysfunction in one organ may induce acute or chronic dysfunction of the other.

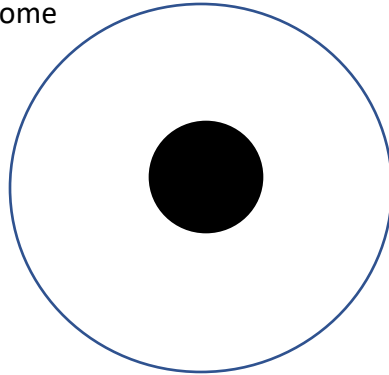
Draw this syndrome



### Left Eye Cardio Abdominal

- Distended collarette and Large Lacuna in the heart, descending colon, and splenic flexure.
- Pressure is bearing down, creating excess gas and bloating, and can cause pressure on the heart.

Draw this syndrome



### Ego Pressure Area of Brain (Perfectionism)

- Elevated blood pressure in response to any stressors or anxiety.
- Indicates a person who wants to please everyone; when you see it, check blood pressure and recommend meditation and relaxation.
- Flower essence – "Open Heart." ([lotuswei.com](http://lotuswei.com))

### Cardiac Risk Factors/Solutions

- Excess Glucose and Insulin: Coenzyme Q10, Diet
- Excess Homocysteine: B Vitamins
- Excess C Reactive Protein: Omega 3's, Anti-oxidants
- Low EPA/DHA: Cold Water Fish, Omega 3's – plant and animal
- Excess Fibrinogen (clotting): Nattozymes, Omega 3
- Hypertension: Hydration, exercise; herbs
- Solution?
  - Switching to a Plant-based Diet
  - Exercise and Calming yoga and meditation

## Lymphatic System

### Lymphatic system- Zone3 & 6

- Tonsils
- Lymph node
- Spleen
- Lymphatic vessels
- Appendix (rt)

The lymphatic system brings fluids and solutes that escape from capillaries back to the circulating blood. Muscle contractions move the lymph and single-way valves.

Lymph flows through thin-walled vessels until finally entering the right or left sub-clavicular vein.

Lymph vessels are not present in the bones, cartilage, or epithelium of the nervous system.

- Clear colorless fluid
- In 24 hours, the volume of lymph fluid flows through the LY system equals the total plasma volume.
- **Albumin** is a protein that cannot return from interstitial fluid to the capillaries if not removed by the lymphatic system, and it would accumulate, causing edema.
- The lymphatic system follows the circulatory pathway
- Lymph nodes function as filters on the way back to the return of blood flow, removing bacteria and other foreign particles.
- If no muscle contractions are present, this impedes the action of the lymph flow.

### Associated Lymphatic Tissues

- **GALT**- Gut-associated lymphoid tissue, Peyer's Patches in the small intestine.
- **MALT**- Mucosa-associated lymphoid tissue found in mucosal surfaces.
- **BALT**- bronchus-associated lymphoid tissue

- **Metastasis** is the process of cells transferred from lymph ducts to lymph nodes that become trapped, creating secondary cancer somewhat distanced from the original tumor.
- Mucus from the overactive lymphatic system
- Overactive immune system

**Common reaction sites:**

- Tonsils
- Upper respiratory
- Sinuses
- Urinary tract
- Intestinal tract
- Joints

**Symptoms of Lymphatic Issues**

- **Skin** – psoriasis, eczema, dry skin, dandruff
- **Arthritis/Rheumatic disorders**
- **Stiffness/sore muscles**
- **Overstressed kidneys**
- **Thyroid insufficiency**
- **Digestive weakness**

**Tophi-Lymphatic congestion/rosary**

- Zones 3 and 6 show puffy cloud-like shapes of white, yellow, or orange in color. Yellow or darker in color may be a sign of a chronic condition.
- Cords are also a sign of lymphatic congestion.

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## **Immune System**

- **The Immune system-** is a continuous working army always looking out for our wellbeing by fighting pathogens of foreign entry into our body.
- Lymphocytes and leucocytes, types of white blood cells, accumulate and replicate in our lymph nodes when noticing an unwanted pathogen existing in our system.

### **An infection occurs when a microorganism enters a person's body and causes harm.**

- The microorganism uses the body to reproduce and colonize.
- Bacteria
- Virus
- Fungi (fungus)

### **Contamination spreads in many ways:**

- Skin contact, transfer of body fluids
- Contact with feces
- Ingesting contaminated food or water
- Inhalation
- Touch by human contact or an object

### **We know that viruses, fungus, bacteria, and parasites are all different types of pathogens.**

#### **They vary in several ways:**

- Size, shape
- Function
- Genetic content
- And how they act in the body

Viruses are smaller than bacteria. They enter the host and take over the cells, whereas bacteria can survive without a host.

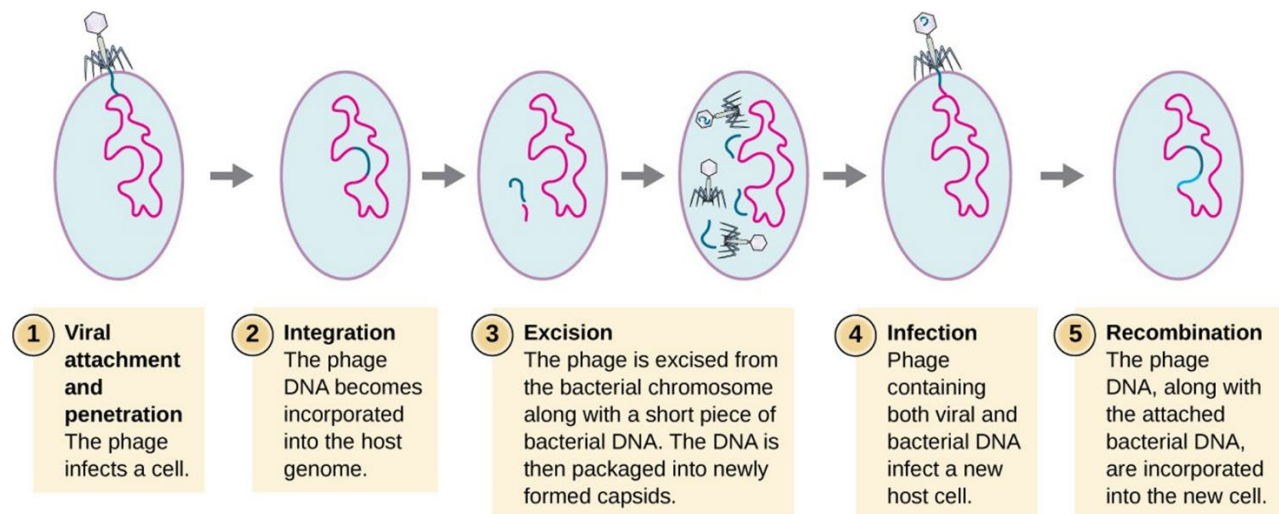
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Viruses invade a host and attach themselves to a cell. They then release their genetic material. It then forces the cell to replicate the virus, thus multiplying. Then new virus cells are created.

- Not all viruses destroy the host cell. Some change the function of the cell.
- Viruses such as HPV and EB(Epstein-Barr) can lead to cancer by forcing cells to replicate in an uncontrolled way.



### Viral infections-

- Common cold (rhinovirus)
- Encephalitis, meningitis (enterovirus)
- Herpes simplex (HSV), West Nile virus, Norovirus (Gastroenteritis)
- COVID-19

### Bacterial infections- single-celled microorganisms aka prokaryotes. (pro kehree otes)

- Bacteria have three main shapes:
- Spherical
- Rod-Shaped
- Spiral

**Examples of bacterial infections:**

- Bacterial meningitis, pneumonia, TB, otitis media, upper respiratory infection
- Gastritis, food poisoning, eye infections
- Sinusitis, UTI (urinary), skin infections, STD's

**Fungal infections:**

- Yeasts are single-celled fungi. Some fungi are multicellular, meaning they decompose and absorb organic matter using an enzyme.
- Fungi reproduce by spreading single-celled spores. The fungus structure is usually long and cylinder-shaped, with small filaments branching from the main body.

**Fungal infections may present as:**

- Valley fever, Candida Albicans
- Histoplasmosis
- **Athlete's foot**, ringworm
- Some eye infections, rashes, Thrush
- vaginal itching, jock itch

**Our defense system begins in the mouth or nose.**

- The tiny fine hairs in our nose and mouth act as "catchers" of pathogens.
- Our tonsils are the first line of defense into the body.
- The gut flora we carry in the bowel also helps fight off pathogens that move within that transit system.

Swelling, runny nose, sneezing all occur due to the "fight" that is going on in our immune system. This is how the body attempts to rid the unwelcomed pathogen.

- Recognize this is your first sign the immune system is responding.

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## **Respiratory System**

- Nose and Sinuses.
- Pharynx – part of the throat behind the mouth.
- Larynx – (or voice box) tube or air passage to the lungs that holds the vocal cords.
- Trachea - (or *windpipe*) is a wide, hollow tube that connects the larynx (voice box) to the bronchi of the lungs. It is an integral part of the body's airway and has the vital function of providing airflow to and from the lungs for respiration.
- Bronchial tubes, Bronchioles, Lungs, Alveoli.

## **Causes of Unhealthy Sinuses and Lungs**

- Tobacco smoke or secondhand smoke
- Chemicals and workplace risks
- Asbestos
- Air pollution
- Family history of lung conditions
- Previous radiotherapy treatment
- Lowered immunity
- Excessive gluten, cow milk products, sugar
- Constipation
- Leaky Gut
- Liver Congestion

## **Symptoms to look for:**

- Shallow breathing
- Hunched shoulders
- Dry or wet cough

## **Balancing the respiratory system:**

- Breathing properly is essential, as is getting oxygen from fresh air and iron from dark green vegetables.

**Natural Therapies:**

- Lemons, garlic, onions
- Chlorophyll
- Lobelia, used in small amounts, can help stop an asthma attack.
- Warm salt water cleanses the sinuses.
- Colloidal silver may help relieve sinus infections.
- Diffuser with thyme, lemon, eucalyptus, or peppermint oil.

Mullein \_\_\_\_\_

Echinacea \_\_\_\_\_

Elderberry \_\_\_\_\_

Marshmallow root \_\_\_\_\_

**Emotional Aspects of the lungs:**

- Lungs relate to grief, and they will be healthier when grief is released and replaced with joy.

**Emotional Aspects of the Sinuses:**

- Possible need to cry and "drain" negative feelings to release sadness.
- Crying is so healing. It is like rain that washes you clean.

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## Endocrine System

The endocrine system comprises a complex network of glands, which are organs that secrete substances. The glands of the endocrine system are where hormones are produced, stored, and released. So, what are glands?

- The endocrine system comprises glands that produce and **secrete (produce and discharge)** hormones and chemical substances produced in the body that regulate the activity of cells or organs.
- These hormones regulate the body's growth, metabolism (the physical and chemical processes of the body), and sexual development and function.
- A person with a **polyglandular *iris*** would have more trouble balancing and secreting hormones and regulating thyroid function or insulin production, for example.
- The glands make the hormones that help cells talk to each other. They're responsible for almost every cell, organ, and function in your body.

### If your endocrine system isn't healthy, you might have problems

- developing during puberty,
- getting pregnant
- managing stress
- losing or gaining weight
- Weak or underdeveloped skeletal system
- lack of energy because too much sugar stays in your blood instead of moving into your cells where it's needed for energy.

### Endocrine (glandular)and Nervous System

- Regulates Emotions
- Controls basic drives
- Promotes growth and sexual identity
- Controls body temperature
- Helps generate energy

***The hypothalamus controls the pituitary gland, which controls the release of hormones from other glands in the glandular system.***

- Individual Glands and their support: Pituitary/Pineal
- Support for Pituitary/Pineal:
- Get rid of processed foods with chemicals and pesticides – including GMO
- Remove fluoride from the water supply and products.
- Try sun gazing and get sunlight on top of the head daily when possible, removing shades to get more vitamin D. Pineal gland's proto-receptor is activated by light.
- Herbs the same as the pituitary gland; they may need melatonin.

Head massage; bacopa and rosemary oils

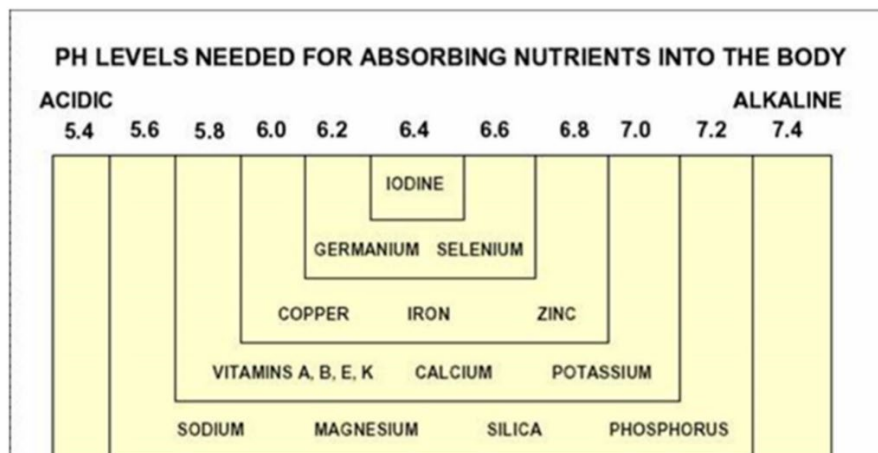
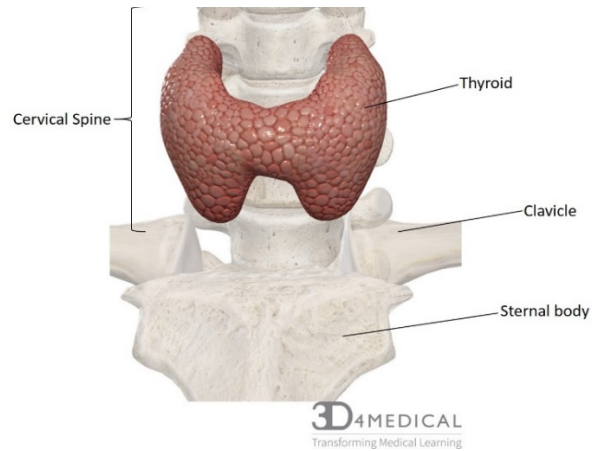
- The hypothalamus and the pituitary gland in the brain control the normal secretion of thyroid hormones which in turn controls metabolism

#### **Support for Pituitary – Pineal**

- Rhodiola, Schizandra, Eleuthero, Bilberry, Ashwagandha: these adaptogens balance the hypothalamus, which controls all the major pathways of the body
- Sandalwood, Rosemary, and Frankincense essential oil
- Bacopa – brain food
- Chlorophyll-rich superfoods: Spirulina, Chlorella, Wheat Grass
- Sunlight on the crown of the head
- Replace negative thoughts with positive thoughts; affirmations

#### **Support for the Thyroid**

- Wild lettuce, dulse, Irish moss, Kelp – normalizes function; organic iodine
- Vitamin D – a hormone that acts like the thyroid and uses the same receptor site.
- Lugols Iodine
- Fulvic and Humic plant minerals
- Overactive thyroid: Bugleweed, minerals to boost pH, Motherwort
- Wear blue necklaces, scarves, etc.
- The thyroid connects the head to the heart..." thoughts are things."



A Pinguecula often indicates thyroid/liver: the body converts T4 to T3 in the liver.

### Support for Adrenal Glands

- **\*Holy Basil**, Ashwagandha, and Schisandra - adaptogens
- Bee Pollen; Royal Jelly
- Siberian Ginseng, Licorice
- Ginger (tea and poultice over adrenals)
- B Vitamins/Pantothenic Acid (B5)
- Rest, relaxation, EFT, and emotion code

These herbs or supplements support the adrenal cortex - Lowers cortisol levels (stress increases cortisol — constant stress breaks down the immune system)

\*Holy Basil will block the Cox-2 enzyme (the enzyme that triggers arthritic pain)

### **Adrenal Support**

- ❖ Kidneys and Adrenals relate to fear of moving forward or fear of change. Deep, belly breathing brings the shoulders down and encourages relaxation
- ❖ Affirmation: “I am safe. All things are working out for my greatest good and the good of all involved.”
- ❖ Holy Basil
- ❖ Licorice
- ❖ Ginseng
- ❖ Ginger (tea and poultice over adrenals)

### **Thymus gland**

- ❖ Strengthens the immune system
- ❖ Thymosin, a white blood cell produced by the thymus, stimulates T-cells to recognize abnormal cells and destroy them.
- ❖ Largest in childhood
- ❖ Vital to lymph and glands
- ❖ A breastfed baby’s thymus is twice as large as others.

**The pancreas has three functions: digestive enzymes, the production of insulin, and glucagon to control blood sugar.**

- Bitter Melon– normalizes blood sugar
- Cinnamon – Ceylon or Cassia
- Fenugreek
- Nopal Cactus
- Dandelion
- Bugleweed and Fringe Tree and Goats Rue – work on insulin production
- Pancreatic Enzymes - helps to digest food and supplements

- Raw Stevia – Stevia stimulates insulin secretion via a direct action on pancreatic beta cells.
- Herbal bitters

**Digestive Tea Recipe**

- *A digestive tea that brings amazing relief for pancreatitis and metabolic syndrome:*
- 2 parts Meadowsweet
- 1 part Peppermint leaf
- 1 part lemongrass
- 1 part rose hips
- 1 part fennel
- 1 part wood betony

The Uterus, Ovaries, and Testes are an integral part of this system and will be discussed separately in the Reproductive system.

- The term Gonads refers to both male and female reproductive organs.

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## Reproductive System

**Major function** - to ensure the **survival of the human species** by:

- producing egg and sperm cells
- transporting and sustaining these cells
- nurturing the developing offspring
- producing hormones

These functions are divided by their primary and secondary, or accessory, reproductive organs.

Primary and secondary, or accessory, reproductive organs:

- vagina
- uterus
- fallopian (uterine) tubes
- ovaries
- mammary glands & breasts

**The menstrual cycle** – regulated by hormones secreted by the ovaries and the pituitary gland (average 28 days)

**Presenting indications:**

Gynecological problems e.g.

- Premenstrual symptoms, Menstrual problems, Menopause symptoms,
- Fibroids, Ovarian or uterine problems, e.g., endometriosis, Infertility,
- Pelvic inflammatory disease, STIs, Prolapse
- Other indications e.g.
- Pregnancy
- Pain in the perineal region

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Primary and secondary, or accessory, reproductive organs:

- penis
- testicles (testes)
- epididymis
- vas deferens
- the prostate gland, seminal vesicles, bulbourethral glands

**Androgens**, male hormones, are responsible for sexual functioning, fertility, and secondary sexual characteristics

- major androgen, testosterone manufactured in testes

**Sperm** is the male reproductive cell – produced in testes

**Presenting indications:**

- Male reproductive system problems e.g.
- Prostate problems, Impotence, Infertility, Testicular problems, STD's
- Other indications e.g.
- Perineal injury or pain

**Symptoms to look for:**

- Painful periods, excessive bleeding with periods, bloating, constipation, diarrhea, tender breasts, menopausal symptoms – sweating, hot flashes, inability to conceive
- **Avoid:** Junk foods, processed foods, sugar, stimulants, alcohol, and nicotine are harmful to the reproductive system.

**Balancing Reproductive Chemistry:**

- Soaked nuts and seeds are helpful. These are the “glands” of the plants and feed the glands of the body.
- Whole grains, beans, oats, oat straw tea, flaxseed oil, olive oil, coconut oil are also helpful.
- **Herbs:** Dong Quai, Black cohosh, Blue cohosh, Wild yam, Alfalfa

Sunflower seeds - excellent for Male and Female Reproductive Health

Sprouted nuts and seeds - vital, living foods. Suggest for infertility issues

**Raspberries and Raspberry leaves are great for the female reproductive system, especially in pregnancy's eighth and ninth months.**

### **Balancing Reproductive Chemistry**

- False unicorn promotes pregnancy.
- Vitamins: E, B-complex, evening primrose oil
- Minerals: Calcium/magnesium, trace minerals, natural iron
- Exercise: Walking, jumping on trampoline, swimming, yoga, slanting board
- The reproductive system represents the womb of new life and creative expression. Feeling free and giving yourself time to be creative is beneficial for the reproductive system.

### **Symptoms: Men**

- Frequent urination, infertility
- Junk foods, processed foods, sugar, stimulants, alcohol, and nicotine are harmful to the reproductive system.
- Helpful foods include pumpkin seeds, soaked nuts and seeds, fish, egg yolks, lecithin, flaxseed oil, olive oil, coconut oil.
- Herbs: Ginseng, Saw palmetto, Oats, False unicorn root
- Vitamins: E, B-complex, A and D, Rutin
- Minerals: Zinc, Calcium, Magnesium, trace minerals
- Exercise: Walking, swimming, yoga, jumping on a trampoline, slanting board
- The reproductive system for men is about the masculine principle of life. It is beneficial to remember that it's safe to be strong and masculine and still be balanced with the feminine.

Pumpkin Seeds are high in Zinc and wonderful for the prostate

Tomatoes are high in lycopene that may prevent prostate cancer

Notes

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## **Urinary System**

**The urinary system works to reabsorb:**

- Water
- Salts
- Protein
- Glucose
- Minerals
- Other substances that are essential for cellular health

**The urinary system consists of:**

- two kidneys
- two ureters
- the bladder (stores waste from the kidneys)
- the urethra (empties the bladder)
- two sphincter muscles (Internal IUS and EUS)
- The average human being has 1.0 to 1.5 gallons of blood
- The blood in the body is being filtered about every 45 minutes
- About 200 quarts of blood are being circulated and filtered through the kidneys daily

**Main Functions of the Kidneys**

- Serve as filters
- Remove waste

Produce three important hormones that:

- stimulate the bone marrow to make red blood cells
  - regulate blood pressure
  - maintain calcium for bones (in Chinese medicine, the kidneys and the skeleton closely relate)
  - Balance electrolytes
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- Each kidney is the shape of a bean and about the size of a fist. Approximately one million nephrons are in each kidney.
- The right kidney sits lower than the left to allow room for the liver.

### **Kidney Structure**

- A healthy bladder holds up to 2 cups of urine for 2 to 5 hours
- The average amount of urine that is excreted per day per adult is 1.5 quarts.
- Women are more prone to bladder infections than men.

### **The Urinary System Signs to Look for**

- Lower back pain
- Burning urination.
- Swollen ankles, wrists, and joints
- High blood pressure
- Bloating
- Blood in urine
- Stones in kidneys
- Dark circles under eyes
- **All blue-eyed people have more kidney and lymph issues by virtue of their eye color.**
- **They are more sensitive to the environment partly because they are more “reactive” and acidic.**

### **Nourishing foods for the Urinary system:**

- Watermelon
- Cantaloupe
- Cucumbers
- Kidney beans
- Lemons
- Parsley
- Celery
- Cranberries
- Asparagus
- Herbs are concentrated foods.

### Potential Problems

- Urinary tract infections (UTIs) affect millions of people each year and pass quickly if promptly treated.
  - One in five women develops a UTI during her life span
  - UTI's in men, while not as common, can be very serious because they may indicate other problems.

### Potential Problems

- **Signs of a UTI or Kidney Infection can be but are not limited to:**
  - pain or burning during urination
  - strong odor
  - feelings of urgency or a need to urinate frequently
  - cloudy appearance of urine
  - pus or blood in the urine
  - a feeling of pressure while passing a small amount of urine

### Solutions:

- Acute Stage: Capsules of goldenseal, myrrh, and ginger every 3 hours; organic cranberry
- Parsley or cornsilk tea every 3-4 hours
- D-mannose, Olive Leaf
- Apply Thieves or On-Guard essential oil to the bladder area 2X a day.
- Avoid sweets and use a warm ginger poultice alternately with the essential oils
- The kidneys rely on hydration and electrolyte sufficiency; they need plenty of magnesium to balance calcium.

Kidney stones are among the most common urinary tract disorders and can be one of the most painful.

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## Potential Problems

- Kidney stones usually occur in three different shapes (jagged, smooth, sharp thin crystal-like)
- They can be extremely painful, or they may be “silent.”
- They usually pass naturally
- Drinking plenty of water to help flush the system is important.
- They usually consist of calcium oxalate, uric acid, or cystine.

## Solutions

- There are certain foods to avoid when kidney stones are formed from calcium oxalate
- A few of these foods are:
  - rhubarb, cooked spinach, beets, chocolate, Swiss chard, green pepper, okra, and grits

## Solutions

- Dehydration is a leading cause due to concentrated urine; drink watermelon (include seeds if you can find them) and vegetable juice
- Avoid meat for a while and use digestive bitters when eating animal foods.
- Use urinary demulcents such as chickweed, cleavers, cornsilk, and marshmallow.
- Eat and drink dandelion.
- Gravel root and hydrangea are known as “stone dissolvers.”

## ***“An ounce of prevention is worth a pound of cure.”***

- The urinary system plays many important roles in the overall health of our body, mind, and emotions
  - The emotions of fear, failure, shame, criticism, or disappointment are associated with the kidneys
  - Anxiety, fear of letting go, or holding on to the old are all associated with the bladder
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## Muscle and Skeletal System

Our muscle and skeletal systems are the ones that keep us in motion.

Our movement is based on rigid but semi-flexible bones and structures that aid as strong leverage points.

- We have 206 bones in the body.
- Long bones
- Short bones
- Flat bones
- Sesamoid bones
- Irregular bones
- Sutural bones

The protein collagen and calcium phosphate create our bones.

- Not only do they support us, but bones also protect our vital organs.
- Our largest bone is the femur or thighbone, while the smallest is the stapes in the middle ear.

Two types of bone tissue, compact-the hard outer layer, Cancellous, less dense, and more flexible.

- Long bones are found in upper and lower limbs: tibia, fibula, femur, humerus, radius, ulna. The bones in our hands and feet are considered long bones; metatarsals, metacarpals, and phalanges.
- Short bones are found in the wrist and ankles.
- Flat bones are in the skull, sternum, and pelvis. Flat bones protect our organs.
- Sesamoid bones are small and round. They are in the knee, thumb, and big toe.
- Irregular bones are vertebrae, sacrum, coccyx, mandible, maxilla, ethmoid, zygomatic, palatine, inferior nasal, and hyoid.
- And finally, sutural bones are found in our skull. Also known as Wormian, they are not completely formed at the time of our birth. As we grow, the bones fuse to form our skull.

### **Five main purposes of our skeletal system:**

- Mineral depot
- Stabilization-posture
- Muscle attachment points
- Protection of soft tissue/organs
- Blood formation

We have over 600 muscles in the body. Skeletal muscle is attached to our bones, and together with ligaments and tendons, this enables us to walk, stand, bend and move our body.

- Aside from being able to move, our muscles assist in digestion and our circulatory system.
- We find our muscles on the iridology chart in Zone 4.
- The practicing iridologist understands the importance of the muscular system in relation to the body as a whole.

We know that muscles become injured and inflamed due to lack of or overstimulation of the muscle. Food and drink create lactic acid causing more stress on the muscle. We may be asked to suggest something to help our client with muscle fatigue or stress.

Avoid the use of caffeine drinks, sodas, and alcohol. These drinks will produce lactic acid creating further pain and stiffness in the muscle.

### **Supplements that support the muscular system:**

- • B Vitamins, B-complex
- • Magnesium,
- • Potassium
- • Bromelain
- • Silicon
- • Collagen
- Calcium is an essential mineral for building bones, while magnesium is the most important for maintaining muscular composition.

**Muscle facts:**

The heart and uterus are made up of smooth muscles.

- The heart is the hardest working muscle.
- The gluteus maximus is the body's largest muscle.
- The diaphragm located below the lungs is a muscle.
- Six skeletal muscles around the eye control its movements.
- 85% of your body's heat comes from muscles that contract.

**Dietary suggestions may be needed for someone who needs to build muscle. Increasing the following foods may help the muscular system:**

- • Protein powder of whey, or vegetarian
- • Animal proteins (lean)
- • Legumes, beans
- • Quinoa, falafel, amaranth
- • Green leafy vegetables

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## **Nervous System**

- The nervous system is the central controlling, regulatory, and communicating system in the body.
- It is the center of all mental activity, including thought, learning, and memory.
- Together with the endocrine system, the nervous system is responsible for regulating and maintaining homeostasis.

### **The Nervous System carries VOLTAGE to the cells.**

Your body is completely connected:

- Nerve cells
  - Electrical impulses
  - Chemical messengers
- The nervous system “wires” us together!
  - We are electric!

### **Central Nervous System**

- **Brain**
- Spinal Column
- Peripheral Nerves
- Senses

### **Autonomic Nervous System**

- **Sympathetic Nervous System** - “fight or flight.”
- **Parasympathetic Nervous System** – calms the body after a crisis: heart and breathing rates slow, digestion resumes, pupils contract.

### **Nervous System Signs**

- *CONTRACTION FURROWS*
- *JAGGED COLLARETTE*
- *ENLARGED PUPIL*
- *EXTRA SMALL PUPIL*
- *VAGUE OR INTERMITTANT ANW (COLLARETTE)*

## **Sympathetic VS Parasympathetic Effects**

### **Sympathetic (wired up)**

- Dilates Pupil
- Increased mental activity in the brain
- Increased heart rate/blood pressure
- Moves blood away from internal organs to muscles
- Dilates bronchioles; inhibits mucus secretion and flow
- Decreases urinary output

### **Parasympathetic (relaxed)**

- Constricts Pupil
- Relaxes mental activity and chatter
- Decreases heart rate and blood pressure
- Increases blood flow to digestive organs
- Constricts bronchioles; stimulates mucus secretion
- Stimulates contraction of the bladder

### **Pupil Tonus and the Nervous System**

- The size and shape of the pupil relates to the function of the nervous system
- The size reveals the balance between the sympathetic and parasympathetic branches of the autonomic nervous system (ANS)
- The shape of the pupil relates to the spine and the function of the central nervous system (CNS)
- ANS nerves regulate the various organs of the body

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- Toxins pose a significant threat to the nervous system
  - Drugs
  - Alcohol
  - Chemical solvents
  - Pesticides & herbicides
  - Excessive caffeine
  - Refined sugar
  - White flour
  - Hydrogenated oils



### Helpful Ways to Manage Our Stress

1. Stop and Take a Deep breath
2. Use Adaptogenic Herbs (Adaptamax)
3. B-Vitamins Help You Be Calm
4. Get Physical and Active
5. Pamper Yourself

### The Brain and Blood Sugar

- Simple sugars contribute to “brain fog.”
- Complex sugars stabilize blood sugar and nourish the brain
  - Fruits
  - Vegetables
  - Whole grains
- Include protein and good fats with your meals

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## **Nervine Relaxants**

- **Chamomile**
- Hops
- Lavender
- Passionflower
- Skullcap
- Valerian
- Kava

## **Nervine Tonic**

- Oats
- Blue Vervain
- **Ginseng**

## **Support for the Nervous System**

- Insomnia – nervous system stressed; sympathetic dominant, magnesium deficiency
  - Remedies: Chamomile tea before bed, diffuse lavender, Skullcap supplement
- Muscle Twitching – stress; Black cohosh is specific for
- Headaches – Dehydration, hormone balancing, liver detoxing, spinal subluxations
  - Remedies: Increase fluid, use hormone balancing herbs and foods, detox liver with lemon water and peppermint oil, chiropractor; Feverfew
- Incessant worry: hyperthyroid or adrenal, too much caffeine, emotional distress, chronic illness, MTHFR gene
  - Support glands
  - Coaching to eliminate or lessen stressful thoughts
  - EFT
  - Evening Primrose and Kava Kava and California Poppy
  - Lavender Essential Oil
  - Flower Essence Therapy

## **Limbic System**

### **Limbic System: Emotions**

Hippocampus: emotions & memory

Amygdala: emotional control & fear control

Hypothalamus: regulates fear & aggression

## **LIMBIC SYSTEM**

- the entire neuronal circuitry that controls emotional behavior and motivational drives.
  - Network of structures is associated with **emotions, basic survival and sociosexual behavioral patterns, motivation, and learning.**
- The **limbic system** connects us to our emotions and motivations. Most of these emotions and motivations are related to survival; we feel anger, fear, and pleasure.

### **Fear and Anxiety!**

- When you are stressed or worried about something that happened at home or work, your Limbic System starts working.
- If your Limbic System is focused on feelings of fear or anxiety, then your amygdala and hippocampus cannot store information.
- Meditation is important in today's world as quiet time has the power to calm your brain. A calm brain is a brain that is ready for learning and living!

### **Limbic Dysfunction**

- Epilepsy
- Limbic encephalitis
- Dementia
- Anxiety disorders

- Schizophrenia
- ADHD

### **The Amygdala**

- Called the reptilian brain. Our **reptilian brain** includes the main structures found in a **reptile's brain**: the brainstem and the cerebellum.
- The amygdala is responsible for determining what memories are stored in your brain.
- Fight or flight responses.
- Gatekeeper of the brain, judging each new sensation to be a threat or safe.
- When senses danger, sends out an alarm putting the entire body on alert.

The **hippocampus** is responsible for long-term memories.

- It can get these memories when you need them.

### **Nutritional Support**

- B Vitamins – rice bran, peppermint leaf, whole grains
- Hops and Feverfew
- Alfalfa
- Royal Jelly/Pantothenic Acid
- Flax Oil
- Gingko
- Bacopa or Brahmi (Waterhyssop)
- Blueberries, Blackberries
- Cranberries, Strawberries, Raspberries
- Dark raisins, Red grapes
- **Coconut oil, Olive Oil**
- **Flax Oil** and **Fish Oil**
- Brussel sprouts
- Sprouts
- Broccoli, Kale, Spinach

- Avocado
- Bell Peppers
- Oranges, Plums
- Garlic, Kelp

### **Essential Oils and Limbic System**

- The AMA looked for a substance to pass the blood-brain barrier; sesquiterpenes in oils such as frankincense and sandalwood increase oxygen in the limbic system, especially the pineal and pituitary.
- This leads to an increase in secretions of antibodies, endorphins, and neurotransmitters.
- Aromatherapy can release emotional trauma!!

### **Essential Oils for Limbic Support**

- Frankincense – healthy cellular function
- Melissa – lessens stress and promotes well being
- Patchouli – gives grounding and balance
- Rosemary – reduces nervous tension; enhances memory and mental alertness
- Sandalwood – promotes optimal brain function
- Thyme – promotes alertness
- Vetiver – rich in sesquiterpenes; crosses the blood-brain barrier
- \*Apply oils to the forehead, back of the skull, the roof of the mouth, under the big toe. It is best to diffuse these oils to affect the limbic system effectively

### **Thoughts, emotions, prior conditioning all affect brain health.**

- Use positive thinking, tapping, nature, essential oils, herbs, whole foods, and energy to create your desired mood (life and body).

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## **Food for Thought- Solutions for Your Clients**

### **BODY SYSTEMS APPROACH TO IRIDOLOGY**

- Please refer to the following slides for guidance when referring to suggestions for your client.
- Suggestions are not prescriptions. Please give your client a choice. When making suggestions for food substitutions, always have a replacement food.

### **CIRCULATORY SYSTEM**

**IRIS SIGNS: VENUS INSUFFICIENCY      CORNEAL ARCUS      BRAIN**  
**HEART/LUNGS      LIPEMIC DIATHASUS      SCURF RIM/SKIN**

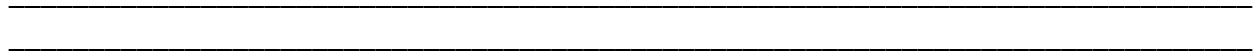
**FUNCTION: TRANSPORTS FOOD, OXYGEN, AND WATER TO BODY SYSTEMS**

**STRUCTURE: BLOOD VESSELS, HEART, LYMPHATIC SYSTEM**

**FOODS: CHLOROPHYLL (GREEN FOODS), ALFALFA SPROUTS, GREENS, BLACKBERRIES, CHERRIES, ONIONS, RICE BRAN, KELP, DULCE**

**HERBS: HAWTHORN BERRY, CAYENNE, CACTUS, GINKGO, BUGLEWEED, STONE ROOT, WITCH HAZEL**

**PRACTICES: WALKING, BICYCLING, SWIMMING, TONGUE SCRAPING, SLANT BOARD, SKIN BRUSHING, BREATHWORK**



## **DIGESTIVE SYSTEM**

<b>IRIS SIGNS:</b>	<b>LIVER</b>	<b>PANCREAS</b>	<b>GALLBLADDER</b>
	<b>SMALL INTESTINES</b>		<b>UNDER/OVER ACID STOMACH</b>
	<b>BROWN &amp; ORANGE PIGMENT</b>		
<b>FUNCTION:</b>	BREAKS DOWN FOOD FOR FUEL AND MAKES IT AVAILABLE		
<b>STRUCTURE:</b>	STOMACH, INTESTINES, ETC		
<b>FOODS:</b>	POTATO SKINS, DANDELION, BLUEBERRIES, PRUNES, STRAWBERRIES, GRAPEFRUITS, SQUASH, CARROTS, FIGS, ALMONDS, CELERY		
<b>HERBS:</b>	WILD CHERRY, IRIS ROOT, DANDELION, MILK THISTLE, CASCARA SAGRADA, GINGER, FRINGE TREE, DIGESTIVE ENZYMES		
<b>PRACTICES:</b>	EXERCISE, TONGUE SCRAPING, DRINKING LIQUIDS APART FROM MEALS, EAT FRUITS ALONE		

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## **Eliminative system**

<b>IRIS SIGNS:</b>	<b>BOWEL CRYPTS</b>	<b>SKIN</b>	<b>BOWEL TOXICITY</b>
	<b>RADIAL FURROWS</b>	<b>LUNGS</b>	<b>KIDNEYS</b>
<b>FUNCTION:</b>	ABSORBS WASTE PRODUCTS FROM THE BODY TO BE EXCRETED WITH FIBER		
<b>STRUCTURE:</b>	COLON (LARGE INTESTINE) AND RECTUM		
<b>FOODS:</b>	SQUASH, SPROUTS, CELERY, FIGS, PRE AND PROBIOTICS, GREENS, CARROTS, GRAPEFRUIT, LEMON, WATER		
<b>HERBS:</b>	CASCARA SAGRADA, DANDELION, ELDERBERRY, BLACK WALNUT, ALOE VERA, CAYENNE, SLIPPERY ELM, CLOVE, WORMWOOD		
<b>PRACTICES:</b>	BALL ROLLING ON ABDOMEN, SLANT BOARD, WALKING, SKIN BRUSHING, INVERTED YOGA, POSTURES, ADEQUATE WATER		

## **NERVOUS SYSTEM**

- **IRIS SIGNS:**      **LIPEMIC DIATHESIS**                      **ENLARGED PUPIL**  
**CONTRACTION FURROWS**      **JAGGED COLLARETTE**      **EXTRA SMALL PUPIL**  
**IRRITABLE BOWEL**      **VAGUE ANW (COLLARETTE)**

**FUNCTION:** PROVIDES VITAL COMMUNICATION LINK BETWEEN OUR INTERNAL AND EXTERNAL WORLDS

**STRUCTURE:** BRAIN, SPINAL CORD (CENTRAL NERVOUS SYSTEM), AND NERVES (PERIPHERAL NERVOUS SYSTEM)

**FOODS:** GREENS, BEANS, RAW CHEESE, RAW GOAT'S MILK, CITRUS FRUITS, OATS, ALMONDS, WALNUTS, CAULIFLOWER, CABBAGE

**HERBS:** PASSIONFLOWER, SKULLCAP, OATS, VALERIAN, HOPS, CHAMOMILE, EVENING PRIMROSE, KAVA KAVA, CALIFORNIA POPPY

**PRACTICES:** PRAYER, MEDITATION, EXERCISE, CALMING MUSIC, RELAXING BATHS

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## **GLANDULAR SYSTEM**

**IRIS SIGNS:**      **PITUITARY**      **THYMUS**                      **PROSTATE**      **PARATHYROID**  
**PINEAL**              **ADRENAL**                      **UTERUS**              **TESTES**  
**THYROID**              **OVARIES**                      **MAMMARY**              **PANCREAS**

**FUNCTION:** REGULATES BASIC DRIVES AND EMOTIONS, PROMOTES GROWTH AND SEXUAL IDENTITY, CONTROLS BODY TEMPERATURE, HELPS GENERATE ENERGY

**FOODS:** SEA VEGETABLES, GREENS, SEEDS, NUTS, CARROTS, CHERRIES

**HERBS:** DULSE, KELP, BLADDERWRACK, NETTLES, SAW PALMETTO, GINSENG, CHASTE BERRY, LICORICE, GINGER, ELEUTHERO (SIBERIAN GINSENG)

**PRACTICES:** VEGETARIANISM, EXERCISE, PROPER RELAXATION

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## **IMMUNE SYSTEM**

**IRIS SIGNS: TOPHI (LYMPHATIC ROSARY)**

**APPENDIX**

**SPLEEN**

**THYMUS**

**LYMPH**

**TONSILS**

**FUNCTION:** RECOGNIZES BACTERIA, VIRUSES, AND OTHER FOREIGN BODIES AND SIGNALS THE BRAIN TO ACTIVATE IMMUNE PROCESSES

**STRUCTURE:** LYMPH NODES, BLOOD PROTEINS, SPECIALIZED WHITE BLOOD CELLS AND ORGANS THAT PRODUCE THESE CELLS, BLOOD VESSELS

**FOODS:** GREEN FOODS, CABBAGE, BROCCOLI, CHARD, SEA VEGETABLES, APRICOTS, ALMONDS

**HERBS:** OLIVE LEAF, YELLOW DOCK, BEARS FOOT, POKE ROOT, IRIS ROOT, ECHINACEA, GOLDENSEAL, MULLEIN, OREGON GRAPE

**PRACTICES** EXERCISE, FRESH AIR, EARTHING, SKIN BRUSHING AND OILING, TONGUE SCRAPING, MASSAGE, SWEATS

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## **URINARY SYSTEM**

**IRIS SIGNS: KIDNEY, URINARY, BLADDER, URIC ACID SUBTYPE, LYMPHATIC**

**FUNCTION:** PASSES WATER WITHIN THE BODY THROUGH A FILTRATION PROCESS TO MAINTAIN A CLEAN SUPPLY OF BODILY FLUIDS

**FOODS:** PARSLEY, OKRA, CELERY, CARROTS, BEETS, STRAWBERRIES, WATERMELON, APPLES, APRICOTS, OATMEAL

**HERBS:** UVA URSI, CORNSILK, HORSETAIL GRASS, JUNIPER, SQUAW VINE, GRAVEL ROOT, PARSLEY

**PRACTICES:** EXERCISE, DRINK PLENTY OF CLEAN, FRESH WATER

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**STRUCTURAL SYSTEM**

IRIS SIGNS: **BODY ACIDITY      LEGS/KNEES/FEET      JAW**

**SPINE SCURF RIM    ARMS    HANDS    RIBS**

FUNCTION: HELPS BODY WITHSTAND STRESS AND STRAIN. HOUSES ALL SYSTEMS OF THE BODY

STRUCTURE: BONES, MUSCLES, CONNECTIVE TISSUE, SKIN, HAIR, NAILS

FOODS: SESAME SEEDS, CELERY, OKRA, GREENS, SPINACH, FRESH COW'S MILK AND CHEESE, GOAT CHEESES, KALE

HERBS: COMFREY, HORSETAIL GRASS, OAT STRAW, POKE ROOT, ALFALFA, BARLEY,

MINERAL: CALCIUM

PRACTICES:    ALKALINE DIET, WEIGHT-BEARING EXERCISE, FRESH WATER

Notes-

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# Integrated Iridology-5 Constitutional Diathesis by Toni Miller

Student Notes-

Three color constitutions-

- Lymphatic
- Mixed
- Hematogenic

Everyone has a color group. Not everyone has a diathesis. Some people have more than one diathesis.

- They are structurally inherited or acquired and show a pattern, density, and shading of fibers.
- They can be activated or remain dormant.
- Indicates a tendency to disease of a specific organ system.
- Indicates a pathway to disease.

**Diathesis**=additional color or pigments that form on the anterior surface.

Constitution equation= basic color + structure + diathesis

## Hyper Acidic- skeletal and renal systems

- Icy blue fibers look merged due to heavy white plaque.
- Fibers in the humoral zone are white, as are fibers in the ciliary body.
- The degree of loading (white thickness) determines rheumatic disposition.
- Scurf rim may be seen.

Blue-eyed people are twice as likely of kidney stones as brown-eyed people.

The white color indicates inflammation. Pay attention to the kidneys and heart area. When noticing any markings in the heart, look at the blood pressure areas.

This type may produce heavy amounts of lactic acid after exercise.

Notes:

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**Hyper Acidic dietary considerations:**

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**Febrile- Soft tissue structure and renal systems**

- Greenish/yellow hues and tones characterize them. They may also appear grey.
- The febrile is a subtype of the hyper acidic diathesis.
- Thickened fibers meld together.
- Heavy plaque loading.
- Increased rheumatic issues.

The febrile type may have had high fevers as a child. This can lead to dehydration.

Common complaints: gout, fibromyalgia, and dysbiosis

They may have issues with protein metabolism, allergies which are common. Notice a scurf rim with this type, and they complain of cold extremities.

Notes:

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Febrile dietary considerations:

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**Hydrogenic- Lymph and renal system**

It may be seen in lymphatic or mixed irises. It can be seen in infancy. You are either born with it or not. Tophi will not accumulate over time.

They do not want confrontations. They may complain about fluid retention.

This type does not like drafts, and they may perspire easily. Cold, damp conditions make this type worse. The body type of the hydrogenic person may be more android or stocky built.

- Multiple tophi near the collarette and ciliary border.
- Usually lymphatic but may be mixed.
- Toxic loading of lymph.

Notes:

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Hydrogenic dietary considerations:

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**Kidney Lymphatic- renal system, look for allergy netting in the sclera**

This diathesis also appears to have greenish or yellowish hues. There will be structural signs in the kidneys. This is what makes it different from the febrile: the structural markings.

- Blue iris with straw yellow pigment
- Appears green to the naked eye.
- Yellow collarette and humoral zone.
- Structural marks in kidneys
- Tophi common may be yellow.

Children with this type may be restless sleepers, and cow’s milk is not good for this due to digestion. Sleeping on the sunny side of the house is best for this type.

Kidney bags are usually seen in adults. The more solid the bags, the more the liver function is affected.

Notes:

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Kidney Lymphatic dietary considerations:

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**Pancreatic- pancreas**

- Orange central heterochromia
- Lymphatic but may be mixed Biliary.
- Pancreas loading in proportion to the amount of orange pigment.

**Potentiating factors**

**Pancreas lacunae, bridged collarette, or oblique pupil flattening.**

The person with this type may have a “sweet tooth.” Tremors and headaches are common if this type doesn’t eat on time. They tend to gain weight in the midriff section. Make sure they eat breakfast.

Notes:

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Pancreatic dietary considerations:

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## **Integrated Iridology-Pigments and Eye Color** by Toni Miller

Student notes-

Three primary colors

- **Brown**
- **Blue**
- **Mixed**

The word 'iris' means eye color.

Secondary pigment refers to random flecks of color used to determine:

- The origin
- Influence of organ (by placement)

Pigments or topo stabile and/or topo labile.

### **Pigments inside or outside collarette:**

**Outside of collarette-** Straw yellow relates to the kidney. Urosein (yellow) color "tea roses" indicates, fevers, wrong liquids.

**Inside of collarette-** digestive fermentation, reduced enzyme production, or too many carbs in the diet.

**Dark yellow color or ochre-** pay attention to the pancreas. There may be an increased likelihood of developing stones. The client needs pancreatic enzymes.

Ochre color is associated with the liver.

**Orange-** stressed pancreas. When noticing the location of orange color, look at the reflex zones. A lacuna in the pancreas reaction field on the left eye may be issues with sugar metabolism on the mother's side of the family. The right eye would indicate the father's side.

Orange pigment near or on a lacuna = a familial pattern, and the color = activity.

Color noted inside the collarette indicates an exocrine nature meaning it is not producing proper enzyme function.

Color noted outside is an endocrine nature representing the regulation of blood sugar.

Always check the areas of 2,4,8, and 10 o'clock pancreas zones.

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**Brown-liver**

Brown pigments indicate liver function or areas of nurture. Single pigments are more important than multiple pigments.

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Always notice black pigment. Please do not ask if the client has cancer. This may relate to a familial history of cancer.

Secondary pigment accumulates with age; just as someone may gather pigments on the skin (liver spots), the iris may gather pigments as well.

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Glaucoma medication may cause an increase in pigment as other medications.

**Perifocal pigments** are a development of pigment around in on other signs, lacuna, transversals, or tophi.

**Yellow** in the sinus region (11-1) in the humoral zone can indicate sinus congestion.

Questions to ask?

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**Number & location**- more pigment indicates dysglycemia while one pigment is more noteworthy.

**Heterochromia**

**Central** covers the collarette from the pupillary border to the humoral zone.

**Sectoral** covers a section.

**Pupillary** only around the stomach zone or outside of PB.

**Collarette** pigment in the humoral zone.

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Day 2

Research and Works of John Andrews  
Atypical Iris Signs  
Precancerous Signs  
Syndromes



## The Works and Research of John Andrews

Student notes-

- John is a modern-day pioneer in the field of iridology. His practice is in East Yorkshire, England.
- He trains iridologists at all levels of iridology practice and is involved in numerous research activities, always promoting and advancing iridology.
- John co-authored with Dr. Daniele Lo Rito to write *Embryology & Iridology*.
- If you would like to further your education with John Andrews, please reach him at [www.johnandrewsiridology.net](http://www.johnandrewsiridology.net)

### Bitot's Spots

Pierre Bitot (1822-1888), a French physician, discovered a foamy spot or lesion mostly noted in the nasal and temporal conjunctiva of the eye.

In 1863 it was so named after the founder and referred to as Bitot's Spot. While more common in third world countries, it can teach us much information.

- While most common in males, Bitot's Spots are common in someone deficient in Vitamin A while most common in males. 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.

### Patients/clients may have:

- Conjunctiva xerosis
  - Corneal xerosis-drying of the cornea
  - Corneal ulceration
  - Keratomalacia
  - Night blindness
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## Secondary causes:

- GI diseases (Celiac)
- Alcoholic cirrhosis
- Hepatitis
- Bowel resections
- Cystic fibrosis

Children with any of the eye signs of VAD (Vit A deficiency) are at high risk of dying. One of the first studies in Indonesia showed that children with night blindness were almost three times more likely to die than those from the same community without night blindness, and children with both night blindness and Bitot's spots were almost nine times more likely to die.

1. Sommer A, Tarwotjo I, Hussaini G, Susanto D. Increased mortality in children with mild vitamin A deficiency. *Lancet*. 1983; **2**(8350): 585–8 [[PubMed](#)]
    - a. Bitot's spots are more common on the temporal side. The white deposit consists of keratin, which the conjunctiva starts to produce. The deficiency has led to 'squamous metaplasia,' with the cells in the conjunctiva becoming more like skin than a mucous membrane.
    - b. To a certain extent, the white foamy material can be wiped away from the surface of the conjunctiva but does not disappear completely, even after the vitamin A deficiency has been treated.
    - c. Hence, this sign does not necessarily mean that the child is currently vitamin A deficient. Bitot's spots usually appear in children aged 3–6 years. Bitot's spots that do not respond to vitamin A treatment are more common in school-aged children.
  2. Cohen N, Rahman H, Sprague J, et al. Prevalence and determinants of nutritional blindness in Bangladeshi children. *World Health Stat Q*. 1985; **38**(3): 317–330 [[PubMed](#)]
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## **Rectangle Pigment**

- The rectangular pigment, as seen in the photograph, is situated in the spleen reaction field.
- John's research tells us that when the 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.

## **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 that the patient could have an infarction, but it is a distinct possibility depending on the current 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 coelus forskolin, cordyceps, or Ganoderma to move the blood. Co Q10 and lecithin may be helpful as well.

## **Tight Constricted Collarette**

- According to John Andrews, people with a tight, constricted collarette have:
- Less zinc in their bodies
- Tendencies to have fewer Killer T-cells
- Difficulty with caffeine (women)
- Tend to pessimists- 91%
- The restricted or contracted collarette is often formed embryologically due to anxiety in utero. This may persist in adulthood in the form of self-doubt.
- Individuals tend to be inward-looking or very self-contained.
- Tendencies for ear, nose, and throat disorders relating to catarrhal conditions such as hearing loss, tonsillitis, laryngitis, or Otitis media (inflammation of the middle ear)
- There may be under activity of the Pineal, Thymus, and Hypothalamus gland

**Psycho-emotional issues include:**

- Feelings of insecurity
- Fear of “letting go.”
- Fear of dependence
- Issues of control
- Fear of relinquishing control
- For some women, Bulimia may be an issue
- Unresolved issues with father
- 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 parent relationships.

**Brushfield’s Spots**

- Genetic markings
- Clinical sign in 85%-90% of 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
  
- 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 desire not to upset people.
- CALT is conjunctiva-associated lymphoid tissue.

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

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- **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.

## **Atypical Ocular Signs** by Ellen Tart- Jensen

Student notes-

### **Wilson's Disease-Kayser Fleischer ring-**

A genetic disorder caused by a defect in the way the body utilizes copper in the liver.

The disease causes faulty storage of copper so that it is not entirely excreted properly in bile.

Copper accumulates in the liver causing biliary damage.

When the liver is injured, copper leaches out into the bloodstream.

A high level of copper in the blood leads to deposits in the cornea.

- Rare inherited disorder
- Primarily diagnosed in ages 5 to 35
- Named for Dr. Bernhard Kayser and Dr. Buno Fleischer (Germany) 1902
- Golder brown to greenish-brown colored ring
- It appears first at the superior portion of the iris edge, then at the inferior edge, finally encircling the entire iris edge.
- May accumulate in the brainstem, cerebellum, cerebral cortex, causing severe neurological problems
- 97% of patients with Wilson's disease have this ring.

### **Treatment-**

- Copper chelation therapy-as tissue levels decline, the ring will eventually dissipate within two years of treatment.
- Cilantro and chlorella assist in natural chelation
- Dandelion and Milk Thistle support the repair of the liver during this process
- B-vitamins, oat straw, rice bran, and skullcap support the nerves

### **Lisch Nodules-**

- Melanocytic (pigmented) growths, yellow to brown
- Well defined, dome-shaped elevation projecting from the surface of the iris
- A slit lamp is the best way to view nodules to distinguish them from the general pigment, which is flat and has blurred margins. Thought not to cause concerns for vision.
- Most common finding in people over the age of 20 diagnosed with Type 1 Neurofibromatosis. (NF-1)
- Ocular manifestation of a genetic disease NF-1 mapped to a gene defect in chromosome 17.

### **Neurofibromatosis-**

- Inherited condition. High risk of tumor formation, particularly in the brain
- Autosomal dominant. If one parent has NF, his or her children have a 50% chance of developing the condition.
- Affects males and females equally
- Type I- tissue growths tumors that compress nerves
- Type II- affects C-8, often leading to hearing loss.

### **Brushfield Spots-**

- Described and studies by Dr. Thomas Brushfield (1924)
- Small white spots, slightly elevated on the surface of the iris, arranged in concentric circles of the iris.
- 90% of Down's children have Brushfields spots.
- May be obscured by pigmentation at the anterior border layer of darker irides.

### **Wolfflin Spots-**

- Whiteish clumps of connective tissue near the periphery. Somewhat different than Brushfields spots.
- White or light yellow occurring in about 10% of all individuals.
- In iridology, known as a lymphatic rosary or tophi. Hydrogenoid
- Tophi are collagen or bundles of connective tissue fibers.

### **Bitot's Spots-**

- Raised, irregular shaped, foamy white or gray patches in the conjunctiva
- Caused by Vitamin A deficiency, or malabsorption of fats and fat-soluble vitamins
- Hardened epithelial debris and secretions
- Accompanied by night blindness
- Eye ulcers can develop, the cornea can start to dissolve if Bitots spots are not treated. Irreversible blindness can occur.

### **Red sclera-**

- Indoors and dry heat
  - Fluid dries the iris, vessels burst
  - Omega oils, bilberry, oat straw, celery juice may support
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### **Conjunctiva or Pink Eye-**

- Redness and inflammation of the conjunctiva.
- Itching, burning, with fluid drainage
- Virus or bacterial infection. Allergies possible
- Colloidal silver or Silymasin Eye drops for irritated eyes

### **Waardenburg Syndrome-**

- Different colored eyes (one blue, one brown)
- One eye may have a noticeable sectoral heterochromia
- A patch of white hair or premature gray
- Hearing loss at birth may be noticed

### **Other related conditions-**

- Cleft lip
  - Constipation
  - Straightening joints may be difficult
  - Possible decrease in intellectual function
  - Wide-set eyes, pale skin, hair, and eyes
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### **Fuch's Heterochromic Iridocyclitis-**

- Discovered by Ernest Fuch in Austria in the 1900s.
  - Inflammation of the uvea, including iris, choroid, or thin back layer in the back of the eye containing blood vessels, the ciliary body which joins the iris and choroid together.
  - Usually, only one is affected, giving a lighter appearance than the other eye.
  - The disturbed eye may be blue, while the other eye may be brown or a darker blue.
  - Cause of inflammation unknown. It may be linked to the Herpes virus, rubella, or autoimmune disorders.
  - Predisposition to impaired vision, cataracts, glaucoma.
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### **Iron Deficient Anemia-**

- Low in healthy red blood cells (RBC) due to reduced iron content in the blood.
- Lack of iron equals fewer red blood cells or smaller RBCs.

#### Causes-

- Blood loss
- Decrease in production
- High rate of destruction
- Iron deficient diet

#### Support-

- Green veggies
- Red beets
- Grapes, red cherries, blackberries
- Oatmeal
- Wheatgrass juice
- Chlorella, spirulina
- Ashwagandha, Yellow dock, burdock, nettle, parsley, dandelion, alfalfa
- Shepard's purse, cayenne, rutin help to strengthen blood vessels and help stop blood loss.

### **Koch's Sign/Syndrome-**

- Collarette loose, often with bridges or breaking bridges. Collarette is often floating over the pupil.
- The stroma of the iris may be wavy with Medusa lacuna.

#### Tendencies-

- Difficulties in upper respiratory tract, trachea, bronchus
  - Prone to asthma, pneumonia, COPD
  - May have digestive disorders,
  - Blood sugar imbalances
  - Use minerals quickly. B vitamins helpful.
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### Emotional aspects-

- Dissatisfaction with repetitive experiences
- Highly sensitive
- Always searching for something new
- Desire to travel
- Like to do research
- Intolerant to confinement or restraints
- Quickly switches from excitement to exhaustion

### Blue Sclera-

- Seen in newborns is normal
- Changes white around 6 to 8 months old as the sclera thickens
- When seen in adults, lack of oxygen or fresh air and exercise
- Occurs often in older or sedentary adults
- Iron is not utilized correctly
- Without oxygen, anemia may occur

### Yellow Sclera-

- Sign of jaundice
- Excess bilirubin in the bloodstream
- Bilirubin created by the breakdown of RBCs
- In newborns, mild jaundice common due to the immature liver leading to the processing of bilirubin
- Will disappear in 1 or 2 weeks of age

### Adult jaundice caused by liver disorders-

- Blocked bile ducts, hepatitis, cirrhosis
- Gallstones, blood disorders, infections
- Use of certain drugs
- Look for yellowing of the skin

### Xanthelasma-

- Skin condition with yellow deposits of the eyelids
- Yellowish raised patches of tissue near canthus
- Occur in elderly (most common)
- It may be an indication of elevated cholesterol, triglycerides
- Concerns with assimilations of fats which can lead to plaquing of arteries, Suggest hypoglycemia or diabetes
- Suggest blood work

### **Support-**

- the liver and digestion with enzymes, bitter greens, cinnamon, garlic, chickweed.
- Fiber, chia, flax, oat bran
- Application of castor oil helpful

### **Lung and liver toxicity-**

- Patches in the sclera of elderly appearing yellow-gray, blue-gray
- Seen medially and laterally
- May have been a heavy smoker, using coffee, alcohol, or drugs

### **Ptosis-**

- Droopy eyelid, loosening of skin and ligaments as a result of aging
- Eye surgery, cataract removal can result in the loosening of ligaments. Eck surgery can interrupt pathways in the spinal cord resulting in ptosis.
- Eye or eyelid trauma
- Cancer of the eyelid or nerves which control the eyelid
- Muscle diseases
- Myasthenia Gravis or ocular MG
- Nerve dysfunction from trauma, diabetes, infection, or inflammation
- Stroke
- Multiple sclerosis

### **Chalazion or Stye-**

- A chalazion is a lump on the eyelid caused by a swelling of an oil gland
- A stye is swelling closer to the eyelashes caused by infections

### **Suggestions-**

- Potato poultice (warm)
- Warm potato in pan, blend in food processor
- Place the warm poultice on the area
- Colloidal silver may be beneficial

### **Blepharitis-**

- Inflammation of the eyelids, which become red, irritated, and itchy
  - Dandruff, scales of the eyelashes
  - Caused by bacteria or skin conditions like dandruff or rosacea
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## Suggestions

- Vitamin A and Zinc
- Warm olive oil, colloidal silver, eyebright wash

## Vogt's Limbal Girdle-

- White opacities in the cornea central to the limbus
- A type of calcific band with a clear peripheral zone
- Different from corneal arcus or lipids in the cornea

## Ask questions-

- Osteopenia or osteoporosis in the family
- Check thyroid and parathyroid areas
- Hardening of arteries
- Check heart reaction fields
- pH test-acids pulls calcium from bones

## Coloboma-

- Coloboma comes from the Greek word koloboma, meaning defect
- Usually in one eye, but can occur in both
- A gap is there at birth due to certain structures of the eye as it did not develop properly during the early stages of prenatal development
- Little effect on the vision. Because the pupil is larger, too much light causing discomfort and distorts images.
- Should wear sunglasses and sunhats
- Develops in the eyes of about 1 in 10,000 babies
- May or may not be genetic

## Cancer of the Eye and Eye surgery-

- Most common cancer melanoma. The cells that become **cancerous in the eye with melanoma are the melanocytes** where pigment is made.
  - Melanomas can start in the iris, the conjunctiva covering the sclera, or eyelids
  - Surgery to remove a melanoma is called **iridectomy** and will look as if a portion of the iris has been removed.
  - Note the black hole in the superior sector of the iris on the left; it may appear to look like a lacuna. Observation will show there are no fibers inside the black hole.
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### **Graves Ophthalmopathy- Hyperthyroidism**

- Autoimmune, anti-inflammatory disorder affecting the orbit around the eye with upper eyelid retraction, swelling, redness, and bulging eyes.
- Part of the systemic process with variable expressions of the eyes, thyroid, and skin.
- It was caused by autoantibodies that bind to tissues in those organs.
- Common is Graves/**hyper**thyroidism
- The antibodies target the fibroblasts (cells that synthesize collagen) in the eye muscles, causing fat cells and muscles to expand and become inflamed. Veins become compressed, unable to drain fluid, causing swelling
- Females are four times more likely to develop than men.

### **Thyroid support**

- Seaweeds
- Alkaline foods/fresh raw greens, green juices
- Cruciferous vegetables
- Lemon balm, Motherwort, bugleweed
- Astragalus, marshmallow root
- Bilberry, eyebright
- Bioflavonoids, rutin
- Avoid cigarette, alcohol
- Potato and cucumber poultices
- Sing!

## **Syndromes** by Ellen Tart Jensen

Student notes-

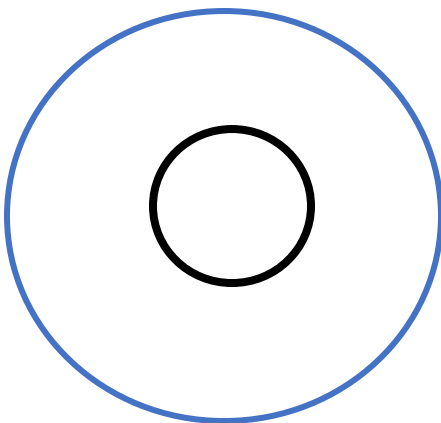
### **Syndromes in iridology-**

- A **syndrome** is a group of symptoms, when combined, are characteristics of a specific disorder or disease.
- We are discussing potential risk factors or problems.
- The three syndromes, Cardio Abdominal. Cardio-Renal and Pancreatic are associated with the Polyglandular physical integrity.

### **Cardio Abdominal-**

- Aka- Splenic flexure syndrome.
- **Large lacuna** or **honeycomb crypts** in the heart reaction field and another in the splenic flexure or descending colon.
- Look at the **lower bowel and sigmoid colon**.
- The collarette is very **distended in the splenic flexure** or **descending colon**.

Draw the Cardio Abdominal type



### **Potential characteristics-**

- Predisposed to ulcers or tissue degeneration
- This is a cardiac risk sign based on the mechanical pressure from a superior displacement of the large intestines with a tendency of prolapses.
- The pressure is due to the colon pushing out into the heart area.

- Abdominal distention
- Flatulence
- Chest constriction
- Anxiety in the chest
- A sensation of pulse in the throat
- Fluid accumulation in the chest
- Faintness

**Questions for this type-**

- Do you feel pressure or constriction around the chest?
- When you lie down in the evening, do you feel a pulse in the throat?
- Are there times when you feel anxiety, mainly in the chest?
- Have you noticed any accumulation of edema or fluid building in the abdomen?
- Does the belly seem distended or hard to the touch?
- Any pains, like pressure or gas on the left side of the belly? Have you ever had an ulcer?

**Suggestions-**

- This issue may worsen when noticing stress (contraction) rings or a heart-spleen transversal.
- Venous circulation and poor circulation can add to the problem.
- Suggest products for digestion- enzymes, acidophilus, chlorella, gentian.
- Good quality sleep and eating a proper diet are necessary.

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### **Cardio renal-**

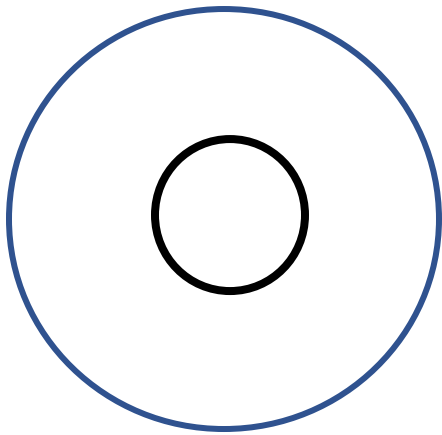
- **Large lacuna** or honeycomb crypts in the **heart** or **kidney** region.

### **Behavioral characteristics-**

May surface in middle age or with people who have a stressful lifestyle and deep-seated insecurities overshadowed by eccentric indulging of self.

Inability to value another's needs and desires.

Draw the Cardio-Renal type



### **Potential Physical characteristics**

- Weakness in the left ventricle of the heart affects proper kidney functioning.
- Edema
- Dyspnea- labored breathing
- Enlarged liver
- Fluid in the peritoneum-Ascites

### **Physical characteristics-**

- Fatigue
- Wheezing, coughing
- Difficulty in breathing-from exertion or lying down
- Unrest, irritability
- Sweating, palpitations

- Easily chilled
- Weight gain, water retention in legs, hands, whole body
- Abdominal distention
- Right flank tenderness, aching in shoulders or back
- Appetite loss
- Nausea, vomiting

**Questions for this type?**

- Do you experience any difficulty with your breathing when lying down?
- Do you find yourself having palpitations or excessive sweating from time to time?
- Have you had recent weight gain or fluid/edema in the hands, feet, or legs?
- Do you notice any change in urination?
- Any type of weight gain with a loss of appetite?
- Do you become chilled for no apparent change in temperature?
- Any aching or tenderness between the shoulder blades or back?
- Any notice of wheezing or coughing for no reason?

**Cardio-Renal**

- The person may have deep-seated insecurities. They need to be heard and understood.
- They may not have been allowed to be creative as a child.
- Non-lymphatic people who overindulge in eating pastries, ice cream, cookies, and like will often have Cardio-renal problems.
- Suggest- pomegranate juice for kidneys, Vitamin B6 for releasing fluids, lecithin for heart and nerves.

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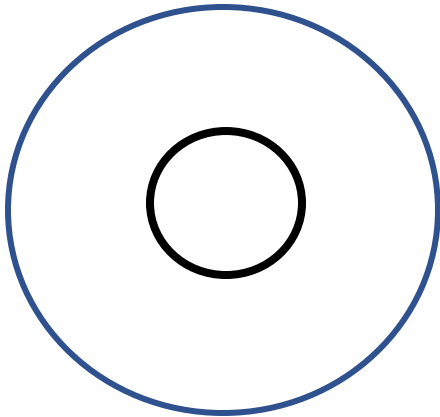
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## **Pancreatic Triad-**

Large lacuna or honeycomb crypts in

- pancreas sector
- lung area
- trachea-nasal (sinus)region.

Draw the Pancreatic type-



## **Potential Physical characteristics**

- Connective tissue weakness demonstrates the presence of fibrosis in the pancreas, bronchi, and tonsils.
- Shakiness, dizzy or headaches before meals
- A burst of energy after eating
- Mood swings when dieting
- Sweet tooth

## **Questions for this type?**

- Do you notice any type of physical change in the body when you miss a meal or are too late in eating? Shakiness, foggy-headed?
- Do you notice a burst of energy after eating then a sudden “crash”?
- Is your energy-sustaining after eating?
- How do you feel after eating sweets? Relaxed? Calm? Dizzy? Shaky? Legs twitching?
- Any issues with your lungs? Repeating bronchitis, pneumonia?

- After eating pasta, bread, baked goods, do you feel “drainage” down the back of the throat?
- Do you tend to rest after meals?

### **Suggestions for Pancreatic type**

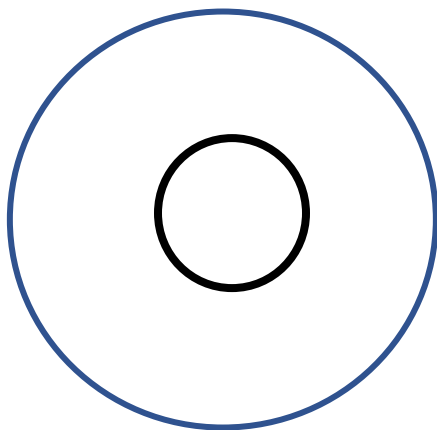
- Eliminate junk foods, baked over-processed foods.
- Eliminate stimulants, caffeine, alcohol, sodas, energy drinks, etc.
- For tonsil issues or nasal issues, use bee propolis, B6, beta carotene, Vitamin C
- Do take rest and relaxation.
- Encourage foods that promote healing, soups, broths, steamed vegetables.

Encourage movement to support circulation, start slow, and build; yoga, swim, walking, etc.

### **Roemheld Syndrome-Subcategory-**

- This sign can be seen in both eyes, laterally.
- Lateral collarette appears “ballooned” and displaced.
- Named after Ludwig Roemheld, who first described this sign as a gastro-cardiac complex.
- Flatulence and bowel distention due to excessive gas production of the upper abdomen, transverse and colon, and splenic flexure.

Draw the Roemheld type-



**Questions for the Roemheld type?**

- Do you feel like your body produces more gas than normal?
- Do you feel like the foods you eat cause your body to produce more gas?
- Do you ever notice or feel pressure in the sides of your belly?
- Do you feel like you need to take a walk after eating?
- Have you experienced what is known as “trapped gas” that sits in the chest or belly for many hours? Does it cause pain?

**Potential characteristics**

- Look for “ruddy complexion.”
- When noticed in the right eye – father
- When noticed in the left eye- mother
- Family history of vascular weakness
- Ask the client about palpitations, hypertension, or chest pain.
- Look for a vertical crease on the earlobes.
- Broken capillaries on cheeks and nose
- Notice tapered fingers

**Look for syndromes**

- When paying attention to the collarette, look a little closer for any signs of distention in the splenic flexure, descending colon, or sigmoid colon.
- When viewing polyglandular eyes, look a little deeper for these signs.
- Let the iris give you detail about the questions to ask.
- Be sure and offer helpful ideas to the client that can give comfort and relief.

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## **Precancerous Signs of the Iris** by Ellen Tart-Jensen

Student notes-

“Cancer is a disease of over-civilization and is caused by chronic poisoning in almost any form, and it cannot be doubted that much disease is caused by our being bombarded with chemicals and poisons in minute quantities at all meals.”

- ◇ Most cancer in men: lung, prostate, colon.
- ◇ Women: lung, breast, uterus, colon

Cancer is caused by the result of cells that uncontrollably grow and do not die. Normal cells in the body follow an orderly path of growth, division, and death. The death of cells is called apoptosis. Unlike regular cells, cancer cells do not experience programmed death and continue to grow and divide. This leads to a mass of abnormal cells out of control.

- ◇ Cancer is not a sudden change in tissue pathology. It is prevailed by genetically weakened organs, immune system malfunctioning, biochemical imbalances, and magnetic field disturbances. These are deep constitutional patterns that have evolved gradually over many months or years.

The iris of the eye displays characteristics changes (over generations), allowing the study of constitutional patterns and developing patterns of pathology long before overt symptoms emerge.

Notes:

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### **3 Iris Constitutions-**

Psoric Constitution

Sycotic Constitution

Carbo-Nitrogen Constitution

- ◇ The Psoric constitution is parallel and similar to one of the most studied chronic types of miasms in homeopathic literature. A miasm is an inherited, deep-seated condition.

## **5 Distinguishing Characteristics-Psoric Constitution**

- ◇ 1. Blue-gray iris color (lymphatic type) may look brown due to central heterochromia and brown pigmentations in the ciliary zone. It will always have a blue-gray background.
- ◇ 2. The two pupils are often unequal in size (anisocoria)
- ◇ 3. Pigmentations or Central heterochromia are in the pupillary zone.
- ◇ 4. The fibers in the ciliary zone are loose or filled with crypts. Open or closed lacuna are on or close to the collarette, indicating organ deficiencies.
- ◇ 5. The ciliary zone contains several dark brown melanin pigments.

## **Constitutional Characteristics of Psoric Type**

- ◇ Feelings of hopelessness and suicidal tendencies
- ◇ Insomnia, night sweats, and heart palpitations
- ◇ Sensitive to cold temperatures
- ◇ Skin is oily and dull, hair often lifeless.
- ◇ Lymph nodes are often hard and enlarged.

## **Psoric Propensity to Disease**

- ◇ Sensitive to change in climate, environment, lifestyle.
- ◇ Allergies, asthma, hay fever, eczema
- ◇ Inflamed pustule forming skin conditions.
- ◇ Anemia, tuberculosis, and arthritis common
- ◇ A great propensity for benign and malignant tumors due to weakness in the immune system.

## **Remedies for Psoric Type**

- ◇ Drink drinks balance pH
- ◇ Chlorella/spirulina (helps cleanse blood, liver, colon)
- ◇ Antioxidants- Selenium, Vit A, E zinc
- ◇ Vit C with bioflavonoids, Quercetin (connective tissue)
- ◇ Cat's claw, Olive leaf, Reishi, Shitake, Maitake, (immune support)

- ◇ Sheep sorrel, Burdock, Slippery elm, Turkey rhubarb (immune)
- ◇ Milk thistle, dandelion leaf, and root, Yellow dock (blood, lymph, and liver)
- ◇ Digestive enzymes
- ◇ Wormwood, black walnut, cloves, garlic, (parasites)
- ◇ Homeopathic remedies include graphites, Viscum album, or \*mistletoe. (not legal in the U.S. as a treatment. May have to investigate or order from EU) stimulates an immune response.

### **The Sycotic Type- 5 Distinguishing Characteristics**

- ◇ 1. The iris is generally light brown (biliary)
- ◇ 2. The middle of the ciliary zone appears lighter than the rest of the iris. The iris stroma has the appearance of a white ring due to contraction furrows (anxiety tetanic)
- ◇ 3. The periphery of the pupillary zone and humoral zone region appear milky in color, indicating poor conditions of bodily fluids.
- ◇ Light-colored tophi are found in the periphery of the ciliary region.
- ◇ 5. There is usually a tarry dark melanin pigment or tarry pigments somewhere in both irises.

### **Constitutional Characteristics of the Sycotic Type**

- ◇ Nervous exhaustion. Family history of nervous tension.
- ◇ Disturbances of the mucous membranes and endocrine-exocrine systems.
- ◇ May be signs of pancreatic insufficiency.
- ◇ A deficient immune system may lead to the development of malignancies.
- ◇ Dark, tarry pigmentations in the iris can indicate a potential for neoplasia.
- ◇ The pigments may be topo stabile (scattered throughout the iris) or topo labile in a specific organ reaction field.

Other diseases associated with the Sycotic constitution include neurogenic **heart disease**, particularly with “sticking pains,” chronic **arthritis, arteriosclerosis, and chronic urethritis**.

### **Nutrition for Sycotic Types**

- ◇ Avoid Caffeine, chocolate, soft drinks black tea. Sugar, white flour, fried foods. Hormone-laden meats and dairy.

- ◇ Eat food high in Vit B, whole grains, brown rice, rice polish for nerves. Greens, bitters, and beets for liver support
- ◇ Soaked nuts/seeds to support glands.
- ◇ Beans soaked and cooked.
- ◇ Baked/broiled poultry/fish. Hormone-free and ocean-caught fish. No farm-raised.
- ◇ Raw Greek yogurt/goat cheese (probiotic)
- ◇ Drink: green drinks water, raw, apple cider vinegar in water (cleanses the liver and urinary tract)

### **Remedies for Sycotic Constitution**

- ◇ **Supplements:** B-complex, B6 (calms nerves reduces swelling)
- ◇ Vit E (helps relieve menstrual cramping)
- ◇ Liquid/trace minerals) nerves, bones)
- ◇ Glucosamine sulfate (arthritic pain)
- ◇ St John's Wort. L-tyrosine, Sam-E (depression)
- ◇ Hawthorn (heart)
- ◇ Chromium picolinate and enzymes (Support pancreas and digestion)

### **Remedies for Sycotic Constitution**

- ◇ Dulse or Kelp (food for thyroid gland)
- ◇ Alfalfa, chlorella, spirulina (may help balance blood sugar, cleanse liver and digestion)
- ◇ Homeopathic- Phytolacca for the nervous system and osseous tissues. (Osseous tissue gives strength and structure to bones.)

### **The Carbo-Nitrogen Type-**

The third Precancerous constitutional type, according to Broy, tends to retain carbonic and nitrogenous wastes. Cancer results due to long-term retention of these wastes to toxicosis in the body.

### **Carbo-Nitrogen Constitutional Characteristics**

- ◇ Increased nitrogen and carbon wastes in the body
- ◇ Much waste retention.
- ◇ Skin often gray/pasty due to poor tissue nutrition.

- ◇ Poor oxygen assimilation.
  - ◇ Weak pulse, but rapid. In later stages, a pulse will slow and feel fuller.
  - ◇ Urine often has high concentrations of chlorides and phosphates.
  - ◇ Symptoms aggravated by foggy weather with improvement in the fresh air.
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### **Carbo Nitrogen Constitution Characteristics of the Iris**

- ◇ 1. Iris color is gray/blue (lymphatic type)
- ◇ 2. Flattening along the upper margin of both pupils.
- ◇ 3. Pupillary region is dark in the periphery and usually contains crypts.
- ◇ 4. The humoral zone/region is dark brownish-gray in color.
- ◇ 5. Middle ciliary zone is light at the beginning and gradually darkens to the periphery.
- ◇ 6. There is often a triangular shadow (splenic triad) in the spleen and lighter transversal passing through the triad, indicating immune system dysfunction.

### **Carbo Nitrogen Propensity to Disease**

- ◇ Formation of ossification (boney substance) tissues harden and shrink.
- ◇ Formation of stones (*lithaemic* diathesis) ((excess uric acid in the blood))
- ◇ Circulatory disturbances or arthritis.
- ◇ Metabolites develop in the tissues because the oxidation process is disturbed, affecting the tonicity of blood vessels.
- ◇ Too much blood in the veins at the expense of the arteries.
- ◇ Blood has increased carbon dioxide and low in fibrin.
- ◇ An abnormal state of irritations in early stages followed by sluggishness and Antonia.
- ◇ Difficulty with excretion through the skin, intestines begin a propensity for neoplasia.

### **Nutrition for Carbo-Nitrogen Constitution**

- ◇ Avoid Salt, dolomite, Oyster shell calcium. Mucus forming foods, gluten, dairy. Sugar, caffeine, highly refined processed foods.

- ◇ Eat Food high in natural sodium- celery, kale, turnips, beet tops. Natural sodium foods help hold calcium in a proper solution.
- ◇ Greens build blood.
- ◇ Cabbage-high in Vit P building connective tissue, veins, and arteries.
- ◇ Oats, beans, grains- food high in silicon.
- ◇ Drink –oat straw tea, celery juice, cabbage juice.
- ◇ Chlorophyll in water, raw apple cider vinegar in water, green drinks, red clover tea, Pau d' Arco tea.

### **Remedies for Carbo-Nitrogen Constitution**

Supplements:

- ◇ Goat whey (holds calcium in bone)
- ◇ Hydrangea or stone root, gravel root (helps dissolve stones)
- ◇ Alfalfa and Chlorella (liver/colon)
- ◇ Ground flax or Psyllium seed (colon cleanser)
- ◇ Beta carotene, Vit A (immune and tissue support)
- ◇ Vit C, bioflavonoids (builds immunity)
- ◇ Cayenne or ginger (helps circulation)
- ◇ B-complex, niacin (circulation)
- ◇ Liquid/trace mineral (bones and nerves) Homeopathic- Carbo- vegetabilis

### **Therapies for Carbo-Nitrogen Type**

- ◇ Massage, seaweed wraps, mud wraps
- ◇ Swimming in ocean or saltwater pools
- ◇ Walking briskly two miles each day, dry skin brushing before showers
- ◇ Soaking in hot baths with ginger, deep breathing
- ◇ Colon cleansing, liver cleansing, kidney bladder cleansing

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Day 3

Opposites Attract  
Embryogenesis  
Timerisk  
Spacerisk and the Limbus



## Opposites Attract- by Birgit Lueders

Student Notes-

**Universal Connection-** Each cell organ, muscle, and bone know the presence and carries in itself the WHOLE program.

### Directional energy flow within iridology

Radial energy

Sectoral energy

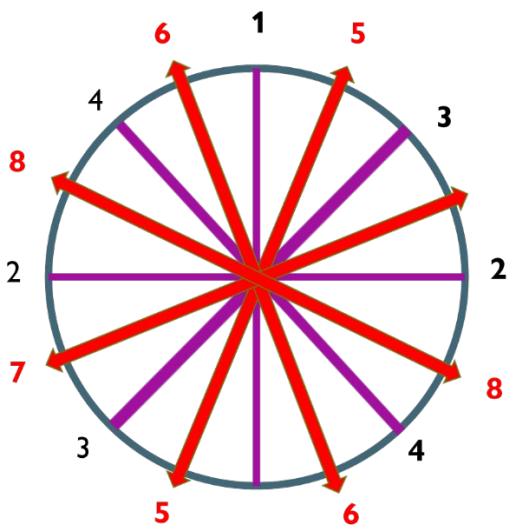
Circular energy

Harmonious connecting lines

Upper body/Lower Body

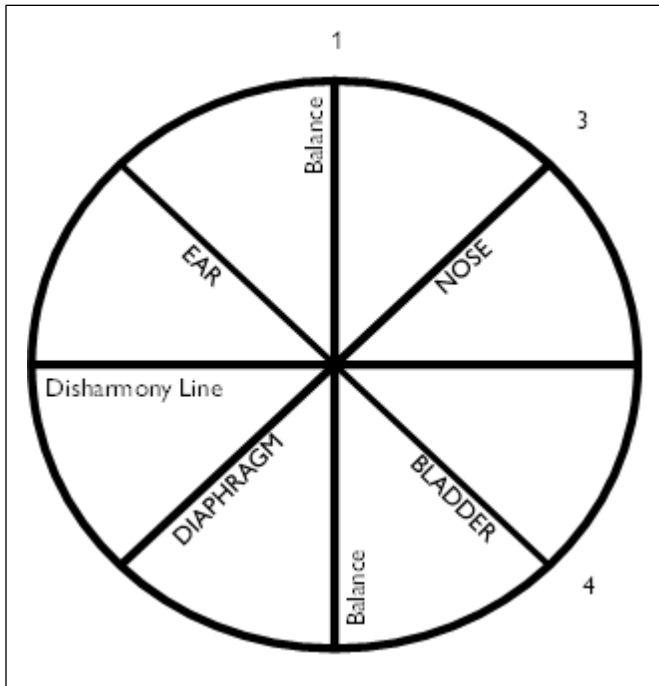
Lateral/medial

Opposites



1. Line of balance, coordination or vertex-foot line.
2. Disharmony line
3. Nose-diaphragm line
4. Ear-bladder line
5. Right: cerebellum-uterus line
6. Left: cerebellum- rectum line
7. Mouth-hand line
8. Axillary cross or line of support

- Try to be flexible with the exact measurement of the opposite signs.
- Dorothy Hall explains, “flexibility is needed within each iridology chart since each person has different proportions; longer legs, shorter arms, elongated trunks, enlarged hearts, etc. **(How the Eyes Reveal Your Health and Personality)**
- In her words, people do not fit into mathematics and science; they vary. So do irises.



1. Line of Balance
2. Disharmony Line
3. Nose-Diaphragm line
4. Ear-Bladder line

**Each line can display physical, emotional and spiritual information**

### **Iridology History: (Brain-Feet)**

**Line of balance-** aka Stress line, Equilibrium line, or the medical world, the HPA axis. (Vertical)

**Physical:** It connects the brain, feet, adrenal, and hypothalamus (in some cases, the pituitary gland). Dr. Igor Mitovic has published a pdf report explaining the HPA-Axis, open to the public.

During a stressful situation, the hypothalamus releases a hormone that triggers the pituitary gland to produce ACTH, prompting the adrenals to make cortisol.

Cortisol triggers the sugar in the bloodstream and prepares the body for the high-energy “fight or flight” response. If the adrenal glands are in constant overdrive, the Body becomes cortisol resistant, and chronic fatigue can become the norm. Legs stop moving

*A stress line is an indication to slow down.*

### **Emotional meaning for the Line of Balance:**

At 12 o'clock, we find the emotion for Rigidness: according to Georgina Cyr's book, ***Emotional Blueprint Map***.

At 6 o'clock, we find the emotion Flexibility within the legs.

If we connect both emotions, we are talking about a person who is unable to move forward. They tend towards being "frozen."

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**Physically-** Hypothalamus and adrenals indicate a cause for imbalance if overused.

**Emotionally-** Head connected to the emotion of rigidness. Heavy feet indicate being 'frozen.' Together, they create an emotional state of being inflexible.

**Spiritually-** related to chakras 6 (intuition) and 3 (community). When disconnected, a person can feel spiritually disoriented.

### **Upper body/Lower Body (Throat-Lung)**

This line divides the iris into an upper and lower half (horizontal). This creates disharmony through the thyroid, heart, and lung connection; it can also cause disharmony between the upper and lower body. Mrs. Madaus called it disharmony between the head and the body.

**Physical:** Disharmony can be caused via hypothyroidism or hyperthyroidism. Our thyroid is connected to the rhythm of the heart and lungs.

Dysfunction of the thyroid can cause high or low blood pressure, decreased cardiac function, shortness of breath, abnormal heart rhythm, and hoarseness. Joseph Angerer (German iridologist) placed the thyroid on both sides of the disharmony line within the developed iridology chart.

**Emotional:** Disharmony Line- throat and lungs

The throat and thyroid reflect the ability to speak one's truth or to be heard. This area also reflects self-esteem.

Not only can you find the lungs and breast in the opposite direction of the throat and thyroid, but you can also find the heart. The heart is emotionally associated with the perception of how much we are loved, needed, nurtured, acknowledged, and wanted. (Toni Miller)

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**Physically-** Disharmony may be created through reduced energy in the thyroid, which can interfere with heart rhythm.

**Emotionally-** throat-thyroid is about speaking your soul's truth. The heart relates to love and self-love.

Spiritually- The 5<sup>th</sup> chakra is not communicating the heart's desire, the 4<sup>th</sup> chakra.

### **Diaphragm Line:** Nose

This line divides the upper and medial quadrant and the lower lateral quadrant. The line connects the sinus area with the lower body area (diaphragm, spleen).

If we notice this sign, we may want to question a client if they experience tiredness, sleep apnea, stuffy nose, allergies, or rhinitis.

When we breathe through the nose and into the diaphragm, we have better oxygenation of tissues and organs, including the brain. The nose also has a built-in filter that supports the spleen, which is part of the immune system.

What is the name of that filter in the nose? \_\_\_\_\_

**Physical:** Incorrect breathing can be noticed through the nose-diaphragm line. Insufficient breathing causes fatigue, poor sleep, insomnia, brain fog, chronic fatigue, mood disorders, ADHD, and snoring.

Color puncture and herbal supplements can be used to clear the sinuses but teaching your clients proper breathing techniques would greatly benefit them.

When you take a deep breath through the nose, 80% of the work is done by the diaphragm. If you strengthen your diaphragm, you may improve your endurance.

**Emotional:** being judgmental, feeling overwhelmed, and unnoticed. The sense of "smell" indicates there is something in front of your face.

The founder of Esogetics, Peter Mandel, said, "the diaphragm is where emotions meet rational thinking, where the body meets the mind. It's where conscious and unconscious processes meet.

Pain or discomfort in the diaphragm area represents unresolved conflicts and interrupted energy flow.

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## Ear- Bladder Line

The line is the exact opposite of the nose-diaphragm line. It is drawn through the upper lateral quadrant and lower medial quadrant. Theodore Kriege called this line an **INFECTION LINE**.

**Physical-** An ear-bladder line indicates that this person may exhibit weakness within their ear and the kidney/bladder area. Chinese medicine identifies ear imbalances like vertigo, tinnitus as kidney/bladder dysfunction.

The kidney/bladder meridians regulate the blood fluids within the body. The ear is responsible for our sense of balance. Excess fluids within the ear can cause vertigo or ringing in the ear.

## Emotional- Ear-Bladder Line

The ears are like sponges absorbing information. They help us interpret the sound of the internal and external world.

Emotionally ears hold onto frustration, blames, guilt, and emotions towards authority. A typical example would be the: input overload ‘earache’ experienced by young children, unaccustomed to school room levels of message input from teacher, classmates, and parents combined.

The bladder is associated with being “pissed off.” It is also associated with the sense of feeling powerless and timid. Georgina Cyr, “our bladder is housing our sense of imagination.”

Listen to the sound of your imagination.

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## Cerebellum-Medulla-Uterus, Right Eye

This line was called the “active gender” line or the line of inheritance line. Markgraf (German iridologist) referred to this line as the Hysteria Line

**Physical-** this indicates the possibility of hormonal headaches. Many women report headaches before or during menstruation due to a sudden drop in estrogen.

Suggestions- Evening primrose oil is high in gamma-linolenic acid and can be calming to the nervous system. Raspberry tea may help with hormonal balance.

**Emotional-** In Toni Miller’s book, *Integrated Iridology*, it states that this so-called Hysteria Line involves the libido area and the uterus area; she mentions that a person with this sign can suffer from **extreme fear of sexuality and intimacy**.

In her book, Emotional Blueprint, Georgina Cyr mentions that the reproductive system is related to the emotion of **not feeling good enough or frustrated with oneself**.

Sometimes our head is controlled by a different part of the body.

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### **Cerebellum- Medulla- Rectum, Left Eye**

This line can only be found in the left iris.

**Physical-** This line demonstrates beautifully how the bowels and the brain are connected. Clients who exhibit headaches and constipation typically show a medulla-rectum line.

Hydrotherapy treatments and bowel cleansing herbs may be necessary for these clients.

A bowel full of feces can cause severe headaches due to the possibility of toxins spilling into the bloodstream.

**Emotionally-** the medulla is associated with **ambition** and the rectum with **peacefulness**.

Dr. Bernard Jensen always promoted the importance of bowel cleansing. He knew that **a clean gut might be able to trigger our ambition.**

Never stop finding peace within yourself

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### **Mouth-Hand Line**

Dr. Markgraf (Iridologist) calls this line the “nutrition line.” The hand is feeding the mouth.

**Physical:** Toni Miller (Australian Iridologist) mentioned in her book that this line could indicate ancestral stomach disease if a radial is connected. She says that the mouth hand-line might indicate eating disorders, bulimia, or anorexia. It can also suggest that the patient is addicted to the wrong food; for example, the line at the hand is right at the location of the liver, pancreas, which can indicate false sugar and fat metabolism.

**Emotional- Farida Sharan** (UK, USA Iridologist) mentioned in her book that the hand that feeds the mouth is guided either by wisdom or emotions. She stated that negative or repressed emotions tense the jaw and can create over chewing.

**Georgina Cyr** associated the mouth with closed-mindedness.

Replace emotional eating with mindful eating.

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### **Axilla-Shoulder- Sacrum, Line of Support**

Theodore Kriege (Iridologist) stated this line is also called Endurance Line. People with a line at the shoulder (neck) and the lower back (bladder) cannot abuse their bodies physically and emotionally. He said: **“They can neither bear nor endure much.”** One must not demand too much of such patients.

**Physical:** Peter Mandel (color puncturist) stated that this line could be found in patients when the entire back is sore. Stiffness – swollen lymph at the neck, axilla, or groin can be found too. He also stated that they complain of stress in the upper abdomen, intestines, headaches.

A characteristic or feature of these patients is back pain and fatigue without any diagnostic findings.

**Emotionally-** Our spine represents our emotional structure. If we live a life that is not SUPPORTING our inner truth, our structure will crack or break.

- A great Intuitive Healer in Austria once said to me: **“A cheerful heart is good medicine, but a crushed spirit dries up the bones and tightens muscles.**
- **The muscular system** relates to the feeling weighed down.
- **The skeletal system** relates to support, security.

You recognize your inner strength once your back is against the wall.

**Proper posture is vital for clients with axilla-sacrum lines.**

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We encourage you to research and look for other new possibilities in Opposites Attract. Let the iris help you ask the correct questions; you never know what you might discover with your client.

## Embryogenesis by Dr. Daniele Lo Rito

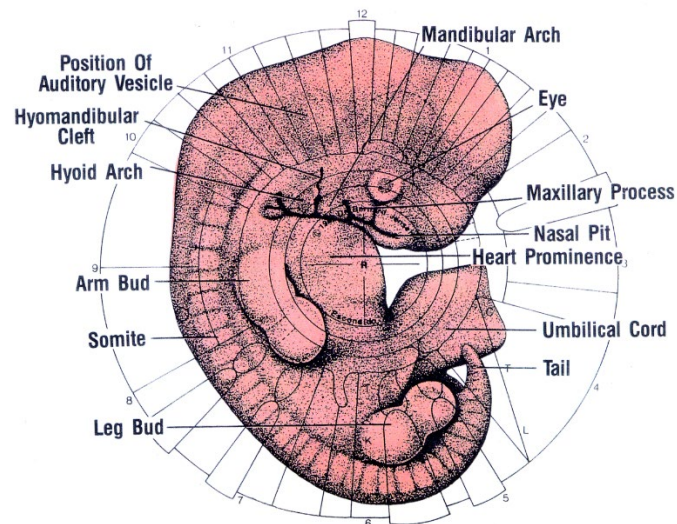
Student notes

Embryology in Iridology

- In the iris, the collarette represents the digestive system, the stomach, the small intestines, and the colon.
- We could say that time and space molds the matter of the collarette in order to create man.
- The Spacerisk is located on the embryonic notochord, which is going to be the spinal cord that is found on the IPB, inner pupillary border.

The Embryo...

- Can originate from the collarette, which means that in the collarette is where we find embryonic organs during their formation.
- "In studying embryology, I realized that many organs are generated by the primitive intestinal tract." Dr. Lo Rito
- **On the collarette the fetus is represented with its head downwards and with the body and with its extending counterclockwise in the iris.**



### ANTERIOR INTESTINE

Primitive pharynx

Trachea

Bronchi

Lungs

**Esophagus**

**Stomach**

**Duodenum**

**Liver**

**Biliary tract**

**Gallbladder**

**Pancreas**

From the primitive pharynx

- Oral cavity
- Pharynx
- Tongue
- Tonsils
- Salivary glands
- Superior respiratory apparatus

The Eye

- We know the eye grows from the brain.
- The optic vesicle induces the formation of the lens from the ectodermal surface of the head. If the optic vesicle is moved to another part of the body and brought into contact with the ectoderm, this is where the lens develops.
- The lens induces the formation of the cornea by the ectodermal surface and adjoining mesenchyme.

**EMBRYOGENESIS ( signs)**

**LACUNAE indicates**

**structure laxity to organs**

**removal of cellular contact-less cellular strength**

**'echo' like information- mirroring outside of collarette**

**functional fatigue- less energy**

**EMBRYOGENESIS ( signs)**

**PIGMENT**

**compacted cellularity**

## **Timerisk** by Dr. Daniele Lo Rito

Student Notes-

### **Timerisk**

- To better understand the meaning of Timerisk, let's understand what we can see in the iris.
- The Border of the Collarette or BC reflects the presence of time.
- This may present as an indentation, interruption, or radial at the collarette.
- We use Timerisk as a method of understanding trauma or potential pathology of physical or psychological nature.
- An external stressor will eventually activate the organism's pathology.

### **Border of the Collarette**

- The BC is like a portrait of the psyche where the events of our lives are displayed.

### **Timerisk factors**

#### **Endogenous:**

- Areas of constitutional weakness
- Changes in the immune axis
- Imbalance of the stress axis
- Organs or functions that draw interest due to pathological event
- Connections with the human brain are determined before birth and awaiting synaptic alterations in relation to the learning process.

#### **Timerisk factors**

Exogenous: dependent on social events/ambient factors.

- Loss of affection
  - Traumatic events/serious accidents
  - Natural catastrophes
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## **Stressors**

- A stressor is any event that can affect the psychological or physical balance within an individual.
- The reaction to an event is formulated from a host of responses; emotional, behavioral, mental, chemical, and hormonal. This response is defined as stress.
- *Eustress* is when we are able to respond in the face of stress and reach a state of balance.
- Distress is the response to not being to maintain or to return to a state of balance.

## **Stress creates-**

- A decrease of macrophage activity (slower response time of T-cells)
- An increase in catecholamine (reaction to stress) Hormones made by the adrenal glands
- A decrease in the volume of the thymus gland (the production of T-cell. B-cells, NK cells slows)
- A decline in monoaminergic activity (noradrenaline, serotonin, dopamine)
- An inhibition of hypothalamus-pituitary-adrenal axis (your reaction to stress)  
Epinephrine/norepinephrine production
- An increase in acetylcholine activity creating a repercussion as far as the immune system is concerned. (neurotransmitter of the parasympathetic nervous system that contracts the smooth muscle, dilates blood vessels, and slows the heart rate.)

## **Top 7 stressors**

- 1. Death of a spouse
- 2. Divorce
- 3. Separation from a spouse
- 4. Imprisonment
- 5. Death of a close relative
- 6. Accident or illness
- 7. Marriage (to avoid the first three stressors stay away from #7)

**uniformity**

**fast message, not individual**

**there is no functional discrimination**

**a large cell**

**Collaborative "block"**

Dr. Jensen's work in embryogenesis

- Is based on the concept of representation of the various human organs is the fruit of a process of germination of the primitive intestine.
- Therefore, anomalies found on the collarette border will point out the organs which are functionally and organically weaker.

## Spacerisk and Sclera/Limbus by Dr. Daniele Lo Rito

Student Notes-

### Definition of Spacerisk

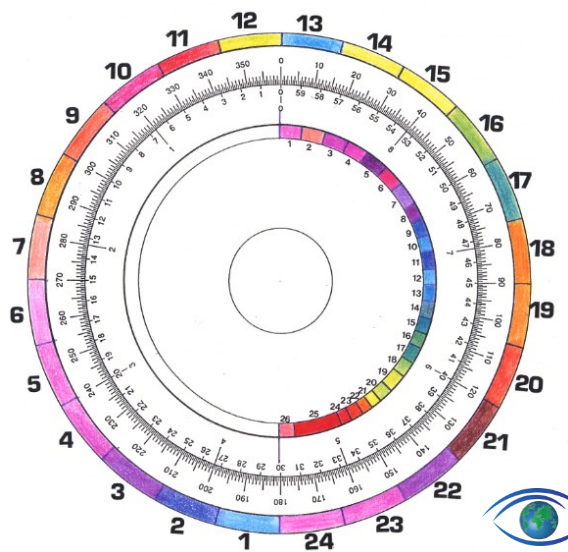
It is a condition in the individual which can be:

1. A condition which is manifesting, or
2. One that has already manifested

Space is located on the inner pupillary border (IPB)

### Spacerisk Chart

- The chart shows us an iris divided into 26 spaces of different sizes, vertically: one nasal and one temporal.
- Each space is related to one or more organs.
- The grid used in Spacerisk is referred to as the rainbow.



## Exogenous Spacerisk

### Related to

- *External influences*
- *Environmental/Place- outside man*
- *Society-Atmosphere, ozone (underlines determine pathologies)*
- *Technology*
- *Work environment*
- *Food*
- *Epidemic*
- *Acquired psyche- inflamed, irritated, tolerant, attitudes*

### Spacerisk

- Spacerisk signs are seen at the PB, Pupillary border.
  - If we move beyond the pupil, out to the limbus of the iris, we find further information.
  - We now look in two places to notice signs.
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### Limbus

- Circled in the previous picture is the limbus. In this area is where we see the circulatory ring.
- In Spacerisk, we are looking for sclera signs in this area or touching the iris.

## SPACERISK AND SIGNS

### CONCORDANT

- If we have the sign on Limbus and in the rainbow area indicated by the sign itself
- If we have the sign on Limbus and in the area of the organ corresponding to the space
- If we have a sign on Limbus and the I.P.B.
- If we have a sign on Limbus and embryological topography.

## DISCORDANT

- When we only have the sign on Limbus

## SPACERISK AND SCLERA

- Rectilinear- straight vessels
- Abnormal vessels
- Sacciform vasal dilations- shaped like a sac
- Indention of the limbus
- Distention of the lumbus
- Pathocromia spots- pigments
- Pigments-

## Spaces

- 1. Brain/integration
- 2. Eyes-sinus/recognition
- 3. face/personality
- 4. Nose & Ears/perception
- 5. Upper respiratory/vocal self-expression
- 6. Neck & Shoulder/will
- 7. Thyroid/ truth
- 8. Hands & Trachea/unification
- 9. Heart/Truth
- 10. Lungs/ expansion
- 11. Gallbladder/Release
- 12. Liver/Manifestation
- 13. Stomach/ absorption-rejection
- 14. Pancreas & duodenum/ abundance, harmony
- 15. Spleen-presence
- 16. Adrenal/trust

- 17. Kidney/distillation
- 18. Kidney/eruption
- 19. Small intestine, reproductive/acceptance
- 20. Large intestine/offering
- 21. Abdomen & thigh/coordination
- 22. Uro-genital/creation
- 23. Lumbar spine, prostate/communication
- 24. Lower extremities/ transportation
- 25. Hip/Metamorphosis
- 26. Rectum & Anus/Instinct

#### **Other notable Spacerisk signs**

- Reflecting the iris:
- Two types of signs: Static & Dynamic
- Static- heredity to a situation already expressed, manifested, or chronic.
- Dynamic- unexpressed as power, progress, something that may vanish.

#### **Most frequently found in Spacerisk**

- **Introflection-** A small sign moving towards the center of the pupil as if the IPB is pushing towards itself.
- **Absence-** Absence shows a missing sector in the border. It represents a small unexpanded injury.
- **Hypertrophy-** A structure that becomes thicker and sticks out both towards the pupil and the area of the collarette.
- **Extroflection-** This appears when there is an energy pushing from inside towards outside. Rare to see.
- **Pigment-** Color variation in the IPB. A pigment may manifest with a range of colors.

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Day 4

RAYID

Sclerology Signs

Multidimensional Iridology

Topography of the Iris Research



**IIPA**

INTERNATIONAL IRIDOLOGY  
PRACTITIONERS ASSOCIATION

## **RAYID-** by Denny Johnson

Student notes-

The Rayid personality emotional model of iris analysis can help us better understand people's emotional tendencies and help them find peace in their lives both emotionally and spiritually.

- Rayid, a form of Personality Iris Analysis, Founded and researched by Denny Johnson: late 70's and 80's and still today.
- Additional research done in Sweden, Australia, and Brazil showing tremendous accuracy in this model.
- Compared to the Myers-Briggs psychoanalytical test developed by Dr. Carl Jung. People with certain traits in the Rayid model were found to have the same traits on the Myers-Briggs test.

### **4 Basic Iris Personality Patterns-**

#### **Jewel, Flower, Stream, Shaker**

#### **Jewel Type-Pigments present with no lacuna.**

Thinking, analytical, mental

Problem-solving, questioning, name things, focus on details.

Verbal communicators

excellent speaking ability, interruptive, opinionated

Visual learners read & observe, not good listeners.

Leadership, clarity, knowing, focus

To be out of control, making mistakes, criticism, intimacy, fear of the unknown

Attracted to FLOWER type

Life lesson-Let go, allow, to be open, trust others, delegate, integrate, flow.

#### **Flower type- lacuna with no pigment present.**

Emotional, feeling, expressive.

Creative, changeable, "out of the box" thinkers

Visual Communicators use images and rounded gestures.

Learn through auditory intake- good communicators.

Their gifts are creativity, openness, peace, expressing joy, spontaneity.

They fear abandonment, separation, being controlled suffocated.

Attracted to the Jewel type. (opposite)

Life lessons- trust themselves, self-control, focus, accept responsibility.

When balanced, Flowers are open, soothing, and peaceful. Flowers bring peace and beauty to the world.

Flowers have great ideas but little follow-through.

**Stream Type- straight fibers, neurogenic structure, no pigment or lacuna.**

Their nature is amiable, intuitive, and sensitive. Grounding, nurturer, caring.

They communicate by touch and posture.

They learn by doing hands-on.

Their gifts are to nurture, meditate, balance, stability.

They fear change, initiation, making mistakes, hurting others, and being hurt.

Attracted to Shakers.

Their life lessons are to focus on direct energy, act with purpose, release, and trust.

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**Shaker Type- lacuna and pigment are seen in the iris.**

They have a driven nature, progressive, extreme. Motion and action orientated.

They communicate visually and verbally with strong gestures.

That is the way they learn, visually and verbally.

Their gifts are motivation, a capacity for inventing, and exploration.

Fears are of failure, criticism, being controlled, and intimacy.

Attracted to Stream types.

Their life lessons are to learn consistency, moderation, stability, trust, grounding, social sensitivity, and respect.

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## Combination Structures (4)

Stream Jewel or Stream Flowers

Shaker Jewel or Shaker Flower

### **Steam (mental) + Jewel (verbal) = Stream Jewel**

Sensitive, alert

Intuitive, Analytical Hoarders

Excellent verbal communicators, controlled body language

Fears criticism (especially from father), mistakes, and change.

Lessons- Let go of control, surrender, allow, and receive.

Relationship: Shaker flower

### **Shaker (driven) + Jewel (verbal) = Shaker Jewel (more jewel than lacuna)**

Tenacious, dynamic, goal orientated. Analytical, excellent thinkers. When in balance, they seek and lead. Out of balance, they interrupt and are demanding.

Strong-willed, progressive pathfinder.

Communicate verbally and visually.

They fear criticism, being controlled, loss of freedom.

Their lessons are social empathy, allowing simplicity, and grounded flow.

Relationships- Stream Flower

### **Stream (mental) + Flower (emotion) = Stream Flower**

A few curvy, wavy fibers in the Stream type will enhance a person's emotional traits. Passionate and responsive. They combine emotional sensitivity with natural physical awareness and communicate with others at a very deep level.

They communicate by touch, visually, and gestures.

They fear change, poverty, and manipulation.

Life lessons are to learn truth, detachment, and poise.

They are attracted to Shaker Jewels.

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## **Shaker (driven) + Flower (emotion) = Shaker Flower (more lacuna than pigment)**

Flashy imagination and radical insight.

Intuitive and has endless energy. May be showy in public.

They communicate in an animated way, both verbally and visually.

They fear poverty, abandonment, separation, and the unknown.

Their lessons are to learn physical control, correct use of power, and focus their attention.

They are attracted to Stream Jewels.

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## **Rings of the Iris (4)**

### **Ring of Harmony, Ring of Purpose, Ring of Freedom, Ring of Determination**

#### **Ring of Harmony- Hydrogenoid subtype-tophi**

This type loves peace and harmony, nice music, and color coordinating. They make good listeners and counselors.

When balanced, they create and have harmony in life. They have high ideals of people and the environment and can be a positive influence on others.

When out of balance, they often are victims and have trouble asking for what they want and need. They can be easily influenced and taken advantage of. They can feel overwhelmed and exhausted.

Their life lessons are to learn to speak your truth.

Ask for what you need and say no when you are overwhelmed or tired. Don't take on everyone else's problems to bring "harmony."

Slow down, rest, and rejuvenate.

Work with honest, faithful expression to build personal knowing and harmony.

**Health Conditions:** May have trouble with the lymph system.

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### **Ring of Purpose- Scurf rim**

People of this type feel that purpose in life is especially important. They desire to feel purpose in all that they do.

When in balance, they have found purpose and meaning in life. Feel a sense of specialness or mission. Poised and calm.

Out of Balance, they are still searching for purpose. Indecisive, confused, stagnant.

Life lessons are to learn to let small accomplishments be purposeful. Achieve balance by learning diligence and commitment. The joy is not just in reaching the goal but also in the journey.

Health Conditions: May have trouble with their skin.

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### **Rings of Freedom- Contraction furrows/Anxiety Tetanic**

People of this type have circular grooves going throughout the iris. These come from generations of tension and contraction.

Their gift is that they are great achievers and get a lot accomplished.

They tend to be stressed daily. When out of balance, they are worried and anxious.

Their lesson is to learn to take on fewer projects.

They need to learn to say "no." Breathing and meditation can greatly help these folks. Life lessons are to focus your energy and act on your inner knowing.

These people feel that they want freedom.

They may feel restricted by certain leaders and authority. 40% of babies are now born with these rings.

**Health Conditions:** May have trouble with nervous system, shortness of breath, muscular aches, and pains. Are often deplete in minerals.

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### **Ring of Determination- Lipemic Ring**

These people make decisions and stick to them. They often make good leaders.

When balanced, they make good decisions and will be able to be flexible and change their minds if they receive new information.

When out of balance, they decide and stubbornly stick with it no matter what new information they receive. They feel they must be right. Tend to be rigid and dogmatic.

Their life lesson is to learn to flow with change. Let go of rigidity.

**Health Tendencies:** High cholesterol, hardening of the arteries, heart disorders, tendency for high blood pressure, heart attack, or stroke.

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### **Ring of Perfection**

This ring is in the center of the iris around the pupil.

On the physical level, it can relate to over-acidity in the stomach or ulcers.

The gift of these people is to get things done well or “perfectly.” There is nothing wrong with having things well done. However, their lesson is to learn not to stress over perfection. This produces too much stomach acid and can lead to ulcers or acid reflux. Learning that perfection can be a limitation is helpful. If it’s 2:00 a.m. and you haven’t finished a project, go to bed!

### **Ring of Expression**

#### **Extrovert-**

These types of people are outgoing, friendly, and vivacious. They are talkative and use large gestures when they speak.

Balanced: They are great public orators, teachers, and leaders.

Out of Balance: They talk too loudly, too much, and can be annoying to those around them.

Lessons to learn to use your outgoing expression to teach, speak, and lead.

Learn to meditate and become calmer.

#### **Introvert-**

These people are shy and like to stay at home. They are quiet and use small gestures when they do speak.

When balanced, they make good artists, computer programmers, authors.

Out of Balance, they become recluses and are afraid to go out of the house or speak with anyone.

Life lessons- learn to get out of the house, dance, and sing.

Health Conditions: Constipation

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### **Brain Hemispheres-**

- The eyes connect directly to the brain and spinal cord through the optic nerve, which is a bundle of thousands of nerves.
- Signs seen in the right iris mostly relate to the right side of the body and left-brain hemisphere.
- Signs seen in the left iris mostly relate to the left side of the body and right brain hemisphere.
- If a person were born right brain creative, there would be more signs in the left iris. If a person were born left-brain analytical, there would be more signs in the right iris.
- However, people often switch dominance for many reasons. If a first-born girl was born right-brain creative and her father wanted a boy, she may switch to left-brain analytical to be accepted by the father. If a boy was born left-brain analytical and lost his father due to a divorce or death, he may switch to right-brain creativity to be able to have a good relationship with and please the mother.
- Holding the hands together, crossing the arms, or crossing the legs can reveal clues about right or left-brain dominance.

### **Left Brain Dominant-**

These people are logical, linear, goal-oriented, and analytical. They are detail-oriented.

When the left-brain hemisphere is dominant:

There are more patterns in the right iris.

**Hands Folded:** Left thumb is on top.

**Arms Folded:** Left arm is under

**Legs Folded:** Left leg is under  
Sleep with right cheek down  
Sleeps with a partner to the left  
Moon on Right Thumb wider

**Right Brain Dominant-**

These people are sensitive and intuitive. They are creative, artistic, abstract, and spatial.

When the right brain is dominant:

There are more patterns in the left iris.

Hands Folded: Right thumb is on top.

Arms Crossed: Right-arm is under

Legs Crossed: Right leg is under

Sleep with left cheek down

Sleeps with a partner to the right

Moon on Left Thumb Wider

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**RAYID IN SCHOOLS**

**Helping our children**

**Flower Child**

- Sometimes burst into tears even when you look at them.
- Give activities like dot-to-dot.
- What you say goes directly to their heart.
- Don't interrupt long-winded stories.
- Do better with male teachers and especially with teachers who don't yell.
- Beneficial for fathers or other close males to support them doing their homework – just assist them rather than taking over – must not show any judgment or criticism.

### **Stream Child**

- Stream children tend to enjoy their own company. They can play alone in a 'make-believe world for hours.
- They are gentle, sometimes quiet, and like to be close while watching a movie. They love soft silkie fibers to and feel things.
- Watch the body language, and it speaks volumes. They may not be verbal, but when the arms are folded, this is a form of communication. Prone to eye rolls and facial gestures.
- It may take a little longer to 'warm-up around' people they do not know. They have their 'feelers' out, like cat whiskers.
- When their feelings are hurt, they may brood for several days.
- Bring change slowly to this child. They are most comfortable with patterns. Don't be harsh if they make mistakes, show them exactly what you want them to do, and be precise with your words.

### **Jewel Child**

- Closer to mother or older sister. May have issues with father or brother.
- Jewel children fear criticism. They may try to do things in which can excel.
- If they punishment /discipline, ask them to help decide this with you. (Do you think we should take away your tablet/electronic device for three days?) For age-appropriate kids.
- They may have the need to be right and have the last word.
- Encourage them to get regular physical activity-movement. Swim, bike, enjoy nature, go outside and swing or play.
- Show them how to compliment others. Encourage them to find something good about someone and say it.

### **Shaker Child**

- The shaker child might be a lot of kid to handle- inquisitive, busy, has many interests.
- They are up-they are down.
- They dislike confinement and resent control, especially from an older sibling; 'you are not the boss of me!'
- Shaker child prefers activity.

- If they learn to channel their energy into the community, they can create change in society.
- If they want to explore, let them.
- If they want to build a project for school, let them design it, and you be the “helper,” not the lead designer.

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**Birth order** is a great way to practice guidance and personal direction for all children. Ask your IIPA Instructor for a Birth Order class.

Notes:

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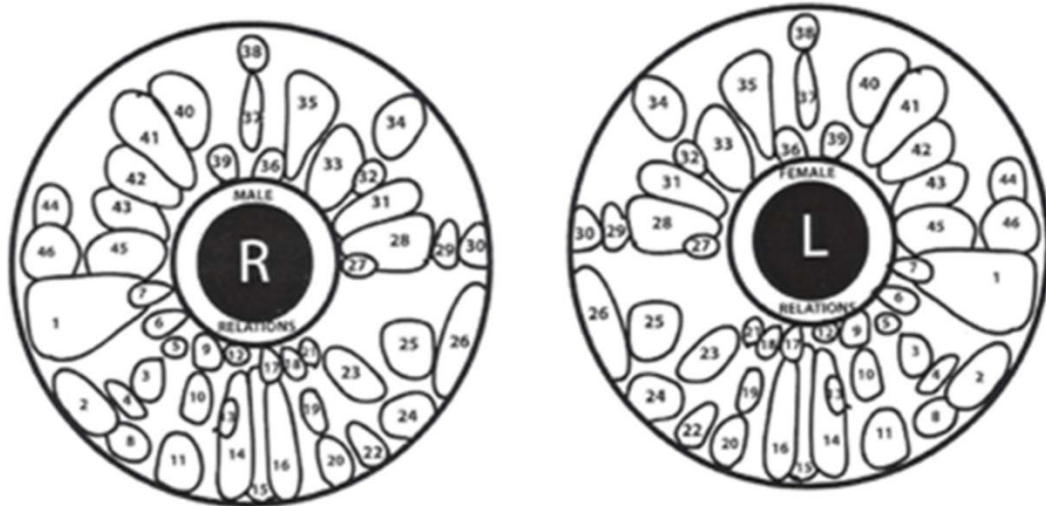
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## Behavior grid



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### Flower Pattern in the Lung Area #1

- This pattern shows tendencies for lung deficiencies.
- It may also suggest tendencies for grief and sadness. On the positive side, this sign represents nurturing.
- **Herbs:** Elderberry, Mullein, Marshmallow root, Lobelia

### Flower in the Liver Field #2,3,4

- A Flower in this area on the physical level can represent liver insufficiency. On the emotional level, it can represent anger. The positive side of anger is passion for life.
- Herbs: Milk Thistle, Yellow Dock, Burdock, Turmeric

### **Pancreas Signs #5**

- A Flower in the pancreas area shows a tendency for blood sugar imbalance and possibly a lack of pancreatic enzymes. Emotionally, these people feel they are missing the sweet things in life. They may have depression and sadness, fear of lack, apathy. When they heal, they will find happiness with fellowship, peace, and joy in sharing with generosity.
- **Herbs:** Blueberry leaf, Bitter melon, Gymnema Sylvestre, Leafy greens

### **Flower in the Gallbladder Area #6**

- Physically, a weak gallbladder can cause digestive errors and may form stones. On the emotional level, this sign may suggest bitterness. When the person heals the emotion of bitterness, they will discover a deep sense of joy inside.
- Herbs: Hydrangea, Gravel Root.

### **Flower in the Leg Area #14**

- Leg weakness can cause aches and pains in the legs. A flower in this area on the emotional level can show fear of going forward. On the positive side, these people excel in large motor skills like hiking and dancing. They love music and have good dexterity.
- **Herbs:** minerals, White oak bark, Comfrey, greens, Plantain, Black walnut leaf

### **Flower Pattern in the Kidney Region #16**

- This pattern indicates tendencies for kidney inflammation. It may suggest that the person is uncertain and may strive for perfection. On the positive side, these people have developed a positive sense of self-esteem.
- **Herbs:** Juniper Berry, Cornsilk, Uva Ursi, Marshmallow Root, Kidney, and Bladder Formula

### **Flower in Adrenal Area #17**

- A deficiency in the adrenal glands can cause extreme exhaustion and fatigue.
- On the emotional level, a flower in this area can represent fear. On the positive side, it can represent courage.
- **Herbs:** Licorice root, Basil, Royal Jelly

### **Flower in Authority Area #42**

- On the emotional level - a sign in this area of the iris can show someone self-assured, judicious, compelling, commanding, or certain of themselves. When out of balance, they can be rebellious, independent, and opinionated.

## Flower Pattern in the Heart Area #45

- The heart sign represents a tendency for physical heart disorders. Emotionally it represents a fear of abandonment and losing love, possibly a fear of commitment. On the positive side, it represents a deep capacity to give and receive love, clarity, truth, laughter, happiness, honor, and inspiration.
- **Herbs:** Hawthorn, Cayenne, Garlic, Ginger, Ginkgo Biloba, Motherwort.

## 7 MAJOR TRIGGER POSITIONS

• Nurturing	Area 1	Kinaesthetic
• Anger	Area 3&4	Emotional
• Resentment	Area 2	Mental
• Impatience	Area 14	Emotional
• Self Esteem	Area 16	Mental
• Will	Area 43	Mental
• Heart	Area 45	Kinaesthetic

## **Sclerology** Signs by Christos Miliankos and Kathy Norris

Student notes-

### **Sclerology education and notes from Grand Medicine-Leonard Mehlmauer**

- Do you use Sclerology to validate or confirm what you notice in the iris?
- Do you see a greater sense of urgency to a person's health when using the sclera?
- Do you use Sclerology to locate emotional details when working with your client?
- As iridologist, we should be looking to the sclera for many things, not just validation but for possible parasitic activity, pathology, and more~

### **What is the sclera?**

- The sclera is a tough fibrous, protective outer coating that gives a basic bulbous shape.
- It can be considered an extension of the brain.
- The cornea is the transparent extension of the sclera.
- The choroid transmits the messages to nerves through the vascular and lymph.
- The sclera is white due to the 68% of water content. 75% collagen fibers make up the coating. If the water content is reduced by 40%, it loses opacity.

### **Definition of Sclerology (LM)**

- Sclerology is the science of observing the colorings and markings in the whites of the eyes as signs of compromised health.
- The markings constitute images of ***pathological*** conditions that are most often ***'clinically treatable.'***
- **Pathology**- the study of morbid or life-negative structural/functional changes in the body-mind.
- **Clinically treatable** means a sickness or other health situation beyond a person's ability to deal with it effectively.

### **The sclera is showing us...**

- Results or patterns of psychological congestion or stress in the area in which they are found.
- The effects of causes and the cause of effects. In other words, congestion could result from a problem that began in another area of the body or represent a local manifestation.

- **For example**, a bowel problem could cause pain to arise in the head. In this case, the marking would appear in the bowel, not the head.

### **Sclerology and Iridology**

- **Do not diagnose**- they do not spell out specific diseases like arthritis or diabetes.
- They describe actual tissue conditions, congestion and stress, and the effects in physical and emotional terms of our behavior.
- **For example**- yellow coloring often represents a disorder of the liver that is affecting the entire body. This coloring does not necessarily define “hepatitis” or “mononucleosis.” Still, it could be some jaundice condition that may not involve the liver, such as pancreatic cancer, a drug-related condition, or blood dyscrasias (disorders of cellular or plasma).

### **What can we see in the sclera?**

- Stress and congestion of any significance in every area of the body.
- Where (in organs) pathology begins
- Spread of disease, cause, and effect
- Physical injury, trauma, metabolic disease, and tumor
- Infection by various parasites or other harmful organisms
- Disease syndromes
- Emotional sensitivity, emotionally related diseases
- Cardio, liver, and other organ disorders
- Lymph-immune response
- Drug-related disorders and neoplasm

### **Look closer**

- Where the **line originates** gives information about the cause of stress or congestion 90% of the time.
- Where **the line is passing thru and ending up** provides info on the effects of the stress or congestion in those areas.
- Stress and congestion present as **lines, colors, gels, pigments, clouds, and films**. Pathology signs can be determined within a few days of their occurrence.

### What to look for... Rule of thumb

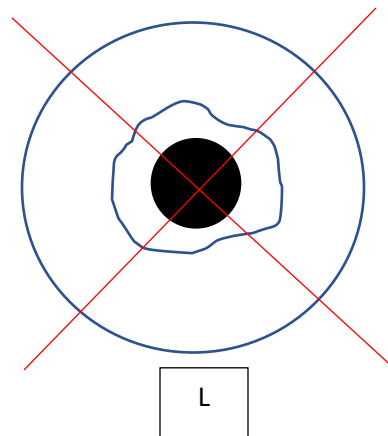
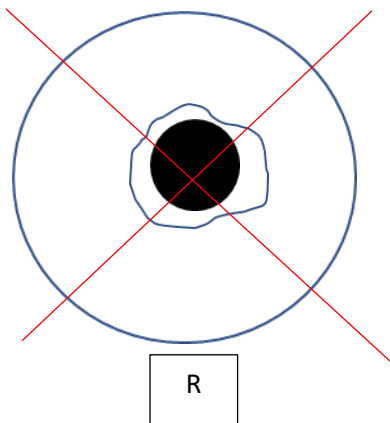
- **Biggest, thickest lines- MOST IMPORTANT**
- **Brightest S lines- Current**
- Note line origin
- Lines closer to the iris, more important
- Stay within the quadrants

### One more thing...

- The entire lower respiratory left and right lung show up in the right sclera only.
- Heart- major arteries show up in the left side (L La Q) while major venous structure shows in the right (R La Q)

### Understanding Quadrants

- Upper quadrant- 10:30-1:30 (**UQ**)-Head
- Lower quadrant 4:30-7:30 (**LoQ**)-Abdomen
- Medial L quadrant, 7:30-10:30, Medial R quadrant 1:30-4:30 (**MQ**)-Neck
- Lateral L quadrant, 1:30- 4:30, Medial R quadrant 7:30 10:30 (**LQ**)-Chest



Mark the quadrants above

### Four new signs

- Black pigment in the sclera
- Heart warning sign
- Heat Bubble with Red Wash
- Fungi Labyrinth

### Black pigment in the sclera

- **A black** pigment or very dark brown pigment in the sclera is serious and should not be ignored. When noticing this, it is necrotic or neoplastic tissue.
- **Necrotic**- the death of cells or tissue through disease or injury.
- **Neoplasm/neoplastic is an abnormal mass of tissue that forms when cells grow and divide** more than they should. Neoplasms may be benign (non-cancer) or malignant (cancerous)

### Pigment in the sclera

#### Shows 3 different types of phenomena-

- 1. parasitic bacteria, protozoa
- 2. development of a certain neoplasm
- 3. immune compromise

### Heart warning signs Cardiovascular system

- Heart
- Blood vessels
- Arteries, veins, capillaries
- Blood- the blood is the transport system of oxygen, nutrients, hormones, waste products. It regulates homeostasis through vasodilation and constriction and protects the body by producing WBC, antibodies, and platelets.

### Circulation

- It makes two circulation loops in the body
- The **systemic** loop carries oxygenated blood from Left side to rest of body.
- The **pulmonary** loop takes deoxygenated blood from the right side of the heart to the lungs.

- Larger, muscular arteries carry blood to tissues. Thinner walled veins bring blood back for recirculation.

### Heart warning sign

- Remember what we mentioned earlier... **Heart- major arteries show up in the left side (L La Q) while major venous structure shows in the right, (L La Q)**
- **This sign noted by a definite right angle of 90 degrees- suggests damage from physical or emotional threat characterized by a vertical line in the Lateral quadrants.**
- **Danger is increased by thickness.**

### Anatomy & Physiology

- **Inferior vena cava is a large vein carrying deoxygenated blood from the lower and middle body into the heart's right atrium.** Largest vein in the body.
- **Pulmonary valve-** it is one of two valves that allows blood to leave the heart through the arteries.
- **Mesenteric artery-** takes blood for the aorta and distributes it to the gastrointestinal tract.

### Heat Bubbles

- **Heat bubbles** result as internal organ injury from high fever. The raised gel-like formation shows on the conjunctiva tissue.
- A high fever is created for the body to destroy parasites (protozoans, bacteria, or viruses). Some may still reside in the body. As latent or active.
- This sign can vanish with significant cleansing.
- Vitamin C is recommended every two hours daily; 3000 to 10,000 mg.
- 100 mg of zinc daily.
- Red wash present in this eye with a bordered meandering vessels (L) sclera. It indicates systemic arterial congestion, hardening, thickening, or wall degeneration. Look for it in all quadrants. Refer client to a medical doctor for homocysteine blood work.

### Questions for the client regarding heart signs

- History of smoking?
- History of poor diet? Junk food? High sugar diet?
- Family history of heart disease?

- Labored breathing? Low pulse ox rate?
- Heavy snoring, sleep apnea?
- History of high blood pressure?
- High triglycerides in blood?

### **Fungi- Labyrinth**

- It is a parasite line of six different types of fungi.
- A systemic sign that is passed from one person to another.
- Some are harmless, and some are more involved with serious diseases.
- Effective treatment for fungi is tea tree oil, grapefruit seed extract, wild Oregano oil, olive leaf extract, garlic, colostrum, zinc, acidophilus, B-complex, Vitamins C, and E.

### **Questions for the client regarding fungus**

- Diet heavy in sugars (processed, corn syrup, alcohol)?
- Diet heavy in processed foods, flours, and dairy?
- Skin or topical rashes, patches, or bumpy areas-hard to heal?
- Nail bed discoloration, dry yellowing nails, flaking, dead dry skin?
- Coated tongue upon waking?
- Itching ears? Vaginal, rectal, jock itch?
- Athlete's foot, scaly red itching hands?

### **Systemic fungus...**

- Can lead to many health complications and facilitate other diseases.
- Polycystic ovary, endometriosis, sexually transmitted oral diseases.
- Thrush can be transferred to babies from a mother's breast milk.
- Check all signs and areas of the iris to discuss this possible issue with your clients.

### **Bonus sign!**

- Virus sign
- Very fine parallels lines on the conjunctiva, usually seen in groups.
- They may be past, latent, or active.

- Most virus signs appear to carry the Epstein-Barr virus, which Herpes simplex, shingles, chicken pox, and a host of other problems result.

**EB virus related to many issues**

- Fibromyalgia
- Hashimoto's thyroiditis
- Chronic fatigue syndrome
- Mononucleosis
- Yeast related issues, thrush, Candida, Athlete's foot
- Lupus
- Tinnitus
- MS-Multiple sclerosis
- RA Rheumatoid arthritis
- Adrenal fatigue
- Some migraine headaches
- PMS
- Food allergies
- Herpes simplex, cold sore/fever blisters, Chickenpox

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## **Insights into Multidimensional Iridology** by Dr. Daniele Lo Rito

Student notes-

### **Miosis - small pupil**

- Parasympathetic innervated
- Can lean towards excess in food & drink
- The digestive apparatus is stimulated
- Nutrient uptake spiked
- Success/social status
- Sexual appetite
- Peristalsis starts, and stomach acid is produced quickly

**The pupil size is smaller than one-third, and it indicates a predominance of the parasympathetic nervous system.**

The Vagus and pelvic nerves supply the parasympathetic system.

The whole system is “sped up.” They must be bigger and better, faster and stronger. “Go big” is their mantra.

### **Miosis-Character**

- **Interests:**
  - Food
  - Economy
  - Security
  - Career
  - Status
  - Material things
- Can put their religious beliefs onto others
- It can seem very ON (forced)

## **Miosis causes**

- Cluster headaches common
- Horner's syndrome (nerve pathway disturbance, as in a stroke or tumor)
- Intracranial hemorrhage and brain stem stroke
- Iris inflammation (iritidocyclitis, uveitis)
- Lyme disease
- Neurosyphilis (disease of the brain or spinal cord)
- Multiple sclerosis (MS)
- Loss of the lens of the eye (aphakia) due to surgery or accident

## **Right-sided Miosis**

### In women:

- A career woman with high ideals or goals
- Female with a male attitude that will stand up for her rights

### In men:

- Will to stand up for himself and to be seen
- Attractive to others for his inner feminine side

## **Left-sided Miosis**

### In Women:

- Need to express their male side
- Responsive to father figures (father, grandfather, uncles)

### In Men:

- Very manly (male force) but does not always want to show it
- Responsive to mother figures (grandmother, aunts)
- Can connect with their soul
- Observant of unconscious forces (feeling, thoughts, urges, or memories)

## **Mydriasis- Large Pupil**

- Sympathetic innervation T1-L3
- Catabolic processes -(food to energy) slow

- No appetite
- Heart palpitation weakened
- Flee or fight mode
- **The pupil is larger than one-third its size. This is a dominance of the sympathetic nervous system.**

### **Mydriasis- character**

- Can't say no
- Open for larger scenes and purposes
- Takes care of other people's problems
- Changes everything to energy
- In a competitive world, they get worried, insecure, scared, or panic!

### **Mydriasis causes**

#### **Caused by:**

- Damage to 3<sup>rd</sup> cranial nerve
- Certain medications/drugs
- Plants
- Brain injury
- Oxytocin
- Cranial nerve neuropathy
- Eye trauma
- Concentration
- Client/patient may complain of headaches, dizziness, eye irritation, or have trouble sleeping

### **Right side Mydriasis**

#### **In women:**

- Dominant to the female aspect of the soul.
- Very sensitive
- Father issues
- Emotionally unstable
- Open for future problems

### In men:

- Has a feminine attitude
- Very sensitive
- Father issues
- Emotionally unstable
- Open for future problems

### **Left side Mydriasis**

#### In Women:

- Shows their male side
- Can't stand the archetype woman (the mother, queen, sage)
- May have difficulty with mother or other females
- Remembers the past and can't let go of memories.
- In Men:
- Sensitive to unknown forces, memories, or urges, etc.
- Can't stand the archetype woman
- Unstable and volatile (extreme moods)
- Intuitive and clever but difficult showing it
- Strongly attracted by feminine forces

### **Hippus- pulsating pupils**

- Alternating Vagus- and sympathetic enervation
- Harmonic hippus where the pulse is even.
- Lives with full emotional involvement
- Unharmonic Hippus-
  - When the two different nervous systems compete to be dominant; the Vagus nerve and SNS
  - Can suffer from bipolar disease.

### **Hippus**

- **Two types of Hippus-**
- Harmonious- where the movement is regular, rhythmic, and indicative of a strong emotionality.

- Disharmonious- irregular pupil movement. Dilation and contraction follow each other in a chaotic and irregular way.

### **Anisocoria - different sized pupils**

Miosis - under 2.5 mm, Mydriasis - over 6 mm.

Through an examination with a flashlight, we can see which eye is the "normal" to distinguish if the other is in Miosis or Mydriasis and if it is caused by sympathetic or parasympathetic character.

We will now continue to the mental aspect that we can consider when an ophthalmologist has analyzed that there are no physical problems.

### **Anisocoria - different sized pupils**

#### **What causes anisocoria?**

- Direct trauma to the eye- painful red eye, visual disorder
- concussion.
- Bleeding in your skull.
- Inflammation of your optic nerve.
- Brain tumor.
- Aneurysm.
- Meningitis.
- Seizure.

#### **Pupil border and its connection to the emotional aspects of the human**

- Physiologically connected to the spine
- Emotionally connected to different sides of the person

Draw the EGO

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## EGO-character

- Inner strength
- Adaptability
- How we use our strengths
- How we fear using our strengths
- How we define ourselves
- How we take care of ourselves
- E.g., a pigment in this area could suggest that the picture of oneself is blurred. Some qualities can be perceived, but others cannot. We do not see ourselves fully,

## Draw ES

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## ES-characteristics or ID-characteristics

### Instincts and drive

- Drive
- Instinct
- Born with fear
- Worry
- Restraints
- Duties/responsibilities
- Sexuality
- The unknown
- Freedom

Draw ES

---

Os-characteristics

Os-short for the Latin word Osare- to dare

- Inter-human relations
- The will to dare
- Strength/ personal power
- Others influence on oneself
- Courage
- Targeted
- Nourishment/nurturing area
- Relationship to one's partner
- The will to interact
- Co-operation

Draw Super EGO

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Super-EGO

- Ideals/goals
- Society
- Moral
- Responsibility

- Feeling of pride
- Social attitude
- Rationalizing
- Analytical
- Authority

Draw Religion

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### **Religion**

- Religion
- Dogma
- Relation between good and evil
- Faith
- Religiousness
- Fanaticism
- Conflict because of ideals in the partnership
- To not feel supported by the other parties' beliefs.

Draw Cosmic Energy

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### Cosmic energy

- Acceptance or non-acceptance by environmental factors
- Limitations from environmental forces
- Inability to connect with Cosmos
- Collective mind
- Transgenerational information

### Draw Family

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### Family

- Relationship to parents
- Conflicts or not
- Overly close to people- excessive attachment
- Love and idealization of parents
- Family ideals

### Draw Pleasure

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### Pleasure

- Not feeling satisfied
- Satisfaction being in balance with oneself.
- Limitations in satisfaction and how to get there.

For additional reading about iridology from your IIPA Instructors and fellow iridologists, please consider adding these books to your library.

#### John Andrews

- [Johnandrewsiridology.net](http://Johnandrewsiridology.net)
- Endocrinology & Iridology
- Immunology & Iridology
- Emotional Approaches in Iridology
- Embryology & Iridology (co-written with Dr. Daniele Lo Rito)
- Iris & Pupillary Signs
- Modern Iridology

#### Dr. Ellen Tart-Jensen

- Techniques in Iris Analysis (textbook)
- [Myinfiniteiris.com](http://Myinfiniteiris.com)

#### Denny Johnson

- [Rayid.com](http://Rayid.com), Free digital downloads for the following books
- What the Eye Reveals
- The Nature of Birth Order

#### Dr. Daniele Lo Rito

- [Iridosophia.com](http://Iridosophia.com)
- Embryology in Iridology
- The Timerisk
- Iris-Archeology
- Inner Pupillary Border
- Multidimensional Iridology

#### Leonard Mehlmauer

- Sclerology Mapbook
- [Grandmedicine.com](http://Grandmedicine.com), [www.eyology.com](http://www.eyology.com), [gm@grandmedicine.com](mailto:gm@grandmedicine.com)

Toni Miller ND, DHM, CCII, Int. Ird., F.Ir.

- [www.iridologyonline.com/books](http://www.iridologyonline.com/books)
- The Integrated Iridology Textbook (2016)

Kathy Norris, D. Ir, CCII

- Iridology Fusion Worktext and Systems Companion Guide- Available only on [lulu.com](http://lulu.com) (2018)

Dr. Betty Sue O'Brian ND, MSCCII

- Iridology Textbook: The Core Curriculum, Iris Analysis Manual
- Six Weeks to a Healthy Lifestyle
- Causations: Using Sclerology to Clarify Iridology
- Iridology: Color, Light and Chakras

