



# *Intermediate Iridology Correspondence Course Transcription*

---

**MAILING ADDRESS:**  
P.O. Box 485  
Weimar, CA 95736-0485

**PHONE/FAX:** 530-878-1119 or 800-704-9800  
**E-MAIL:** [iridology@netzero.net](mailto:iridology@netzero.net)  
**WEB PAGE:** <http://www.joyfullivingservices.com>

---

By:

**Brenda R. Generali, C.N.C.**

**Certified Nutritional Consultant  
Certified Iridologist  
Certified Herbalist  
Nature's Sunshine Manager**

**JOYFUL LIVING SERVICES**

P.O. Box 485  
Weimar, CA 95736-0485

**Phones/Fax:** 530-878-1119 or 1-800-704-9800

**E-mail:** [iridology@netzero.net](mailto:iridology@netzero.net)  
**URL:** <http://www.joyfullivingservices.com>

Copyright 2011

Welcome to Intermediate Iridology. My name is Brenda and I'll be taking you through the course. The purpose of JLS is to teach people how to be responsible for their own health through the use of iridology, nutrition, kinesiology, muscle testing and education. The purpose of this video is to offer you the choice to study iridology at home at your leisure, at your own pace and on your own schedule. After studying this video, doing the practice sessions and turning in the test, you will be able to look into someone else's irises and determine what markings are evident and what those markings mean. You will be able to perform a constitutional iris analysis.

At this point in your study you have learned basic beginning iridology skills. You have learned how to look at the iris, to determine where there are markings in the iris, and what those markings mean. You have been able to look at the iris and tell where there are strengths and weaknesses in the body, where there are chemical deposits and where various illnesses are being created.

In this course, the intermediate iridology course, we are going to be reviewing a few of the beginning iridology signs and then we will be going into what are called constitutional iridology. Now constitutional iridology is the study of the markings and patterns in the iris of the eye which are primarily genetically inherited. There's no attempt made to diagnose any specific disease conditions. These markings are used to help us understand our basic temperament so we can know how to balance our nutrition and lifestyle. Even if a client of yours has a particular eye marking it doesn't mean that they will ever have the health problems that iridologists have traditionally associated with those markings. An iris analysis should be for your clients' education and interest only. It is not and must not be taken as a diagnosis for any disease condition. It is imperative that you do not diagnose a client in any way. Leave diagnosis to a licensed health practitioner.

It's also very important that you do not prescribe supplements as that is considered practicing medicine without a license. Iridologists are not doctors. They are alternative health practitioners who seek out information about a client's specific health problems, physical strengths and weaknesses and personality traits. So what I'd like to begin with here is a review of some of the beginning iridology signs. We'll start here with anemia in extremities. When we're talking about anemia in extremities, here we have a brown eye. Now in the beginning course you notice that the iris of the eye, we can tell the iris of the eye by the lack of the fibers or the trabeculae that are in the iris of the eye. Notice in this iris there are no fibers, this tells us this is a brown eye. And when we look at this eye we look at the outer perimeter of this eye we notice there is a blue ring around the outside of the iris. Of course if this person was healthy and their circulation was excellent, they wouldn't have this blue ring. This is what we call anemia in extremities. Anemia in extremities is lack of circulation to the arms and legs. When a person has anemia in extremities, they have cold hands and cold feet. They are sitting around too much, they are not eating a proper diet and they're not exercising. It's important to exercise everyday.

Now lets go ahead and look at the next slide. Here we're going to talk about Arcus Sinilis. Notice in this slide, up at the top of the slide there is a little bit of a white arc. There's a white arc at the top of this iris. Now up here, if you recall from the beginning course, at the top of the iris is the brain area, the brain area is from 11 to 1. Notice there is a white ring going across the top of the iris and actually even around the perimeter. This is called Arcus Sinilis; it's typically called the arc of old age. When we see this arc up here at the top of the iris it tells us there's a lack of brain circulation. If there's a lack of brain circulation this can lead to problems with memory, headaches, senility, and other such type symptoms. It's very important that the person that has Arcus Sinilis increase their circulation to the brain. This can be done with niacin flushes, it can be done with exercising, Kneipp baths, hot and cold baths, it can also be done with herbs and diet. Anything that will stimulate circulation to the head area such as capsicum, red pepper, ginkgo and such herbs.

Now here we have what we call an Assimilation Ring. If you recall from the beginning course, towards the center of the iris is the digestive system. Note here this ring here around the pupil, this is called the autonomic nerve wreath. This is where all the markings come in, all the signals come in from all the organs, the nerve impulses come in here at the autonomic nerve wreath. We also call this the cholorate. Now the markings come in here. Inside the autonomic nerve wreath, in this area here this is the digestive system, so you have the colon here on the outside and the stomach on the inside. Next to the pupil itself you will find the assimilation ring. Assimilation takes place in the intestines, in the villi of the small intestines. So note here that there is a ring, a white ring going around the pupil. This tells us that the stomach is over-acid. If you'll recall the levels of inflammation from the beginning course, you'll remember that anything that is white, such as any of these lymph marks out here, this will tell us that there is inflammation out here, it's over-active, it's inflamed, it's hyper. So here we see that we have a hyper-stomach, or an over-acid stomach. This person would tend to have symptoms such as ulcers, heartburn. And herbs and vitamins such as peppermint, alfalfa, these types of things, ginger, anything to help settle the stomach, is useful. The main key here is the person's personality. This person would tend to be very uptight, and this person would be someone who is a perfectionist. This person would need to relax, let things fall through the cracks, not be so tense.

Now here we have just the opposite. Notice here we have the Autonomic Nerve Wreath and inside this area we have a little bit of a dark or discolored area. This area here is the stomach and notice how it is a little bit of an orange color. Anything that is not the actual color of the iris and is not white is considered under-active, under-acid, meaning the person is not creating enough hydrochloric acid to break down their foods, they're not creating enough hydrochloric acid to break down their proteins and their fats. So what we need to do is to increase the hydrochloric acid in the person's stomach. This can be done with eating raw beets, peppermint tea. Also eating foods that are low in fat, this also assists. There are herbs such as milk thistle and dandelion and other such herbs that help increase the hydrochloric acid in the stomach to help the person break down the fats.

So in this iris, this is a blue iris, so therefore the entire iris should be blue. Note the orange pigmentation, which we'll talk about later in the video, and what that means especially since it's right around the Autonomic Nerve Wreath. Also note a lot of the yellow pigmentation, especially here in the stomach and colon area and what that means. So we know that the iris should be blue so we know that this is an under-acid stomach.

Now the levels of inflammation if you'll recall are acute, sub-acute, chronic and degenerative; degenerative or destructive. Here we have what we consider acute. Acute, everything is acute. Acute is white. Notice the fibers of this iris, they are very white. They're straight, there's not a lot of lacunae or lesions, but there is a lot of white pigment here. This is telling us that the body is over-acid, the person needs to change their diet. They need to have a more alkaline diet, more fruits and vegetables, less proteins and starches. Proteins and starches tends to be acidic, fruits and vegetables tends to be alkalizing in the body, especially carrots, carrots tends to be very alkalizing in the diet. Also this has to do with a persons' personality. This person would tend to have a very high stressed job and they would have a lot of stress in their life, they would tend to be the type of person to hold things in. They would tend to hold in their emotions, hold in their thoughts and feelings. They're not a very extrovert type of person, they're pretty much an introvert type of person and so it's very important that this person learn how to communicate and learn how to let go. So changing the diet will help, also there are herbs such as aloe vera, this is very alkalizing to the body, there are other herbs that are also very alkalizing to the body, foods high in potassium these are also excellent to help alkalize out the body.

Now here, I'd like to talk to you a little bit about bowel pockets. Note here again, this is the Autonomic Nerve Wreath, how it comes around, now the Autonomic Nerve Wreath as you know is never completely round, it's always going to be a little different, it's never perfectly round, while the pupil is always supposed to be perfectly round. Note here these areas that look like holes inside the Autonomic Nerve Wreath and right outside the Autonomic Nerve Wreath. These are called pockets. Medical doctors call them Diverticula. And I'm sure you've heard of Diverticulitis. Diverticulitis is inflammation of the Diverticula. We would call this inflammation of the pockets. Such type pockets really show us what they are, it's a weakness in the lining of the colon that forms a small pocket. Material that you don't chew real well, or that you don't digest well can go down into these pockets and stay in these pockets, and if it does that it can putrefy and cause problems. Note the color of these pockets. These pockets are darker than the actual color of the iris itself, than the actual fibers, and if this is the case then we know that this person is holding onto some toxins in the colon area. These need to be cleaned out. The way this can be done is by changing to a high fiber diet, also herbs such as Psyllium to help cleanse out the colon. Psyllium is considered a broom for the bowel, Psyllium goes into the colon, it's non-digestible, and it goes into the colon and absorbs toxic material and helps to clean. IT helps to rid the colon of mucous and to rid the colon of material that's been in the colon for a long period of time.

Here we have what's called Bowel Prolapses, or a collapsed bowel. Note here that the Autonomic Nerve Wreath sinks, it's falling. Here we have the Autonomic Nerve

Wreath, it's going around very nicely and then it falls, and then it continues to come around, this is called Prolapses. What this is, is the Transverse colon, the Transverse colon is falling down. Here we have the Transverse Colon above the top of the pupil. Now note that when the Transverse colon is collapsing, it can put pressure on the lower organs in the body. So for instance, for women, it can put pressure on the uterus, the ovaries, it can cause sterility, infertility. It can put pressure for men on the prostate, it can cause cysts, problems with circulation to the lower parts of the body and so on. So it's very important if you find out you have or a client has a Prolapsed colon that you have them take care of that immediately. Again, changing the diet to a high fiber diet, using slant boards daily, if it's a woman, make sure the woman does not use the slant board during menses, otherwise the slant board can be used daily. It's also excellent for any problems with headaches, anything to do with memory loss, vision problems, hearing, any problems in the head area. Also things like exercise, controlling weight, herbs and vitamins such as Vitamin K, Vitamin F, things like Psyllium and Cascara Sagrada are also excellent anytime there is a collapsed colon.

Now in this iris here, I'm going to talk to you a little bit about drug spots and chemical deposits. Drug spots, Psoric Itch spots, Chemical deposits. Notice here in this iris there are some very dark psoras. Now in the beginning class we learned the difference between a Psora and a drug spot. Psoras which are these very dark reddish brown spots, are inherent, meaning the child was born with these deposits in their body. The rest of the material, the rest of this pigmentation usually gets deposited in the tissues of the body and shows up in the iris, wherever it gets deposited. So here note, we have a lot of the yellow markings, which tells us there are sulfur deposits, there's a lot of this orange marking here, the orange pigmentation which tells us that there can be some chemical deposits here, sulfurs and other types of chemicals and also that there could be some blood sugar imbalances in this person's body. We will not diagnose and state this person has a disease, so we won't tell the person that this person possibly has diabetes or hypoglycemia, but we can tell that chances are that they do have low blood sugar. And then we also have the reddish brown deposits here and here, all of these areas. These reddish brown deposits have to do with the liver/gall bladder, have to do with iron not being stored properly, has to do with inherent toxicity, inherent chemical deposits, and these are the areas that take the longest to clear and are the most important to clear. How do you do that? Through cleansing, bowel cleansing, blood cleansing, cleansing the liver, the spleen and the colon. Using bitter herbs such as Cascara Sagrada, and Senna, Alfalfa and many other types of bitter herbs, beets also cleansing the colon using Psyllium. Hydrated Bentonite is excellent to eliminate drug spots and Psoras. It's very important to eliminate those. Sometimes a person will never be able to eliminate all the Psora out of their body simply because they've been there, they're inherent, they've been there since they were born and sometimes it takes many years for those to be eliminated out of the body.

Now I'd like to talk to you a little bit about healing signs. This is the entire purpose for Iridology. The purpose for Iridology is to learn what your inherent strengths and weaknesses are but also it gives you a goal to find out where your inherent weaknesses are and then to heal them. So the goal of iridology is look at the iris and to

find out where those healing signs are. Your goal is to stay healthy until you're a very ripe old age. Note here we have three lacunae next two each other, one small, and two large and they are both closed lacunae and they are encapsulated. Now when we see just a dark lacunae without any markings such as this one here at five o'clock, we note there is no healing going on in this lacunae, this lacunae would be in a chronic state. Now if we see a lacunae with a lot of these cross fibers, these are considered healing lines, these are little calcium lines, and they are crossing and filling in space, this means that there is healing, and this happens to be the bronchial and lung area. This person has inherent weakness in the heart and lung areas and they're working to strengthen those areas. So again, healing lines area these white fibers and they usually are criss-crossing within a lacunae.

Now lets talk a little bit about heart trouble. In the United States we associate pain, emotional pain, with our heart. Usually when somebody is in pain, they will say that their heart hurts, or that they will feel the pain. A lot of times that will alone create a weakness in the heart area. Of course stress can also cause weakness in the heart area as can improper diet and too much fat in the diet. Now the heart is at three o'clock in the left eye, it would land right here. Note here we have an open lacunae and note that it's right around the aorta area. Now when we see a lacunae in the heart area not only do we look to see if it's open or if it's closed but we look to see if it's encapsulated, if there's a white ring around the lacunae. Now in this iris, it's not encapsulated so we know that this weakness is not being created by stress in this person's life. This person probably does not have an irregular heartbeat. But if the lacunae was encapsulated by a white ring then we would know that the person had an irregular heartbeat or is putting a lot of stress on their heart. Things that are good for the heart of course is to avoid over eating, avoid excess drinking of teas, coffees, alcohol's, avoid tobaccos, smoking and to have a low-fat diet, to eat a low-fat diet, to get plenty of exercise, take proper care of the circulatory system, which we will talk about later on in the video. And also herbs. Herbs such as Hawthorne berries, these are excellent for the heart, this is a heart builder. Also vitamins such as Iron and Calcium, Magnesium, and Lethicin your essential fatty acids are all excellent for the heart and can help keep cholesterol and triglycerides at a minimum.

Now note in this iris here where the Autonomic Nerve Wreath is and also note that it is white. Now when the Autonomic Nerve Wreath is white it tells us that there is irritation of the nervous system. When the nervous system is irritated this tells us that the person is in pain. This can be due to injury or stress. And in this case we would use nerving herbs such as Chamomile and Catnip, Valerian, anything to help calm the nervous system as well as B vitamins to help build up the nervous system. And of course if the person had an injury then the person would need to seek other help such as chiropractic, reflexology, acupressure, acupuncture, and so on, whichever type of health field would be beneficial for the person, massage, lymphatic massage and any other type of alternative therapy.

Now note in this iris that we have many lacunae's and lesions. We have open lacunae's and closed lacunae's. Now there are three types of lacunae's that can show up in the iris, three general types. We can have what's called a lesion, or which Jensonian

Iridology considers a lesion. This would be open, so an open lacuna would be considered a lesion in Jensonian Iridology. Now a lacuna is when there are several lesions together, note here at about eight thirty that there are two enclosed lacunae together. When they are in a cluster like this they are considered a lacuna, this is when there are two or more closed lacuna clustered.

Then we also have what's considered a crypt. A Crypt is a very small lacuna that is completely encapsulated. Note here we have a very small Crypt. We have several small crypts. Most of them of course are in the colon. As you know from the beginning course whenever you see an open or closed lacunae this tells us where there are inherent weaknesses in the body. This person of course has inherent weaknesses in many parts of the body and this tells us a lot about this person's personality, which we'll discuss later and also about their constitution, this person would tend to have about a medium constitution.

Now it's very important to note what type of lacunae they are. Now if a lacuna is closed or if a lesion is open this tells us a great deal. If it's open it tells us that it's healing. A lot of lacunae will be closed and as the person heals they will begin to fill in with healing signs and then they will open. When a lacuna is open what that tells us is that the blood can go into that part of the body and heal that area much easier and quicker than if it was a completely encapsulated and closed lacuna. A closed lacuna is usually older, it's usually more chronic and it's usually not one that will heal quickly or easily. A Crypt is also something that is old, it's usually in a chronic state and it is something that has been causing problems for quite a while that the person has not worked on.

Now in this iris we have a very nice lymphatic rosary, when I saw nice it's very clear. Notice the spots, the white spots that look like cotton balls going all the way around the iris. This is telling us that there is a problem with the immune system or the lymphatic system. The lymph glands have eight functions. The functions are to neutralize toxins and poisons, to return water from the tissues to the blood, to return leaked protein to the blood, to transport fats in the body, to transport hormones by the lymph system, destroys foreign bacteria, produces anti-bodies and makes up the largest content of fluid in the body. It carries more waste than the blood does. Now when we see a lymphatic rosary like this, this is telling us that there is a problem. What is this telling us? If you recall from the beginning course, anytime the lymphatic rosary is white, of course this is telling us this is acute, it also tells us there maybe or probably is a low grade infection in the body. Where would the low-grade infection be? Usually it is in one of the pockets. Note the pockets in the colon and note how dark they are. These pockets here are chronic. Whenever a pocket is chronic it can cause other weaknesses in the body. And when we see an acidic lymphatic rosary this tells us that there is a low-grade infection in the body. Also we'll see an white lymphatic rosary in the iris when a person has allergies, if someone has allergies we'll see this and also if the person has other auto-immune problems. A lot of times if a person is HIV-positive this lymphatic rosary will be more of an orange color, it will have orange pigmentation., telling us that they lymph is sluggish and that it is chronic.

Herbs for the immune system would include things like garlic, onion, Pau d'Arco, Echinacea, Golden Seal, Pau d'Arco is excellent for viruses, Echinacea is excellent for infections. It's very important when dealing with the lymphatic system that you don't suppress any discharges. We talked about Herrings Law of Cure in the beginning course. Herrings Law of Cure tells us that we heal from the head down, from the inside out and in reverse order as systems have been suppressed. It's very important that you don't suppress any discharge out of the body, if you suppress discharge, it can go back into the body, settle and create more of a chronic problem for you.

Now in this iris we have what we call stress rings. These are also sensitivity rings. Note the rings going around the iris and how they look like someone took a knife and cut the iris. Like the years of a tree. If you see a fallen tree you can count the years. This is how the iris looks when there's a lot of stress. Now these type of people who have these type of stress rings these type of people are what we consider doers. They're motivated, they're people that get things done, they don't sit in one place, they can't sit still, they're constantly doing something. They also have a tendency to over-work, all work and no play. So what's the best thing for somebody like this? Vacation. Of course you can only take so many vacations. So any type of relaxation techniques would be beneficial such as massage, walking, any type of exercising as long as it's not too strenuous. Taking a day off once in a while. A low stress lifestyle, living in an environment that you enjoy. And of course all the B vitamins are excellent in helping to rebuild the nervous system. Herbs such as Valerian and Catnip, Chamomile and Wood Betony, these are all relaxing herbs. Meditation, hot and cold baths, anything that helps you or your client to relax is beneficial anytime there are stress rings or sensitivity rings. Note that these rings not only do they mean that the person could be very stressed out but these can also be sensitivity rings telling us that the person is highly sensitive emotionally.

Now here, this iris, we can look at the autonomic nerve wreath and note that there are some areas that are difficult to see, it almost looks like it is washed out. And there are other areas where it is discolored, meaning that it is pigmented, and other areas that are over-active. Note here that is difficult to tell where the autonomic nerve wreath is, it is broken. Any time you have a client with a broken autonomic nerve wreath, such as over on this side here, at ten o'clock, this tells us that the person has poor nerve supply going to that area. So if there's an area here in the autonomic nerve wreath where the nerve wreath is broken, the area attached to that in this case it would be bronchioles, is getting very little nerve supply. Now if the person were to work on their nerve system here, then of course this area would heal.

And it would also help the bronchioles.

Now in this iris we can look here at 12 o'clock and notice that there is a Radii Solaris up here. If you recall what a Radii Solaris is, they look like spokes of the sun or spokes of a wheel. Like rays of the sun. And they usually begin in the small intestines, in the stomach or in the large colon and they go out to the perimeter of the iris. Some of them can be short, which we call them Minor, and some can be long and we call these Major.



Of course the Major ones are the ones that are usually more chronic, they're older. Radii Solaris lines have been called parasite lines, they've been called parasite tunnels. We cannot see parasites in the eyes. It is impossible to say to a person who has Radii Solaris that they indeed have parasites, but we can tell them they are hosting an environment that is conducive to parasites. Now because these begin in the intestines and the large colon notice this one here begins in the stomach, this one here begins in a pocket in the ascending colon, and note that wherever the Radii Solaris are and wherever they go, this is where there can be inherent weakness.

It's very important that this person cleanse. Note that these Radii Solaris are in the head area, in the head area it can cause migraines, it can cause foginess, lack of memory. Lots of problems, sinus problems, the sinus is here from eleven to one just above the transverse colon. Note here that the Radii Solaris are going through that area. This can create weakness in the brain area, the sinus area and cause symptoms. We also call this leaky gut and what that means is that the intestines and the colon can be leaking in to the tissues of the body. It's very important that this person works on their colon. This type of person needs to be constantly colon-cleansing. Working on the colon with Psyllium and Cascara Sagrada and colonics; using a Colema Board if possible, these are all very beneficial types of therapies, also Bentonite Clay, very beneficial.

Now in this iris we have a Scurf Rim. The Scurf Rim is on the outside of the iris. The outside of the iris, just like the outside of the body, is the skin. This is a blue eye. It looks green because of all the yellow pigments. The yellow pigments usually have to do with the kidneys and they have to do with sulfur. If this person were to stimulate their kidneys, their eyes would change from a green color to a blue color. Now skin brushing, dry skin brushing, is one of the best things that a person can do for their skin, other than wearing natural clothing. It's very important that if you have a client that has a Scurf Rim, that they do not use creams and lotions on their skin. Creams and lotions tend to clog up the pores and it is difficult for the skin to eliminate. The skin should be eliminating two pounds of material a day and you cannot see that, but that is what the skin should be eliminating, just as the other elimination systems. And if the skin is not eliminating properly because the pores are clogged then the kidneys have to take on the brunt and the skin is considered the third kidney because it eliminates uric acid just as the kidneys do. So it's very important that the person stimulate the skin to allow the elimination to occur. That is very important.

Note in this eye there is a very bright ring all the way around the iris. There is a white ring all the way around the iris. This is the beginnings of hardening of the arteries, this is called Calcium out of Solution, Sodium Ring, and Hardening of the Arteries. The brighter it is, the more chronic it is. Note how it goes all the way around the body. The best alternative treatment for this is chelation therapy. In Chelation Therapy, there are two types, there is intravenous chelation therapy in which a solvent such as EDTA is introduced intravenously to dissolve the coating of lipids, and the other type of treatment is oral chelation. Oral chelation is done with large quantities of vitamins and minerals and herbs that can help dissolve the plaque.

Bowel cleansing is also beneficial, herbs such as Garlic and Capsicum are excellent, foods high in Magnesium. Yellow fruits and vegetables, all of these are excellent. Making sure to eliminate excess salt out of the diet and bringing in a lot of high sodium foods. Watching high fats, this can lead to hardening of the arteries, lowering the fat intake in the diet, also increasing fatty acids in the diet such as lecithin, and any of the fish lipids. Guggal is another herb that is excellent for any type of cholesterol or hardening of the arteries.

**Please stop your video and go through practice one.**

Now we'll go through a review of the disease stages, levels of inflammation, the five elimination channels, Pupil Tonus and reflex signs.

Now in the beginning course you learned that there were four levels of inflammation. The four levels again are acute, sub-acute, chronic and degenerative. When the body is acute, it is considered over-acid, or over-active. There are a lot of white fibers in the iris. Note in this iris that there are white fibers, or trabeculae, everywhere. There is white all over this iris. This tells us that the body is over-acid, or acute. There tends to be a lot of pain, inflammation, high stress. A lot of stress in this person's life. As I mentioned earlier it's important anytime there is a lot of inflammation in the body and anytime the body is acidic, that the person change their diet to a more alkaline diet. So this person would benefit from an alkaline diet, such as being higher in fruits and vegetables and less proteins and starches.

Now when we look at this eye, we can consider this eye Sub-Acute. This is a little bit brighter than it should be, it's got a few more white fibers in here, the Autonomic Nerve Wreath is very white and inflamed and over-acid, over-active. Note that there are also some fibers going across the trabeculae or the actual fibers of the eye, we call these transversals, which I'll be talking about later. Note that there are some areas of acute inflammation here but not quite as acute as the previous iris, and also we can tell that the true color of the eye is someplace around here, someplace between three and four and nine and ten. When we see quite a bit of this white, wavy fiber we know that this area is acute but we can also tell the normal eye color, so we would call this sub-acute. This tends to be when somebody tends to be a little on the acute side, not quite normal and also has symptoms once in a while, whereas an acute person would be in pain, this person would have pain once in a while but it isn't something that would bother them all the time. This person doesn't have a chronic disease or a chronic symptom that would send them to a health practitioner.

When we look at this iris, we can see that it is quite a bit darker and when we look at the lacunae, we can see the lacunae are quite a bit darker than the actual color of the eye. The actual color of this eye, if you recall is mixed. The reason we know this is a mixed eye is because we can see fibers yet we can also see areas with dark brown pigmentation that looks like it's actually in the iris fiber itself. Now the fact that it is a mixed eye does not mean that it has to be in a chronic condition. What tells me that this is a chronic

condition is that the lacunae are a little bit darker than the iris itself. Also notice that the pupil is quite large, and the fact that the pupil is large tells us that there is enervation, or adrenal fatigue. Normally a person is not suffering from chronic adrenal fatigue until they have quite a bit of enervation and until they are chronic. So this would be what we would consider a chronic eye. This is somebody that has chronic symptoms, they're constantly complaining they're over tired, they don't get enough sleep, they have no energy, they typically need caffeine in the morning to get up and go, to start their morning. This is where disease starts. This is normally when a person would seek help, is in a chronic state.

Now here we have what's called degenerative or destructive. This tends to be areas that look black. Note here there are quite a few very dark areas in this iris, almost looking black. These areas are destructive. What destructive means is that the tissues are dying, their cells are dying. This person needs to change their diet radically. They need to stimulate their entire body. They are not getting enough exercise. They need to get more exercise and use stimulating therapies. Kneipp baths is a very stimulating therapy as well as sweat baths. Stimulating circulation to the brain, this is one of the most important ways of changing from a degenerative condition to a chronic condition. And again as we spoke, in Herring's Law of Cure, the body heals in reverse order as symptoms have been repressed, therefore the body would heal backwards. So it would go from a destructive level of inflammation to a chronic level of inflammation. Then it would go from a chronic level of inflammation to a sub-acute and from a sub-acute to an acute, and then at acute the person would then experience a healing crisis. After the healing crisis, as long as the person hasn't suppressed any type of discharge, would then go back to a normal level of inflammation, and that is of course the goal.

What I'd like to do here is go through the levels of inflammation and the elimination systems with you. So if you'll take a look at this iris and find the five elimination systems in this iris. These are:

- 1: Skin. Remember the skin is located on the outside of the iris.
- 2: Lymph. We know that the lymph is just on the inside of the skin.
- 3: Kidneys. This is a right eye so the kidney would be at about 5:30, right in this area.
- 4: Bowel. We know the bowel is in the center part of the iris.
- 5: Lungs. Because this is a right eye the lung is here, at 9 o'clock. Actually from about nine to ten are the lungs.

So I'd like you to take a minute and just look at that iris and determine the level of inflammation in each of those elimination systems.

Lets go through that. Lets take a look at the skin first. Here we have the skin on the outside of the iris. Note that some areas are a bit darker than others. Note that the skin is not eliminating properly so we would consider the skin in a chronic state, or in a chronic state or a chronic level of inflammation.

Lymph. Lets look at the lymphatic system or the immune system. There's no lymphatic rosary in here, there's a little bit of pigmentation in this area which could affect this

lymph. Actually there is some pigmentation up here also at nine and ten o'clock and also down here at seven and eight. So we will say there is a bit of a lymphatic rosary, it is chronic, the reason it's chronic is that it because it does have this orange pigmentation in it. There is pigment deposit in the lymph.

The kidneys. Again, this is the right eye, the kidneys are at five thirty. Here we have the kidneys. Note that there is a very slight open lacunae in the kidney area. This tells us that the fact that it is open is that it is healing, blood is going into that part of the body, into the kidney area and the area is healing. So we do know that is more sub-acute, not a chronic, the fact that it is not excessively dark but there is definitely a marking there tells us that it is sub-acute.

Last, the lungs. Again the lungs are here from nine to ten. What do you see in the lung area? We see stress rings going through the lung area, this tells us that stress affects this person's breathing ability. We also see this dark pigmentation in the lymph, in the lung area. We also see that this person has anemia in extremities that is affecting the lung area. And skin, this person also has a slight Scurf Rim. So again, we're looking at chronic level of inflammation in the lungs. Overall the level of inflammation in this person in this eye is chronic.

Lets go ahead and do the same thing again. The first elimination system again is the skin. Here we have the skin on the outside of the body. Second elimination system is the lymph, again the lymph is out here, the zone before the skin. It is zone six. Then we have the kidneys, this again is the right eye, again the kidneys would be here at five o'clock. What do we see in the kidney area.

Then we have the bowel. Note the bowel, note the muscle tone of the bowel. Determine what level of inflammation is in the bowel. And last we have the lungs, again the lungs are from nine to ten. What do you see in the lung area? Go ahead and take a few minutes.

So lets look at the first elimination organ. The first elimination organ is the skin. The level of inflammation in the skin is chronic. The second elimination organ is the lymph. The level of inflammation is chronic. The third elimination organ is the kidneys. Kidneys are chronic, there's a lacunae there. The fourth elimination system is the bowel. There's an awful lot of pockets, and they're chronic. Lastly, the lungs. The lungs are chronic also. So now look at how you did on those two practices, and we'll give you some other irises that you can practice on.

## **Please stop your video and go through Practice No. 2**

Now lets talk about Pupil Tonus. When we look at the iris, not only are we looking at the iris but it's also important that we look at the pupil. The pupil should be perfectly round. It should be jet black and perfectly round. It should not be very small or

constricted and it should not be very large. Note that this pupil is not black. This pupil is hazy, what I consider hazy. This usually tells us a person has vision difficulties, or problems with vision. They can also be beginning cataracts. A lot of times a person that wears sunglasses all the time or glasses will have hazy pupils. If you see this when you're looking at someone's iris, it's always beneficial to tell them about Slant boards, as Slanting will help get the blood up into the head. It's also beneficial to have them use herbs such as Eyebright, and Bayberry, also exercise, Niacin flushes and natural vision improvement. There are people who teach natural vision, especially in the Bay Area, and a lot of people have been able to rid themselves of glasses by going through natural vision improvement classes.

Here we have an enlarged pupil. Note how large that pupil is. This tells us that there is adrenal fatigue. There's enervation going on in the body. The person can't get up in the morning without caffeine, they don't have enough energy to get moving, to keep moving throughout the day. They're typically, chronically tired. Chronic Fatigue Syndrome would fall into this area. There are also certain drugs that can increase the size of the pupil, so it's very important when you're reading someone's eyes, that you find out if they're on any type of medication.

Here we have a tense pupil, what we consider tense. This pupil is very small, very tight, very tense. This usually means the person is uptight inside, they tend to hold onto everything, and also go ahead, note that the iris itself is very acute. This tends to be the same type of person, they tend to have a very high stress job, tend to be a perfectionist, they tend to need everything to be just so, and this causes a lot of emotional and internal stress.

Very important for this person to relax. Now also, there are certain drugs again that can cause a pupil to constrict. Whenever you take a picture of an iris, or whenever you shine a light into an eye, that pupil should constrict. That protects the retina. Now if it is constricted like this and it stays this way that's what we're talking about, a pupil that is constantly constricted.

This person needs to relax, so again, herbs such as Valerian, Catnip, Chamomile, Vitamin B, all your B vitamins are excellent, relaxation, mediation, anything to help take the person's mind off of what is stressing them out would be beneficial.

Here we have an irregular pupil. Note that the pupil is not perfectly round. The pupil is not perfectly round, it's rather oblong, and it's also hazy so there's several things going on. This usually means that the person has a tendency towards nervous disorders because there can be pressure on the spinal nerves so the person may be in a lot of pain and need chiropractic care. Wherever the pupil is flat, that is where the pressure is in the body. Note that in this iris it is flat on the sides, both sides, so we know that both on the internal and external areas there is pressure.

I'd like to talk to you about something new and that is reflex signs. Talking about reflex signs here. Reflex signs are very important. It is important to know where the lacunae are

in relation to symptoms. Now reflex stands for markings across the iris and also markings next to each other in the iris. As an example, note at 12 o'clock here we have Animation Life, this is the Fatigue or Energy Center of the brain. We have a Radii Solaris here which tells us this person is enervated. This person also tends to have problems with depression. Note directly across the iris we have two closed lacunae in the leg area. Now the legs are what give a person energy, they're the pumps for the heart and the lymph's. They are what help us with our energy. If there's a marking here, in the head here, in the Animation Life, and a marking directly across, in the Leg area, this is called Reflex. This means that the weakness in the legs is causing or can be causing part of the enervation. This person is not moving around enough, or not getting enough exercise.

We also have the same type of markings that can occur in the shoulder or upper back. This is again a right iris, note that the shoulder is at ten o'clock and upper back is at three thirty, four o'clock. Here we have in the shoulder area an open lacunae, and in the lower back, an open lacunae. So we can see that there is calcium and magnesium deficiencies in the spine and back area and also a lot of tightness in the muscular area. Now another way of finding reflex signs is the bowel. Note here that this person has pockets in the bowel; many, many pockets, all these are pockets so they basically have pockets all through the small intestines, they have pockets down here in the Cecum area and they have pockets over here in the ascending colon and also the transverse colon. There's just pockets everywhere.

If there's a pocket in the bowel and there's a lacunae just outside the Autonomic Nerve Wreath, in an organ then that is consider a Reflex. What that means is that the pocket in the colon is creating a weakness in the body. So for instance lets go ahead and look over here at about nine to nine thirty there are several large pockets in the ascending colon and directly outside that area there are very small crypts in the iris structure that are actually attached to the colon. Now this happens to be the bronchial area. What this tells us, is this person, if they're having bronchial weakness, or bronchitis, or various symptoms of the bronchioles. This is telling us that the colon is affecting the bronchioles; the colon is the cause.

So if this person wants to treat their bronchioles, they can treat their bronchioles holistically with Mullen and other types of herbs. But they also need to work with the ascending colon, they need to cleanse the ascending colon, they need to get in there and clean it out with Psyllium and Cascara Sagrada, and other types of herbs. They need to get in there with Colemics and other types of water therapies and clean out this entire area. Once the pockets are clean and the bronchiole tissues are strengthened, the weakness will go away. Of course at the same time the person needs to stimulate their immune system and work with the rest of their body, because this is obviously another chronic eye.

So that's what reflex signs are. Reflex signs show us directly across each other in the iris and from inside to the outside of the colon; from the inside to the outside of the Autonomic Nerve Wreath to the outside and the organ area.

## **Please Stop your Video and Go through Practice Three**

At this point you will learn about Constitutional Iridology. The first area of Constitutional Iridology is basic patterns. The first area of basic patterns is called structure. The structure of the iris is another way of thinking of the constitution of the iris. Now what we're going to do here is instead of looking at an iris and saying it has a strong constitution, a medium constitution or a weak constitution, we will be breaking it down further and saying if it's very tight, tight, moderate, loose or very loose. The reason we do this is because it is simpler, and also we are making sure we do not diagnose. So what I'm going to do is show you some irises with different types of structures.

This first iris here would be considered a very tight structure. A very tight structure is considered a strong constitution. Notice the fibers of the iris, notice how tight everything looks. There are very few Radii Solaris, very few Psora, the fibers are very nice and straight and tight. There are very few Lacunae, hardly any lymphatic rosary, and everything looks pretty nice and clean and tight.

Now this next iris we would consider tight. This is also a strong constitution. Notice here that we still have nice straight fibers but they're a little bit wavy, a little bit wavy going out from the Autonomic Nerve Wreath going out to the perimeter of the iris. When there's a little bit more space in between the fibers of the iris then we can say that it is still a strong constitution, not quite as strong as the previous iris but it is still strong, so we still have a strong constitution, but we will still call this tight.

This next iris we would consider moderate. And moderate basically means medium constitution. Here we have a blue iris with some lacunae, some Psora, some inflammation but what we're really looking at here are the fibers of the iris and how straight they are, or how wavy they are, and we don't see a lot of space, we don't see a lot of lacunae in between the fibers, so we would call this a medium constitution, or a moderate fiber structure.

Here we have a loose structure. A loose structure is considered a weak constitution. Fibers are very wavy with a lot of spaces in between. Notice all of the lacunae all around the iris, many, many lacunae. We still don't consider this a daisy petal, which you'll learn about later, but we know that the structural integrity of this person, of this body, of this iris, is not strong. So we call this a weak constitution, or a loose structure.

Lastly we have a very loose structure, or a weak constitution. Notice the Autonomic Nerve Wreath. The Autonomic Nerve Wreath covers three-quarters of this iris, this means that the bowel is basically controlling the body and the organs. And there is not much space here for you to analyze the organs themselves. Over all, this is a very loose constitution, a very loose structure, and a very weak constitution. So there are five structures. There is very tight, tight, moderate, loose and very loose.

The next area is called the Function. This is the same as levels of inflammation, or diseased stages. Levels of inflammation we already spoke about in this course as well as the Beginning Course. Levels of inflammation include Acute, Sub-Acute, Chronic and Degenerative or Destructive.

Here what we're going to do is break this down into five functions. Now instead of acute, we have hot. Here we have hot, and hot is the same as acute, it is white. Anytime we see overall whiteness in the area, this tells us this body is hot, meaning inflamed, painful, acute. Generally a lot of inflammation in the body.

Then we have what is considered warm. Warm is considered sub-acute, so now we have warm. When the iris is warm, there are still some white markings in the iris but what you mostly see is the fibers of the iris. You see the Autonomic Nerve Wreath here that is very white and acute, some iris fibers that are white and acute so you know that there is stress, there's a little bit of inflammation and probably some pain, but mostly you're looking at a pretty standard iris. So this we would consider warm, a little bit more acute than the person should be, the person would need to change their diet to a more alkaline diet, as would the person that has a hot function.

Here we have what we would consider normal, or moderate. Note that there is some acute areas in this person's body and there are also some chronic areas, such as the skin out here is a little chronic and the bowel is chronic. Then there are other areas that are a little bit acute. If you put all of these together, average them out then you can come to pretty much basically a moderate function.

Here is a cool function. Not because it's a brown iris, but because there's a problem here with circulation, A Calcium out of Solution ring, beginnings of hardening of the arteries, there's a problem with calcium here, beginnings in the pupil, a hazy pupil. Also we see that the Autonomic Nerve Wreath is what we consider washed out, which I will talk to you about in a later area. So notice that is very difficult for you to see the Autonomic Nerve Wreath. Over here at the descending colon, we can see the Autonomic Nerve Wreath, over here at the small intestines (note that this is the left eye) we cannot see the Autonomic Nerve Wreath, so we know this person is enervated, plus the pupil is a little bit large, so we know that this is a little bit cool, a bit cold. This person doesn't have as much energy as they should, they tend to have cold hands and feet, and we can see that they do have Anemia in Extremities here on the outside. We also know that they need to heat up a little bit. They need to stimulate their body, they need to increase their exercise, stimulate blood up into the head, and stimulate circulation to the extremities. So we call this cool.

Lastly we have what is considered cold. Now cool and cold, cool is chronic, while cold is more degenerative, or destructive. Notice the hardening of the arteries. This person has had a stroke. Notice the very hazy pupil, the large Autonomic Nerve Wreath. Notice the dark pockets and dark lacunas, more of a chronic or degenerative nature. Overall, this is cold, very chronic. We also have anemia in extremities, also Arcus Sinilis. So when we're looking at an iris to determine what level the function is, we look to see the color.



Again there are five functions: First hot, then warm, then moderate, then cool, and then cold.

### **Please stop your video and go through practice Four**

The next area of basic patterns is true eye color, weaknesses, and then colors. We've already covered this partially in the beginning course and a little bit already in the intermediate course, but I want to go over this a little more for you in a constitutional sense. There are basically three true eye colors: there is blue, there is mixed, and there is brown. A true blue eye is pretty much solid blue or gray blue with no discoloration or Psora. Notice in this iris there is a little bit of discoloration, but this is still a true blue eye. Most of the Psora or pigmentation or coloration is located right around the Autonomic Nerve Wreath. This tells us that the bowel is leaking toxic material from the inside to the outside, basically from the bowel, or from the transverse colon, the ascending colon, it is leaching out of the bowel and into the tissues of the body. Otherwise this is a true blue eye and we can tell that again by the fibers that are moving from the Autonomic Nerve Wreath to the perimeter of the iris.

Blue-eyed people tend to be from European descent, they tend to be prone to lymphatic disturbances and catarrhal afflictions. They tend to be heavy consumers of dairy products and a greater tendency to accumulate uric acid in their bodies, uric acid is what the kidneys eliminate and they also tend to have kidney troubles. The body systems and parts that people have to pay particular attention to are mucus membrane areas, such as upper respiratory tract, bronchioles, villi of the lungs, the digestive tract and the uro-genital tracts. They also need to pay attention to lymphatic issues, such as tonsils, appendix, spleen and lymph nodes as well as membranes of the joints. Health problems tend to be sinus trouble, sore throat, tonsillitis, ear-aches, bronchitis, asthma, swollen lymph nodes, skin catarrh such as eczema and dandruff, kidney weakness, arthritis and rheumatism.

This eye is a mixed biliary eye. We know this because not only do we have the fibers moving from the Autonomic Nerve Wreath to the perimeter of the iris but we also have this orange pigmentation in the fibers of the iris. Now a lot of times we'll see this orange or yellow pigmentation sitting on top of the iris such as this lymphatic rosary. This lymphatic rosary looks like its just sitting on top. But here in the bowel area and around the bowel area it does not look like it's sitting on top, it actually looks like its in the tissues of the iris. When that's the case, when the color or pigmentation is in the actual iris, then we know it's a mixed biliary eye. A mixed biliary eye shows up with discolorations or Psora, drug spots, on top of a blue background, the fiber structure is still visible through the color and yes we can see some fiber structure in here, in this area. Also here in the sinuses we can see some fiber structure.

The tendencies tend to be biliary or hepatic liver troubles. Its believed that the colorations on top are a sign of toxicity in the body due to digestive troubles. So this person tends to have digestive disturbances, problems with the liver and other digestive organs. Also this can lead to further imbalances in the glandular and circulatory systems. The body systems to pay attention to is the digestive system, which includes the stomach,

the pancreas, the gall bladder and especially the liver, as well as the intestinal tract. Health problems would include hypoglycemia, PMS, indigestion, gall stones, constipation, gas, toxicity of the digestive tract, anger and or depression, difficulty getting to sleep followed by difficulty waking up in the morning, nausea, stiffness and achiness, headaches, especially migraine headaches, food allergies, seasonal allergies and Candida.

Here we have a true brown iris. Now in a true brown iris, we cannot see any fibers outside the Autonomic Nerve Wreath. So here is the Autonomic Nerve Wreath, going around the pupil very nicely. Notice the pupil is large and anytime the pupil is large like this of course its going to change the iris. But notice outside the Autonomic Nerve Wreath there are no fibers. This is because the pigment completely covers up the fibers of the iris. Now this is a lot more difficult, a brown eye is much more difficult to analyze than a blue eye, simply because we cannot see all the pretty colors, we can't see a lot of the markings we can see in a blue eye iris and so a lot of iridologists have difficulty in reading brown eyes.

Now the tendencies for a brown eye, this type of person would be predisposed to imbalances in blood composition, and to blood disorders. Its possible they might have an inherent inability to store adequate supplies of minerals, and they may especially have problems with calcium metabolism. The systems and organs that these people need to pay attention to are the circulatory system, which includes the heart, the blood and the blood vessels, the organs that make the blood, which include the liver, the spleen and the bone marrow; and the digestive system and the endocrine glands. So you can see that a brown eye needs to pay attention to everything that a blue eye would need to pay attention to as well as everything that a mixed eye would need to pay attention to.

If we go back to the blue iris, lets talk about weaknesses. The weaknesses for a blue eye would tend to be respiratory and lymphatic. Note this person has a little bit of a lymphatic rosary, also notice there is weakness here in the bronchioles, stress in the lungs, weakness over here in the breast, and there are other types of lymphatic weaknesses and respiratory weaknesses in this iris. In a mixed iris, its mostly digestive weakness. Notice the colon and how dark it is. Over here we have the gall bladder area, notice it's acute. Liver area, we have a lymphatic rosary going through the liver as well as an acute area here in the liver area. Pockets in the colon, all around the colon. Also weakness here in the pancreas. So this has to do with digestive weakness.

Brown eye, normally circulatory, we have anemia in extremities, of course most people have anemia in extremities. This particular eye doesn't really have hardening of the arteries, so this person is taking care of themselves. But they do have a little bit of Arcus Sinilis. We know that they have some glandular imbalance, the pupil is very large, which tells us there is adrenal fatigue and so on.

The common health problems for a brown iris would include anemia, hardening of the arteries, all types of blood diseases, constriction and hardening of lymph tissue, possible reduced leukocytes in the blood, digestive troubles, mineral deficiencies and early

breakdown of the endocrine glands. So you see in all cases its very important that all three eye colors take care and eat well, exercise well and take care of themselves.

The next area of constitutional iridology and basic patterns is considered colors. Here we have five colors. We have yellow, neon orange, dirty orange, brown and reddish brown. I went over this already in the beginning course but I'm going to review again for you.

Yellow, which is at the very bottom or the first layer of pigmentation on top of an iris, relates to the kidneys. This suggests poor kidney function, it suggest a build-up of uric acid. Also this can have to do with mucus, notice in the sinus area when you're looking at your clients, look in the sinus area to see if there's a lot of this orange and yellow pigmentation in the sinus area. Especially if the person is complaining of allergies and sinusitis. Otherwise, if you're looking at a blue iris, as this is, and you see a lot of this yellow pigmentation, we know there is kidney weakness. This is the left eye, note down here at six-thirty, this is the kidney area, we definitely have a weakness here in the kidney area.

Next color is neon Orange. Neon Orange which would look something like this, or here in the sinuses or the Autonomic Nerve Wreath, there's quite a bit of orange in this iris. We don't see this quite a lot, but this relates to the pancreas and it suggests a tendency to blood sugar imbalances and problems with digesting or metabolizing carbohydrates. So if a person like this comes to see you, you notice a lot of this neon orange pigmentation in their iris, you may be able to tell them that they have a tendency to blood sugar imbalances, but you cannot diagnose them. You cannot tell them they have hypoglycemia and you cannot tell them they have diabetes, but what you can tell them is that it looks like there's an imbalance in blood sugar. Of course the pancreas is not on this side of the iris, this is a left eye and so its not in this iris and neither is liver so we can't confirm that in this iris.

The next color is dirty orange. We do have some dirty orange pigmentation here, and also a little bit on the Autonomic Nerve Wreath and dirty orange may relate to pancreas or the gall bladder. It can suggest gall bladder problems. You would normally notice markings in the gall bladder zone or you could also see fatty deposits in this whites, or sclera. The white of the eye is called the sclera, and there is a completely different study, called Sclerology, that I suggest all iridologists study, because reading the sclera is as important as reading the iris, but fatty deposits would show up in the sclera near the nose area. It kind of looks like a fatty deposit on top of the sclera, and if we see this then we know there is weakness in the gall bladder, weakness in the liver and we know that there's an inability to break down fats and proteins in the body. The person would need to build up the liver, build up the gall bladder, possibly do some liver/gall bladder flushing and work on their anger, since anger and fear are both held in the liver. Stress affects the liver, so this is an area that breaks down very easy. It is also luckily an area that heals very rapidly, so working with the liver and the gall bladder is something that is pretty easy to do.

The next color is dark brown. We have some dark brown in this iris, some dark brown pigmentation. This usually relates to liver function. So not only are we seeing orange in this iris, we're seeing yellow in this iris, we're seeing dirty orange, we see fatty deposits and now we're seeing these brown pigments. So we do know there is blood sugar imbalance, kidney weakness, we also know that there is weakness in the liver/gall bladder and we would know how to work with this person.

The last color is reddish-brown, and we have some reddish-brown here, some of these look both, reddish-brown and dark brown. This suggests a breakdown in the blood and a need to work with blood purification and building. Also an inability to store iron. Possible problems with liver, spleen and bone marrow. So there again, liver comes up again and then the lymphatic system, the spleen and the bone marrow come up.

So whenever you see any of these colors of pigmentations in the iris its very important that you inform your client what is showing up in their eye. This way they can determine what the best form of treatment is; if they should do cleansing, or if they should do blood cleansing, bowel cleansing, if they should use Colemas, if they should do enemas, if they should do other types of water therapy, if they should use herbs or Bentonite, and also depending on their constitution or their structure, this will also tell you if they should cleanse or if they should build. Its very important when you're looking at an iris and you're talking to a person, depending on their lifestyle, depending on their structure, this will determine if they're strong enough for cleansing or if you need to build them for six months.

### **Please stop your video and go through practice Number 5**

The next area of constitutional iridology is called Personality Fiber Structural Typing. We'll be going through the Personality Typing, and then we'll be going through Nerve Wreath Signs, and determining the Dominant Side. When we're talking about Personality Typing, what we'll be doing here is looking at the iris of the eye and determine what type of personality this particular person has. This is very important to learn because it will then tell you how they deal with life. It will tell you how you should work with them, it will tell you if you can cleanse them, if you can build them, how they relate to various stresses in their lives, what their problems may be, what the therapies should be, their emotions, what body systems and organs would be weak. This is all based on personality.

Now there are four basic personality patterns. These are based on the Rayid mode: the flower, the jewel, the stream and the shaker. What I'm going to do is go through this for you, and give you the German, the Jensonian and the Rayid names for each one of these personality types and then I'm going to tell you which body systems and organs tend to be weak, what the problems are, what the therapies are and their emotions.

The first pattern is called Emotional/Spontaneous. There are two sub-types to Emotional/Spontaneous. There's what's called the Connective Tissue Type, which is the iris that you're looking at right here. In this iris we see many lacunas and no Psora. In

German Iridology this is considered the Connective Tissue Type, in Jensonian Iridology, this is considered a weak constitution and in the Rayid Iridology it is considered a Flower/Emotional Type.

In this iris there tends to be a lack of structural tone in the connective tissue in the body. Wherever there are lacuna there tends to be structural weakness. If a lacuna is dark, then that area of the body tends to be weak. Notice all of these lacuna and how dark they are, they are all chronic. This type of personality, the problems they would have, they would have a lack of tissue integrity and this would include problems such as hemorrhoids, varicose veins, prolapsed colon, organ misplacements, hernias, subluxations and structural misalignment.

These people would tend to have glandular and especially adrenal weakness. Notice the pupil, its enlarged, this tells us there is adrenal fatigue and adrenal weakness. Notice the Autonomic Nerve Wreath, now I haven't taught you about this yet, but if we have difficulty seeing the Autonomic Nerve Wreath as we over here its considered washed out. This means that the person is enervated, or has adrenal fatigue, and we will cover that later in the course.

They may have problems assimilating or utilizing structure-building nutrients, such as calcium, vitamin C, bioflavonoids, silicon and protein. Basically their entire body needs to be built and tonified. Herbs such as raspberry, comfrey, nettles, oat straw are beneficial. Calcium, protein and Vitamin C, silicon and minerals for the digestion are also beneficial. So is bowel cleansing with fiber. So things like Cascara Sagrada and psyllium. They tend to be strong emotionally. They may live longer and healthier lives than someone with a stronger constitution. This is what we call emotional/spontaneous, a connective tissue type.

Here we have a polyglandular type or what is also called a "Daisy-Petal Eye" or a "Ring Around the Collaret". This eye type has many lacunas encircling the Nerve Wreath. Here we have the Nerve Wreath, notice how large it is. Notice all of the lacuna outside the Nerve Wreath, and they are all over, they are all around this iris. Now when somebody comes into your office with an eye looking like this and they sit down in front of you and you start looking in their eyes, it is very, very difficult to tell the difference between the structure of the eye or the constitution of the eye and the inherent weaknesses. The first thing that most Iridologists would tend to do would be to go through the eye, look at all the lacunae and tell the person that all these areas in the body are weak. Of course, if you do that, you'll probably have a person crying as their walking out of your office. So its very important that when you're looking at an iris and you're telling a person what their inherent strengths and weaknesses are, that you do both, very important that you tell a person their inherent strengths as well as their inherent weaknesses. Everyone needs to know where they are weak so they can heal those parts of the body, but it's also important to know what areas are strong, that's very important. Now this iris also has a lack of structural tone in the connective tissue of the body. The way we can tell this is because of all the space between the fibers. The fibers are very wavy, there's a lot of lacunae, a lot of space and connective tissue weakness. Again,

wherever the lacuna's lay, there can be structural weakness, and if a lacuna is dark, then that area of the body tends to be sluggish. So if we look here at this lacuna or crypt, we can see that this is chronic. This would tend to be very sluggish in this area in the body, whereas these other lacuna these are mainly sub-acute. We've got a little bit of chronic up here at one-thirty, two-o'clock and so we know that these areas are more chronic.

Now this type of personality tends to be prone to insufficient excretions of the glands such as the pancreas, the gall-bladder, the adrenals and other glands. They also tend to have digestive troubles, trouble with the heart, the liver and the kidneys. Here the entire body needs to be built and tonified. Again the herbs such as raspberry, comfrey, nettles and oat straw are beneficial as well as calcium, extra protein, vitamin C and silicon. Minerals for digestion are beneficial as well as bowel-cleansing as well with fiber.

Emotionally these people tend to respond to life with deep feelings and emotions. They are very 'flowery' and 'showy', but lack staying power. They tend to be very loose and open with their feelings. So if you know of anybody that you can sit in front of them for ten minutes and they'll tell you their entire life history, then if you look at their eyes, chances are they may have a polyglandular type. These people learn best with their ears and respond with visual output such as dramatic gestures, especially circulatory ones.

Pictures, visual descriptions and comments like "look", and "I see". They tend to explain decisions in terms of "I feel", "I feel this," "I feel that." They use round sounds such as "oh," "okay," and "ooh" when they like something or don't like something. When they're excited or stimulated, they're very spontaneous and impulsive. The thing they need to learn is how to be controlled and reserved with their energy. They need to learn to be a little more conservative and they tend to be attracted to analytical thinking types in long term relationships.

The next iris we're looking at here is considered Analytical/Thinking. In an Analytical/Thinking iris what we're looking for is many Psora and no Lacunas. The German call this Psora, the Jensonian calls these Drug Spots, and Rayid calls this a Jewel. This is because there are all of these Psora all over the iris. Once in a while there will be a small lacuna but normally in an iris that is Analytical/Thinking we don't have any lacunas.

This personality type tends to have a breakdown of blood due to liver problems. The colors indicate which organs are involved, so here we have a dark brown and a reddish brown. This tells us liver, inability absorb or retain iron. All has some orange which tells us there are some blood sugar imbalances. Pancreas, liver again, got some yellow here, which has to do with kidneys so there are several organs involved here. This indicates a tendency towards a tense, rigid condition in that area of the body. Where the Psora are in the iris tells us that there is a rigid and tense condition in this part of the body. And these rigid conditions often leads to an accumulation of toxins and metabolic waste.

The organs tend to accumulate toxins and the body needs to be cleansed. This person is prone to liver and blood sugar problems, toxic accumulation and stagnation of energy.

The Psora represent 'hot spots' which tend to build energy and heat. Chances are if you have a client in front of you with this type of marking in their eye they probably have pain in all these areas of their body. They tend to be very tight and tense and very painful.

This person would require cleansing and releasing therapies to remove the toxins. Bitter and relaxing herbs would be beneficial and foods such as lobelia, valerian, yellow dock, dandelion, burdock, , vitamins such as B-Complex and minerals such as magnesium and increased Oxygen.

As far as emotionally the spots represent a 'hidden' or 'closed' nature. This person responds to live with thought and analysis. They would need to figure everything out; why is the sun the color it is; why does it work the way it does; why does this need to be done that way; and why should that be done this way. Also figuring everything out, they need to know what makes things tick. They input visually and are likely to have a 'show me' attitude. "Okay, so you tell me that this works, show me, prove it, tell me."

Their initial attitude may be skeptical but once they're convinced they are much more likely to stick with it. They are also convinced by reading. They're convinced by reading, they're convinced by 'show me.' They think a lot and tend to explain their decisions in terms of "I think this" and "I think that." "I think you should do this" and "I think you should do that," and "I think this is the way things work" and so on. They output with words and enjoy technical and precise language. Their output will tend to be more reserved, gestures pointed and controlled, and sounds subdued and sounds subdued and 'closed', like "uh", huh", "ah". These people need to learn to let go, to relax, to enjoy life a little. To understand that not everything has to be analyzed and figured out, some things are just the way they are.

The next personality type is considered Active/Kinesthetic. Here we have very straight and fine fibers with an absence of Psora and Lacunas. The Germans calls this Neurogenic, Jensonian calls this a Strong Constitution and the Rayid calls this a Stream. This tends to be a balanced fiber structure. There are no areas of extreme laxity, no lacunas and no areas of extreme rigidity such as Psora. There are just fairly straight eye fibers. And we're talking about the fibers that are going from the Autonomic Nerve Wreath to the perimeter of the iris.

They have a pretty sound physical structure and these people can give their bodies a great deal of abuse without having them break down. The problem these people tend to have, they tend to abuse their bodies with way too much work. Don't we all? They tend to have a tendency towards nervous and stress related disorders such as central nervous system weakness, headaches, vascular spasms, heart attack and stroke, ulcers, skin eruptions such as shingles, rashes under stress and MS.

These people would benefit from Nervine herbs such as chamomile, lobelia, passion flower, hops, skullcap and valerian. Meditation may also be helpful. Also there's a need for them to take time for themselves instead of spending so much time caring for others. This is a person that puts themselves aside and take care of everybody else first. They are

physically oriented, they learn through touch and movement. They respond to life with action and try to keep things running smoothly. You could consider this person a moderator. They often feel responsible for everything and have difficulty letting anything fall through the cracks.

Notice the eye fibers and how nice and tight they are. We don't see hardly any space between these eye fibers. This usually tells us this person has difficulty letting things go. They don't let things 'fall through the cracks', so to speak. These people need to learn their own limits, to know when to stop and rest, or recreate themselves through recreation. They tend to use sounds like "mm" or "Hmm" when they are touched or affected by something.

The next personality type is what we call Robust Neurogenic. This also has nice straight fibers but these fibers have a slightly wavy appearance, similar to combed hair. Notice the fibers from the Autonomic Nerve Wreath to the iris. They're nice and straight but they're a little wavy; it does look like combed hair. This is also a balanced fiber structure. Also a sound physical structure. These people also can give their bodies a great deal of abuse without having them breakdown. These people also tend to nervous system problems, and would benefit from Nervine herbs such as chamomile, lobelia, passion flower, hops, skullcap and valerian. Meditation would also be helpful, and these people also need to learn to take time for themselves. Emotionally, these people are able to let things 'fall through the cracks', so they don't tend to burn themselves out with as much stress quite as often.

The next personality type is what we call Innovative/Extremist. This personality or this iris has both Pigments and Lacunas in the same eye. This, in German there is no name, same thing in Jensonian, but in Rayid we call this a Shaker. This person can be extremely emotional, extremely analytical or extremely kinesthetic depending on the dominant pattern in their eyes.

They tend to have a lot of varied health problems. They have to constantly alternative between cleansing and building to stay healthy. Usually that's done on a three to six month basis. So if you have a client that comes to you and has this type of iris, first you may want to build them, so you would build them for six months, then you would put them on a cleanse for three months, then build them for six months, and so on. So they are alternating. You need to be sure you don't constantly cleanse this person, or anyone for that matter. No one can always cleanse. You need to build in between the cleansing, its very important.

This person tends to be prone to multiple health risks and have a reduced functional capacity. They're less likely to take care of themselves. They tend to have an open nature and a closed nature also, so they tend to be at war with themselves because they have both the emotional type as well as the analytical type personality. They're seldom content with the status quo and feel impelled to be out on the fringes. They tend to be at the cutting edge of change and tend to be very creative and innovative. They move 'to and fro' because they are trying to reconcile the opposites within themselves.



Now at this point we have mixed types. I just went through the basic patterns. There was Emotional/Spontaneous, with two sub-types of connective tissue type and polyglandular. Then we have the Analytical/Thinking type, then we have the Active/Kinesthetic type, and we have two sub-types there, there was Robust/Neurogenic and Delicate/Neurogenic. Then the last basic pattern was Innovative/Extremist. Now a lot of times people won't fall into one of those four categories. It just doesn't happen. And many times they don't fall into those areas so we have possible mixed-types. We have five possible mixed-types.

These include Emotional/Kinesthetic, Analytical/Kinesthetic, Emotional/Extremist, Analytical/Extremist and Kinesthetic/Extremist. This iris type is Emotional/Kinesthetic. They have a few tiny lacunas, but otherwise straight fibers, so notice there are some pockets, but outside the pockets there are a few small lacunas. Otherwise the fibers are fairly straight. This would probably be a tight to moderate function. These people are doers who have a great deal of feeling. They tend to over empathize with people's emotional needs and they feel overwhelmed because they are unable to take care of everyone's problems. These people want to take care of everyone. They want to take care of everybody, do for everyone and that's impossible. These people need to learn how to detach themselves. And they need to learn that they don't need to fix everyone, there's no need to fix anyone, people are fixed, already.

Here we have what's considered Analytical/Kinesthetic type. We have one or two Psora, otherwise straight fibers. So here we have one, two Psora, we have a couple other small Psora here, and actually if you look at this iris, if you notice here that there is a red blood vessel in the iris. Now normally a red blood vessel is on top of the iris fiber and this is usually considered a 'hot spot', and here we have another one. There's actually several in this iris. We don't see these a lot. There's another one. When we see these this tells us that these areas are hyper and they need to be taken care of right away, they need to be paid attention to immediately. It's very important. Okay, so this is an Analytical/Kinesthetic. These people are doers who tend to be analytical. They tend to be calm, caring people who can readily see the needs of other people. So Analytical- they need to analyze things, Kinesthetic- they're very feeling, touching, so they have both personality types.

The next personality type is Emotional/Extremist. Here we have a lot of Lacunas and few Psora. Notice in this eye we have one large Psora, actually we have another small Psora here, but otherwise we have loose fibers but a lot of lacunae in between the lacunae. This isn't considered a daisy petal but it is considered a looser structure and a weaker constitution. These types of people tend to be very flashy and charismatic; they're good at leading groups, they expressive their creativity and inventiveness through their feelings and spontaneity.

Here we have an Analytical/Extremist. When we see this type of eye, this has a lot of Psora and few lacunae. These people tend to be self-reliant, strong willed and forceful. They express their creativity and inventiveness through their words and thought. Notice this type of person would be analytical, so they need to know 'why'. This person would

study a lot, go to a lot of seminars, take a lot of classes. They need to know why they're around, why they're alive, why they're on this planet, where do I go from here. They're extreme about. They're the kind of person who has to have fifty certificates on their wall, they couldn't just have three or four, they'd have to take every class they'd heard of and have every certificate up there. Of course they'd be very knowledgeable also, but this is someone who is extremely analytical.

The last mixed personality type is considered Kinesthetic/Extremist. In this personality or in this iris we have several tiny lacunae and several tiny Psora. So here we have a small Psora, here we have a teeny-tiny Psora, here we have another. WE have a small lacunae here, another here and here. This is considered a Kinesthetic/Extremist. These people are driven to extremes of action. They express their creativity and inventiveness through their bodies. Kinesthetic meaning that they feel a lot, and they are extreme so they always need to feel something, they always need to feel good, or feel something through their bodies.

## Please stop your video and go through Practice Six.

Now we're going to talk about Nerve Wreath Signs. This is also part of constitutional Iridology. When we're talking about Nerve Wreath Signs we're talking about how close the nerve wreath is to the pupil area. Here's the Nerve Wreath. It goes nicely around this area here, around the bowel, around the small intestines, around the large colon, just comes right around. Now note that this Autonomic Nerve Wreath in some areas takes more than half of the iris. This is considered flaccid or Atonic, Loose or Public, Public meaning the person is an extrovert, they're public. They'd be the life of the party, they'd be the person you'd want to take to the party, they'd be standing on the tables dancing. Very outgoing, very extrovert, a lot of fun to be around. This also means that the bowel tends to be Atonic, or ballooned. The bowel lacks muscular tone. This person would suffer from constipation due to sluggishness or looseness rather than tension.

This person would benefit from Cascara Sagrada and other stimulate laxatives, Psyllium, Bentonite, bran, black walnut, calcium and Citrus bioflavinoids. So this is considered a loose nerve wreath, Flaccid/Atonic, Loose/Public.

Here we have a balanced Nerve Wreath. Balanced meaning it nicely goes around the colon here, nicely goes around the pupil. The pupil in this iris is a little bit enlarged so if you imagine the pupil a little bit smaller, normally a balanced Autonomic Nerve Wreath is about half-way or a little less between the assimilation ring and the perimeter of the iris. So here we see the Autonomic Nerve Wreath and we know this is balanced. This also means that this person has a balanced personality. They're not very extrovert, they're not very introvert, they like to spend time at home alone, reading a book, but they also enjoy going to parties. They wouldn't be one of the ones standing on a table dancing, but nor would the type of person that would stand next to the punch bowl or be a wall flower. This person would just go and have a good time. This person would also tend to have pretty normal, balanced bowel movements. They would tend to be pretty regular,

wouldn't have a lot of problems with constipation or diarrhea, just pretty even keel, pretty balanced.

Here we have what's considered a Constricted or Spastic bowel, or a Tight or Private Nerve Wreath. Notice how close the Autonomic Nerve Wreath is to the pupil. And this is isn't even that close, there are other irises where the Autonomic Nerve Wreath is so hard to see because its right next to the assimilation ring. This person tends to be a little more introvert, more private, they would tend to go to a party and be a wall-flower, that's pretty typical. The bowel is too tense, tight or spastic. Notice here in this area at five o'clock, the bowel comes in tight, it comes in towards the assimilation ring. This is an area of stricture or spasticity. This area would tend to cramp, this person would have a tendency to have a crampy bowel.

Constipation is caused by nervous tension and muscle spasms. The bowel function would be erratic. This person may go several days without a bowel movement and then they may have two or three. They could also have alternating constipation and diarrhea. They would benefit mostly from Nervine herbs such as lobelia, valerian, blue vervain, passion flower, slippery elm, as well as magnesium. You would not want to give this person Cascara Sagrada as this person would cramp. If you want to give this person an Cascara Sagrada is at least the third or fourth ingredient in the combination, because if its one of the first products in the combination then the person would cramp, it would be too strong.

Now lets talk about the Colon Line. With the Colon Line, we've already covered this in the Beginner and the Intermediate Course but we're calling it something different now, we're calling it a Colon Line and we're trying to determine if the Colon Line is pocketed or Spastic, indented, collapsed or prolapsed, double touching or touching with adhesions. The Colon Line is simply the Autonomic Nerve Wreath, and here it is. So we're looking to see if there are pockets, which there are, so we know there are pockets and you already know what the pockets mean. It means that its spastic. We're looking to see if its indented, indented meaning strictured. I don't see any indentations here, maybe a little bit on this side.

We're looking to see if its collapsed or prolapsed, remember that always happens with the transverse colon where it comes down, this is a little bit prolapsed, it does come down a little bit here at the top of the transverse colon, and we're looking for double touching, touching adhesives, this is due to surgery or illness and it causes adhesions in the colon. This is where the Autonomic Nerve Wreath comes in very close here to the assimilation ring. When it comes in it strictures, and it double touches. We don't see that very often, once in a while we'll see it. This iris does not have a double touching marking. These are the colon lines. Again, pocketed or spastic, indented or strictured, collapsed or prolapsed, double touching or touching adhesions.

Now we're going to talk about Special Signs. We're still talking about the Autonomic Nerve Wreath. There are three areas in the nerve wreath signs. There's the closest to the pupil, which we talked about, there's the Colon Line, which we just spoke about, and now there are Special Signs, the Special Signs are Thick/Pronounced, which means Over

Activity or Irritation, Thin/Washed Out or Low Vitality and Discolored or Overactive-Irritation.

Now here we're looking at the Autonomic Nerve Wreath only. Here's the Autonomic Nerve Wreath. We're not looking to see how loose or how tight, or how large it is, we're simply looking at the color of the Autonomic Nerve Wreath. Notice how this Autonomic Nerve Wreath is all of the above; its thick, its thin, its washed out over here, we cannot see where it connects on this side of the iris. And it is also discolored, meaning pigmented, there's pigmentation here at the top above the transverse colon. Now there are certain irises that will look normal, there are others where the entire Autonomic Nerve Wreath will be washed out, of course that means there is enervation.

There are areas where it would be thick or pronounced; this usually means that there is over-activity and/or irritation of the Autonomic Nerve System. Now the Autonomic Nerve System controls all your autonomic functions, such as respiration, heart beat, anything automatic. Anytime that the Autonomic Nerve Wreath is thick or pronounced, it could be a sign that there is a toxic absorption from the intestines into the blood and lymph. Anytime the Autonomic Nerve Wreath is washed out this tells us that there is low vitality of the Autonomic Nerve System. It means there is adrenal fatigue, low vitality. Anytime there's a break in the Autonomic Nerve Wreath, this suggests areas of the body where there is poor nerve supply. There could be pain or numbing, there could be other symptoms as well. And anytime the Autonomic Nerve Wreath is discolored, this also tells us that there is over-activity and or irritation of the Autonomic Nerve System. It also suggests toxic absorption from the intestines into the blood and lymph.

Now here what we're going to discuss is what's called the Dominant Side. This is another Constitutional Iridology marking, the Dominant Side. And with the Dominant Side what you're trying to do is determine which side of the person's body is dominant. Is the right side dominant or is the left side dominant. If this right side is dominant which means the right iris is stronger, that would mean that the person tends to be left-brained, or yang, which means they tend to be more analytical. If they're left side is stronger, or left iris is stronger, less lacunae, less Psora, less markings, tighter fibers and so on, then they would tend to be right brain dominant or yin. Or, more intuitive.

So let's take a look at this iris here, this is the right iris. We can tell that because the nose is over here, this area is open in the sclera, its always squared off over by the nose and the sclera always comes to a point towards the outside, the ear area. We can also tell that by the distance of the pupil from the perimeter of the iris. Note that the pupil is usually closer to the nose than it is to the outside of the eye. So lets look at this iris here. What do we see? We see Psora, we see quite a bit of pigmentation, we see Nerve Rings, we see Anemia in Extremities, we see a little bit of Arcus Sinilis, an enlarged pupil, the Autonomic Nerve Wreath is just moving around really nicely, there doesn't seem to be any strictures but there are definitely some pockets going on here, there's some Radii Solaris coming up in the sinus area. There are some open lacunae over here in the upper back area. Psora looks like its in the bronchiole area, and as far as the structure, it

looks pretty good. I would say it looks like a moderate structure. Function would probably be more of a chronic nature.

Now here is the left eye. Lets compare. Here we have several small Psora and pigmentation, stress rings, anemia in extremities, a little bit of Arcus Sinilis, Raddi Solaris going into the head area. The small intestines is a little bit strictured here; with pockets in the colon. No real lacuna in this iris. Now lets go back to the right. There are lacuna in the right side of the body but not the left side. There are Psora in both sides, there are Raddi Solaris in both sides, nerve rings in both sides, anemia in extremities in both sides. Large pupil in both sides. So we'll say that the right iris is stronger because there are no lacunas in the right iris. This tells us that this person is left-brained or yang, and this person tends to be analytical in thinking.

So, now that you've learned about the beginnings of Constitutional Iridology, you can now tell quite a bit about a person, just by knowing the structure of their eye. Just from knowing the structure of their eye you can determine what kind of treatment they need. If the structure is very tight, tight or moderate, you can cleanse that person. If the structure is loose, or very loose, you should build that person before you cleanse them. If you cleanse someone that has a loose or very loose structure, chances are they will get very ill. They will not be able to cleanse properly, they will not be able to follow Herrings Law of Cure, or succeed at bringing on a healing crisis. They will just get sick; and blame you. So its very important to know the structure and the personality type.

Also important to know the eye color, once you know the eye color it tells you their tendencies, it tells you their inherent strengths and weaknesses. Now that you've learned some of the constitutional iridology, you can look at someone's eye and within ten minutes you can tell them pretty much all about themselves. You can tell them about their personality, you can tell them what their inherent strengths and weaknesses are and so on, very easy.

By looking at the different colors in the eye you can tell the person which organs are malfunctioning, or which organs are not malfunctioning, or where there may be tense areas or where there may be chemical deposits and weaknesses. So Constitutional Iridology makes things a lot simpler, simply because we're looking at the basic patterns. We're not diagnosing, we're not telling the person they have a dis-ease, we may see for instance a person that has inflammation in their joints, diagnosis for that would be arthritis. Arthritis is the diagnosis for inflammation of the joints. Us being iridologists, we cannot diagnose, so what we tell the person is that they have inflammation of the joints. We will not tell them that they have arthritis. Same thing with seeing the pigmentation in the iris, such as this iris. Again, if we see the orange pigmentation in the iris, this tells us that there is blood sugar imbalance, but it doesn't tell us if the person has diabetes or hypoglycemia. It simply tells us there's an imbalance, and foods, vitamins, minerals and herbs, which are considered foods, if used properly can rebalance the body, the tissues, can rebuild the cells of the body. So this is where you want to lead your client. You want to tell them where they have strengths and weaknesses, and you want to tell them, once you've told them their weaknesses, what the best form of treatment is. Of

course you don't want to prescribe, so the last thing you want to do is tell person that they have a blood sugar imbalance and should use Chromium or that they should use Juniper berries, or cranberries, or whatever they should use.

The best way to work with a person is to give them the historical information, or if you've had experience, or if you have a client who has had the experience, or if you have read a book where all this information is written by someone who has done a lot of study. You can tell them that historically, such and such products or herbs or vitamins or minerals have been used for those particular symptoms. Therefore you are not prescribing; and since you are not a doctor, you cannot prescribe without a license; you are not allowed to prescribe.

This leads us into the next area, is again constitutional iridology and then in the very end we will cover vitamins and minerals in which I'll give you a little bit more information as to which vitamins and minerals are beneficial for which organs and systems of the body.

## Please stop your video and go to Practice 7.

Today we're talking about Constitutional Iridology, the major signs and constitutional sub-types and specific signs.

The first major sign and constitutional sub-type is called the Stomach Halo. This is the same as the assimilation ring that we've been talking about previously. The Assimilation Ring is either over-acid or under-acid. Here what we have is what's called the Stomach Halo. Now the Stomach Halo shows up in the same place as the Assimilation Ring, which is the center of the iris. We also have still the Assimilation Ring directly next to the pupil itself. Now when we're looking at the Stomach Halo we should determine if its under-acid or over-acid. This is very important. However, no matter what color it is, it always suggests weakness of the stomach and nervous poor digestion. And so because this is a mixed eye, of course we can determine that the stomach should be a lighter color. This is telling us the stomach is under-acid here. But in a blue eye, for instance, this area should be blue. If it is white then it is telling us that there is definitely a stomach halo. If it is a dark anything other than a blue, if its an orange or a yellow, or a gray color, then we know that it is under-acid.

So no matter what color the stomach halo is, it suggests weakness of the stomach and tense and poor digestion. Digestive enzymes and tonics are always excellent for this area. This is also called, as far as personality typing, this is called the Ring of Perfection, because this type of person, the type of person that has a stomach halo, is usually the type of person who will say something is done the right way, or the wrong way. They're usually the type of person that needs to be right.

The second major sign is Rarii Solaris. Now we've gone over this previously in this course. Lets talk about the Rarii Solaris lines a little bit more. These are called Toxic Leakage and Parasite Activity. They're signs of nervous system weakness, which creates a weak area in the digestive tract. This allows for increased toxic absorption at the site of

what's called auto-intoxification. Auto-intoxification is basically the way you make yourself sick. You reabsorb toxic material that you should have eliminated. This can affect the organ in which the Radii Solaris run through and this is done through reflex.

Note where the Radii Solaris begins, it begins in the small intestines, this is the small intestines; this is the left eye. Always note that the left eye ends in a point here and by the nose it is always open. Note here this is the small intestines. We have Radii Solaris. Now we have two types of Radii Solaris, we have minor and major, the short Radii Solaris are minors and the long Radii Solaris are majors. These are older and more chronic. These are younger, and less chronic, usually more of a sub-acute. Now note wherever they are, they can create weakness in those particular organs, and this is done through reflex, and we can see they begin in the small intestines and ends in the bronchioles. This means that the small intestines can be causing weakness in the bronchiole area.

Here we see Radii Solaris minor beginning in the descending colon and moving out into the shoulder area. This means the person this person is having in the shoulder area could be being created from the descending colon and so on. So wherever the Radii Solaris lay in the iris this tells us that there can be weakness in those organs. These can also mean the person has parasites. Now again, as I stated previously, just because you see a Radii Solaris doesn't mean a person has parasites in their body. What it does tell you is a person could be hosting a type of environment that is conducive to parasite activity. Its important if you do see a Radii Solaris to tell the person to strengthen their nervous system with Nervine herbs, and also aid in digestion.

Now in this iris what we're going to be talking about is the next constitutional major sign and this is Anxiety/Tetanic. Nerve stress and sensitivity rings, which mean tension and stress. We've spoken about these also, note they are rings that go around the iris. These are neuro-muscular tension and stress. This type of person is a hyper achiever. They are typically over-whelmed. They tend to be tense and anxious. The nerve rings represent emotional barriers within a person associated with physical or verbal abuse. This type of person usually has difficulty relaxing, they don't sleep peacefully and they typically will toss and turn. These people associate their self-esteem with their accomplishments. Nervine herbs and B vitamins are beneficial for any type of nerve rings.

Here we have what's called a Uric Acid Type, or an Acid Eye. Febrile- the word Febrile means everywhere. Now a Uric Acid Type or an Acid Eye, this is usually a "hot" eye. We've spoken about 'hot', 'warm', 'cool', 'moderate', and 'cold' and so on. This is an acute eye. What this means is there's a lot of tension and stress, a lot of acidity in the body. In this case, the person needs to alkalinize out their body, they need to change their lifestyle, change their diet, and change the environment in their body. If a person has a uric acid type they need to pay particular attention to their kidney area. Kidneys eliminate uric acid from the body. If a person is storing uric acid it means the kidneys are not functioning properly and they need to work on their kidneys. Uva Ursi is an excellent herb to help eliminate uric acid out of the body.

The next major sign is the Lymphatic Rosary we've spoken about the Lymphatic Rosary. These look like little cotton balls in the eye around the perimeter of the iris. Sometimes they're in the center of the iris, they don't have to be out at the perimeter. This usually signifies a sluggish lymphatic movement, or lymphatic congestion, and swollen lymph nodes. Usually a person has a lot of lymphatic mucus or phlegmatic troubles such as sinus congestion, asthma, swollen lymph nodes, kidney problems, and the person tends to be allergic to dairy products. A lot of times the person with lymphatic rosary will take in dairy products and they will have a lot of mucus, afterwards, because they're not breaking down the fat, they're not able to produce the lactase they need to break down the dairy and this causes further lymphatic problems.

Very important for this person to change their diet to stimulate their lymph. Also, a lot of times when a person has a lymphatic rosary it means there is a low grade infection in the body, always look to the colon, always look to the colon to see if there are pockets. Notice here, this is the right eye, in the ascending colon there's a dark pocket at nine o'clock. This tells us that there is some material here that is probably chronic, it's old, probably putrefying and causing inflammation and infection. That's usually why there's a lymphatic rosary. Very important to always look at the colon when there's a lymphatic rosary. Notice all of these pockets in this person's colon.

In this eye we have a Sodium ring. Calcium/Cholesterol/Fatty Deposits. And these are usually fatty deposits which are related to material which build up on the lining of the arteries and this can cause arterial sclerosis. It's usually associated with hardening of the arteries and risk of heart disease. Note the very white, bright ring around the iris. Especially on the inner part or outer part of this person's body. This is a right iris, here's the nose, here's the outer part of the eye. Note this is on the outside of the iris, so this is covering the lungs, and other type of organs, the liver and so on. This is usually an acquired sign, but there appears to be a genetic predisposition for it. There's a strong correlation with early death from heart disease or stroke in middle-aged persons.

It also indicates problems with the liver, the thyroid, increased risk of diabetes, and Parkinson's Disease. The best treatment here is Chelation therapy, either oral Chelation or intravenous Chelation. Support the liver, eliminate fatty food and increase essential fatty acids. Change the diet to a low fat diet. Increase exercise, bring in herbs such as hawthorn and ginkgo, Gotu Kola and capsicum and other types of herbs that will help with the circulatory system.

Here we have an Arcus Senilis, we've spoken about this before, it's called the Arc of Old Age, it's usually a white cap at the top of the eye. This is also an acquired sign and it means there's a lack of oxygen and nutrients to the head. This can cause senility, absent mindedness, sleepiness when sitting, poor concentration and poor memory. A lot of people with problems of poor memory, a lot of people falling asleep at their desk at three o'clock in the afternoon. It usually has to do with lack of circulation to the head. Lack of brain circulation. Increase exercise, ginkgo, again, gotu kola, capsicum, niacin flushes, B-12, anything that will stimulate circulation to the head is beneficial.



Here we have a scurf rim, we've spoken about this, this is on the outside of the iris, the skin is on the outside of the body, its on the outside of the iris. It is the largest elimination system, its considered the 'third Kidney', because it eliminates uric acid as well as the kidneys.

When you see a scurf rim it usually means there's an under-active or weak tendency in the skin, the elimination through the skin is poor. The person does not usually perspire easily. It may indicate increased mucus production and thus increase the risk of phlegmatic and kidney disturbances. Things like silica, skin brushing, sweat baths, natural soaps, natural fiber clothing and herbs are excellent. Herbs like horsetail, and of course stimulating herbs, any type of stimulating herbs are beneficial to the skin, anything that assists with the kidneys is beneficial to the skin.

Here we have what we call a Fuzzy Blue Edge, or Anemia in Extremities. Note the blue ring on the outside of the iris, Anemia in Extremities, now we're calling it a Fuzzy Blue Edge. The reason we're calling it a Fuzzy Blue Edge is because we do not want to diagnose. Remember that we are not doctors and we cannot diagnose. So we are simplifying our terminology. This usually means the blood is not carrying enough oxygen to the extremities of the body. You need to use blood building herbs and nutrients. These would include yellow dock, nettles, alfalfa iron and B-12. Note in this iris this orange material that has settled in the sclera. Again remember the sclera is the white part of the iris and this is the study of Sclerology, note here we have what we call a fatty deposit in the sclera. When we see this material that has deposited in the sclera, this tells us this person is having difficulty in breaking down their fats. Difficulty with the liver and gall bladder; difficulty in breaking down their proteins. Very important to work with the digestive system in that case.

## Please stop your video and go through Practice 8.

Now lets talk little bit here about specific signs. Some of these here you should already know and this is going to be a little bit of a review, some of these are new to you. The first specific sign in an Open Lacuna. We've already talked about Open Lacunas, here we have an Open Lacuna at six o'clock. Notice it is in a sub-acute level of inflammation, or 'warm.' We also have an Open Lacuna here at three o'clock, in the bronchiole/lung area. Whenever you see an Open Lacuna this will usually tell you there is an inherent weakness in the area, but it is healing. Its usually an area that the blood can enter, its getting good circulation and the person is on the right track. If the person continues these areas will fill in with healing signs and that is exactly what the person would want.

The next sign is a Closed Lacuna. Here is a couple of very clear Closed Lacunas for you. Its important to know where they are; there's also an Open Lacuna here. Its important to know where they are, how large they are and what the level of inflammation is. Its always important to note all of those, where the lacuna is, what the level of inflammation is, if its healing, or not. How do you tell if its healing? Again there'll be cross fibers in

here, there will be white calcium fibers. Note the lacuna up here at about ten o'clock, this is the left eye at about ten o'clock, this would be up in the face area. This does not look like its healing. There are fibers within the lacuna but they are going the same way or the same grain as the rest of the iris, whereas in this lacuna here that's at about eight o'clock, this is in the upper back area, note that there are some cross fibers in here so this is telling us that this area is healing. Now if you'll note that we have a lacuna here and directly across in the neck and shoulder area, we have a Radii Solaris. Again, if you'll recall reflex means two things. One is that it can be directly across the iris, also if it's attached to the colon, which this one is, it mean that the colon can be causing the weakness in the organ itself.

In treatment if it is attached to the colon then of course you would want to work with this person's bowel. Either have them go get some colonics done, talk to them about Colemas, put them on a cleanse, change their diet, do whatever is necessary to clean out this area. This is the small intestines so it will be a little bit more difficult to clean this area with, I don't even think Colonics can get into the small intestine, they usually can get into the descending colon and the transverse colon, but I don't think they can get into the small intestines and neither can enemas. So in this case probably bowel cleansing with herbs such as Psyllium, Cascara Sagrada, Black walnut and things like this would be beneficial. A Closed Lacuna is something that is usually more severe, its something that's not healing typically unless its just beginning to heal, such as this one, the blood is able to go into this area easily, it is an inherent weakness and this is something that a person needs to pay attention to. Now just because a person has a lacuna or a lesion in this area does not mean that they will have symptoms. Typically if its in the back, the person will have stress, especially if its' in the neck and shoulders. If its in the neck and shoulders it usually means a person is sitting in front of a computer all day, they have a lot of stress, a lot of tension, that area gets tight, the muscles get very tight and there's a lot of pain.

But a lot of times there will be an inherent weakness in the body and we will see a lacuna in an area and it will not cause symptoms. Remember a person will not get symptoms typically until they're in a chronic nature. That's usually when the person has the same symptom every day, over and over again, and the need to find out what is causing it. That's usually when they're chronic.

Here we have some Psora. Note the Psora, we have rusty brown and dark brown, and we also have some orange and some yellow. Wherever these Psora land, wherever they lay in the iris or in the body, this can tell us that there may be a tense or rigid condition in that organ or system. These psora tend to build energy and store toxins. Very important to cleanse and get these psora out. There are some iridologists that tell you that psora remains in the tissues or in the cells that eventually this can become cancer. Again, we cannot diagnose. We cannot look at somebody's eye and say, "if you don't clean this spot out over here you're going to get cancer." You cannot do that. You can tell them that this is a very toxic area and you can tell them that what they need to do is work on detoxing their body, relaxing their body and flushing it. But to tell them that eventually that can become cancer is something you don't want to do.

Now here we have a few fatty deposits here in the sclera again, now I spoke a little bit about fatty deposits. Fatty deposits are poor fat digestion, assimilation and utilization, there's usually a high probability of gall bladder troubles, especially in biliary or mixed-eye. Any eye that contains dirty orange color. Notice here there is some dirty orange pigmentation in this iris. This usually can tell us that along with the fatty deposits here in the sclera tells us there is problems with the liver/gall bladder. Note that this is the right iris. The nose is over here, this is the outside of the eye. Liver/Gall Bladder would be over here, at about eight o'clock. Note that there is an Open Lacuna here at eight o'clock and it is very dark, meaning that its chronic, probably more in the destructive. Note also this person has a very dark stomach halo, the colon is very dark and so on. So we know this person is very chronic. So that would also indicate that a person would be having difficulty in breaking down their fats, or assimilating their fats and proteins.

Now on this slide what we're looking at is two different markings. We looking at what's called a Honeycomb Lacuna, and a Leaf Rib Lacuna. Honeycomb Lacuna are usually several small diamond-shaped Lacunas clustered together. So over here at eight o'clock we see several small lacunas and they are diamond shaped, and clustered together. This normally tells us that there is severe deficiency in this part of the body. This can also show us that there may be tumors, cysts, growths. These types of problems are likely to occur anywhere you see a honeycomb lacuna. Also in this iris we can see some Rib Leaf Lacunas, and actually we can even see some Stair Steps.

Notice here at two o'clock we have an Open Lacuna and notice in the center of this Lacuna there is what we call a Rib. It is a raised area that looks like a rib. This is called a Rib Leaf Lacuna. These are usually found in the glandular system, but not always. It indicates a possible glandular imbalance or a tendency towards development of further weakness in this organ. So wherever you have a Rib Leaf Lacuna it indicates that there may be a tendency to developing further weakness in this area. Not only is it inherent weakness because there's a lacuna there but also there's a Rib Leaf here which indicates glandular imbalance. So we could take this iris and we could look at all the glands, chances are there's weakness in all the glands in this iris. Chances are there's weakness in most of the glands. Now in this iris we also have Stair Step. A Stair Step Lacuna is also a severe deficiency. It also looks like small diamond shaped lacunas of diminishing size but these, instead of being in a cluster like in a honeycomb, these are in a row. So for instance here we have two small lacunas in a row. We consider this a Stair Step. Here we also have, actually these are two Rib Leaf's here and they are also in a row, so we know again, there's glandular deficiency and we also know that this person may be inclined of have a tendency to have tumors, cysts, growths and so on in this area at four o'clock.

Very important, any time you see a honeycomb lacuna, or a Rib Leaf lacuna, or a Stair Step Lacuna, these are all Rib Leaf Lacunas, if you look at these they will all have a rib. These are not healing. Very important to note, here is a Stair Step at the bottom, and these are not healing. If they were healing you would see cross fibers, like this, there's a little bit of healing here but not much. Very important if you see a Rib Leaf, a Stair Step or a Honeycomb that you tell the person that there's some very severe deficiency in this

area and they need to work in this area. This is the first priority. Its important to build, important to detox. Important to work on any area that has a Stair Step, a Honeycomb or a Rib Leaf.

Now here lets look at the sclera. The next specific sign is Red Lines in Whites. Note here in the white of the eye or the sclera we have a lot of these very large blood vessels. Its very important to look at the sclera. So when you have a client sitting in front of you and you want to analyze them; you're looking at their eyes, its always important to have them look to the left so you can look at the sclera, then look to the right, have them look up and pull the lower lid down; have them look down and pull the upper lid up so that you can look at the sclera. What you're looking for here is for several things. One is, you're looking to see if any of the blood vessels are pointing to the iris. Notice this blood vessel here at about three o'clock, its not coming directly into or pointing to the iris. This tells us that there used be a problem but it looks like the problem has been taken care of.

Note this blood vessel here at the top, here we have a blood vessel that is actually coming into the iris. This is telling us that there is an area here that there's an area here that needs to be paid attention to; there's a hot spot here, we call these 'hot spots'. Over here in the center we have another large vein. Now the sclera, which I spoke about a little earlier, is the study of Sclerology. This is a completely different study from iridology. In Sclerology what we do is we look not only at the large blood vessels but we also look at all these small blood vessels. The large blood vessels indicate physical weakness and physical stress. All of these very small blood vessels indicate emotional stress and emotional weakness. Its very important to note this. If you have a Sclerology chart of course, then you could map where all of these veins are just like you would map an iris.

This also means environmental stress. Whenever there are a lot of blood vessels in the eye, this means environmental stress. Vitamin C is always beneficial for environmental stress, as is relaxation, maybe even moving to another climate or another area, working on the pollution. A lot of times pollution affects people, or even allergies. Sometimes you'll see a person when they haven't had very much sleep and they'll have a lot of these blood vessels in their sclera. Note here in his iris there are some what we call Red Lines in Iris. These are blood vessels that are sitting on top of the fibers of the eye and they look pink. Normally you wouldn't be able to see these with the naked eye, you also wouldn't be able to see them with a flashlight and magnifying glass. The only way to see these is by taking a picture of the iris and putting it your computer screen or taking a picture and blowing it up on a slide like this. There are quite a few blood vessels in this iris, these are also called 'hot spots' these are hyperactive areas. You'll notice a lot of these markings in alcoholics, people that have done a lot of drugs, drank a lot of alcohol or smoked a lot of drugs.

If there's hot spots in the eye, its very important that this person change their diet, eliminate their stress because what they're doing is creating toxic areas here. This will end up being a Uric Acid Eye eventually. So there's usually pain in these areas where it's hyperactive and there can be other types of pain as well.

Here we have another iris, now this also has some red lines in the whites but not as many. What you're looking at here is a contact lens, this is a contact. Once you've learned to read someone's eyes and take their pictures you can go ahead and allow them to keep their contacts in if they have contacts. In the beginning I always recommend that you have your client remove their contacts because it does change the look of the iris, especially if the contacts are colored. A lot of people are getting colored contacts now so they don't lose them, and so it's difficult for the beginner to be able to look through the contact to see the actual color of the iris.

Now a lot of times what you'll notice with a contact is there will be blood vessels here in the sclera and they will all be coming in here to the contact and then stopping, and you will not see any blood vessels inside the contact lens here. What that's doing is it's stopping the circulation to the iris, but it's always causing a problem to the body itself. You should never put anything in the eye, so my suggestion to everyone is, wear glasses. From there the person can then go and have natural vision training and work on their vision with natural herbs such as Eyebright, Bilberry and things like this. Ginkgo, slant boards and natural vision therapies, and get rid of the glasses all together. These things have been very beneficial and have worked very well for a lot of people.

### ***Please stop your video and go through Practice 9***

At this point in the Intermediate Course, we're going to talk about Vitamins, Mineral and Herbs. I want to talk a little bit, just briefly, about general nutrition. In your manual you will find eleven areas that are listed. There are Addictions, Amino Acids, Acidophilus, Dissolvers, Essential Fatty Acids, Energy, Eyes, General Nutrition, Minerals, Vitamins and Weight Loss. Especially in the area of Acidophilus; Acidophilus is important for anyone who has any type of bowel problems or any problems with candida albicans, any constipation, diarrhea, excellent also for stress and so on. Now the dissolvers that are listed here are excellent for anyone who tends to get kidney stones or gallbladder stones or hardening of the arteries and things like this. Essential fatty acids, these are very important for everyone especially if a person tends to have high cholesterol, high triglycerides, hardening of the arteries. If you notice a Calcium Out of Solution Ring such as in this eye of course Essential Fatty Acids are very important. Flax Seed Oil, Lecithin, Omega-3, Essential Fatty Acids, there are very beneficial for any kind of problems with hardening of the arteries or high cholesterol. Also of course a low fat diet is also beneficial.

A lot of people complain that they don't have any energy. At three o'clock people are falling asleep, they can't seem to get up in the morning without needing some kind of a caffeine boost, and a lot of people can't get through the day without caffeine. So there are herbs that are beneficial and assist with energy. One of the best ones is Ginseng. Ginseng is an adaptogen. What adaptogen means is that it's a smart herb, meaning it will only work if it's needed. So if your energy is low and you take Ginseng, you should notice or your client should notice a change in their energy. They should notice more energy. If the person is not lethargic or doesn't have adrenal fatigue and they use Siberian Ginseng,

then it just may allow them to stay up longer during the day or run a little further or a little bit faster. But it won't really give them a whole lot of energy. There are a whole lot of other herbs that will give energy as well.

If you have somebody that comes in to you that has vision problems; they're coming to you with glasses or contacts, Beta-Carotene, also things like Bilberry that are excellent for the eyes. Eyebright is an excellent herb for the eyes. Anything having to do with glaucoma. Guggal is a very good herb; it helps with pressure behind the eyes which is what causes Glaucoma. Of course Slant Boards, and stimulating the circulation and so on and natural vision treatment. There is natural treatment depending on how you believe; some people don't like to take Vitamins because they say they're out of their natural form. Other people prefer to take Vitamins because they say they help with their energy. Some people prefer to take herbs because they say herbs are vitamins in their natural form. Always remember that herbs are a food. Always remember that herbs are basically a plant that has been dried and encapsulated into a form that you can take. So for instance, let's take as an example a carrot. A carrot tastes great, we put it in our salad; makes the salad pretty, tastes great, lot of people like it and so on, and it's a food. But once we take that carrot and we grind it up and we dry it and put it in a capsule and we take it for a specific reason, which would be for its Beta Carotene, it then becomes an herb. So that is why we know that herbs are foods.

So depending on what your client wants, some of your clients may want to not take Vitamins, they may want to take herbs, there's always general nutrition and that is something that is important to talk to basically all your clients about. Minerals, if a person is low in energy, minerals are excellent. Most people are deficient in minerals because minerals are deficient in our foods. So when you work with your clients it's very important that you determine what their preferences are, because not everyone wants to take vitamins, not everyone wants to take minerals out of their natural form.. Some people would rather take Silica and Horsetail. They would rather take some of their vitamin B's as a beta carotene or in some other type of form, so that's very important to learn.

At this point we'll talk about vitamins, minerals and herbs by body system. The first area is the circulatory system. Now the circulatory system transports food, oxygen and water to every system of the body through an intricate network of blood vessels. It consists primarily of the heart, the blood vessels and the lymphatic system. What I've done here is given you three areas of the circulatory system. Circulation to the head, general supplementation and the heart.

Now if we look at this iris, let's take a moment and look at the circulatory system in this iris. First thing that comes to mind here is this person has a Calcium out of Solution Ring, so we know right away there are potential problems for hardening of the arteries. If we look at the heart, then we can see here in the heart area there is a Rib-Leaf Lacuna, here in this area. It's very important to know the heart area. When you're talking with somebody about their heart, always realize that people are sensitive about their heart. We associate pain with our heart, anger and fear and these things are also associated with the

heart but its held in the liver. And so when you talk to somebody about their heart, you notice a lacuna and you want to tell that there's an inherent weakness, be sure that you're gentle and that you can also tell them what they can do to strengthen their heart. One of the best herbs to strengthen the heart is Hawthorn Berries. If you tell a person to use CoQ10, and Hawthorn Berries and other such types of products, then they will feel a little bit more positive with you when you're analyzing their eyes.

Note also the lymphatic system is also covered with the Calcium out of Solution Ring. They don't have a lymphatic rosary but they do have this Calcium out of Solution Ring, they also have Arcus Sinilis here at the top so that's telling us that they're not getting enough blood and oxygen up into the head. So very important, the reason we're going through the systems is because when you're going through the analysis, first its broken down into these smaller categories, and then it is broken down into system. What you'll do is rate the systems and tell the person which system is the strongest and which is the weakest so that they know exactly what the priorities are. If you're doing muscle testing or kinesiology as well as iridology with your client, once you've determined from the eyes which system is the strongest and which is the weakest, then you can then go and complete the analysis and determine the priorities and work with them from there. I always suggest the people that do iridology follow up with kinesiology and follow up appointments when they're working with clients.

Now the next system is the digestive system. The digestive system breaks down food for fuel and makes it available to the whole body. The fuel we provide must not only be of high quality but also must be assimilated properly. The digestive system consists primarily of the stomach, liver, gall bladder, pancreas and small intestines. Here I've given you four categories: Blood Sugar, Calming, General Supplements and Liver/Gall Bladder. Now the Calming, these could be considered "herbal Pepto-Bismol". A lot of people and their digestive problems are created because they're uptight. They have too much stress at work or in their daily life and they need to calm down. So the types of things I have suggested here are Aloe Vera, Slippery Elm, Marshmallow, these are all relaxing, all mucilaginous, and they're relaxing and calming, and tend to be "herbal Pepto-Bismol." Now when you're looking at things for blood sugar, remember you're looking for an orange pigmentation in the eye. If you see the orange pigmentation you know there's a blood sugar imbalance. It could be either hypoglycemia or hyperglycemia. We're talking about Liver/Gall Bladder; we're talking about building up the Liver/Gall Bladder, cleansing the Liver/Gall Bladder. We're talking about a person who has fatty deposits or if somebody has pain after eating a lot of fat, if somebody goes out and has a high fat diet, or a high fat meal, and then they have pain on the right side below the rib cage, then chances are they've got some gall bladder stones and they may want to do a liver/gall bladder flush.

So lets look at the digestive system here. Start at the center of the iris and the first thing we see right next to the pupil here is an Assimilation Ring; a very poor Assimilation Ring. It should be blue. It is not, it is brown. Second thing we see is a Stomach Halo. Notice here it is not blue, it is orange. This is telling us that there's a Stomach Halo that

is Under Acid. Remember it is only Over Acid or Under Acid. This is Under Acid because it is not blue and it is not white.

Then we have the colon. The colon is part of the intestinal system, can be considered part of the digestive system. This is the right eye, so we can see the Liver/Gall Bladder over here, the Liver/Gall Bladder is about seven thirty. Here we see Gall Bladder. Notice that there's a Radii Solaris the Gall Bladder, there are Stress Rings in the Liver area. Stress Rings do count as a marking in the eye. IF you see Stress Rings going through an organ this tells you that stress or anxiety is affecting that part of the body. So this means the Liver is stressed, you need to help this person to support their liver area. The fact that there's a Radii Solaris here in the Gall Bladder is telling us that there is definitely a weakness in the Gall Bladder. And note there is fatty deposits here in the sclera. Tells us again, there is weakness in the Liver/Gall Bladder.

We have small intestines here, this is the right eye, this is the small intestines, this is the ascending colon and this is the transverse colon. We have pockets here in the small intestines. What do we do for pockets? Put them on a cleanse. They have a good constitution, looks like its tight, and we've got some pockets here and we've got a lacuna outside the Autonomic Nerve Wreath we would have some reflex here. We'd have this pocket here at three thirty in the small intestines creating a weakness here in this part of the body. This would be the bronchus area. Chances are since this is a blue eye this person is having some sort of bronchiole weakness and chances are its being caused by the colon. So colon cleansing would be very beneficial for this person.

The next system is the intestinal system. This is considered the body's waste disposal plant. And the intestinal system absorbs waste products from the body to be excreted with indigestible food fiber. When food is not properly eliminated, optimal health can be affected. In fact many health issues are linked to societies who do not consume adequate fiber. The intestinal system consists primarily of the lower bowel, which is also known as the colon or the large intestine, and the rectum. Now in this area I've given you six categories. We have Blood Cleansers, Calming, Detoxifiers, Fungus, General Supplements and Parasites. Blood Cleansers of course, these stimulate the liver, the gall bladder, the spleen, they work on the colon, stimulate the colon, they stimulate all the elimination systems. So if you have a mixed biliary eye such as this iris here; this is a mixed biliary eye. And you have a lot of this orange pigmentation here so you can tell there is weakness in the digestive system but there's also weakness in the intestinal system. This is the left eye, note that there are a lot of pockets in the descending colon and the bowel is fairly tight which means there's a lot of tension. There are also weaknesses directly connected to the colon which tells us there's some reflux going on.

So this person, because they have a fairly good constitution, would probably benefit from some blood cleansing. Again, we have calming. A lot of times intestinal problems can be a result of stress. So again we have the "herbal Pepto-Bismol's." These are always beneficial. We have the detoxifiers, any time you see Psora in the iris, such as in the sinus area and you've got a lot of deposits here also here in the leg area, you have a lot of deposits, and detoxifiers are excellent for detoxing. Now when we talk about Fungus, we



are talking about Candida, we're talking about parasites. A lot of times a person will have Candida if they're very enervated. Notice the pupil, very large, which tells us the person is enervated. And so what you want to do is use Acidophilus and then you want to support the person's system by killing the parasites that may be there and also eliminate the Candida. Now the Candida will not be completely eliminated if the person has parasites, so the first thing you have to do is kill the parasites and then you can go in there and eliminate the Candida.

It's very important to understand that's the way it works. A person can be on a parasite cleanse or a Candida cleanse for months and not be able to eliminate the Candida because they did not eliminate the parasites first. It's a vicious cycle. The person has a weakened immune system so they get the parasites. The parasites then feed on what the person's eating, they create toxins with further weaken the immune system, and Candida can overgrow, there can be an overgrowth of Candida. Which further weakens the immune system which further allows the parasites to breed, and so on and so on, and you have this vicious cycle. So its very important to build up the immune system and detoxify. So you see here that there are supplements for both fungus and parasites.

Now the next system is the nervous system and this is considered the communications network. The nervous system provides vital communications link between our internal and external worlds. The sense organs of the nervous system receive external information and relay it to the brain. The information is then passed to organs tissues and cells so they can adapt to changes. This system consists of the brain and the spinal cord, or the central nervous system and the nerves, the peripheral nervous system.

Well the first thing I see when I look at this eye is Nerve Rings. So what does that tell you? This tells you this person is very tense. They're a doer, they overdo themselves. They worry too much, they try to get everything done, they take the world upon their shoulders. So what is this going to do to their nervous system? Its going to stress it out, its going to weaken it. They also have Radii Solaris lines, a lot going up into the head area, and a lot going into the lower part of the body. Nerve rings all around; these nerve rings can affect all of the body.

I've given you three areas here in the nervous system, Calming, General Supplements and Stress. The first thing you need to do with this person is calm them down. Its okay for them to work and get things done but they're not dealing with it, they're not dealing with their life. It's very important that you support their immune system using B vitamins, never use a B vitamin by itself, that's how you get into trouble. If you're going to suggest a person use a B by itself like a B12, always have the person use a B complex along with it. So if you're going to build the adrenal glands not only would you use a B complex but you'd also use a pantothenic acid and so on. This way you don't get into trouble with single B's, that's how people get into trouble. Very important to support the nervous system, the nervous system is the system that keeps you going.

The next system is the glandular system. This is considered the body's thermostat. It is a communication network that regulates basic drives and emotions, it promotes growth and

sexual identity, it controls body temperature, assists in the repair of broken tissue and helps to generate energy. The main organs in the glandular system are the pituitary, the thyroid, the parathyroid, the thymus, the adrenals, the pancreas, the ovaries, and testes.

Now the pituitary is considered the master gland. Its part of the brain and it tells all the other glands how to function. So if you notice in the iris that there is a glandular imbalance, so for instance if a person has a Rib Leaf Lacuna in there, then what you'll need to look at is the pituitary gland, first. Notice in this iris here there's a Radii Solaris and it looks like its going through the pituitary gland. Right there that's telling us that there's weakness in some other glands in the body.

Always work with the pituitary; it's the master gland. Alfalfa is an excellent herb for working with the pituitary. Then the thyroid. The thyroid gland is the gland that regulates body temperature; it regulates metabolism. So if you have a client that says all of a sudden they've started to gain weight; or just the opposite, you have a client who is suddenly losing weight and they don't know why, nothings changed. Check the thyroid. Always check the thyroid.

This is the right eye, so the thyroid would be at about two-thirty. Now in this iris the thyroid looks pretty good. There may be a slight lacuna in this area here.

The parathyroid is the gland that helps you to absorb your calcium. So if the person has Calcium Out of Solution, if a person tends to have arthritis or cataracts, then you need to look to the parathyroid. A lot of women after they've gone through or are going through menopause, they start having problems with their calcium absorption. They can get into osteoporosis. The parathyroid is very important; always check the parathyroid. Now in the right iris the parathyroid shows up right inside the bronchus, it shows up as a PT, parathyroid, right about two-fifteen, so right in this area here. And we see some pigmentation in this area so chances are this is a weakened area.

The next gland is the thymus. The thymus is also considered part of the immune system. It's the gland that produces your T cells. The T cells are what you don't produce if you have AIDS. So its very important to work both with the glandular system and the immune system when it comes to the thymus gland.

Then we also have the adrenals. The adrenals are the glands that give you the energy to get up and go. They're the glands that give you the energy to move faster or work later. And they sit atop both kidneys. You have right adrenal and left adrenal and they sit atop both kidneys. Now the adrenal glands are the glands that take care of the stress. So if you have a lot of stress in your lifestyle then this can weaken the adrenal glands. If you don't get a lot of sleep or you have interrupted sleep, this can weaken the adrenal glands. If you drink a lot of caffeine this can weaken the adrenal glands. The reason caffeine works so well at waking people up in the morning is because it stimulates the adrenals to produce the adrenaline. Adrenaline is what wakes you up and gets you going and gets you to move a little bit faster and go a little bit farther. But what happens is if you continue to use caffeine or you continue to have interrupted sleep, then the adrenal glands can

become fatigued. They can weaken, and then they don't have the adrenaline to give you anymore. One of the best things you can do for the adrenal gland is to sleep, relax, meditate, go on vacation. B Vitamins, Licorice Root, Ginseng is excellent, its an adaptogen. So there are lots of things that can be done for the adrenal glands. Avoiding caffeine and avoiding other types of stimulants.

Then we have the pancreas. Of course the pancreas regulates the blood sugar. This is at seven o'clock. Note here at seven o'clock we have a pocket. This can affect the pancreas area. Also note that this person has a lot of this orange pigmentation in their eye, so we do know that there's glandular imbalance. There's an imbalance in their blood sugar. Either over or under. Of course then you would work with the pancreas area.

And we have the ovaries and testes. Again, if we're working with the ovaries or testes, as far as ovaries you need to determine if the woman is infertile then you need to work with the pituitary, if the man is impotent then we would need to work with the pituitary and the circulatory system as well, and so on. There can be many areas to look at in the glandular system. I've given you four categories here under glandular, one is Female, one is General Supplements, then we have Male, then Thyroid. There seems to be a lot of weaknesses in the thyroid. This comes up over and over again. And so when you're working with a person, remember to always work with the pituitary gland.

The next system is the immune system or the lymphatic system. This is the body's security system. It recognizes virus, bacteria and any foreign bodies and signals the brain to activate immune processes. It consists of lymph nodes, blood proteins known as immuno-globulins, specialized white blood cells known as lymphocytes, the organs that produce these cells and the blood vessels that transport them. Now here we have quite a few categories; we have seven.

Fungus, again this is Candida, General Supplements, Infection Fighters, Joints, Lymph System, Parasites and Viruses. Infection Fighters. Some people believe you cannot catch a cold. Others believe that you can catch a cold. Basically in alternative medicine we believe that a cold is simply your body's way of eliminating toxicity. It's a cleanse process and you never want to suppress, or have a client suppress a discharge. So if we look at the immune system in this iris what we see here is a Lymphatic Rosary, and its orange, meaning its toxic and sluggish. We also see stress rings. Look at this large Psora. This child was born with this Psora. The mother brought this child to me because she was worried that the child was affected because while he was in her womb she smoked pot and did drugs. She was worried because her child had this large dark marking in the eye and she wanted to know if she had caused this. Well what's a Psora? Its inherent. So can you prove that she caused this? No. We can't prove that smoking pot or the drugs that she took settled in her baby when he was in the womb. But what we can do is tell her that these markings are inherent and also has to do with the liver and the inability to break down the iron. So this person definitely has some areas to work on.

So when you're working with people again, be careful what you say, remember you're not a doctor, you're not going to prescribe or diagnose, and use your best judgment when you're working with someone and everything will be just fine.

Lets take a look at the respiratory system. The respiratory system is considered the oxygen supplier. It is essential to the growth and movement of the body. By supplying oxygen this system enables us to produce energy. If the respiratory efficiency begins to diminish, then the energy processes of our body also diminish. Without proper nutrition, the respiratory system may function at less than its optimal level.

I've given you general supplements here, but Marshmallow and Mullein, Mullein is a lung healer. There are other types of products like Slippery Elm. Of course you can also consider infection fighting if someone has bronchitis or pneumonia or anything like that. Now here we know this iris has a very weak constitution, its very loose. We would also call this an Emotional/Spontaneous type personality, possibly Daisy Petal.

This is a right eye. So we know the lungs are here at nine o'clock. Note that there is weakness in the lung area, there's a closed lacuna in the lung area. It doesn't look like a Rib Leaf, it doesn't look like there's healing going on. Here we have an open lacuna, and its here in the pleura, the thorax, the rib area, there's a weakness here. Notice the bronchiole area, there's a weakness in the bronchiole. Notice the colon is coming all the way and covering the bronchiole area, so the fact that there's a pocket in the colon and also lacunas outside the colon tell us again, reflex. So in treating a person with this type of respiratory problem we would first work with the colon, then work with the respiratory system. Also note that this person has a Lymphatic Rosary and the Rosary is right on the perimeter of the iris, its way out here. It almost looks like its part of a Scurf Rim. So the Lymphatic Rosary again, can be anywhere in the iris, it can be right inside here, right in the center part of the iris or it can be all the way out here on the perimeter.

Again, even with the respiratory system, very important not to suppress any discharge. If a person is on a cleanse, always tell them there may be a healing crisis associated with the cleanse they are on. Healing crisis will always depend on the body. So if a person has a healing crisis if they tend to have weakness in the lungs, or bronchioles, its quite possible that the body will choose to eliminate materials from the bronchioles and the lungs. If so they may get a lot of mucus and they may find that they might find what is diagnosed as bronchitis. Now bronchitis is a diagnosis for inflammation of the bronchioles. If a person works with this condition, alternatively, then they usually can get over it in a few days and its not problem, as long as the person does not suppress any discharge.

The next system is the urinary system. This is considered our internal water treatment plant. The urinary system passes the water within our body through a filtration process in order to maintain a clean supply of body fluids that the different systems can utilize. It is composed of the kidney, bladder, ureter and urethra. A lot of people have kidney stones, it seems to be very common and its becoming even more common. This is a problem, and a lot of times kidney stones can be uric acid stones, simply because the body is not eliminating uric acid, it stores it and forms these stones and crystals. This is caused by a

weakness in the kidneys, it is also caused by a person not drinking enough water or fluids. A lot of times you can talk to your client and ask how much they drink, they may say they drink five or six glasses of beverage per day, but when you ask them exactly what they are drinking, very seldom are they drinking five or six glasses of water per day. So very important to emphasize when you're dealing with the kidneys or any other time, its very important that the person drink a lot of water. Water flushes the body and it flushes the kidneys.

If you have a hot iris or a Uric Acid iris you know there is weakness in the urinary system. Dandelion and Cranberry, Buchu, these are good, Cornsilk is excellent if there's a bladder or kidney infection. A lot of times women will get a bladder infection right after intercourse. There are ways for women to take care of themselves so they don't have to take any types of sulfur drugs.

Note the kidneys in this iris. This is the left iris. The kidneys would be at about six thirty, down in this area here. Note there is a Lymphatic Rosary around this iris and there's a Psora and a swollen lymph node in the kidney area. There's also stress, Stress Rings going right through the kidney area, so we can see this kidney is indeed in a weakened state. Very important for this person to strengthen and support their kidneys. Again, Uva Ursi is excellent to remove Uric Acid, and Hydrangea is an excellent herb to break down kidney stones. If you have a client who has a tendency towards kidney stones, you can have them take Hydrangea that will help soften the stones.

If you have a client who tends to have swollen legs, because they are retaining water, Parsley is an excellent herb to help eliminate extra water out of the body. There are a lot of things you can do with herbs and remember what you're dealing with are foods. So because we're not prescribing, what we're trying to do is work with herbs to strengthen and feed the body.

The next system is the Structural System. This is considered the framework of the body. The Structural System, like a building frame, helps our body withstand stresses and strains. This system also houses all the other systems of the body and protects them from the outside environment. It consists of bones, muscles, and connective tissue. When we look at this iris we can say that the connective tissue is pretty good. But in the previous iris we note that the connective tissue is very weak, simply because of all the lacunas in that iris. Now in this iris if we look at the bones and muscles, we can see if there are any weaknesses. This is the left eye, and of course the spine in the left eye runs from about seven-fifteen to about eight-fifteen. So it would be right in this area here. Note that there is an open lacuna here in the center part of the back and spine area. It runs from the colon all the way to the perimeter of the iris. This encompasses not only the spine, which is running diagonally here, but also the muscles, tendons and ligaments around this entire area. Also there are Stress Rings going through the back area which tells us this person probably has some lower back pain, shoulder pain, possibly sciatica. Notice that they have weakness here in the legs and they have a lot of acute fibers in the back area and also in the leg area; chances are they have some sciatica going on here. Also the fact that they have weakness here in the back tells us that there may be some calcium magnesium

deficiencies. Note directly across in the neck and the shoulder there is also some weakness. Also note that the pupil is hazy; again they may have some Calcium Out of Solution and possibly the beginning of cataracts.

So very important to support the Structural System .What I've given you here is three areas, General Supplements, Hair, Skin and Nails and Joints. A lot of people have joint problems, arthritis, bursitis and so on. Important to always cleanse the body; eliminate the Uric Acid. Note that this is a very, I wouldn't say hot, but warm iris. All this inflammation, note the Autonomic Nerve Wreath and how acute it is, how white it is. This needs to change. This person is in pain. Pain is there to wake you up and let you know that you're still there. But pain is also the body's way of crying out for help. Anytime there's pain, its always the first thing that you deal with is pain. Its very important.

So now we've gone through the systems of the body, and next what we're going to do is I'm going to show you a few of the forms that are included in your manual for you to use with your clients.

### ***Please stop your video and go through Practice 10***

Now one of the first things you may want to include when working with a client is a grid. This is a British Iris Chart, and this is a very good grid. What you would do is of course take a photo of an iris and put it underneath the grid. Now if you're using a digital camera, and you're taking a picture of an iris and bringing it up on the monitor you would not need to use the grid. A lot of digital cameras have invisible grids included so that you can, if you have the iris on the screen, you can click directly on a Lacuna, or a Radii Solaris or any other type of marking you might see in there and the computer program or software will tell you exactly where that marking is and you can just type your notes. But at this point if you don't have a digital camera, then you may want to consider using a grid. There are several types of grids; again, this is a British Iridology chart.

This is another type of grid. This grid here we see both the right and the left iris and these can be cut out, they can be made smaller, they can be used for any picture and they're very useful because as you can see they have all the areas of the iris on this grid. So you can see, these are the pupils here and we're seeing here left and right iris and here we can see the stomach area and the colon again, in the right eye. We can see the lungs out here and so on; the skin and the lymphatics, and liver/gall bladder and the heart and the brain area and so on. So if you have one of these grids that you can put on top of your pictures to analyze them it makes it much more efficient, takes up less time and is much more accurate.

Now in the last session I spoke about personality types. There are four basic personality types and five mixed personality types. This form, you can use this with your clients and when you're determined what personality type this person has you can mark it on the form. So if you notice your client has many lacunas and no Psora, then you can mark that

they are Emotional/Spontaneous and you can then explain to them what Emotional/Spontaneous means. If you notice they have a lot of Psora and no lacunas you can tell them that they are Analytical/Thinking and you can talk to them about their personality and so on. And the same goes for the mixed personality types. If a person has just a few Psora, but a lot of straight fibers without lacunas then you can mark that they're Analytical/Kinesthetic, and you can explain to them what Analytical/Kinesthetic means.

So this form is very useful when you're dealing with clients. I suggest that you take the information that you're learning out of this course, and any other course you're taking for that matter, and create your own forms. I really suggest you create your own forms because you need to create forms for whatever is most useful for you and your clients. These are forms I've created from working with clients and there are many many types of forms out there that you can use.

Now one of the forms that is in your manual is the Constitutional Iridology Worksheet. Anytime you do any type of analysis with one of your clients, always have them fill out the release form. Always. Whether the client is a relative, a friend or somebody you don't even know, always have them fill out a release form. Now I'm providing you with a release form that is called NCR. This means that it's Non-Carbon. You should take any type of form you create or use and make it into NCR. Now if you notice this form, the first page is white and the second page is yellow. When you're working with a client, if it's the release form, then have them fill out the release form, you keep the original release form they've signed and you give them the yellow copy. These tear very easily so they're easy to work with.

Always, I can't stress this enough, its very important that you always have them fill out a release form and you keep a file on every single one of your clients. Always keep a file on all your clients, anytime you talk to them, take notes, put the notes in the file, they've called you because they're on a cleanse and they're having this type of symptom; or you've put them on, or made a suggestion for them to use a particular type of herb and its working or its not working or they're having this symptom or that and so on; so that you create a history in their file.

When you see a client, if you're going to use the Constitutional Iridology Analysis, which I highly suggest that you do, this is broken down into the areas that I've spoken to you about. The first area, part one, is Basic Patterns. And here in Basic Patterns we have the structure, the function, the true color, the weakness and the colors. You should be marking something on each one of these: if their structure is moderate or if their function is hot. Whether their true color is blue, mixed or true brown. What the weakness is. You know that a blue eye would typically have a respiratory/lymphatic weakness. You know that a mixed-biliary eye would typically have a digestive weakness, and you know that a true brown eye would typically have a circulatory weakness. And the colors, is there yellow, neon orange, dirty orange, brown or reddish brown in the iris? Maybe there are none of these colors, maybe there are all of these colors. But whatever you see in there, put a checkmark and what's very important when you are doing an analysis, is you need

to talk to your client while you're doing their analysis. Its important, unless you decide to take their picture, read their eyes and come back to them at a later date, its important that while you're sitting there and marking something that you say, "I'm marking your structure as tight, these means you have a strong constitution. A constitution means, etc. I'm marking that you have a digestive weakness, this is because you are considered a mixed-biliary eye and this means etc."

And so on. So its very important that you explain as you go. "You have neon orange in your eye, historically speaking this means that there may be some involvement or weakness in the pancreas," and so on. Now the next part here, this is the personality, again, mark whatever you see, whatever their personality. Then we have the major signs and constitutional sub-types. These are the areas we just went over, the Stomach Halo, the Anxiety-Tetanic, the Arcus Sinilis, The Fuzzy Blue Edge, the Radii Solaris.

And if for some reason while you're working with someone and you don't remember what an Arcus Sinilis, the answer's right here; lack of brain circulation, very simple. So you can mark Stomach Halo and then put under here either Over Acid or Under Acid. Then explain to the person that from their eyes, always state that what you're talking about is from their eyes, what their eyes tell you that they have an Under Active stomach or poor digestive function. Or they have a Lymphatic Rosary which means they have swollen lymph nodes, infection and lymphatic disturbances and so on. A Uric Acid type means its an acid eye, means that its acute. If you mark somebody as an Uric Acid type then you should also mention that they have a Hot function. Febrile means that its hot everywhere.

Then we have Lipemic , this means fat. This is a Calcium/Sodium/Cholesterol Ring. If you see Calcium Out of Solution, or a Sodium Ring or a High Cholesterol Ring, or if you see hardening of the arteries, any of these things mark lipemic. If you see a Scurf Rim, or a hazy pupil, enlarged pupil, again a large pupil, adrenal fatigue, a tense pupil, or irregular pupil, any of these items, be sure you mark the form. On these forms you can give them the original and you can keep the copy.

The next page we have the Nerve Wreath Signs. We have what's called Closeness to Pupil. You're going to check one of these, whether the Autonomic Nerve Wreath and the colon is flaccid. Atonic meaning loose in public, public meaning the person is extrovert, loose meaning there is a loose constitution in the bowel, whether its balanced, or whether its constricted or spastic, meaning that the colon is very tight around the pupil, meaning the person is more introvert, more private.

The Colon Line, if it's pocketed or spastic, indented or strictured, collapsed or prolapsed. There may not be anything necessary to check here. You only check this area if you notice the person has one of these in their colon.

Special Signs: this has to do with the Autonomic Nerve Wreath. Is the Autonomic Nerve Wreath thick and pronounced, meaning is it white and overactive? Is it thin and washed out meaning low vitality. Under active, meaning you can't see it, causing adrenal fatigue?



Is it discolored, meaning that its colored, or pigmented, overactive or irritated. Again it may not be any of the above, it may be fine. The Autonomic Nerve Wreath may just be there. If that's the case you wouldn't mark it, but if it's thick and pronounced, thin and washed out or discolored, then mark it. Then explain to the person: "I've marked you as thin/washed out because you're enervated. You have adrenal fatigue, you need to build your adrenals."

Next is the Dominant Side. We spoke about the Dominant Side, which side of the body is stronger and which side is weaker. Is the right side stronger or is the left side stronger? If the right side is stronger it means they're analytical, if the left side is stronger it means they're intuitive.

Is this really important? Well, it is if the person wants to look back into their family history and determine where they got any of their strengths and weaknesses. If they want to determine that then sure, its important. It helps them understand what's going on in their body; what their inheritance is. If for instance their father had heart problems, they would want to look and see if they have weakness in the heart and then they would want to see if their right side is stronger. Then they would be more analytical and they'd be more dominant and have the more of the tendency of the same types of weaknesses of their father, and so on.

Then we get into Specific Signs. These are the Open Lacuna, the Closed Lacuna, the Psora, the Transversals, Red Lines in Iris, Red Lines in Whites, Red Lines in Iris again remember this is the hot spots, this is the blood vessel that is on top of the fibers. Red Lines in White has to do with the sclera, and Sclerology. We're looking to see where these veins are pointing. Fatty deposits in the whites, the Honeycomb Lacuna, the Rib Leaf Lacuna, the Stair Step Lacuna; these are all severe deficiencies. We have sinus congestion. The sinuses, again, is right above the Transverse Colon. Is there markings in the sinus area? Is there a Raddi Solaris, or Psoras, or pigmentation? And does the person wear glasses or contacts? Is there any vision problems? Does it look like they have the beginnings of cataracts. And you can write in this area; this is a very nice form.

So that not only can you say yes, I see an open Lacuna, but also this is where it is, it is in such and such place and the Psora is here, here and here. This helps a person when they go to work on their body, they go to work on their systems and it helps them to say, "I used to have a Psora at five o'clock. Can you look at my eyes now, its been about three years, can you see if this Psora is still here at five o'clock?" They bring this back to you or take it to another iridologist, whomever they decide to see, and they can take this form and see how their eyes have changed, and if the program is working for them. That's the key here, to make sure their program is working for them.

Here what we're going is break down the systems. This is important to be able to tell the person which system is the strongest and which is the weakest. We can start here at the top with the digestive system. Any time any of these pertain, you would make a mark, total it, here on this line, and the lower the number the stronger the system. The higher the number, the weaker the system. So if you see a Stomach Halo here, or any markings

in the liver, gall bladder or pancreas, if you see any red lines pointing to the liver area, that means in the sclera, or if you see any fatty deposits in the whites, mark these areas and total it up.

The intestinal system: if you see any pigmentation inside or around the Autonomic Nerve Wreath; if you see any type of markings in the intestinal zone, what that means if you see any pockets, any spasms, any discolorations, any kind of marking in the intestinal zone. Regulating of the Nerve Wreath. If you see that the nerve wreath is tight, meaning close to the pupil, or loose, its large, if its irregular, or if you notice there is ballooning in the colon because the bowel grows out very large, or if its collapsed or prolapsed. If it's discolored, because it's pigmented. If its thin and washed out; enervation. If it thick and pronounced, meaning white or thick. If there's Raddi Solaris lines; mark it, add it up.

Then we have the nervous system. The nerve rings: do they have nerve rings? You can write if you want, how many nerve rings they have and where they are. Its up to you how much detail you want to put in here. So if they have Nerve Rings or Raddi Solaris lines, again, irregularity of the Nerve Wreath, and then, irregularities in the Pupil Tonus. Is the pupil tight, enlarged or irregular? If the pupil is normal, then you don't have to worry about this. Do they have blood shot eyes? Again, total it up. Down here you can write other comments, any other kind of additional comments you want, you can write down at the bottom.

The next page, we have the glandular system. Is there a Rib Leaf Lacuna anywhere in the eye? Doesn't matter where it is, again, the fact that there is one tell us there's glandular imbalance. Are there any markings in the Pineal, the Pituitary, the Hypothalamus, the Thyroid, the Pancreas, the Adrenals, or the Reproductive Areas? Now the Hypothalamus, we didn't talk about it except in the beginning course, but the Hypothalamus is at the very top of twelve o'clock on the chart. So here we have Animation/Life, here in the left eye, and in the very top here is the Hypothalamus and of course its not on this chart, but you know that's where the Hypothalamus is.

If there any markings in the reproductive areas; the reproductive area meaning the testicles or the penis or the vagina or the ovaries or the fallopian tubes and so on. If there's an enlarged pupil, remember an enlarged pupil means there's adrenal fatigue. So if you mark that there's an enlarged pupil you should mark that there are markings in the adrenal glands, they go together. If there are puffy eyes, this also has to do with the adrenals. This is around the eyes. If you notice there's a puffiness around the eyes or underneath the eyes; a lot of people have puffiness beneath the eyes, this has to do with the adrenals.

Then we have the urinary system. In the urinary system we're looking to see if they have a Uric Acid Sub-Type. This means do they have a lot of the white pigmentation, a lot of acute areas in the iris? Do they have a lymphatic rosary? Are there markings in the kidney, the adrenal, the reproductive and the back areas? And then also are there any red lines in the whites, or the sclera that are pointing to the kidney, the reproductive areas or the back areas? Again, these are very important to note. And is there any yellow

discoloration in the eyes? I'm not talking about jaundice. If the eyes are very yellow, if the sclera is very yellow then that would signify jaundice and that's the liver, that doesn't have anything to do with the urinary system. But yellow discoloration in the eyes means sulfur deposits, any yellow pigments. And also, do they have puffy eyes? This also has to do with, besides the adrenal, it also has to do with edema.

Then we have the Respiratory and Lymphatic system. In the Respiratory/Lymphatic System what we're looking for is a Lymphatic Rosary. Do they have one? Are there any markings in the lungs, the breast, the throat, the spleen or the bronchioles? And markings, we're talking about any type of markings; Open Lacuna, Closed Lacuna, Radii Solaris, Lymphatic Rosary, Calcium Out of Solution, it doesn't really matter what the marking is, but you need to see if there are any markings in any of these areas and again, if there are red lines in the sclera pointing to the lungs, the breast, the throat, or the spleen. Does the person have sunken eyes? Do they look like their eyes are just sunk in the back of their head? Its very important.

And if you have any additional comments, you can write them on the bottom of the form.

Now the next area is the circulatory system. When we're looking at the circulatory system we're looking to see if they have a Fuzzy Blue Edge; this is anemia in extremities. Do they have Arcus Sinilis, the white cap? Do they have a Lipid ring? Or, a Sodium or Calcium Out of Solution or a Cholesterol Ring? And are there any markings in the heart area?

In the structural system, we're looking for connective tissue weakness. Again, weak constitution, Daisy Petal eye, Emotional/Spontaneous personality; is it a Uric Acid Sub-type? Do they have a Scurf Rim? Are there any irregularities in the pupil? Any? Meaning is the pupil too small, is it tight, constricted, is it too large, is it enlarged, is it hazy, does it look like there are beginning cataracts? Is it flat in any area? Are there any markings in the back area? In the spine or in the back or in the muscles? Are there any red lines in the sclera pointing to the back? Are there any transversals in the skeletal area?

Now once you've completed this you can add it all up, and again, the smaller number is the strongest system and the larger number is the weaker system. From there, you can then take the lower part of this form here and you can write up a very short program for them. You can say One two three four five, these are the systems that need to be worked on; these are the supplements that you muscle tested for; and so on. Again, you would keep the yellow copy and give them the white copy.

***At this point, please stop your Video and go through the Intermediate Iridology test.***

Once you have completed your test, please mail it to Joyful Living Services. If you have any questions, you can contact us at

1-800-704-9800 or you can email us at [Iridology@aol.com](mailto:Iridology@aol.com), and our website is [www.joyfullivingservices.com](http://www.joyfullivingservices.com)

I've looked forward to spending this time with you and teaching you Intermediate Iridology. I hope you've enjoyed this course and I look forward to continuing with you to the Advanced Iridology course.