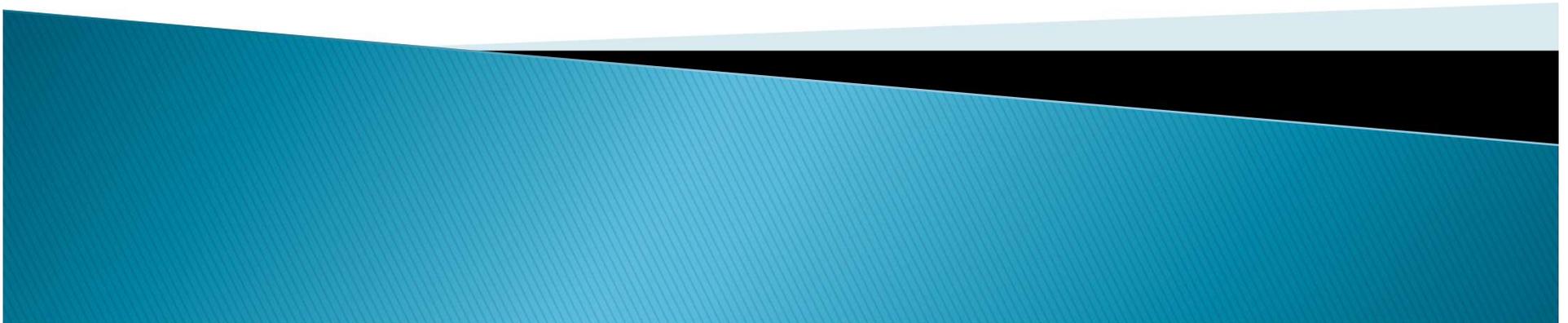




Level 2 IIPA Case Studies





IIPA Case Study #1

Elly Hanson



Right Iris

Left Iris





IIPA Case Study #1

Elly Hanson

Elly Hanson DOB: 07/26/1977 Height: 5'1" Weight: 119 lbs
Single. No children. No pregnancies.

Presenting symptoms: Headaches for 5 years. Symptoms of tinnitus have been increasing for 3 years. Severe dysmenorrhea since mid-teens. Keratosis on the back of her arms. Facial chloasma (pigmentation). Mild depression. Poor sleep pattern.

Historic issues: Father was verbally abusive to her and her mother. Suffered intense digestive upsets as a child (diagnosed as infantile migraine). Appendix removed at 14 yrs.

Lifestyle: Currently works as a cook. Studying to become a Naturopath. Drinks 2-3 green teas daily. Social moderate drinker. Wine only. Exercises regularly (bike riding). Supportive social circle.

Meds: Magnesium citrate 400mg daily. Liquid iron supplement daily. Fish oil 2000 mg day.

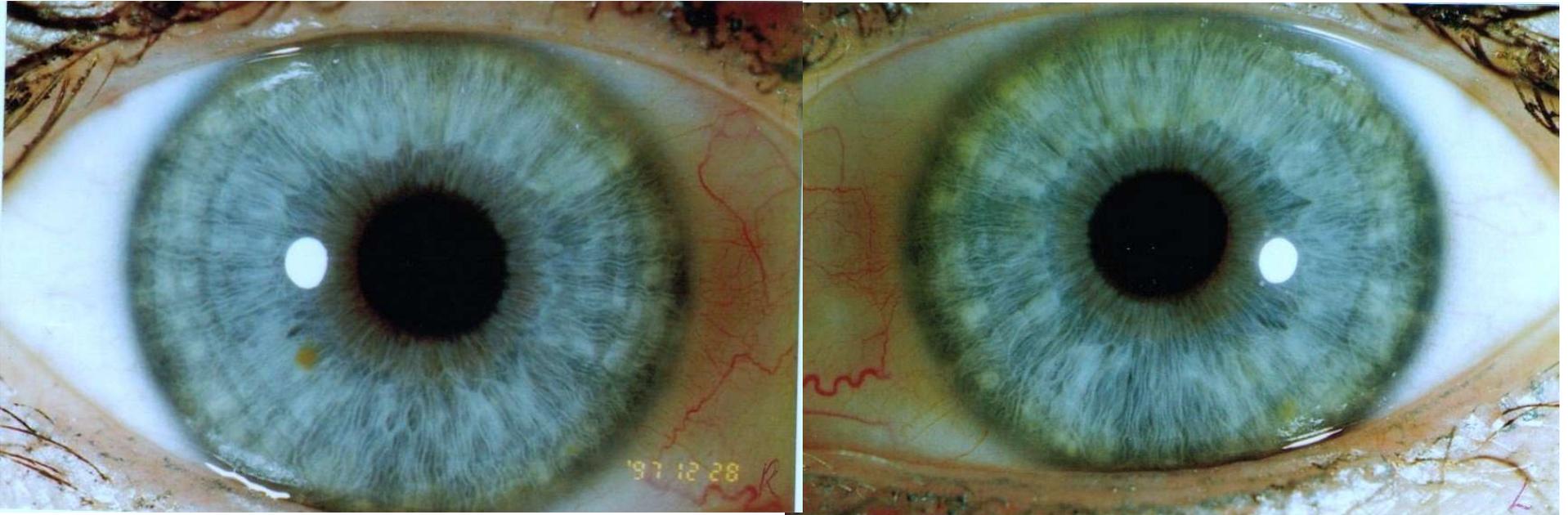
What is her constitutional type, where are her inherent weaknesses, and what can she do to be healthy and prevent problems down the road?





IIPA Case Study #2

Jenny Johnson



Right Iris

Left Iris





IIPA Case Study #2

Jenny Johnson

Jenny is a very dedicated mother of an eight year old daughter, a six year old daughter and a four year old son. Jenny's husband works all the time and leaves a great deal of the care of the children and their home up to Jenny. She spends her time taking the children to horse riding lessons, gymnastics, choir practice, church, and school events. She sews, cooks, cleans, washes and irons clothes. In addition, she works several days each week at the library.

When Jenny was a child she had all the common childhood illnesses as well as vaccinations. Now she has the tendency to drink caffeinated tea and soft drinks and eat sweets. Because she stays so busy, she takes her children out for hamburgers and pizza quite often. She suffers from migraines, especially with her menstrual periods. Jenny has anxiety attacks at times as well. She is often tired, but tries to keep going. Not long ago, she was taken to the hospital with severe pain in her gallbladder. Other symptoms reported by Jenny were dizziness at times, back problems, loss of memory, some hair loss, vision problems, nervousness, shortness of breath, and varicose veins.

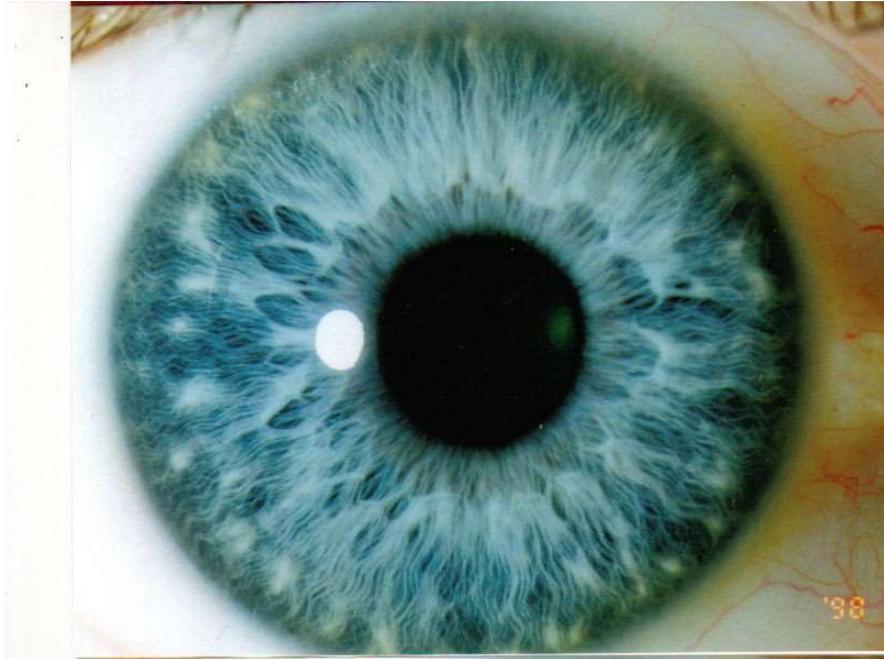
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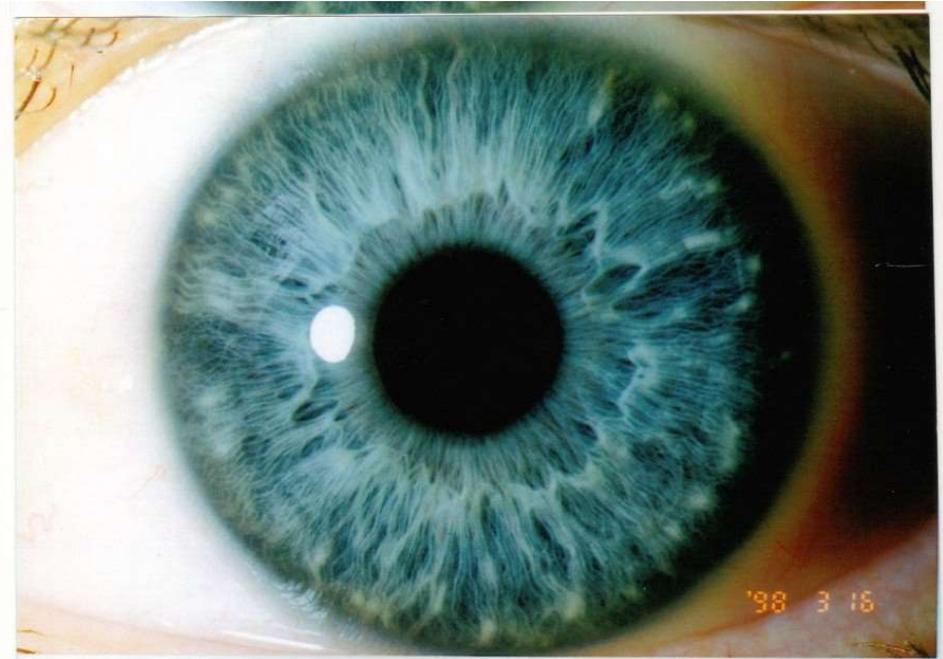


IIPA Case Study #3

Joshua Brown



Right Iris



Left Iris





IIPA Case Study #3

Joshua Brown

Joshua grew up in a family of seven children in the South. They ate a lot of pork, fried foods, dairy products, vegetables cooked in grease, cakes and pies. His father and grandfather died of a heart attack. His father was an alcoholic. His mother died with cancer in the liver and lymph system.

Joshua feels he was a fairly healthy child but often had colds and suffered from allergies every spring. His allergies have been better as an adult but when he gets sick, it is usually in the upper respiratory tract. He has the tendency to eat sweets and drinks wine or beer almost daily. He is very thin and has difficulty ever gaining any weight no matter how much he eats. When he was in his twenties, Joshua used quite a few drugs such as marijuana and mushrooms. His cholesterol tends to run high and he has poor circulation – with cold hands and feet. He is plagued periodically with Herpes sores on the mouth. He feels his digestion is pretty good, but has indigestion if he eats fried foods. He has a bowel movement two to three times per day. Transit time is probably too rapid.

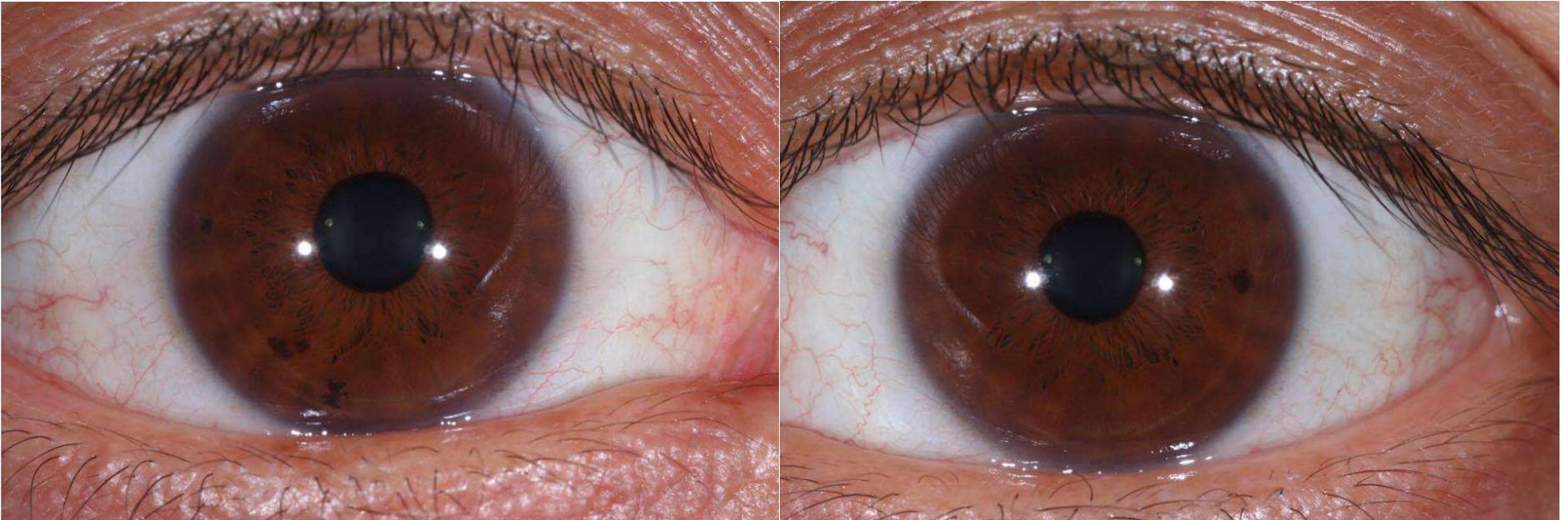
What is his constitutional type, where are his inherent weaknesses, and what can he do to be healthy and prevent problems down the road?





IIPA Case Study #4

Robert Fisher



Right Iris

Left Iris





IIPA Case Study #4

Robert Fisher

Robert Fisher DOB: 03/20/1980 Height: 6'2" Weight: 225 lbs
Married 2004. Three children. (G, B, B) Wife stay-at-home mom. Youngest child severely disabled.

Presenting symptoms: Crohn's disease diagnosed at age 30. Depression. Sleep apnea diagnosed at age 35. Right testicle extremely uncomfortable for the last two months.

Historic issues: Tonsillectomy age 7. Pneumonia age 11. Appendectomy 14 yrs. Two episodes of cholecystitis age 34. (Still has his gall bladder).

Lifestyle: Owns a plumbing firm. Heavy smoker since early teens. Moderate to heavy drinker. (Moderate mid-week and heavy on weekends.) Beer mid-week, wine and spirits weekends. Plays touch football on the weekend. High level of marital stress. Finds it difficult to cope with responsibilities – profound difficulty accepting that his youngest son will not recover from his disabilities.

Meds: Remicade or Humira and various for Chron's. Currently taking Methotrexate. Tylenol as needed for pain relief. Intermittent use of Effexor (regular use reduces his libido and makes him feel to sleepy). Has taken many courses of anti-biotics over the last 15 years. Takes Vitamin C 500mg daily and Flax Seed Oil 2000mg daily.

What is his constitutional type, where are his inherent weaknesses, and what can he do to be healthy and prevent problems down the road?

