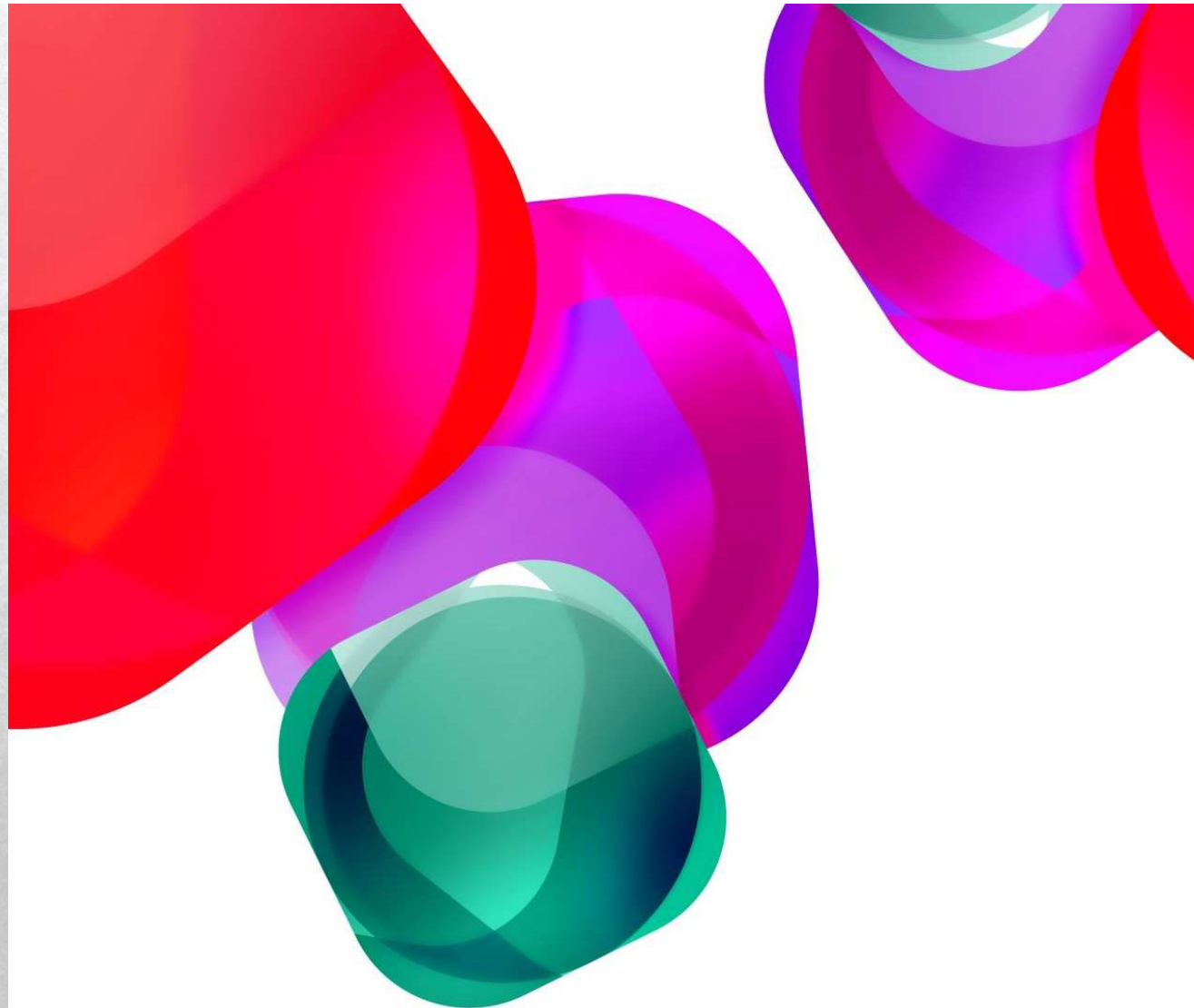


## IIPA Level III



Pre-Cancerous Signs of  
the Iris

By Dr. Ellen Tart-Jensen



Signs in the iris can be properly assessed only in perspective of the whole

Josef Deck

We want to look at the whole iris to see it's true significance to the body.



# Living in a Modern World

**With all our modern conveniences today, cell phones, e-mail, microwaves, television and fast-food, many of us have lost all connection with nature.**

**We have everything at our fingertips, but we are more rushed and hurried than we have ever been. Because of this, more people are getting sick than ever before.**



# Statistics show...

The incidence of cancer is rising.

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



# Stats-

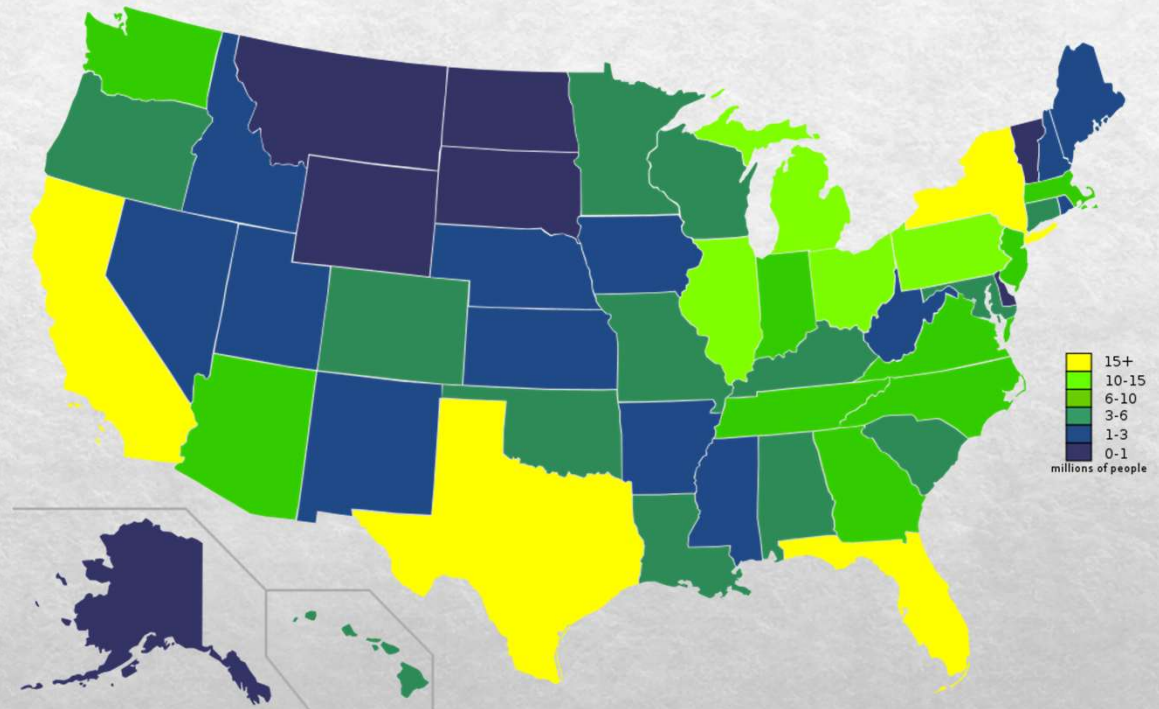
- In 1928, 1 out of 9 people in the U.S. died of cancer.
  - In 1957, 1 in 4 people contracted cancer.
  - In 2013, 1 in 2 men and 1 in 3 women will contract cancer.
  - In 2021, there's a 50/50 chance of both men and women to contract cancer according to Mayo Clinic.
- 
- Cancer is now the leading cause of death in the U.S. often surpassing heart disease. 600 people in U.S. die with cancer each day.
  - Most cancer in men: lung, prostate, colon.
  - Women: lung, breast, uterus, colon

(Alexander Berglas, Cancer, Nature, Cause and Cure 1957 American Cancer Society, Cancer Facts and Figures 2013)



## Stats

- Over 1.6 million new cancer cases were diagnosed in the U.S. by the end of 2013.
- 10 or more years often pass between exposure and detectable cancer.
- 77% of all cancers are detected after the age of 55.
- California and Florida have the highest incidents of cancer while Wyoming and Alaska have the lowest.



North America, Canada and Eastern Asia our rank all other countries in highest rates of cancer.



# What is Cancer?

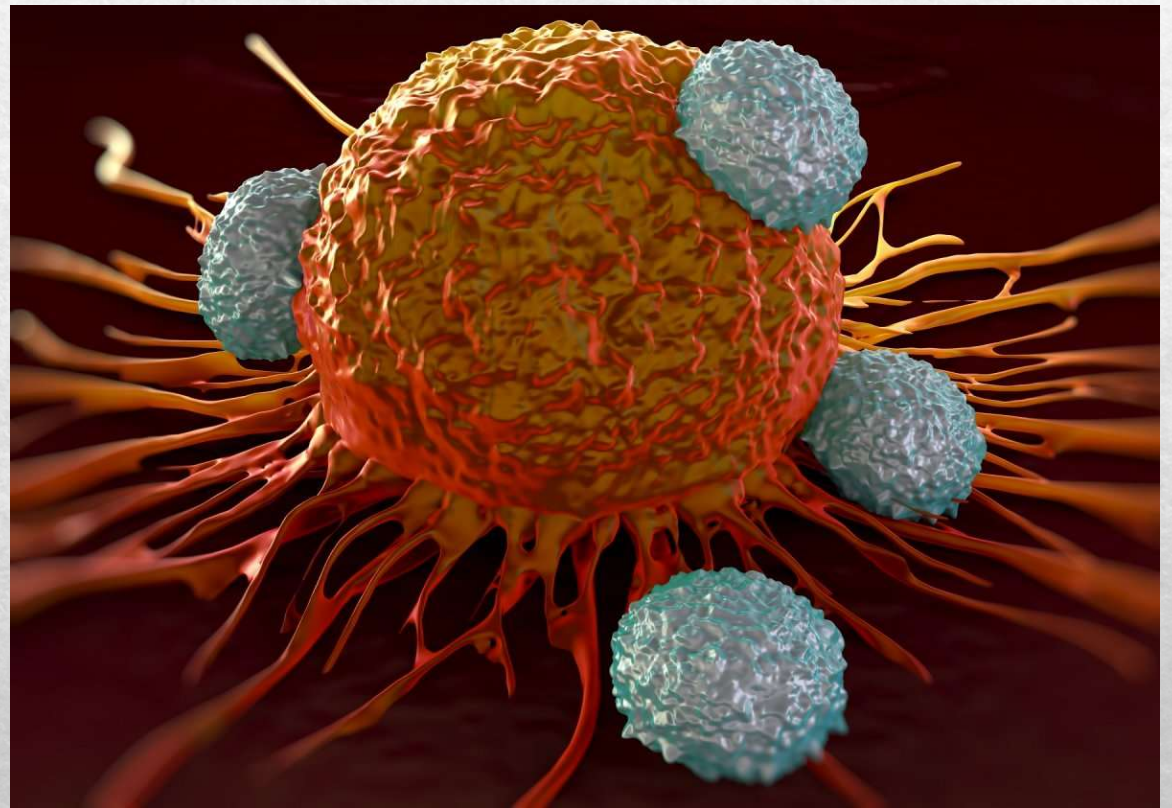
According to the **American Cancer Society (ACS)**, there are over 100 different types of cancer. Each is classified by the type of cell that is initially affected.

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



# Cancer

A cancerous cell moves through the body using the blood or lymph system to travel. The cell then destroys healthy tissue in a process called invasion. As the cancerous cells divide and grow, they make new blood vessels to help feed themselves.



# What Causes Cancer?

- The ACS attributes the external causes of cancer to be from tobacco, chemicals, radiation and infectious organisms.
- They attribute internal factors to be from inherited mutations, hormones, immune conditions and other mutations that occur from metabolism.
- Medical oncologist, Dr. Bernie Siegel, Dr Carl Simonton, Dr. Deepak Chopra and Dr. Larry Dossey believe that cancer can begin with deep seated sadness over long periods of time that can cause the genes, hormones and other bodily functions to go awry.



# What Heals Cancer?

- **Many people heal from cancer using natural methods. Others heal from natural and medical methods depending on what they truly believe in and feel good about.**
- Dr. Larry Dossey states, “when high-tech medicine is supplemented with love and compassion, we are not only curing but also healing,” ***(Healing Words, the Power of Prayer and Practice of Medicine)***
- Dr. Lorraine Day developed severe advanced cancer and almost died, which became her motivating factor for regaining health. She recovered by natural methods, without chemotherapy, radiation or mutilating surgery. ***(DVD, Disease Don't Just Happen by Lorraine Day M.D.)***



# Can Cancer be Detected Ahead of Time?

- Cancer is not a sudden change in tissue pathology. It is prevailed by genetically weakened organs, immune system malfunctioning, bio-chemical imbalances and magnetic field disturbances. These are deep constitutional patterns that have evolved gradually over many months or years.
- Dr. Paul Howard Stuetzer (University of Munich)- “Today more than ever, medical scientists and practitioners are looking for improved means of detecting neoplastic diseases in the earliest stages of development. Some diagnostic methods have been developed but are not always available.



# Early Detection

**The iris of the eye displays characteristic changes (over generations) which allow the study of constitutional patterns...and developing patterns of pathology long before overt symptoms emerge.**



# Legal Wording

- In iridology we are not medical doctors, and we **never** diagnose a disease We analyze areas in the iris that show strengths or deficiencies.
- We look at constitutional types and subtypes to understand genetic tendencies. We pay close attention to lifestyle, age, diet, type of work, habits and emotional balance with reference to what we see in the eye.
- We never prescribe. We make suggestions. For instance, we may say, "in other situations such as your, this nutrient has been very helpful."
- It may be necessary to have your client sign a disclaimer saying that they understand that you do not treat disease unless you are a medical licensed doctor.





# The Study of Iris Constitutions

- According to early iridologists: **Josef Deck**, Paul Stuetzer and Jorchim Broy of Germany, it is important to recognize the **Constitutional Type as seen in the iris as it shows the individuals overall capacity to resist and react to outside or inside stimuli or disease. It is one's inborn ability to adapt to stressors.**
- **The study of human constitutions has been an integral part of iridology for many years.**

Josef Deck- Felke  
Institute



# 3 Iris Constitutions

- Dr Jorchim Broy was an instructor at the Naturopathic College in Munich, West Germany. He studies 23 types of iris constitutions
- He found that three of those constitutions **consistently demonstrated immune system dysfunction and a high propensity or tendency for neoplasia**. This was because of deficiencies in metabolism and immunological deficiency.
- The three constitutional types are:
  - **Psoric Constitution**
  - **Sycotic Constitution**
  - **Carbo-Nitrogen Constitution**

*(Jorchim Broy-The Constitutions 1978)*



# 3 Iris Constitutions

## Psoric Constitution

Blue-gray iris color (**lymphatic type**) though it may look brown due to a central heterochromia and brown pigmentations in the ciliary zone. It will always have a blue-gray background.

The two **pupils are often unequal in size** (anisocoria)

**Pigmentations** or Central heterochromia are located in the pupillary zone.

The fibers in **the ciliary zone are loose and /or filled with crypts**. Open or closed lacuna are on or close to the collarette, indicating organ deficiencies.

The ciliary zone contains several dark brown melanin pigments.

## Sycotic Constitution

The iris is generally **light brown** (biliary)

The **middle of the ciliary zone appears lighter** than the rest of the iris. The iris stroma has the appearance of a white ring due to contraction furrows (anxiety tetanic)

The periphery of the **pupillary zone and humoral zone region** appear milky in color, indicating poor, conditions of bodily fluids.

**Light colored tophi** are found in the periphery of the ciliary region.

There is usually a tarry **dark melanin pigment** or tarry pigments somewhere in one iris.

## Carbo-Nitrogen Constitution

Iris color is gray/blue (lymphatic type)

Flattening along the upper margin of both pupils.

Pupillary region is dark in the periphery and usually contains crypts.

The humoral zone/region is dark brownish gray in color.

Middle ciliary zone is light at the beginning and gradually darken to the periphery.

There is often a triangular shadow (splenic triad) in the area of the spleen and lighter transversal passing through the triad, indicating immune system dysfunction.



# Psoric Constitution

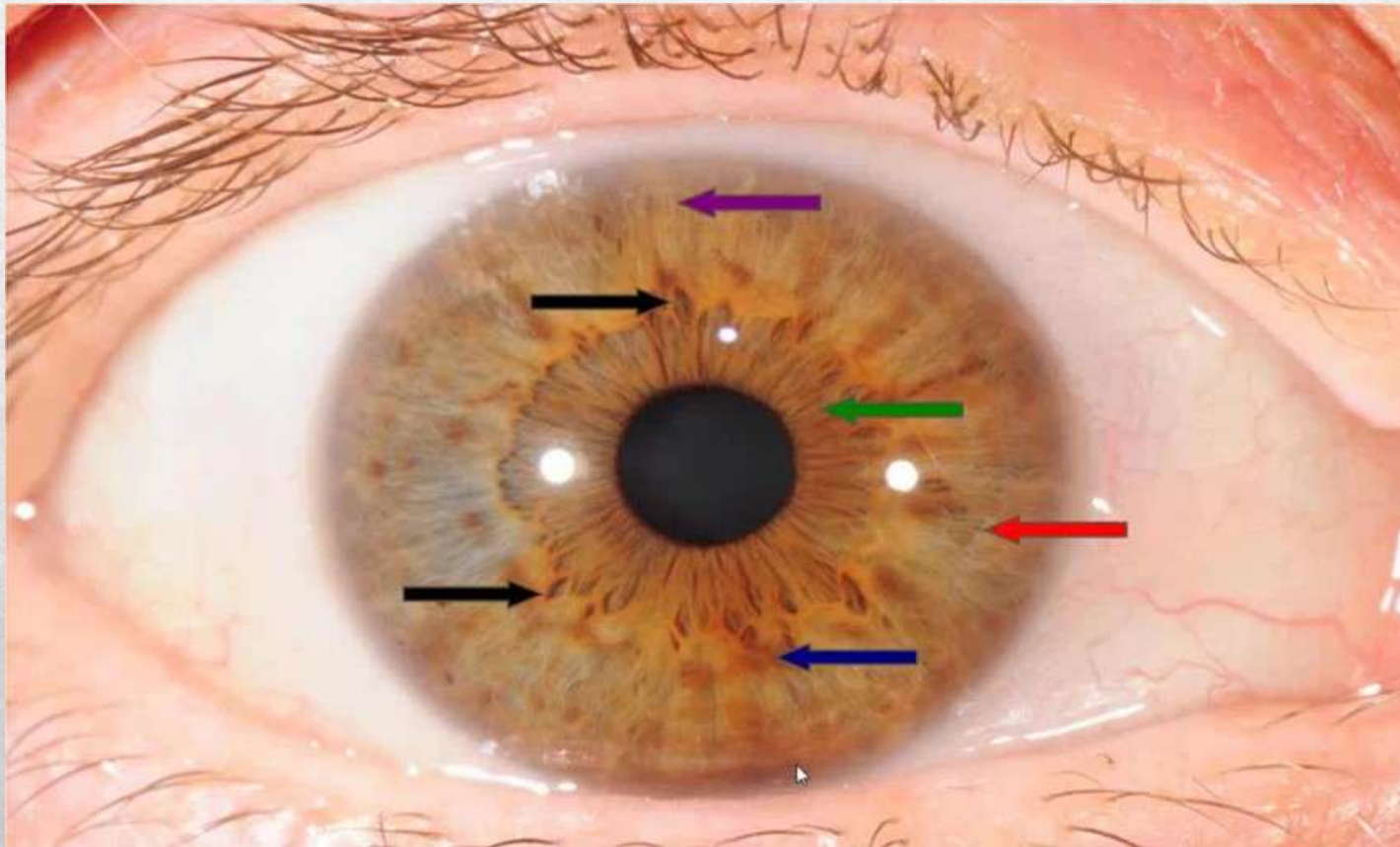
- The Psoric constitution is parallel and is one of the most studied chronic types of miasms in homeopathic literature. A miasm is an inherited, deep-seated condition.

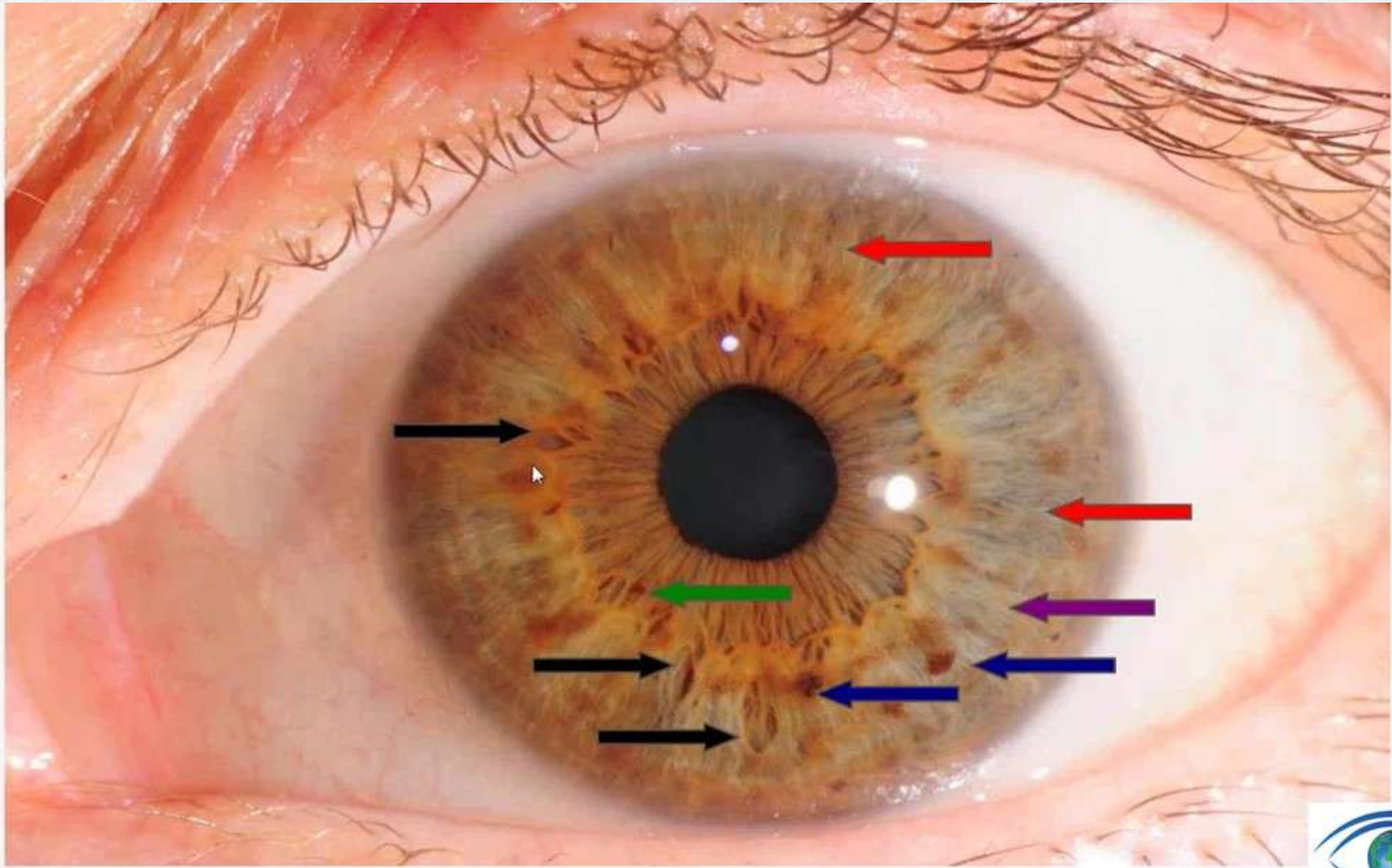


## 5 Distinguishing Characteristics- Psoric Constitution

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

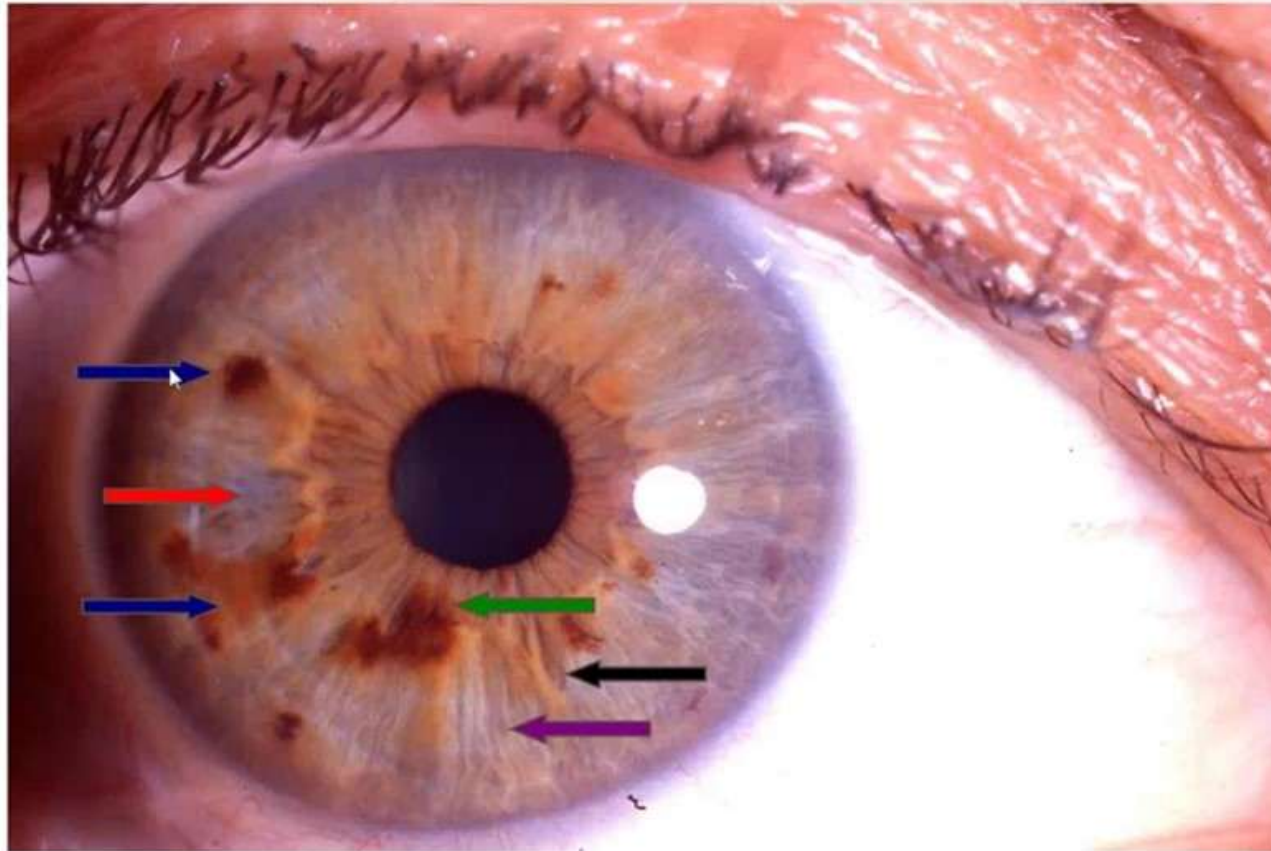






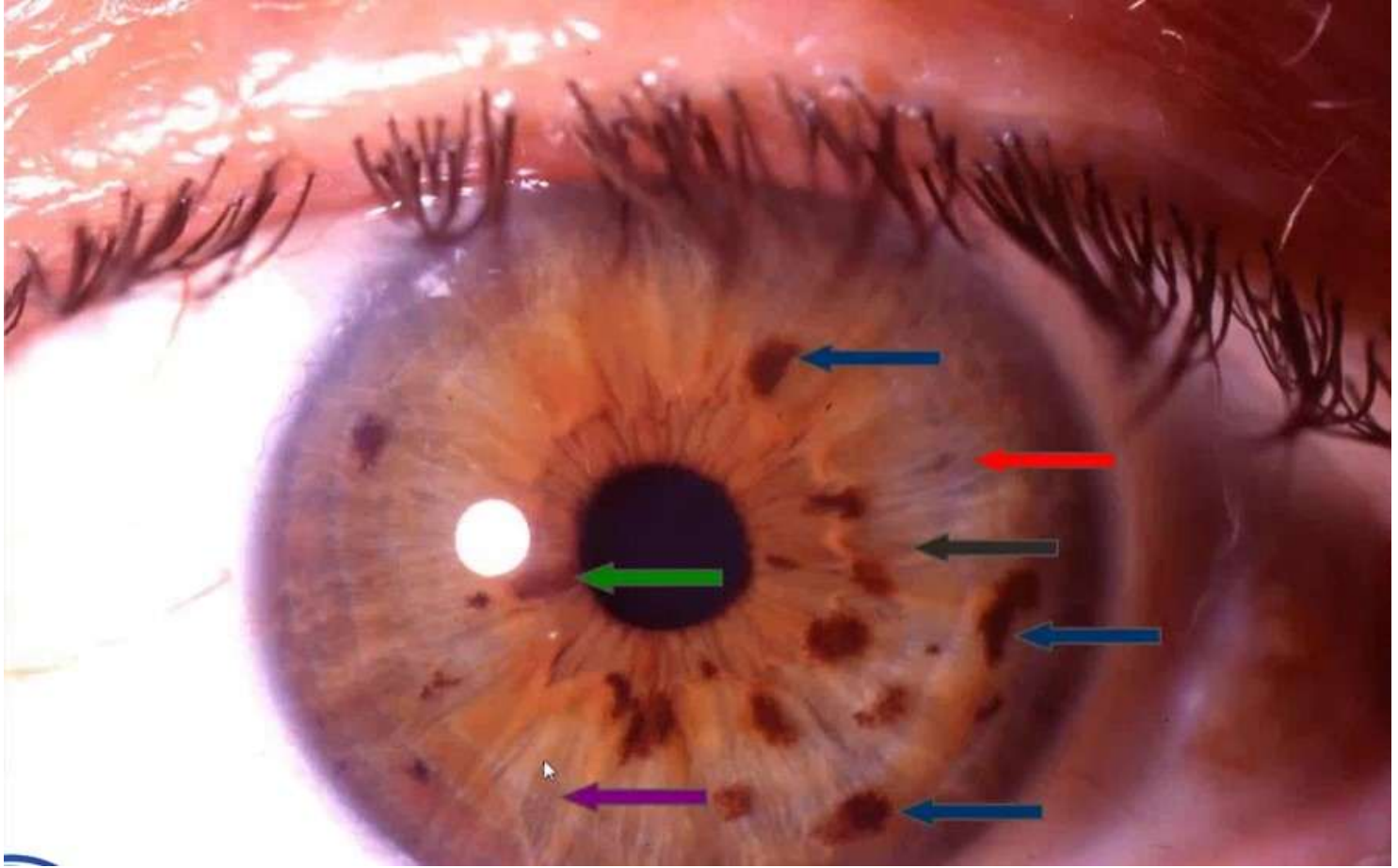
**Psoric Type**





Psoric Type





# Constitutional Characteristics of Psoric Type

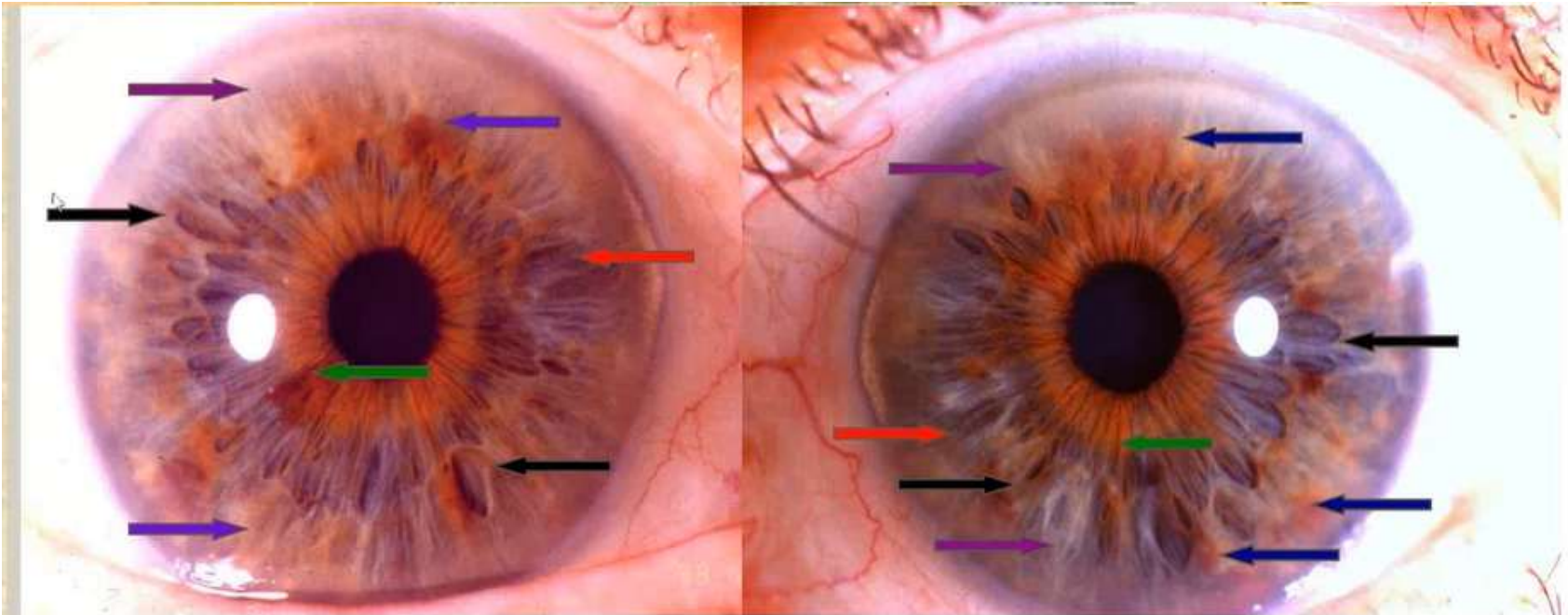
- Feelings of hopelessness and suicidal tendencies (emotional)
- Insomnia, nights sweats and heart palpitations
- Sensitive to cold temperatures
- Skin is oily and dull, hair often lifeless
- Lymph nodes often hard and enlarged



# Psoric Propensity to Disease

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





### Psoric Type, Case Study 1, Right Iris

- Iris is blue-gray in color.
- The two pupils are unequal in size.
- Pigmentations are found in the pupillary zone (green).
- Stroma of ciliary zone is loose and filled with crypts (red), and appears cloudy (purple).
- Open and closed lacunae, on and close to collarette (black).



# Case study- Female 72 Ht 5'3" 120 lbs.

- **Symptoms:**
- Chronic constipation
- Vaginal infections, severe inflammation
- Anemia
- Insomnia, night sweats
- Heart palpitations, Mitral valve prolapse
- Low thyroid, sensitive to cold
- Thin, lifeless dull oily hair
- Allergies, sinus conditions
- Skin moles, warts and skin cancer
- Arthritic fingers
- Polio at age 45/leg cramps
- Felt hopeless had thoughts of suicide
- Estrogen dependent cancerous tumor removed from L breast at 70 yo.
- Positive, outgoing but troubled inside
- Developed leukemia at age 80



# Remedies for Psoric Type

- Balance pH with fluids, green drinks
- Chlorella/spirulina (helps cleanse blood, liver, colon)
- Antioxidants- selenium, Vit A, E zinc
- Vit C with bioflavonoids, Quercetin (connective tissue)
- Cat's claw, Olive leaf, Reishi, Shitake, Maitake, (immune support)
- Sheep sorrel, Burdock, Slippery elm, Turkey rhubarb (immune)
- Milk thistle, dandelion leaf and root, Yellow Dock, (blood, lymph, and liver)
- Digestive enzymes





## Remedies continued

- Wormwood, black walnut, cloves, garlic, (parasites)
- Homeopathic remedies include graphites, viscum album or \*mistletoe. (not legal in U.S. as a treatment. May have to investigate or order from EU) stimulates immune response.



# Nutrition for Psoric Types

- Avoid: dairy products and meats with hormones
- Fried foods, sugar, salt, gluten, caffeine, alcohol, nicotine, preservatives, artificial food colorings.
- Eat: Cruciferous vegetables raw and lightly steamed, Dark green leafy veg, beets, bitter greens
- Fenugreek, sunflower, alfalfa, buckwheat, mung and pea sprouts, sea veg, soaked nuts and seeds
- Drink: Raw veg juice greens, Wheat grass juice, Pau d' Arco tea, red Clover tea, Essiac tea, raw nut seed milks



# Therapies

- Epsom salt baths, Castor oil packs on affected areas
- Walking, Yoga, rebounder
- Tea Tree oil, or Oregano oil.  $\frac{1}{4}$  to  $\frac{3}{4}$ 's olive oil
- Colon cleansing and Liver cleansing





### Case Study 1

This was a wart that had been there most of her life. She applied oils





It took approximately nine months for this to come off. It came off in bits and pieces. More and more came up to come out from deep down inside of her head. She also did several colon/tissue/liver cleanses.





## Case Study 1





Herbal salve with bloodroot helped to remove it.  
Colloidal silver salve helped keep out infection.



# The Sycotic Type

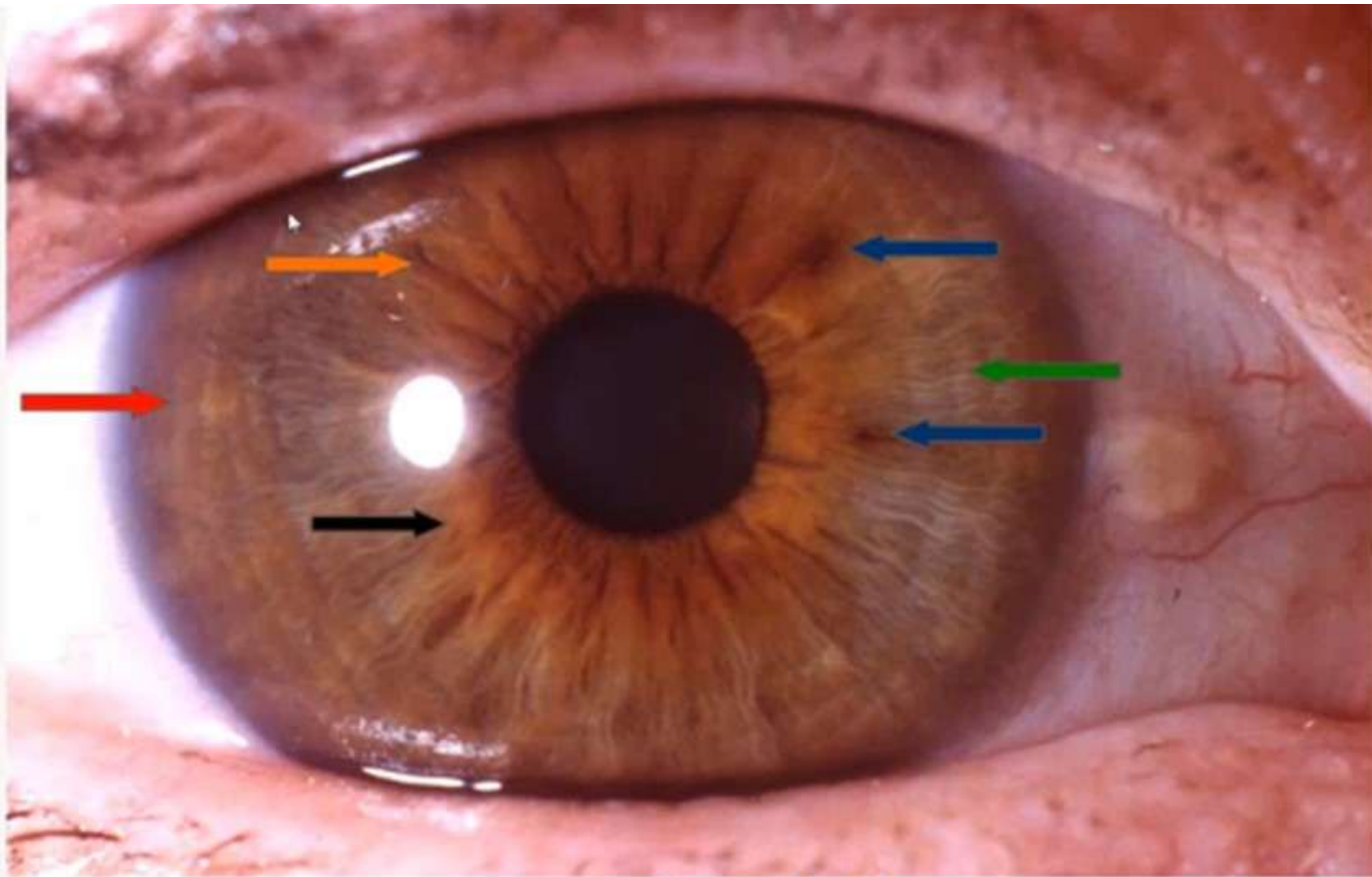
- Samuel Hahnemann, the founder of homeopathy assigned the term “Sycosis” to a deep seated miasm, exemplified by the formation of condyloma or venereal warts.
- Today, homeopaths recognize the term sycosis to indicate the excess of tissue, weakness of the immune system, sensitivity to bacteria, viral and environmental stimuli. Emotionally, this type often have the theme of excess in life and overboard with eating, drinking, working, playing etc.
- Here is the Sycotic type according to Dr. Jorchim Broy.



# 5 Distinguishing Characteristics

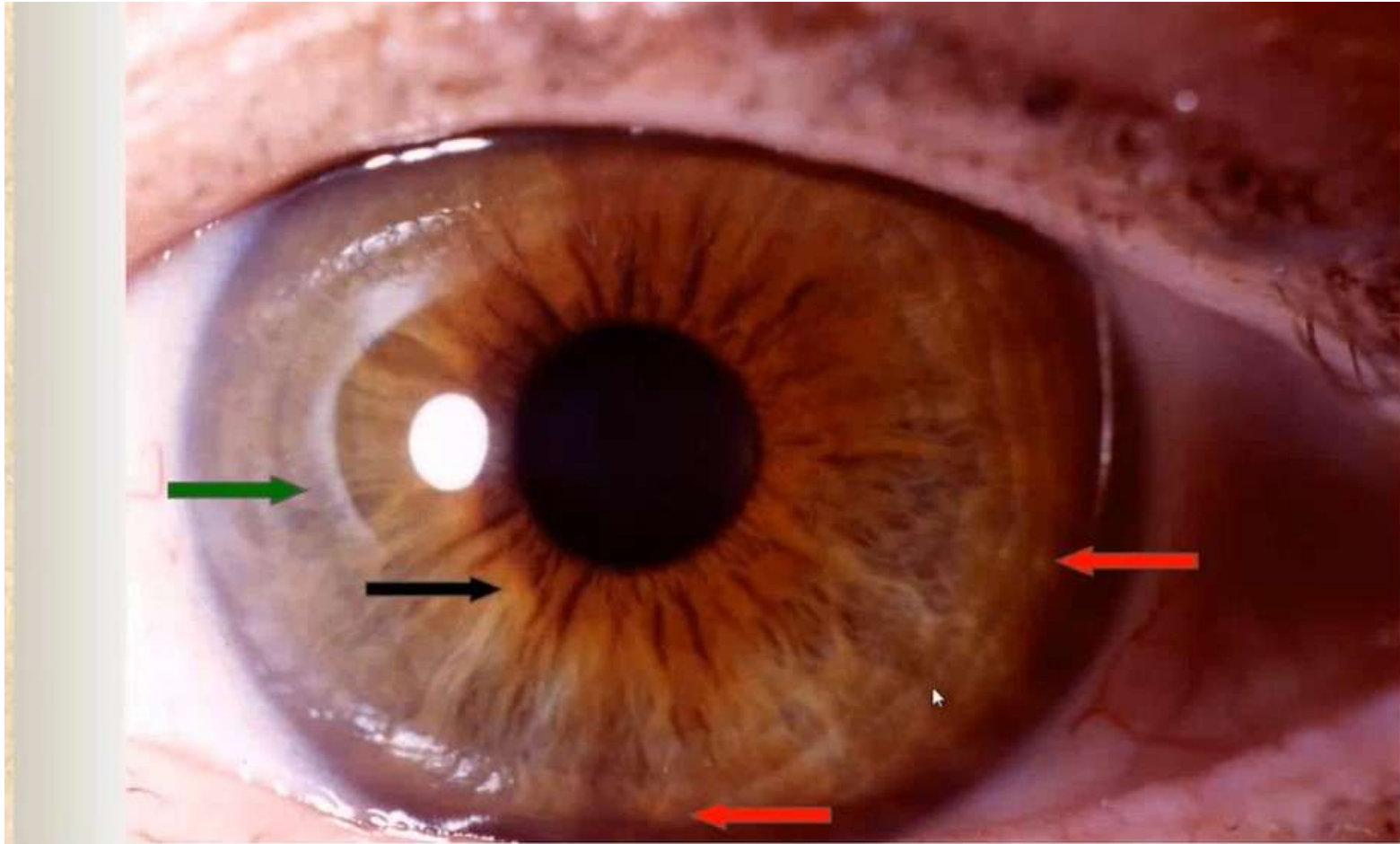
- 1. The iris is generally **light brown** (biliary)
- 2. The **middle of the ciliary zone appears lighter** than the rest of the iris. The iris stroma has the appearance of a white ring due to contraction furrows (anxiety tetanic)
- 3. The periphery of the **pupillary zone and humoral zone region**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





**Sycotic Type**





**Sycotic Type**



# Constitutional Characteristics of the Sycotic Type

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



# Sycotic Propensity to Disease

- According to Broy, “The Sycotic constitution is viewed by some European naturopaths as an inherited, **pre-cancerous condition**. Other diseases associated with the Sycotic constitution include neurogenic **heart disease**, particularly with “sticking pains” chronic **arthritis, arteriosclerosis and chronic urethritis**.

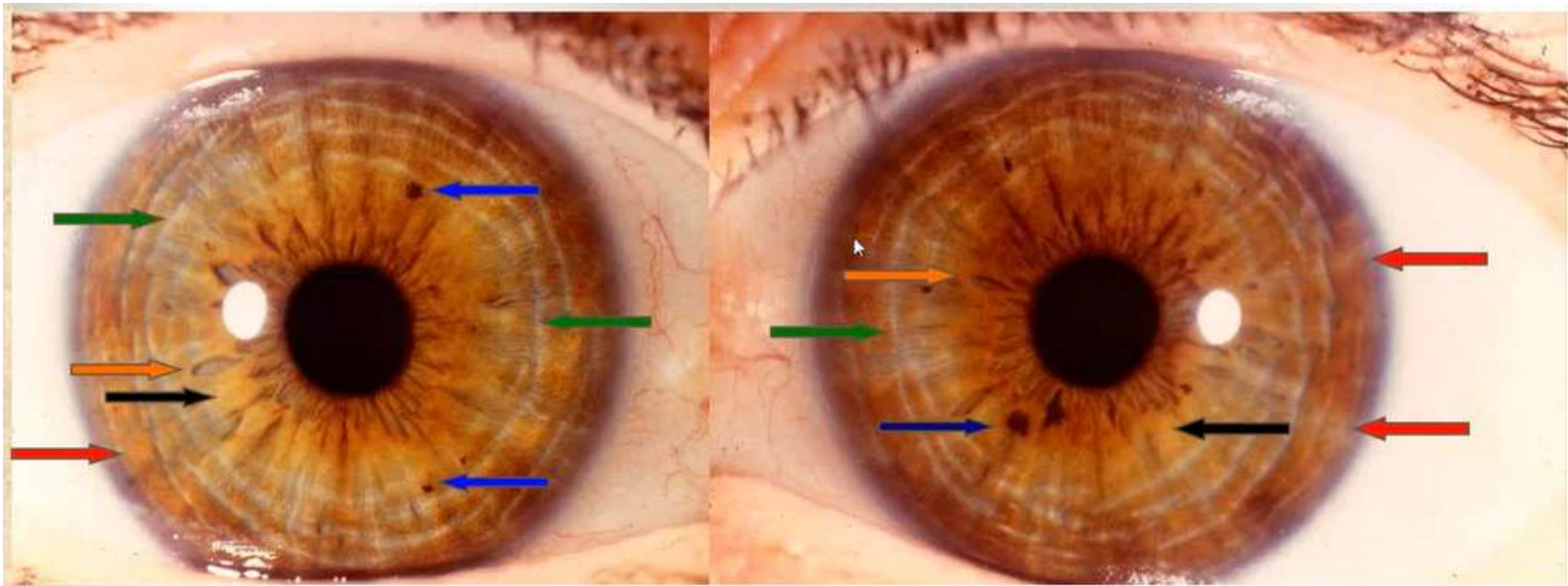


# Case study- Female 36 yo, Ht 5'4" 140 lbs.

- **Symptoms:**

- Nervous, exhausted, depressed
- Heart palpitations
- Overdid everything, work, food
- Short of breath, aching chest,
- Hypothyroid, overweight, poor circulation
- Arthritis like pains in back
- Urinary tract infections
- Hypoglycemia 9Pancreatic insufficiency)
- Digestive issues, acid reflux
- Nausea, vomiting with periods
- Swelling in abdomen, arms and legs, varicose veins
- Weakened immune system, frequent colds and flu





### Sycotic Type

- Iris is light brown.
- Middle of ciliary zone is lighter than the rest of the iris.
- Stroma has the appearance of a white ring (green).
- Periphery of pupillary zone and humoral region appear creamy in color showing poor condition of bodily fluids (black).
- Light colored tophi in periphery of ciliary zone (red).
- Tarry dark melanin pigment or pigments somewhere in the iris (blue).



# Nutrition for Sycotic Types

- Avoid: Caffeine, chocolate, soft drinks black tea. Sugar, white flour, fried foods. Hormone laden meats and dairy.
- Eat: Food high in Vit B, whole grains, brown rice, rice polish for nerves. Greens, bitters and beets for liver support
- Soaked nuts/seeds to support glands.
- Beans soaked and cooked
- Baked/broiled poultry/fish. Hormone free and ocean caught fish. No farm raised.
- Raw Greek yogurt/goat cheese (probiotic)
- Drink: green drinks water, raw, apple cider vinegar in water (cleanses liver and urinary tract)



# Remedies for Sycotic Constitution

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



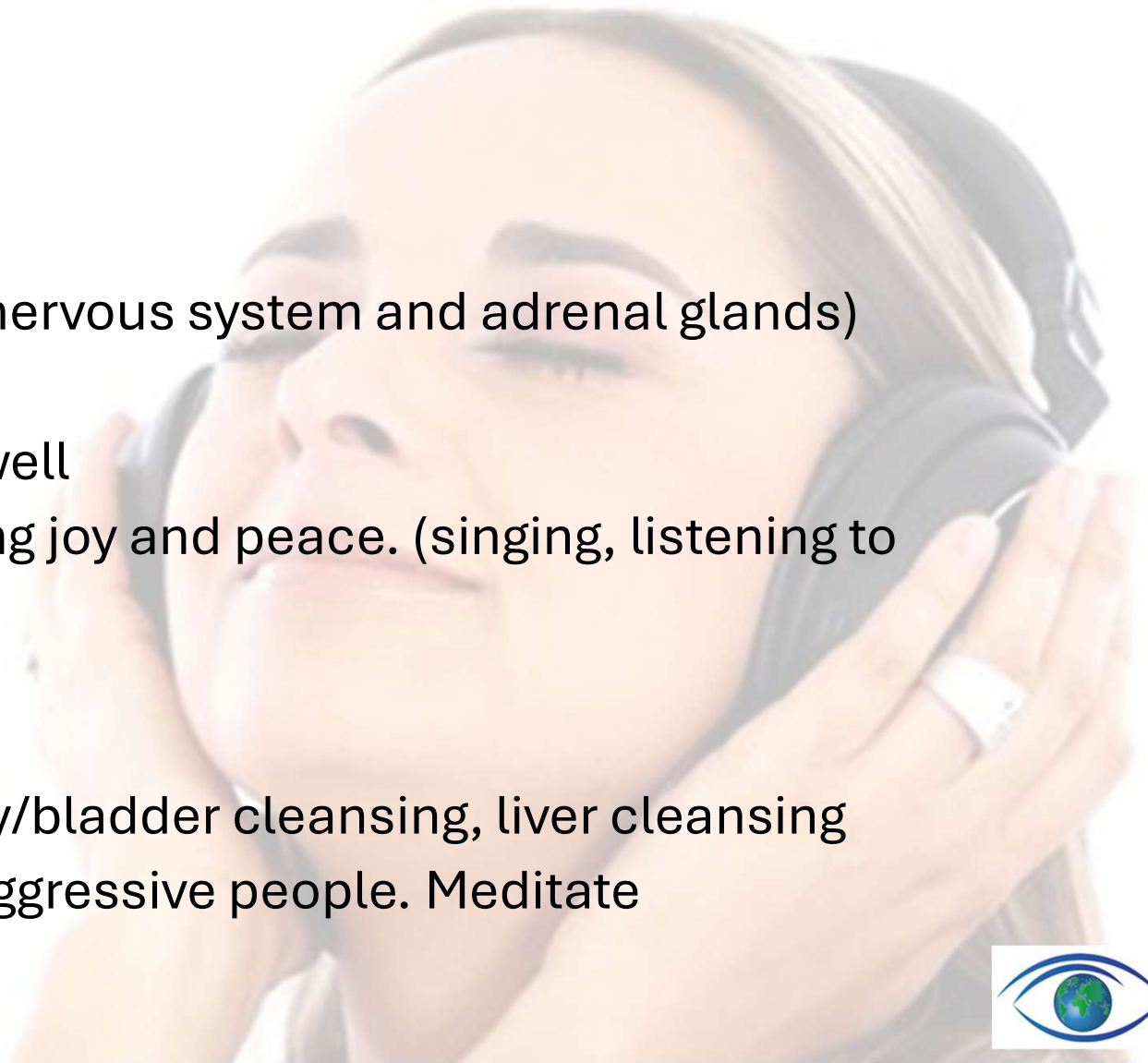
# Remedies for Sycotic Constitution

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



# Therapies

- Yoga, massage (calms nervous system and adrenal glands)
- Deep breathing
- Chew food slowly and well
- Creative practice to bring joy and peace. (singing, listening to music)
- Grass walking
- Castor oil packs
- Colon cleansing, Kidney/bladder cleansing, liver cleansing
- Avoid loud music and aggressive people. Meditate



# Liver cleansing smoothie

- 1 cucumber peeled and chopped
- 1 apple chopped
- 1 inch thick and 2-inch-wide raw piece of red beet
- Juice of 2 lemons
- Juice of 1 lime
- ½ cup of EVOO-extra virgin olive oil
  
- Blend well and drink in the morning



# The Carbo-Nitrogen Type

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



# Carbo-Nitrogen Constitutional Characteristics

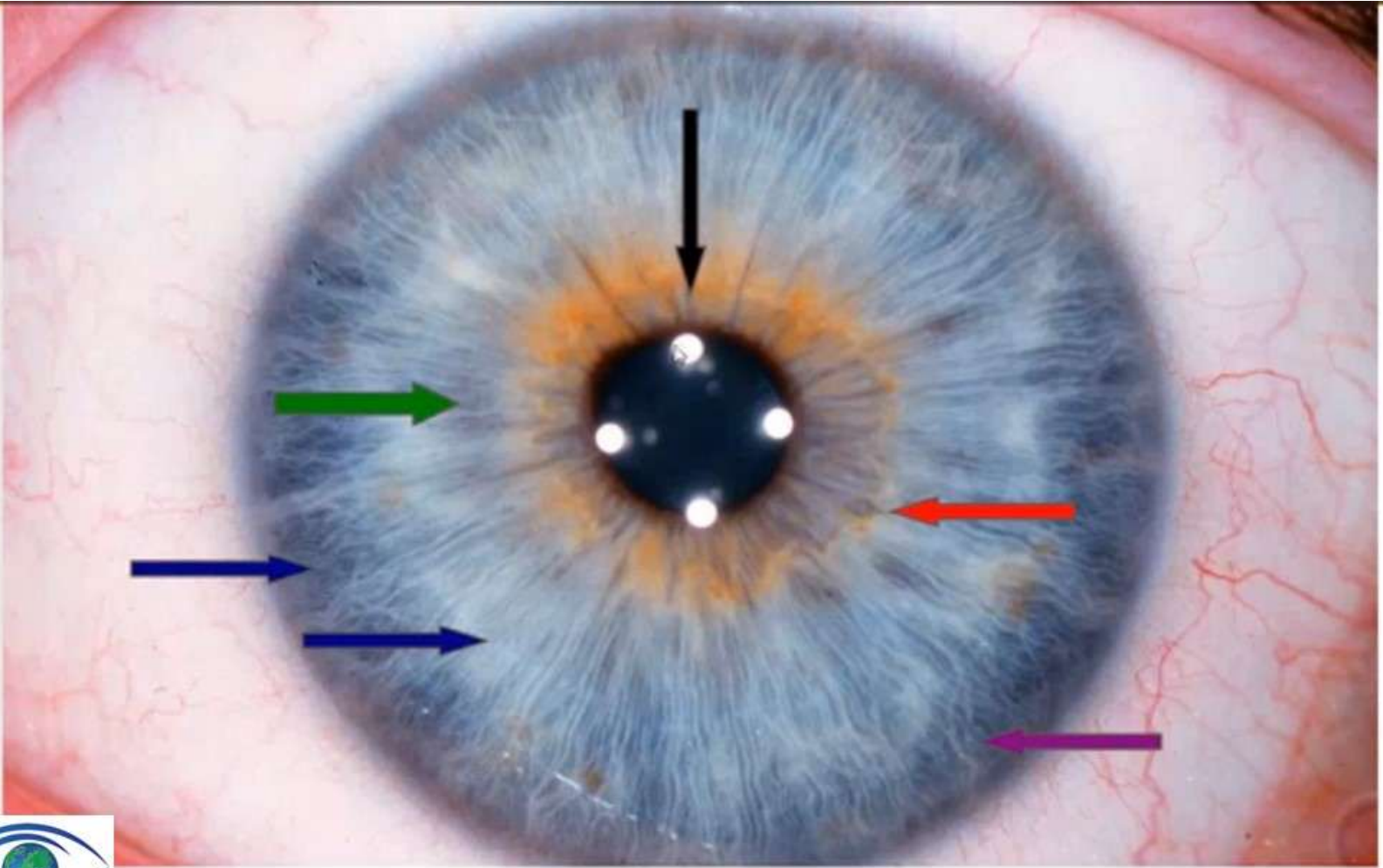
- Increased nitrogen and carbon wastes in the body
- Much waste retention.
- Skin often gray/pasty due to poor tissue nutrition.
- Poor oxygen assimilation.
- Weak pulse, but rapid. Later stages pulse will slow and feel fuller.
- Urine often has high concentrations of chlorides and phosphates.
- Symptoms aggravated by foggy weather with improvement in fresh air.



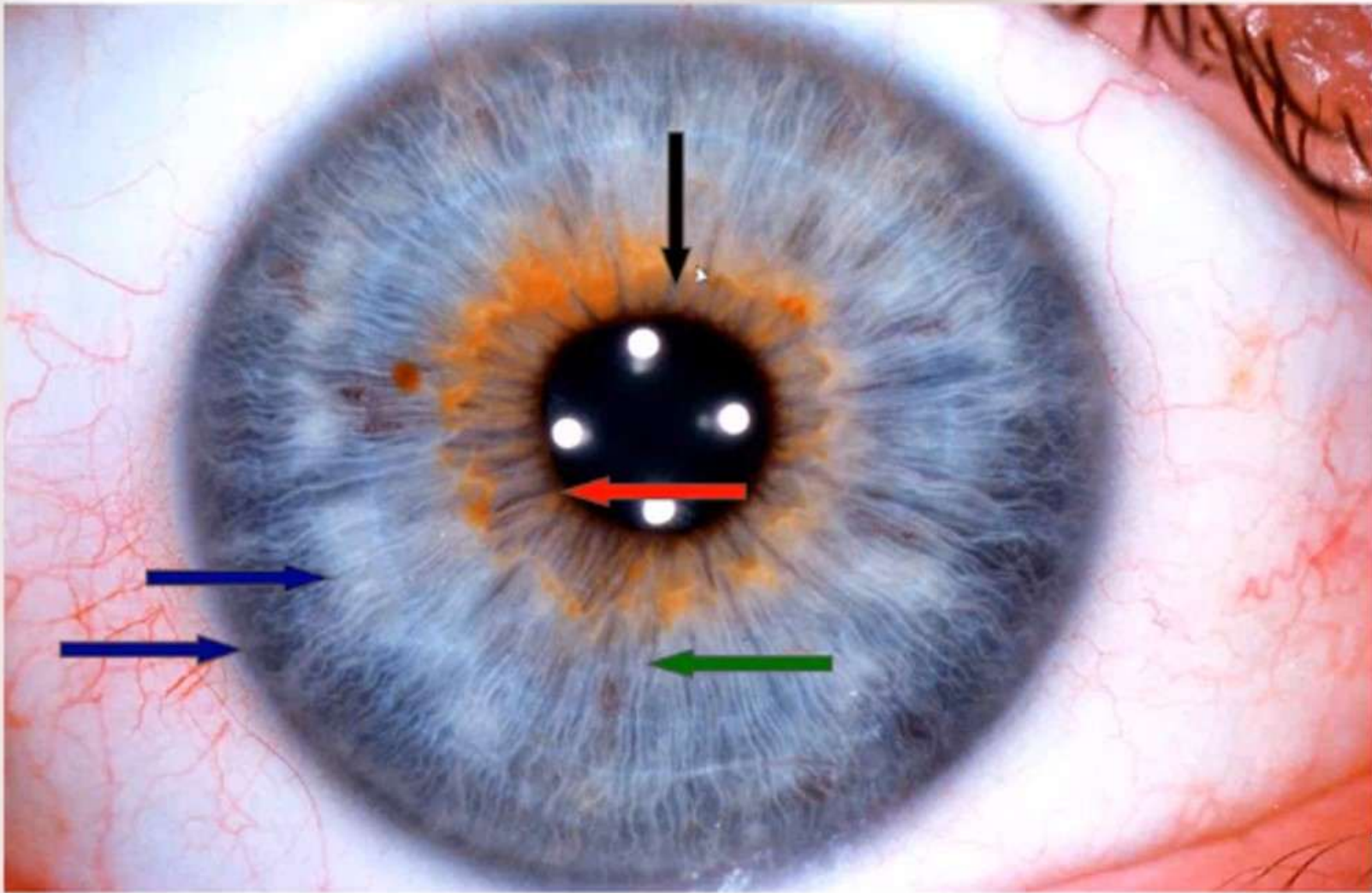
# Carbo Nitrogen Constitution Characteristics

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





**Carbo-Nitrogen Constitution**



**Carbo-Nitrogen Constitution**



# Carbo Nitrogen Propensity to Disease

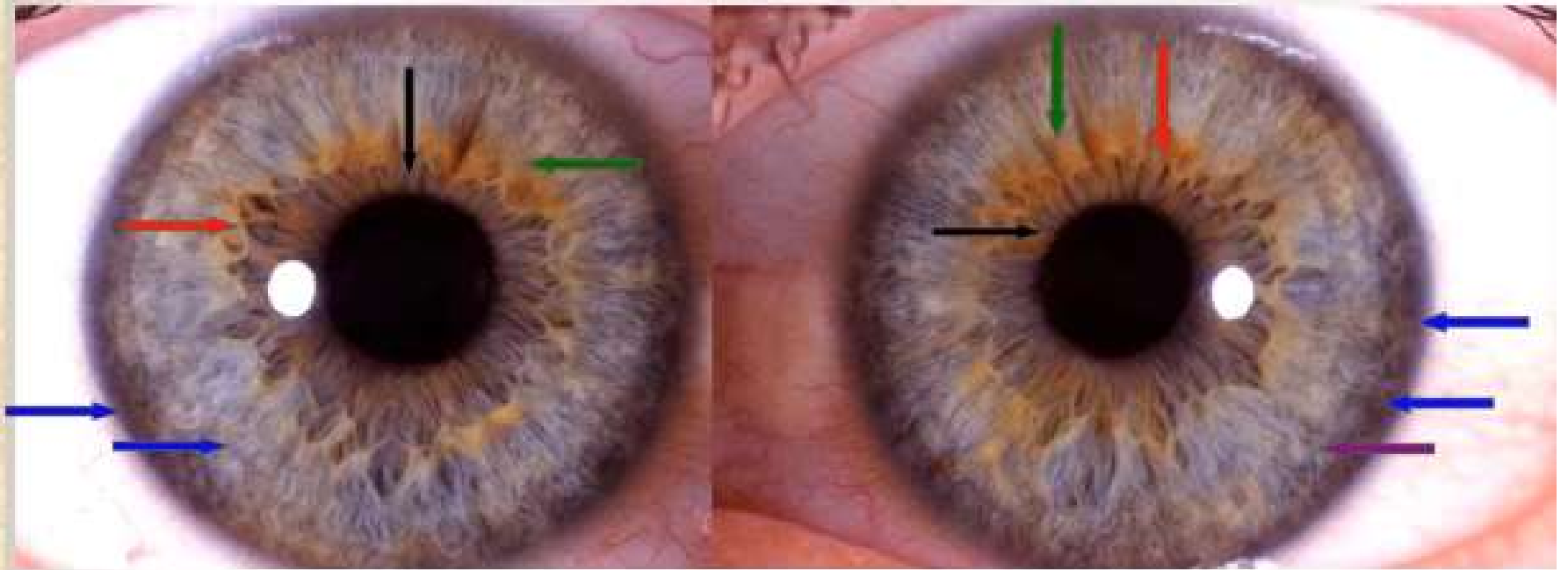
- Formation of ossification (boney substance) tissues harden and shrink.
- Formation of stones (lithaemic diathesis) **((excess uric acid in blood))**
- Circulatory disturbances or arthritis.
- Metabolites develop in the tissues because the oxidation process is disturbed, affecting the tonicity of blood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



# Case study- Female, 26 yo Ht 5'4", Wt. 148

- **Symptoms-**
- **Poor circulation**
- **Aching joints**
- **Symptoms aggravated by damp weather**
- **Often tires**
- **Constipation**





### Carbo-Nitrogen Constitution

- Iris color is blue gray. Pupils are flat along upper margins (black).
- Pupillary zone is dark in periphery and contains crypts (red).
- Humoral region is brown or gray (green).
- Middle of ciliary zone is light and darkens at outer edge with a scurf rim(blue).



# Nutrition for Carbo-Nitrogen Constitution

- **Avoid:** Salt, dolomite, Oyster shell calcium. Mucus forming foods, gluten, dairy. Sugar, caffeine, highly refined processed foods.
- **Eat:** Food high in natural sodium- celery, kale, turnips, beet tops. Natural sodium foods help hold calcium in proper solution.
- Greens build blood.
- Cabbage-high in Vit P building connective tissue, veins and arteries.
- Oats, beans, grains- food high in silicon.
- **Drink** –oat straw tea, celery juice, cabbage juice.
- Chlorophyll in water, raw apple cider vinegar in water, green drinks, red clover tea, Pau d' Arco tea.



# Remedies for Carbo-Nitrogen Constitution

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



# Therapies for Carbo-Nitrogen Type

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

