



IIPA Level III

Sclerology Signs

By Christos Milinakos and Kathy Norris



Sclerology

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

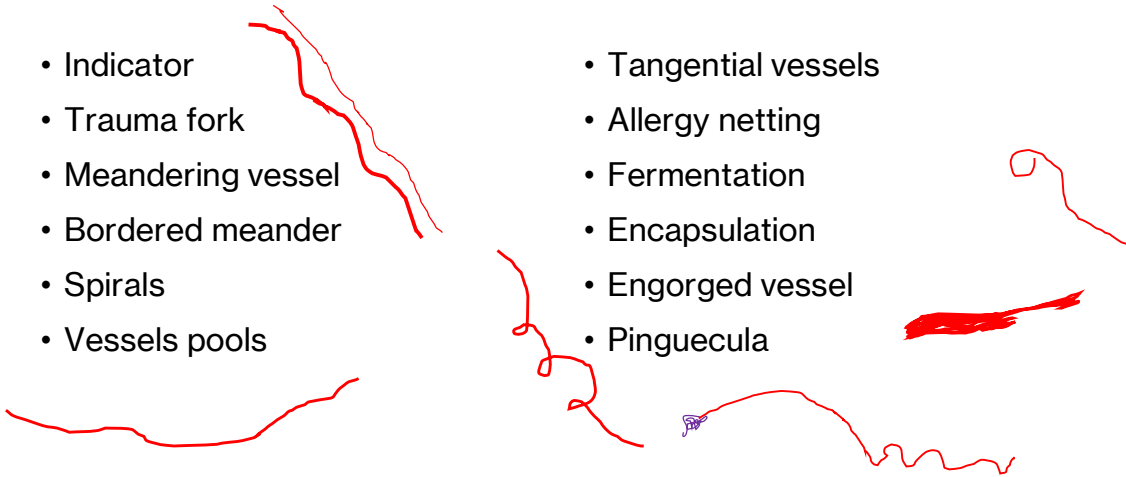
Sclerology education and notes from Grand Medicine- Leonard Mehlmauer

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You already know some sclera signs

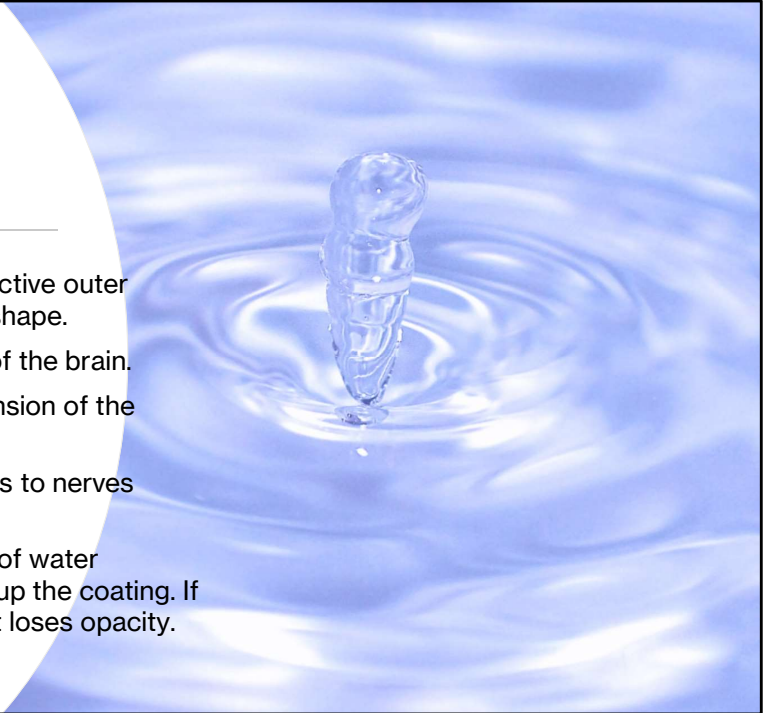
- Indicator
- Trauma fork
- Meandering vessel
- Bordered meander
- Spirals
- Vessels pools

- Tangential vessels
- Allergy netting
- Fermentation
- Encapsulation
- Engorged vessel
- Pinguecula



What is the sclera?

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



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Definition of Sclerology (LM)

Sclerology is the science of observing the colorings and markings in the whites of the eyes as signs of compromised health.

The markings constitute images of ***pathological*** conditions that are most often '***clinically treatable***'.

Pathology- the study of morbid or life-negative structural/functional changes in the body-mind.

Clinically treatable means a sickness or other health situation beyond a person's ability to deal with it effectively.

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The sclera is showing us...

- Results or patterns of psychological congestion or stress in the area in which they are found.
- The effects of causes and the cause of effects. In other words, congestion could result from a problem that began in another area of the body, **or** it can represent a local manifestation.
- **Example:** a bowel problem could cause pain to arise in the head. In this case, the marking would appear in the bowel, not the head.

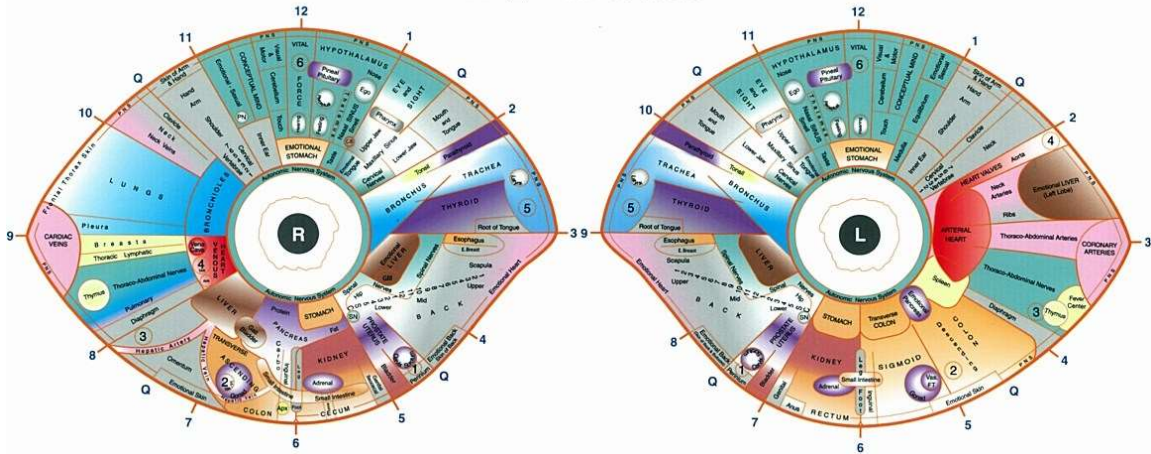


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Sclerology and Iridology

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

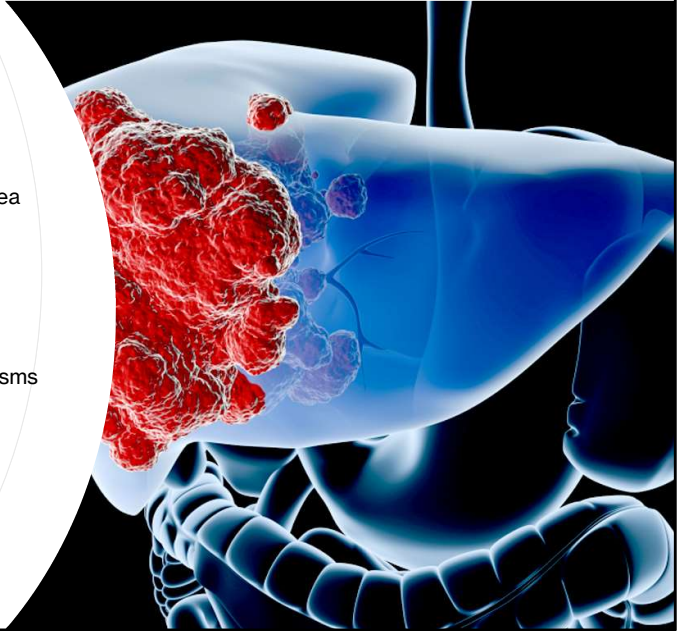


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- **For example-** yellow coloring often represents a disorder of the liver that is affecting the entire body. This coloring does not necessarily define “hepatitis” or “mononucleosis.” Still, it could be some jaundice condition that may not involve the liver, such as pancreatic cancer, a drug-related condition, or blood dyscrasias (disorders of cellular or plasma).

What can we see in the sclera?

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



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Look closer

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

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What to look for... Rule of thumb

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



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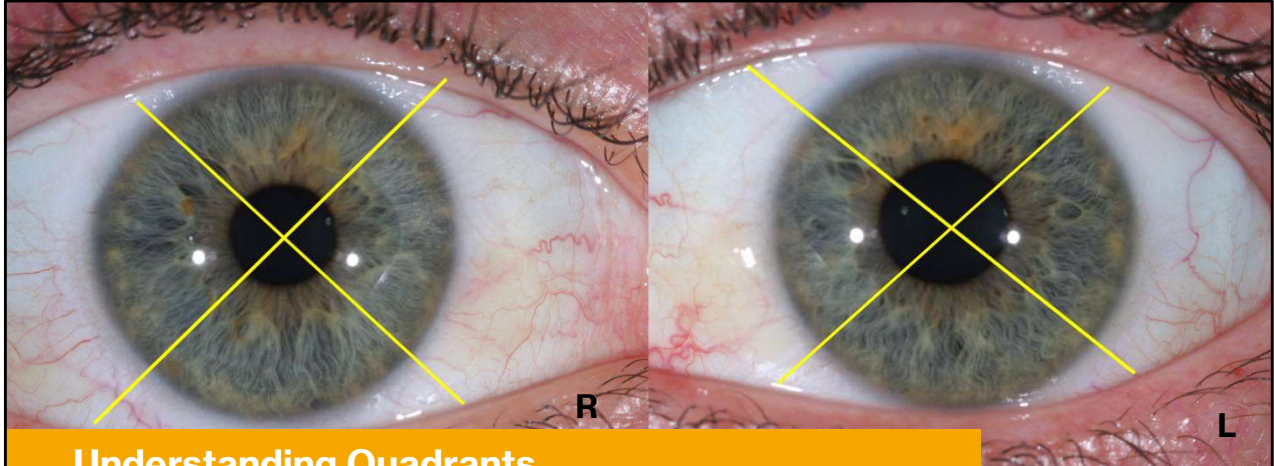
One more thing...

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- Heart- major arteries show up in the left side (L La Q) while major venous structure shows in right (R La Q)



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Understanding Quadrants

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

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Let's look at 4 new signs

- Black pigment in the sclera (KN)
- Heart warning (KN)
- Heat bubbles with a Red wash (CM)
- Fungi- labyrinth (CM)

Four new signs

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

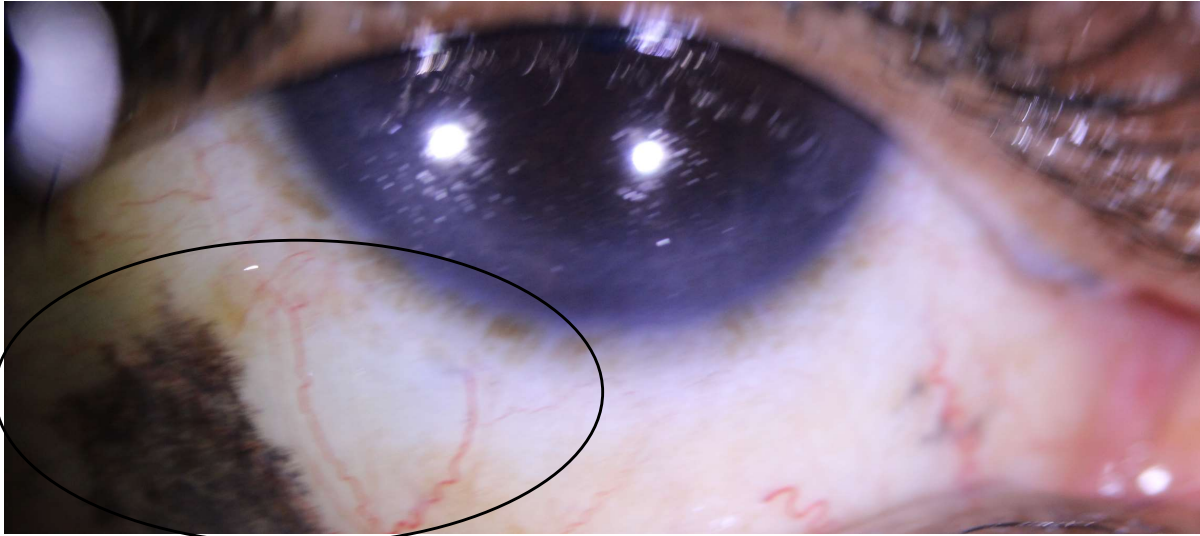
Black pigment in the sclera

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

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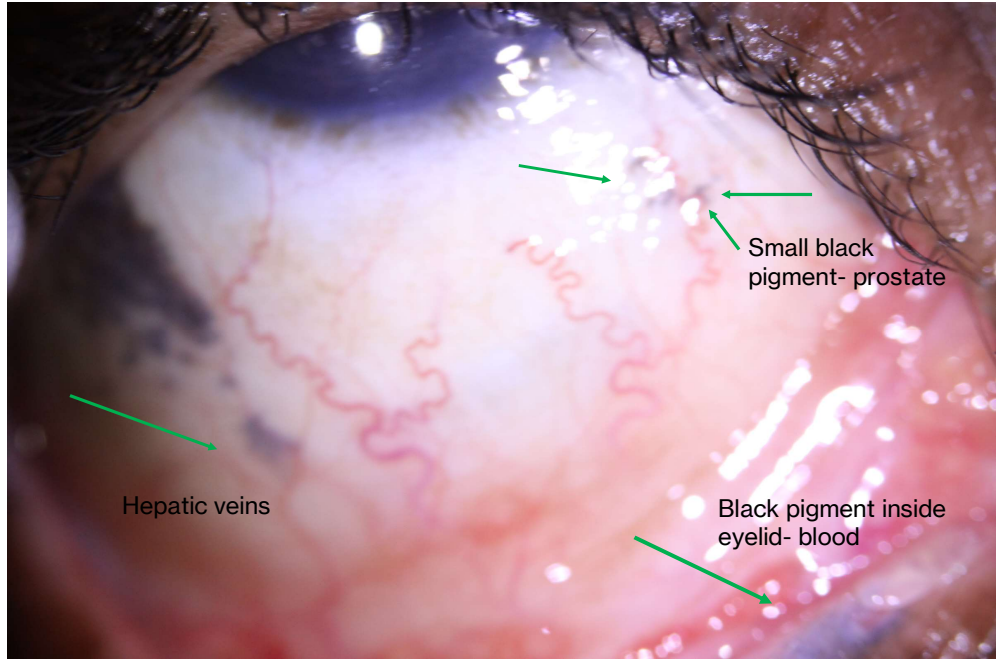
Refer to optometrist or ophthalmologist

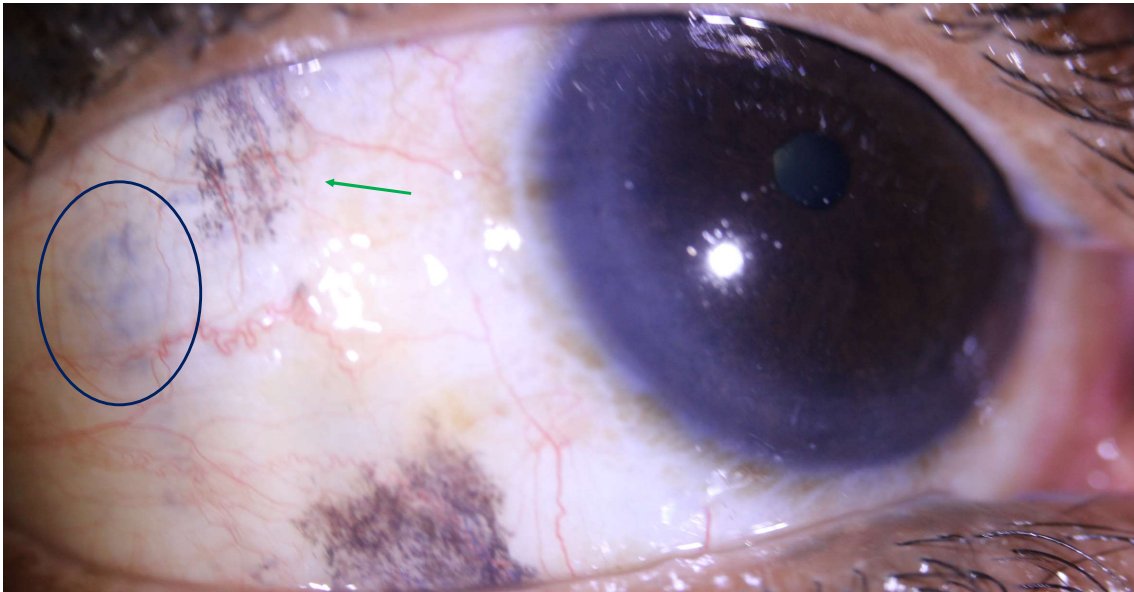
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 - Heavy metals – hair test, mercury toxicity?
 - Give chlorophyll daily.



Right eye- Black pigment patch situated primarily in the lateral quadrant **LQ**. This occupies the thymus, lymphatic/immune area and hepatic veins. Flanked by a wobbly fork (tumor growth)

Wobbly Fork: Could be tumor growth.



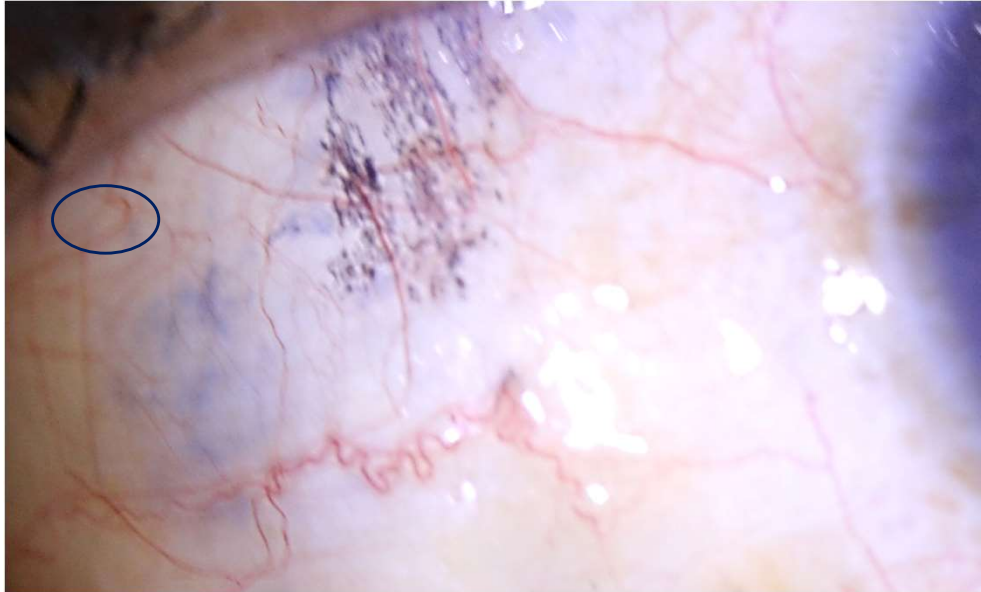


Right lateral quadrant **R-LQ –upper right lung**. Blue hue further to the right signifies low oxygen in the blood, relating to the lung.

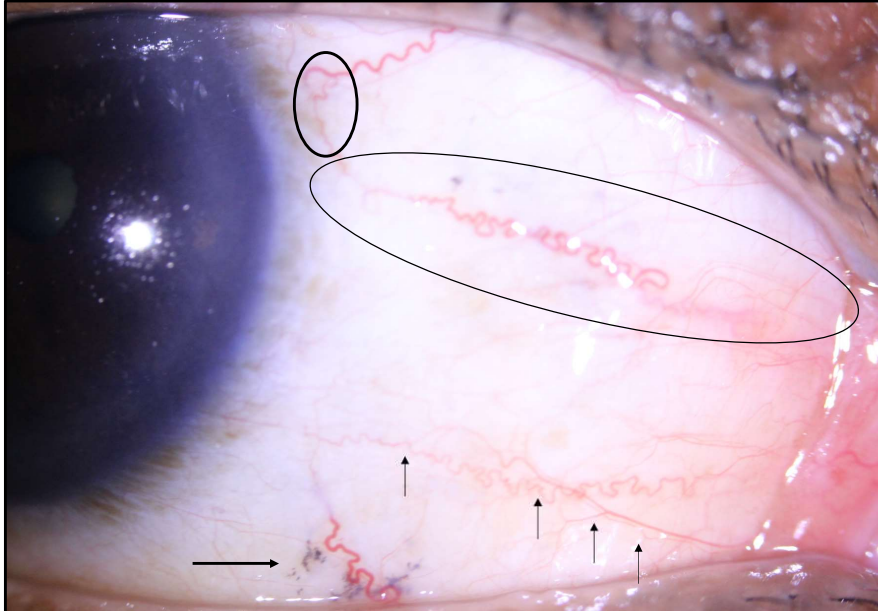
- With cancer the oxygen is off.
- Blue hue in the lung area.
- Low oxygen in blood related to the lung.
- Give chlorophyll daily.
- Stay vigilant with blood work.

Life depends on how you:

- Eat
- Drink
- Think
- Live
- And Love



Curved lines=more congestion, more increased pathology than straight lines. The more curved, the more severe the pathology. Hook, circled. Possible parasitic activity.

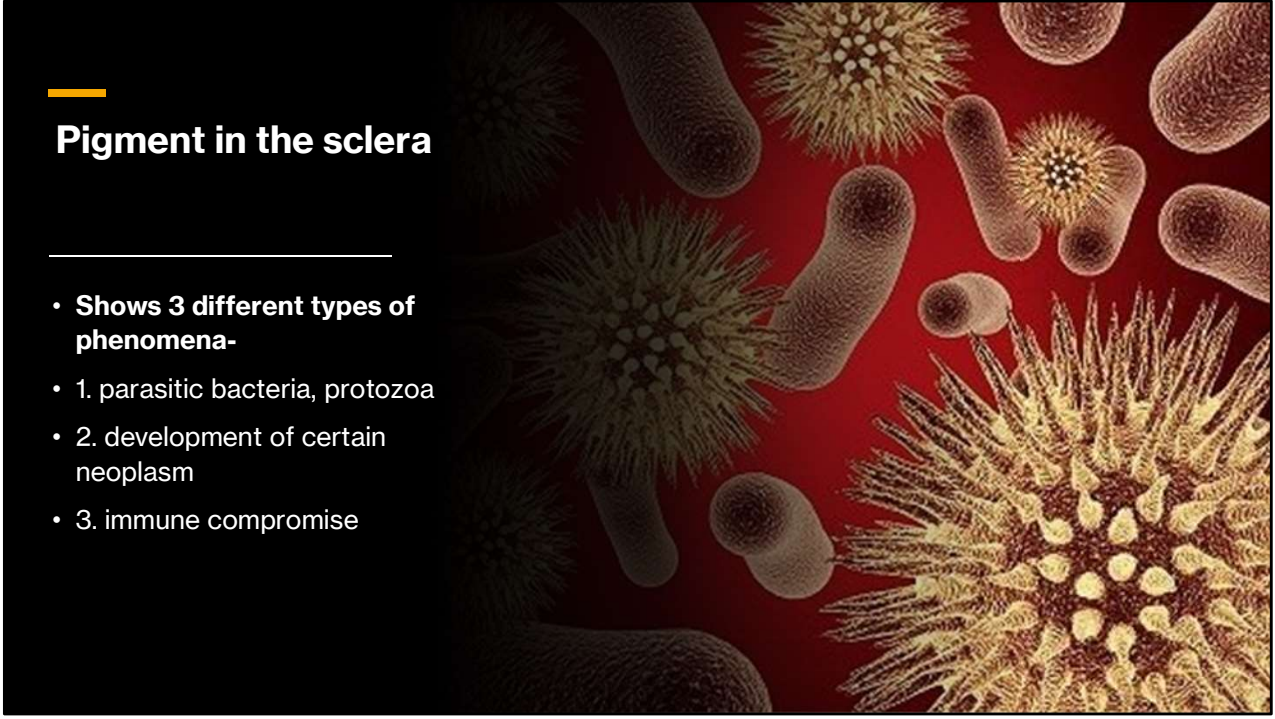


Medial quadrant **MQ**, circled hook. (Bronchus)

Extreme curving and joining to the hooked vessel.

Very fine vessel moving to the back (sacrum, lumbar and thoracic)

Prostate



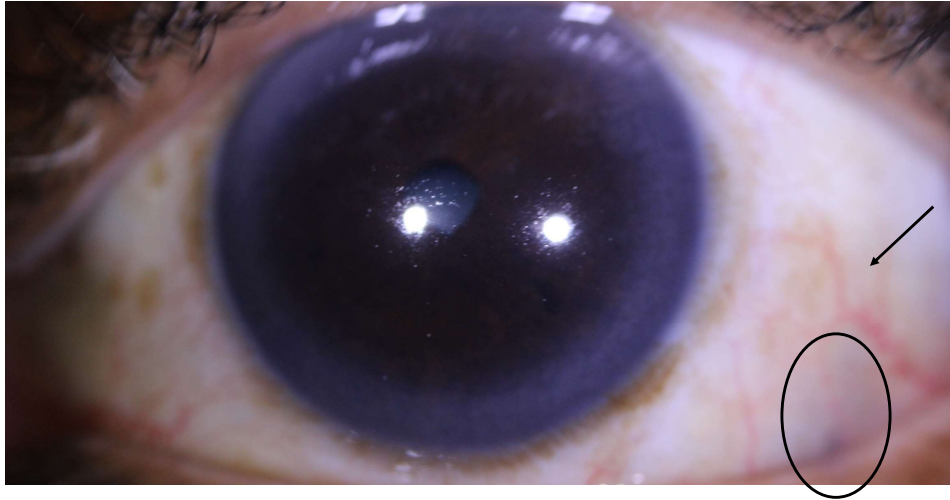
Pigment in the sclera

- Shows 3 different types of phenomena-
- 1. parasitic bacteria, protozoa
- 2. development of certain neoplasm
- 3. immune compromise

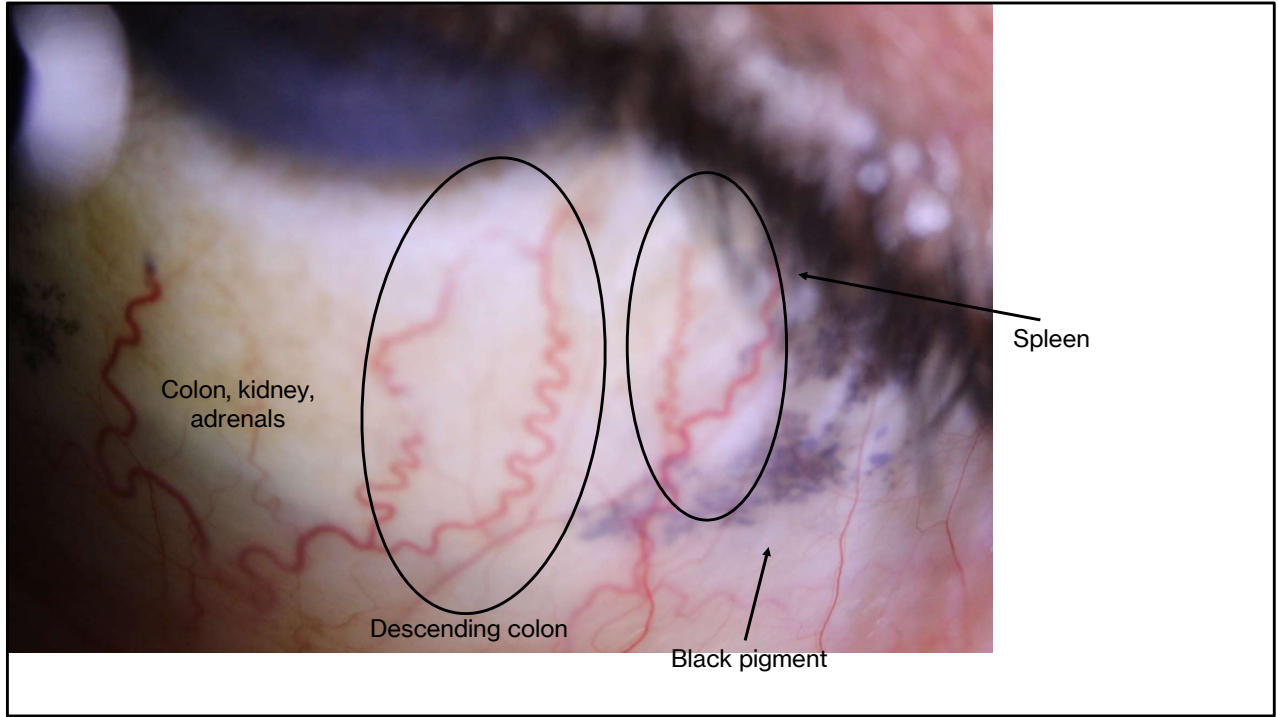
Pigment in the sclera

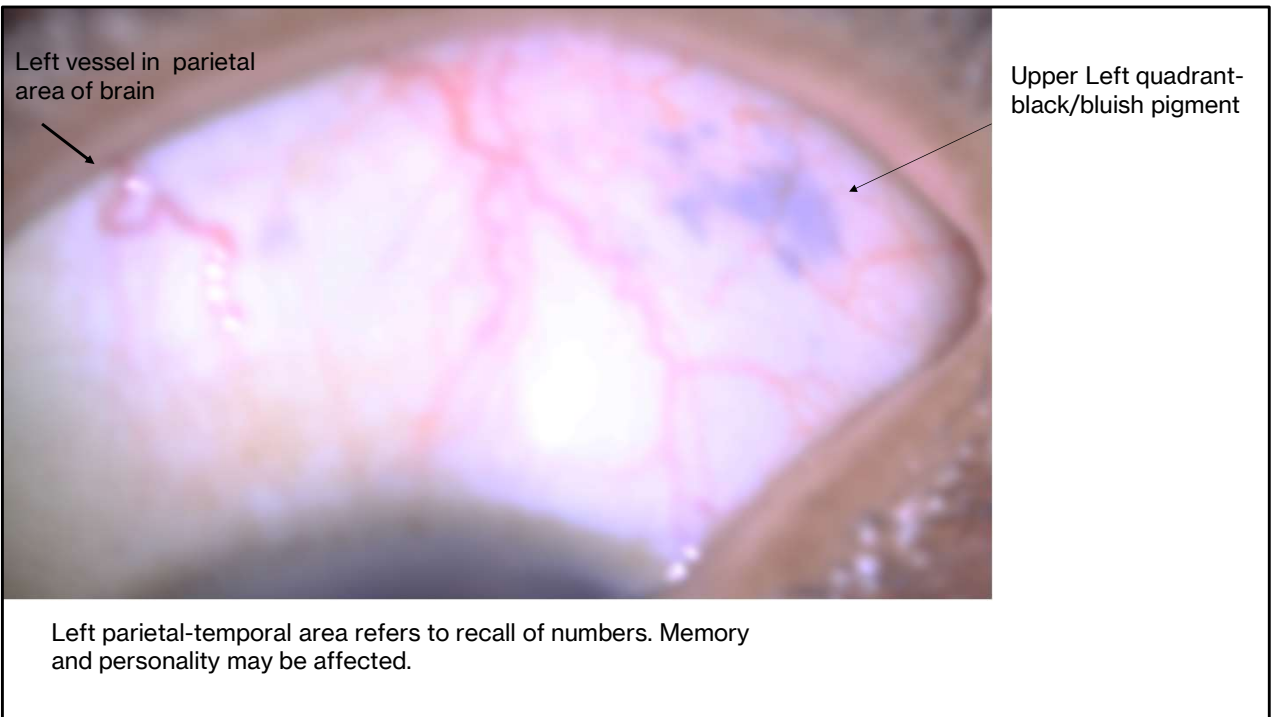
Shows 3 different types of phenomena-

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- 2. development of a certain neoplasm – possible cancer
- 3. immune compromise



Lower Lateral quadrant showing dark hue. Angled vessel, possible heart warning sign.







Our client

- Male 65 yo, Indian heritage. Partial retirement. Came to US in his 20's.
- Eats healthy diet- Herbal teas, yogurt, berries, soups, salad with limited animal protein. Mostly eats fish proteins. Fruits, dates, nuts, no processed sugars.
- Practice yoga and deep breathing every day, meditates, naps daily. Exercises by walking, riding stationary bike and swimming.

Heart warning signs Cardiovascular system

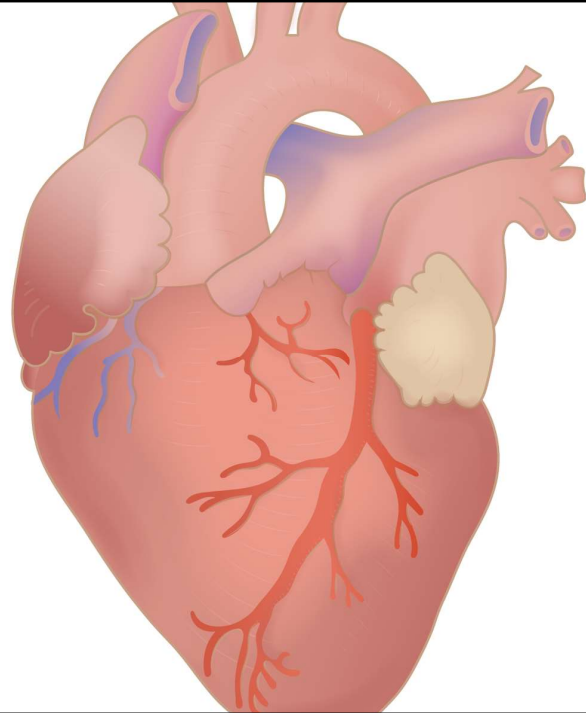
- Heart
- Blood vessels
- Arteries, veins, capillaries
- Blood- the blood is the transport system of oxygen, nutrients, hormones, waste products. It regulates homeostasis through vasodilation and constriction, protects the body by production of WBC, antibodies, and platelets.

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Circulation

- It makes two circulation loops in the body
- The **systemic** loop-carries oxygenated blood from Left side to rest of body.
- The **pulmonary** loop takes deoxygenated blood from the right side of the heart to the lungs.
- Larger, muscular arteries carry blood to tissues. Thinner walled veins bring blood back for recirculation.



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Heart warning sign

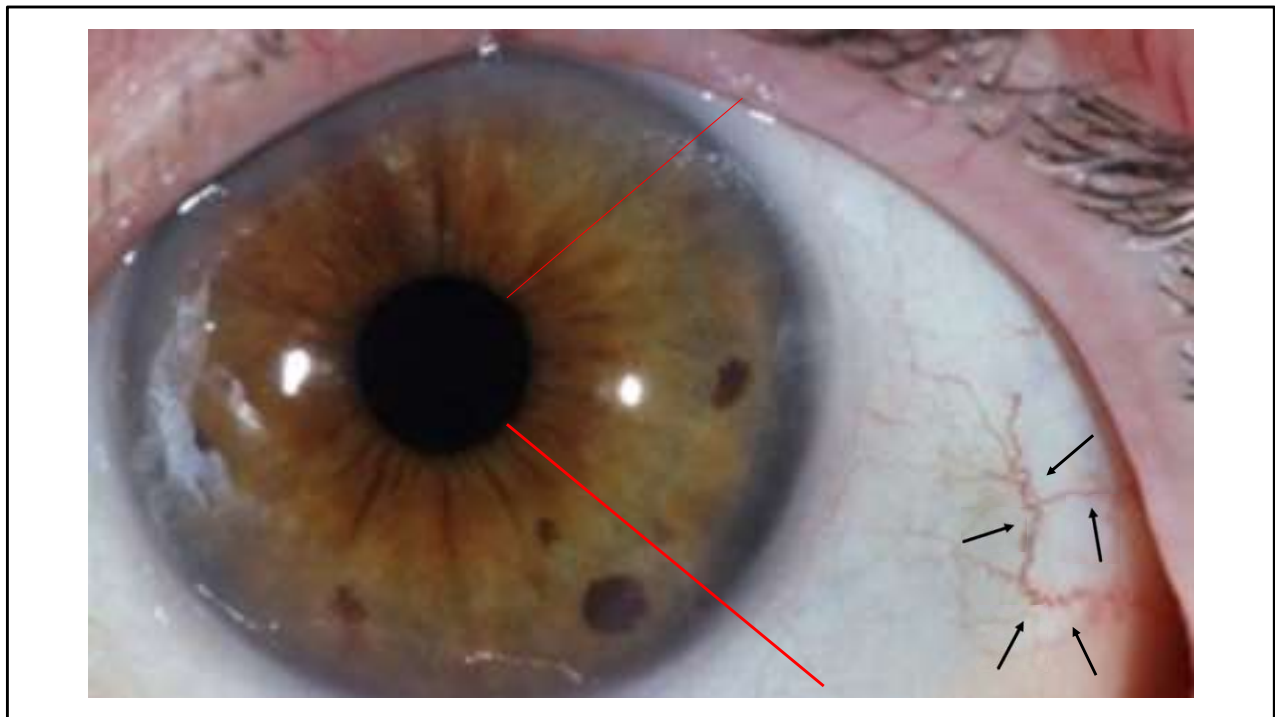


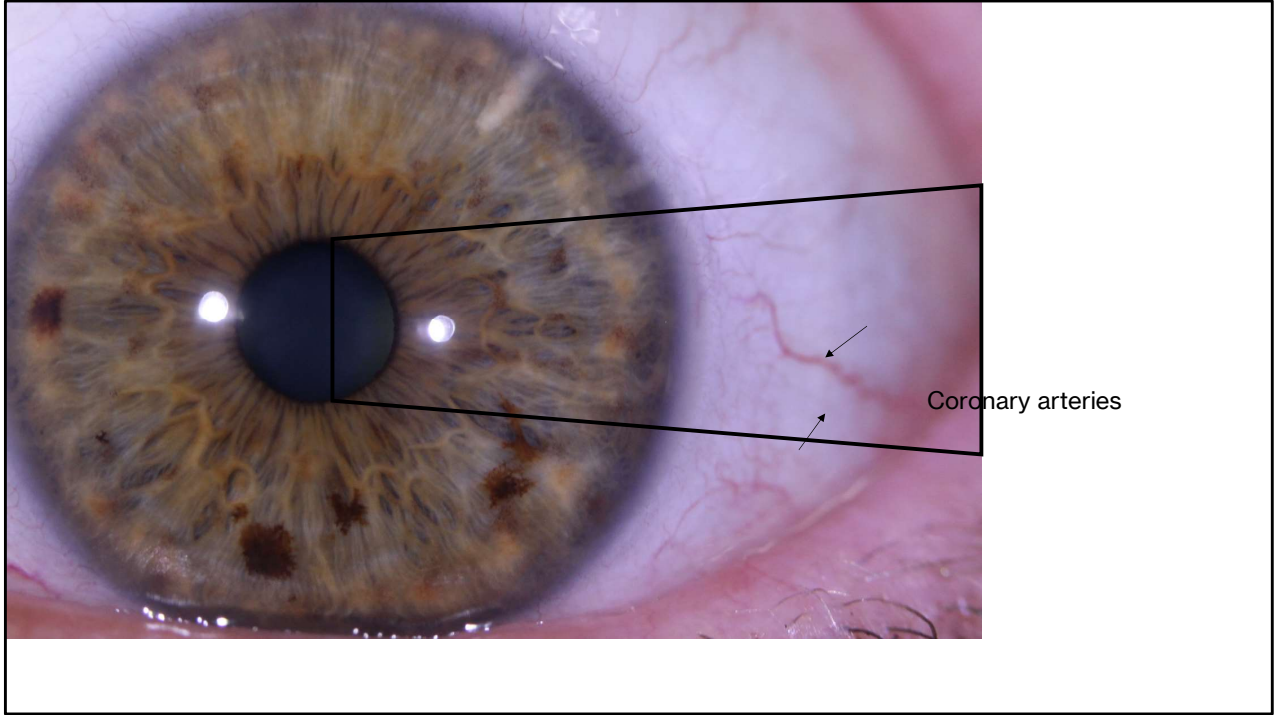
- Remember what we mentioned earlier... **Heart- major arteries show up in the left side (L La Q) while major venous structure shows in right, (L La Q)**
- **This sign noted by definite right angle 90 degrees- suggests damage from physical or emotional threat characterized by a vertical line in the Lateral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



Heart warning sign (Have you lost love?)

- Remember what we mentioned earlier... **Heart- major arteries show up in the left side(L La Q) while major venous structure shows in the right, (L La Q)**
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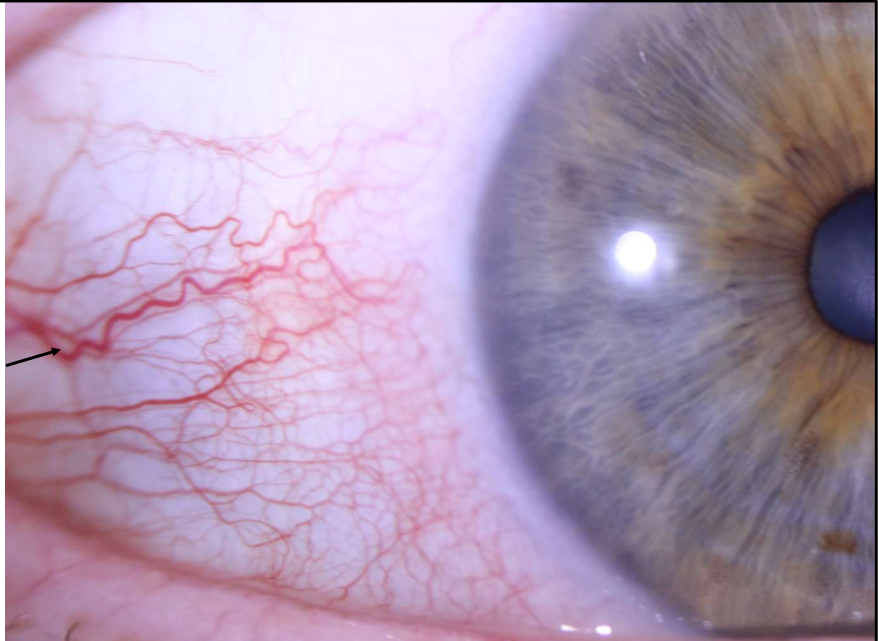
Client Rt eye

The Right Lateral quadrant will show us venous cardiac risk.

The thicker and brighter the red line, the more urgent the condition.

Bordered meander (arrow)

Could it be the client is experiencing weakness or decreased oxygen levels into the lungs? Yes

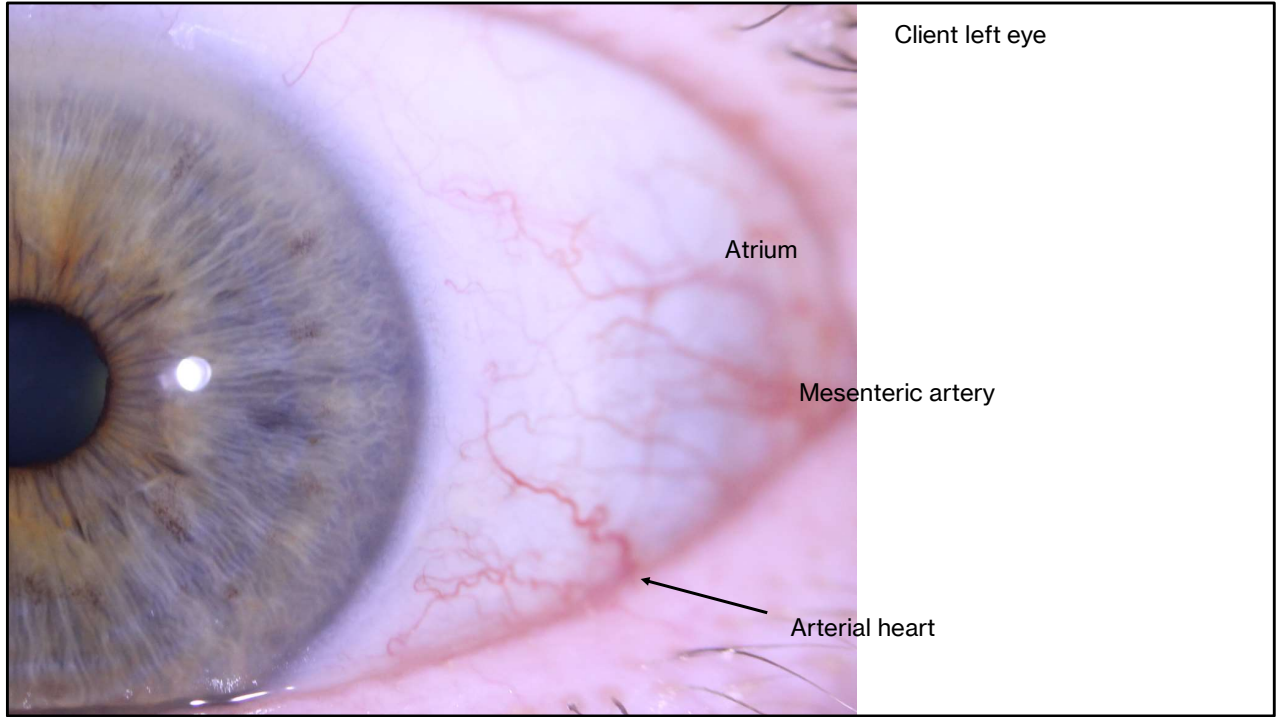


Uneven Parallel Lines

- MTHFR?
- Relate to fatty build up along vessel walls
- High junk food diet or aging
- High homocysteine levels (inflammation in blood vessels)
- Elevated LDL
- Inflammation
- Low testosterone levels in men
- Low levels of estrogen in women

Bordered Meanderer

- MTHFR?
- Systemic arterial congestion
- Hardening, thickening or wall degeneration
- Look for it in all quadrants
- Refer client to doc for homocysteine blood work (inflammation in vessels)



Anatomy & Physiology

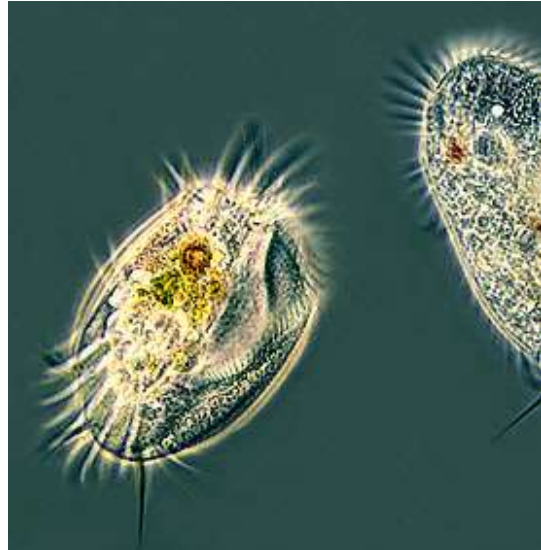
- **Inferior vena cava**- a large vein carrying deoxygenated blood from lower and middle body into the right atrium of the heart. Largest vein in the body.
- **Pulmonary valve**- it is one of two valves that allows blood to leave the heart through the arteries.
- **Mesenteric artery**- takes blood for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

Anatomy & Physiology

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- **Pulmonary valve**- it is one of two valves that allows blood to leave the heart through the arteries.
- **Mesenteric artery**- takes blood from the aorta and distributes it to the gastrointestinal tract.

Heat Bubbles

- **Heat bubbles** result as internal organ injury from high fever. The raised gel like formation shows on the conjunctiva tissue.
- For the body to destroy parasites (protozoans, bacteria or viruses), a high fever is created. Some may still reside in the body. As latent or active.
- This sign can vanish with significant cleansing.
- Vitamin C is recommended every two hours daily; 3000 to 10,000 mg.
- 100 mg of zinc daily.

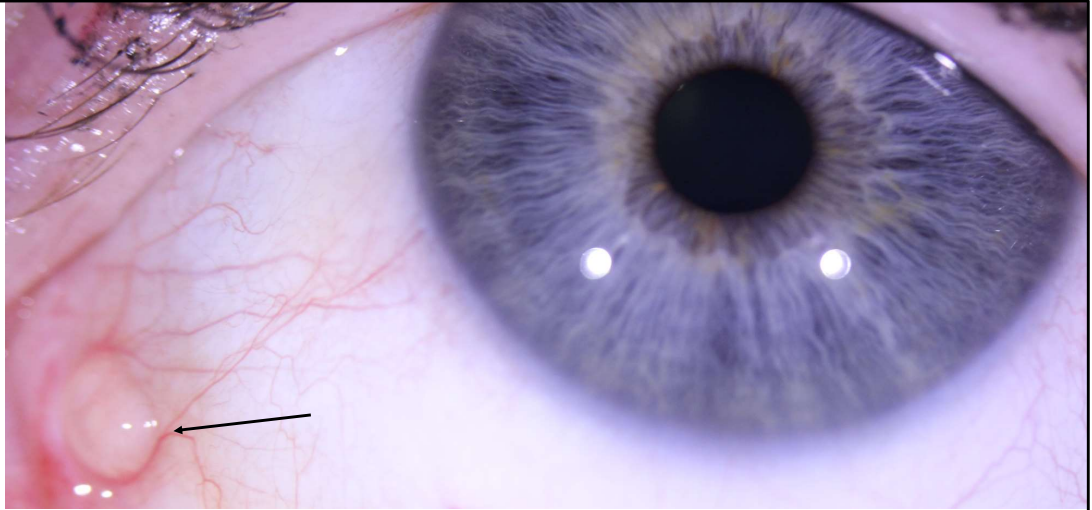


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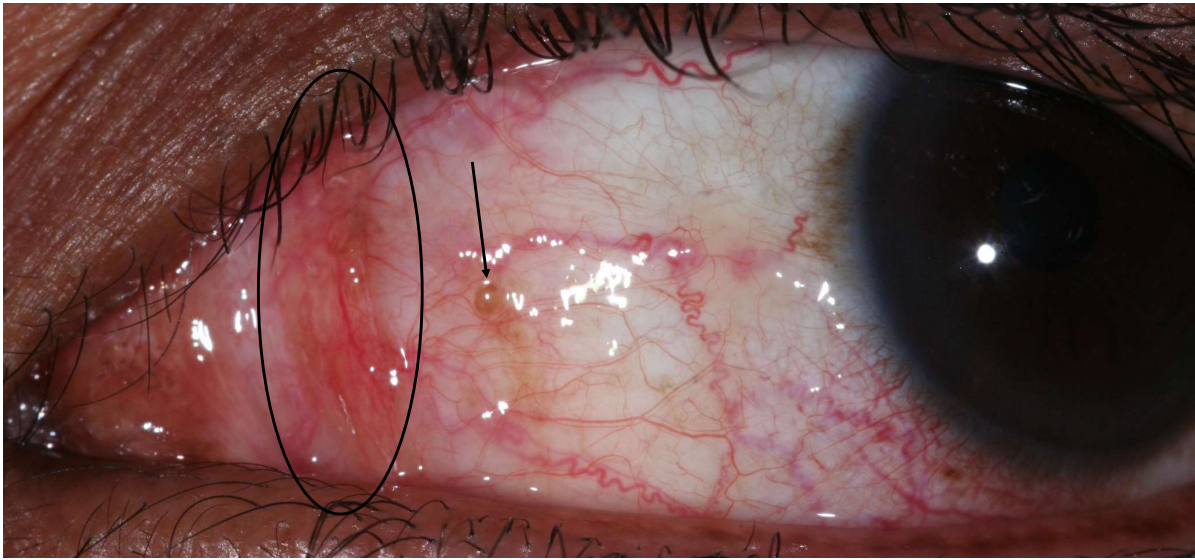
• **Heat bubbles** result as internal organ injury from high fever. The raised gel-like formation shows on the conjunctiva tissue.

(Looks like a blister on the heel.)

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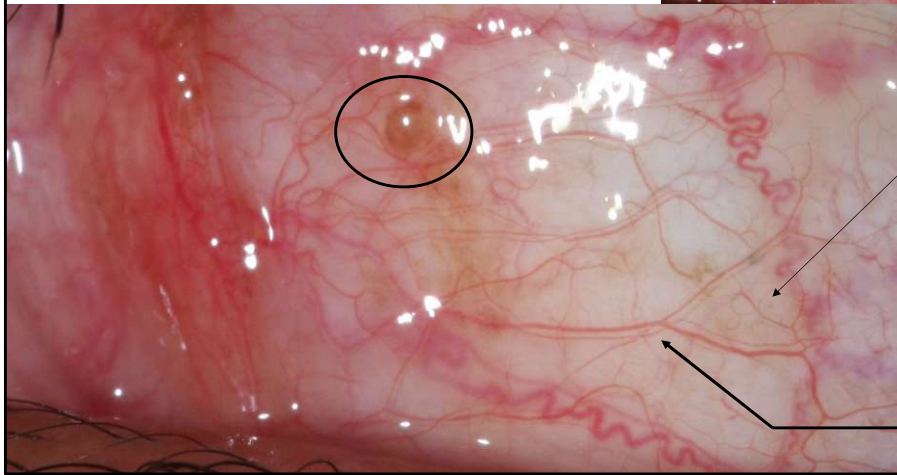
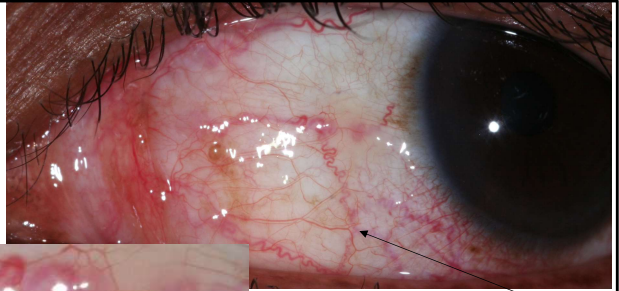


Client had been released from hospital from a serious bout of strep throat with heavy fever.
KN



Not only do we have a heat bubble (esophagus) present, but there is also a significant a 'red wash' sign. (circled) A red wash sign is a classic sign of heart disease.

An uneven parallel can be associated with high junk food diet or aging. There may also be high homocysteine levels, elevated LDL, inflammation and low testosterone levels in men or low levels of estrogen in women.



Uneven parallel vessels open to the prostate.

Uneven parallel relating to fatty build up along vessel walls.

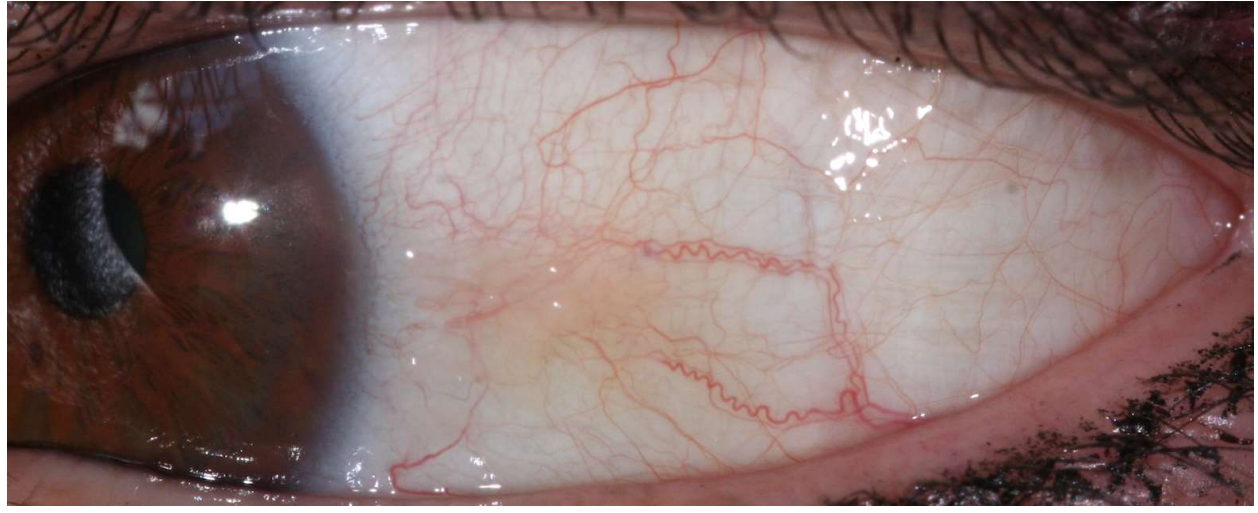
Client history- Chris' client

- Heat bubbles, uneven parallel lines and red wash
- 40yo, Malaysian Indian heritage - lives in KL
Eats a healthy local (Malaysian/Indian) diet - fruits, rice, vegetables, legumes, vegetarian diet. Drinks coffee daily.

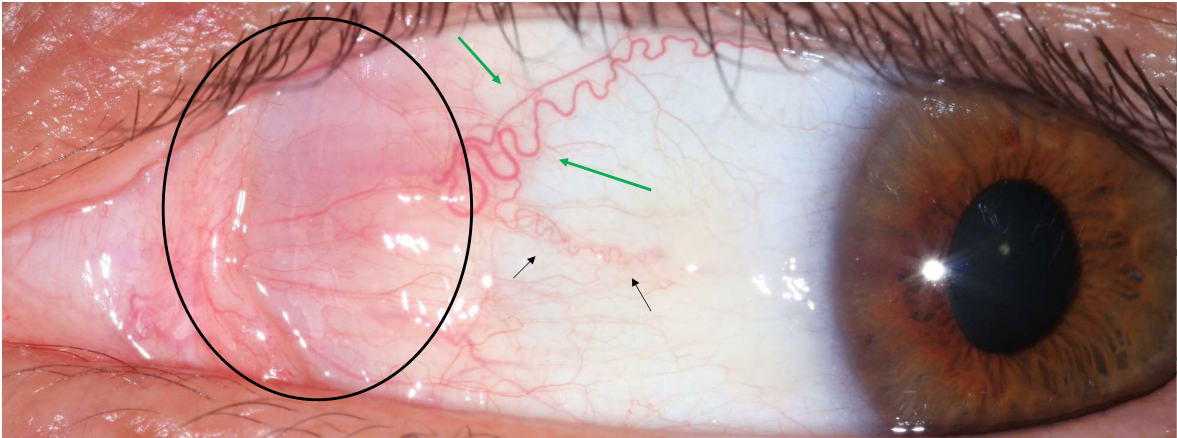
Is a high-level badminton coach and runs his own academy that trains pre-Olympians. He is also a Bowen Therapist and has a Bowen Therapy clinic also that he runs with his wife and 2 others.

- Practices yoga & meditation each day. Likes to journal and reflect.

Red wash present in this eye with a bordered meandering vessels (L) sclera. It indicates, systemic arterial congestion, hardening, thickening, or wall degeneration. Look for it in all quadrants. Refer client to medical doctor for homocysteine blood work.



Red wash present in this eye with a bordered meandering vessels (L) sclera. It indicates systemic arterial congestion, hardening, thickening, or wall degeneration. Look for it in all quadrants. Refer client to a medical doctor for homocysteine blood work.



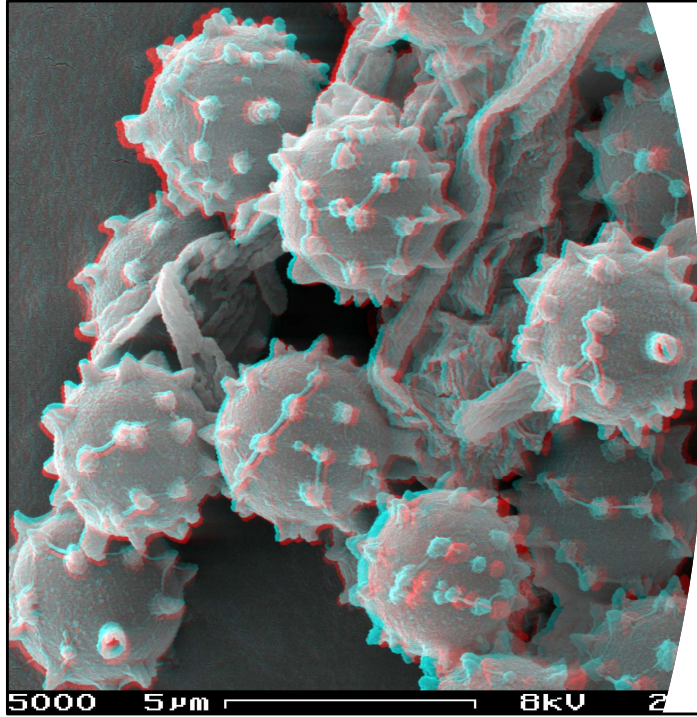
Another red wash sign present in the Left Medial quadrant. (circled) There are spiral vessels indicating blood pressure problems (small black arrows) along with a circulatory ring in the limbus. A sign called a P-wave indicates vascular hardening with a bacterial infection. (green arrows)

Questions for the client regarding heart signs

- History of smoking?
- History of poor diet? Junk food? High sugar diet?
- Family history of heart disease?
- Labored breathing? Low pulse ox rate?
- Heavy snoring, sleep apnea?
- History of high blood pressure?
- High triglycerides in blood?

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Fungi- Labyrinth

- It is a **parasite line** of six different types of fungi.
- Systemic sign that is passed from one person to another.
- Some are harmless, and some are more involved with serious diseases.

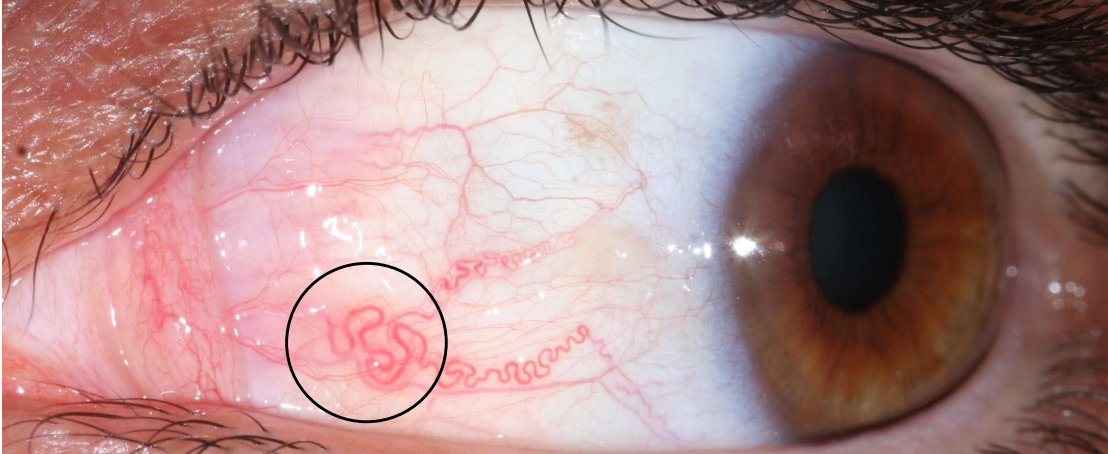
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Looks like the vessels are on top of each other.

Fungi-labyrinth

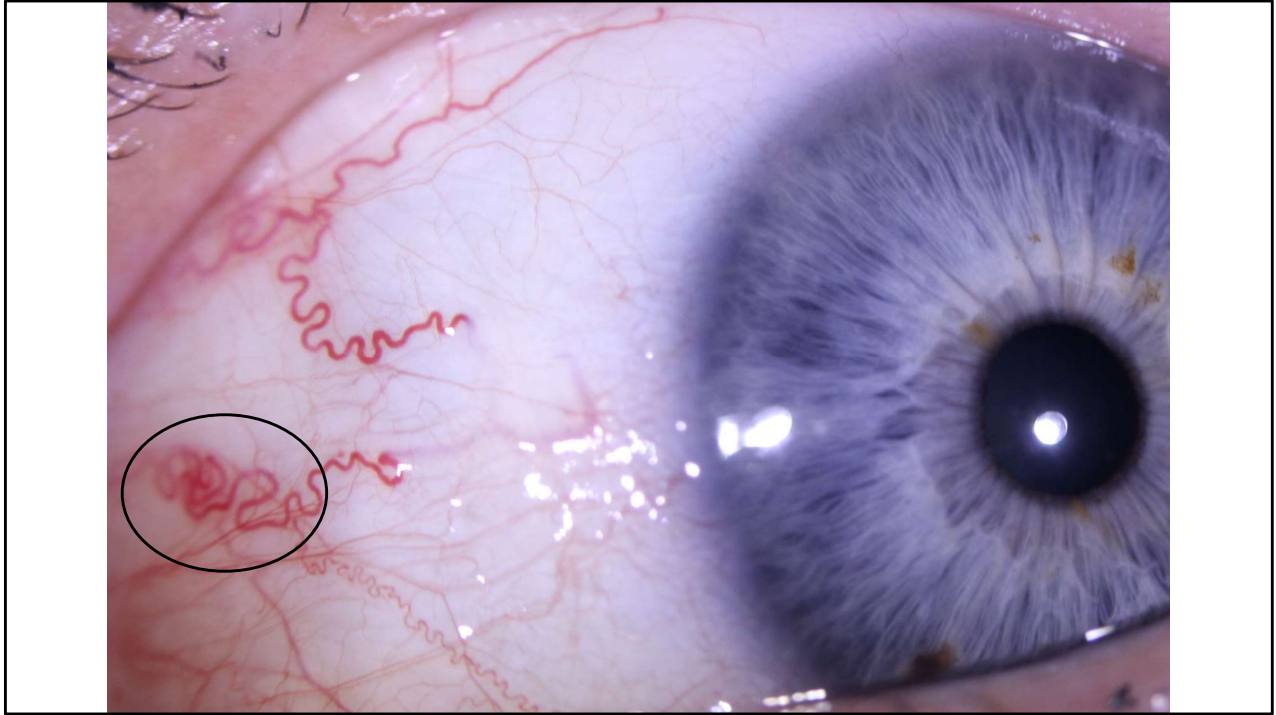
Effective treatment for fungi is tea tree oil, grapefruit seed extract, wild Oregano oil, olive leaf extract, garlic, colostrum, zinc, acidophilus, B-complex, Vitamins C, and E.



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Client history- fungi-Chris' client

- Female - late 30s who is a Bowen Therapist in Italy. She runs her own clinic.
- Eats a fairly standard Italian diet of vegetables, pasta & grains & meat.
- Often eats on the run.
- Drinks coffee and wine most days
- Craves sweets.
- Exercises most days - running or gym, has young children and leads a very busy life.



Kathy client- left sclera fungi labyrinth sign. Client complained of constant drainage and itchy throat and ears. Coated tongue and complained of halitosis.

Questions for the client regarding fungus

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

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Systemic fungus...

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

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Bonus sign!

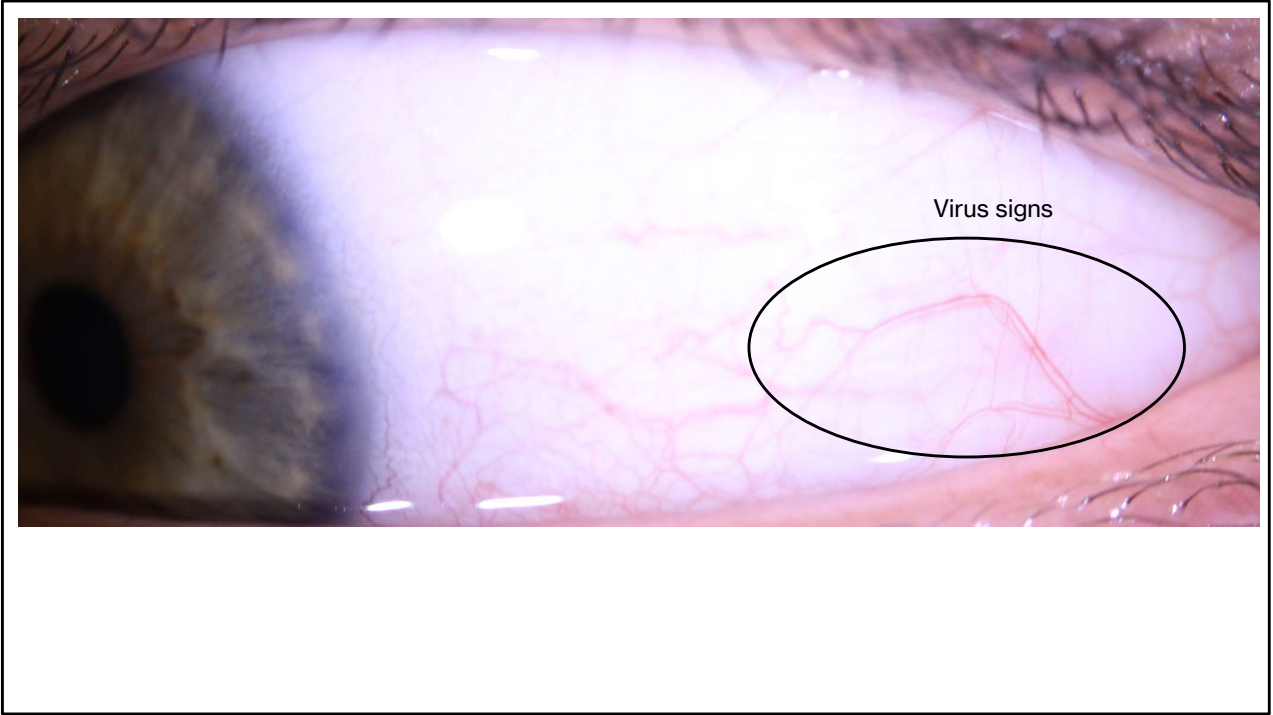
- Virus sign
- Very fine parallels lines on the conjunctiva, usually seen in groups.
- They may be past, latent, or active.
- Most virus signs appear as a result of carrying the Epstein-Barr virus which Herpes simplex, shingles, chicken pox and a host of other problems result.

Bonus sign!

- Virus sign
- Very fine parallels lines on the conjunctiva, usually seen in groups, sometimes cross.
- They may be past, latent, or active.
- Most virus signs appear to carry the Epstein-Barr virus, which Herpes simplex, shingles, chicken pox, and a host of other problems result.

Result of Epstein-Barr virus.







Tiny thin fine lines that are sometimes overlooked.

EB virus related to many issues

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

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Ask your client: What are your symptoms?



Interested in more Sclerology?

- Leonard Mehlmauer (Grand Medicine) is presently teaching Christos Miliankos and Kathy Norris as instructors of Sclerology to be certified by IIPA.
- All definitions of signs and words used in this presentation are taken for GM's books and Sclerology coursework.
- The case studies are private clients of CM and KN.
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