

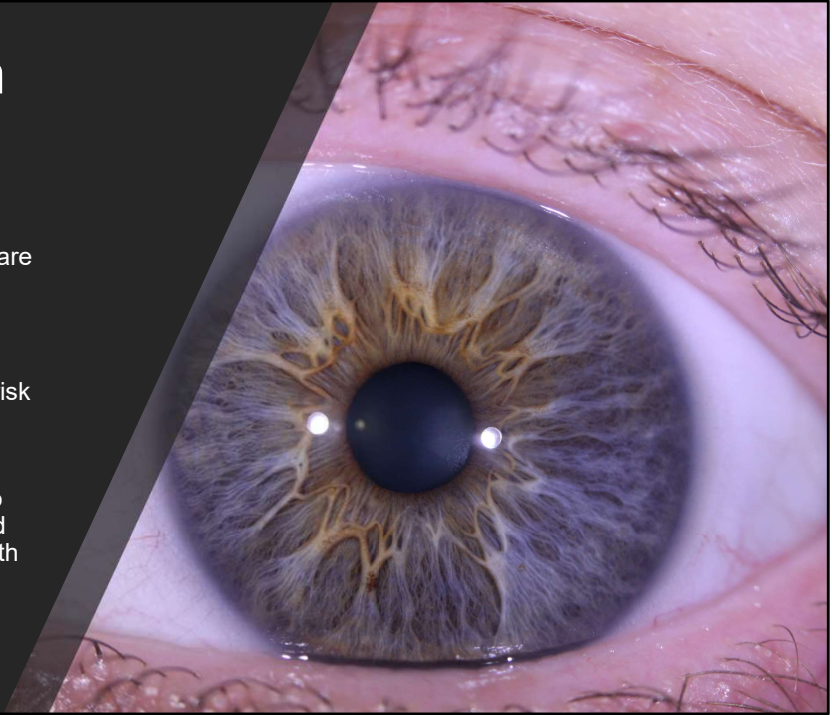


IIPA Level III

Syndromes by Ellen Tart-Jensen

Syndromes in Iridology

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



We will be talking about 4 syndromes but three of them are seen in eyes that are polyglandular.

Syndromes in iridology-

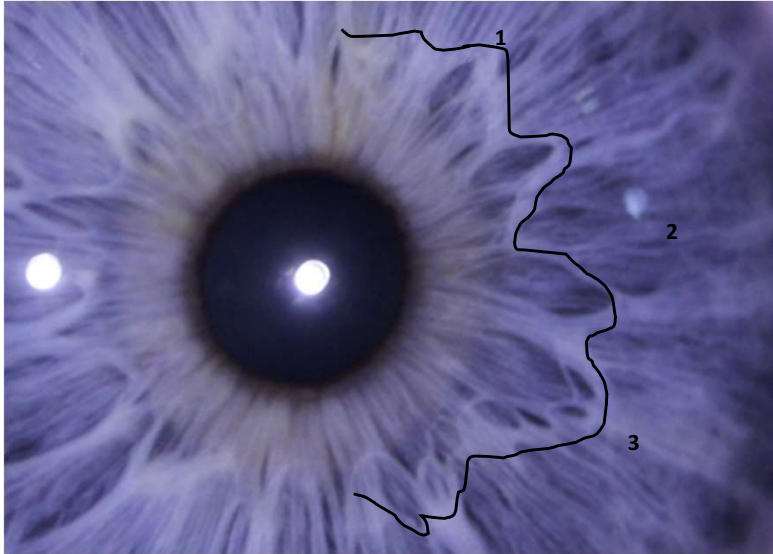
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Cardio Abdominal

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

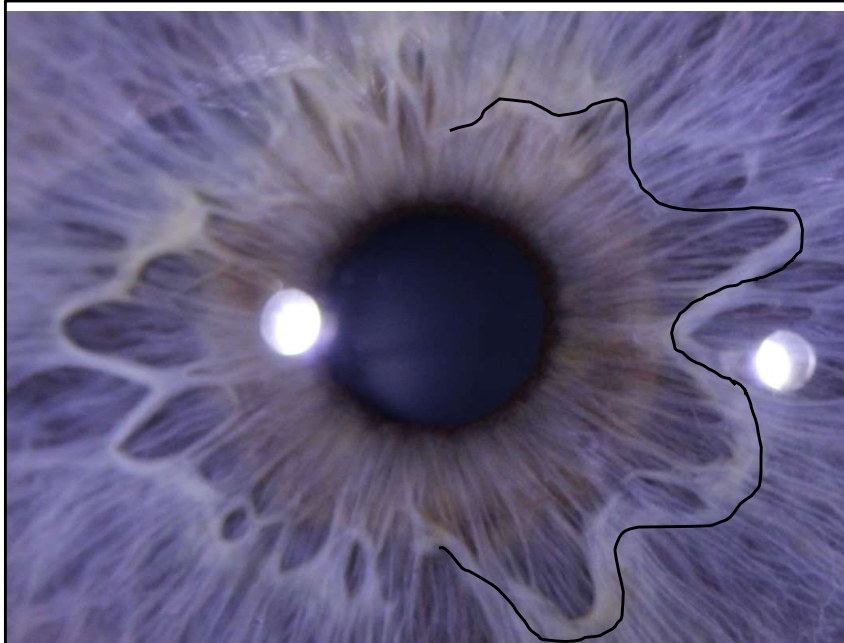
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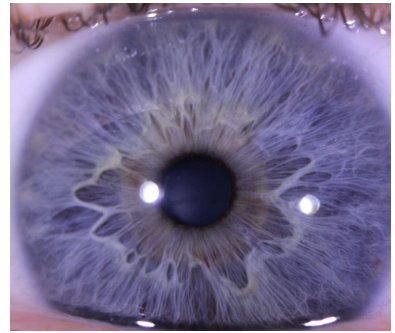


The collarette is jagged and intermittent.

1. **Splenic flexure lacuna.**
2. **Open lacuna in the heart reaction field.**
3. **Distended collarette** in lower bowel descending and sigmoid colon.



Jagged collarette, multiple lacuna in the heart reaction field, distended lower colon

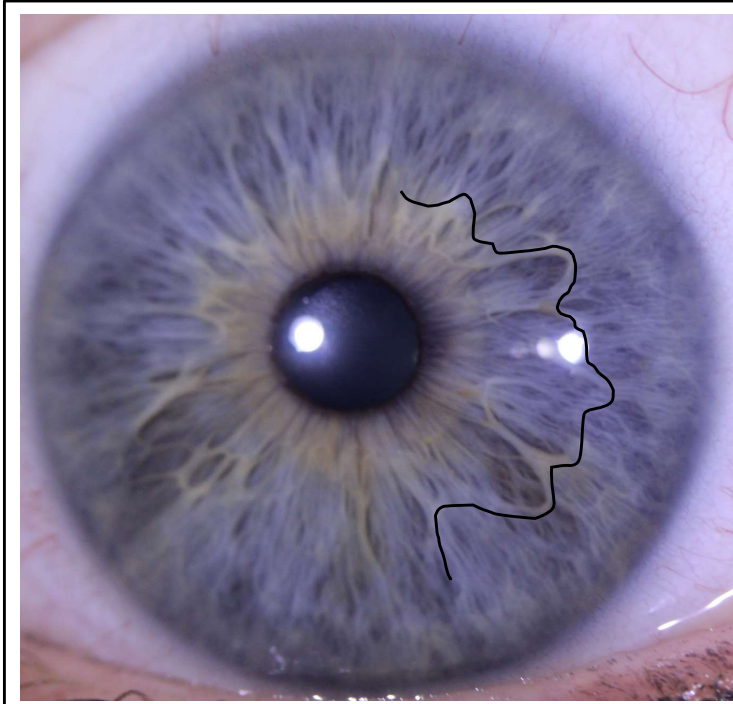


Client complaints:

Heaviness in chest and abdomen after most meals.

Experiencing bouts of anxiety

Rapid bowel movements after meals



Very distended collarette in the descending colon.

Client complains of pressure and bloating after high carb meals and around time of monthly cycles.

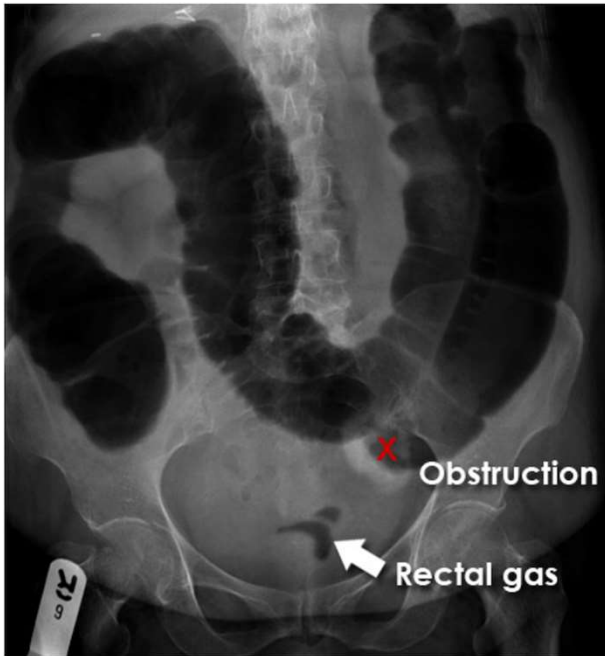
Potential characteristics

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



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Large bowel obstruction

- ◆ Here the colon is dilated down to the level of the distal descending colon. There is the impression of soft tissue density at the level of obstruction (X). No gas is seen within the sigmoid colon.
- ◆ Obstruction is not absolute in this patient as a small volume of gas has reached the rectum (arrow).
- ◆ An obstructing colon carcinoma was confirmed on CT and at surgery.

The purpose of including this slide is to show the distension of the bowel.

Potential characteristics

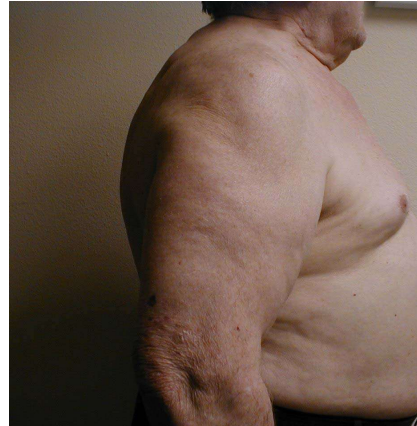


- Abdominal distention
- Flatulence
- Chest constriction
- Anxiety in the chest
- Sensation of pulse in the throat
- Fluid accumulation in the chest
- Faintness

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- Flatulence
- Chest constriction
- Anxiety in the chest
- A sensation of pulse in the throat – feels like thyroid is going to jump out.
- Fluid accumulation in the chest
- Faintness

Questions for this type

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



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Cardio Abdominal Suggestions

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

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Show ankles – There can be edema at the ankle and/or feet.

Cardio Renal Syndrome

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

Behavioral characteristics-

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

Inability to value another's needs and desires.

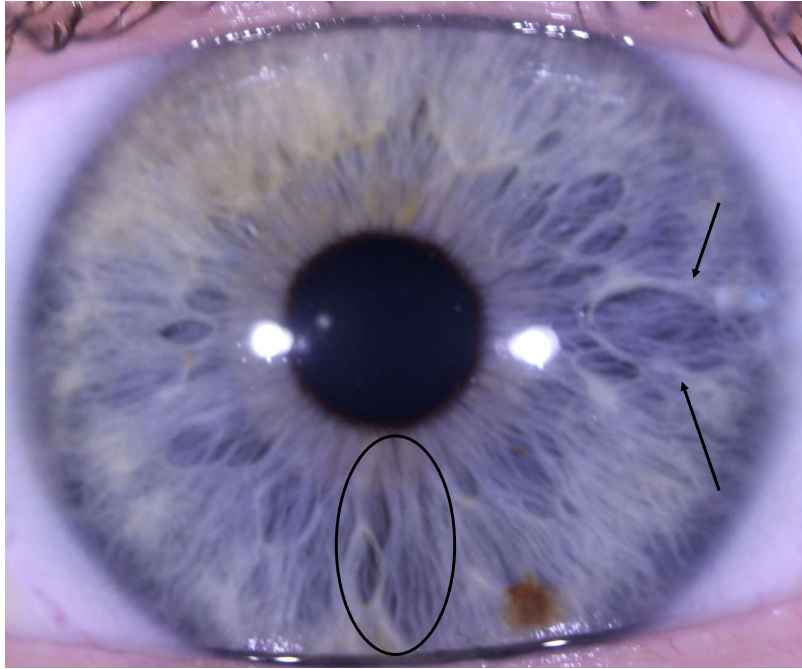
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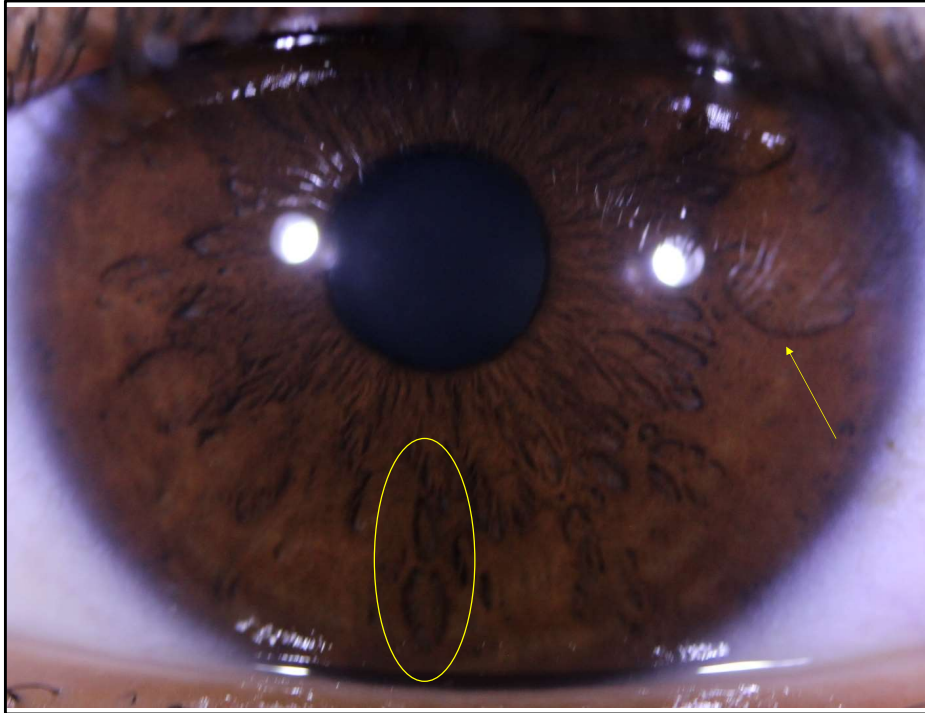
Client presented with tiredness and lack of drive. He complained of not wanting to do the things that once gave him pleasure.

Said he felt he was getting too old. (30 yo)

Fluid build up and swelling in hands.

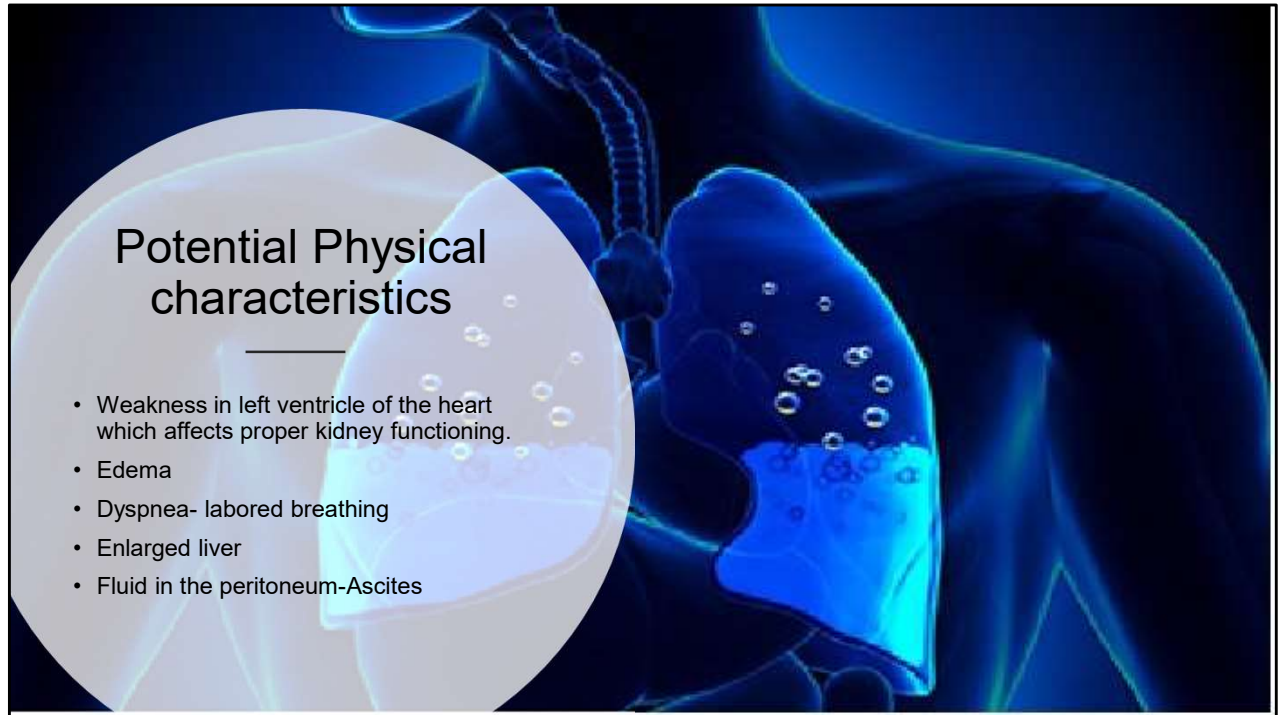
Irritable and tires easily.

Wife describes him as "self absorbed"



20 yo female.
Presented with
tiredness and anxiety
due to school.

Large heart lacuna
Shoe lacuna in the
kidney area.



Potential Physical characteristics

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



Physical characteristics

- Fatigue
- Wheezing, coughing
- Difficulty in breathing-from exertion or lying down
- Unrest, irritability
- Sweating, palpitations
- Easily chilled
- Weight gain, water retention in legs, hands, whole body
- Abdominal distention
- Right flank tenderness, aching in shoulders or back
- Appetite loss
- Nausea, vomiting

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Questions for this type?

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

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

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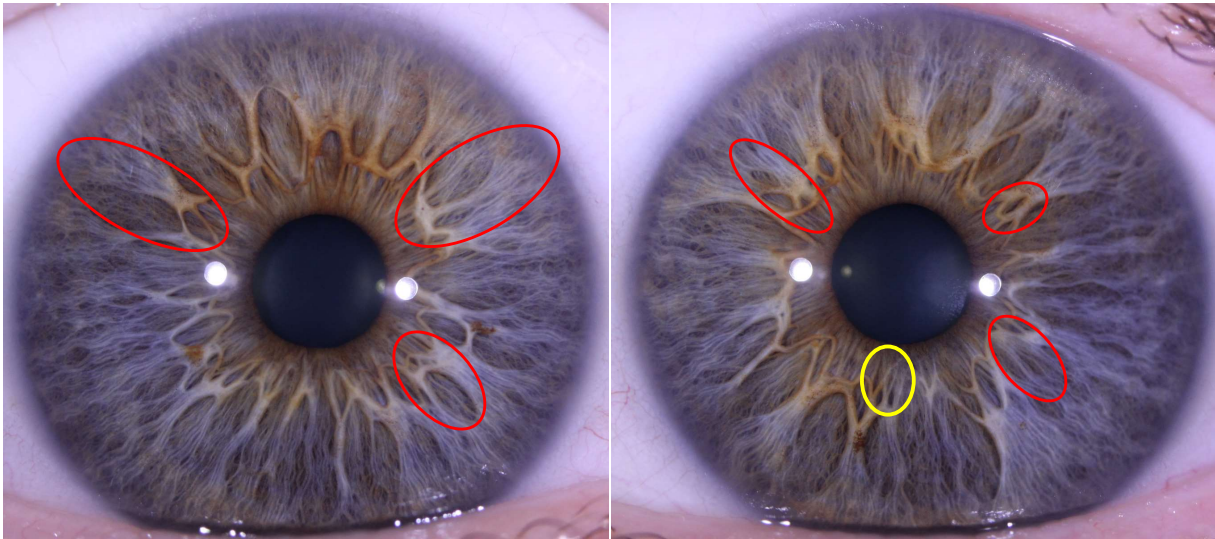
Pancreatic Triad

- Large lacuna or honeycomb crypts in
- **pancreas sector**
- **lung area**
- **trachea-nasal (sinus)region.**

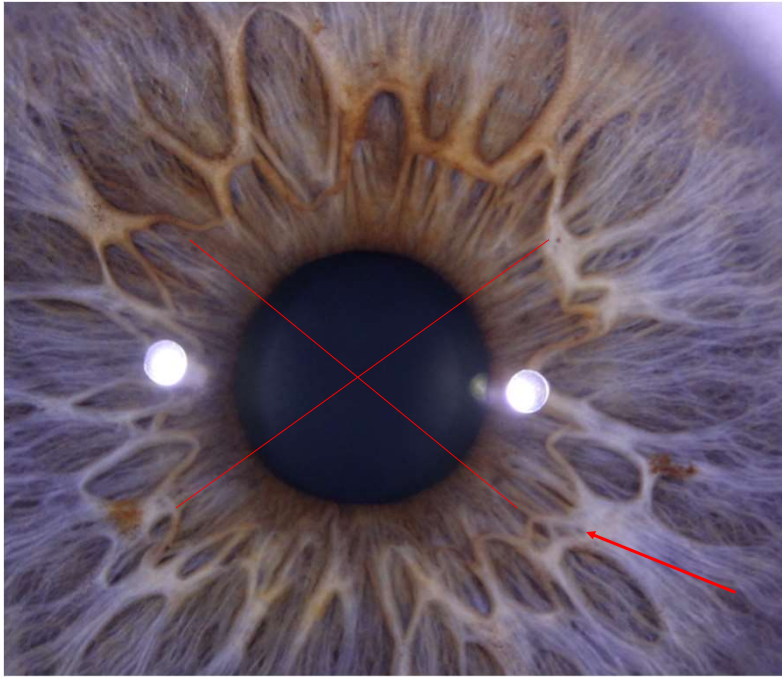
Pancreatic Triad- Polyglandular Type: Can be seen in both eyes

Large lacuna or honeycomb crypts in

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



Client lifelong vegetarian as is her mother. Father was late in life insulin dependent diabetic. Father had both legs amputated 7 years before death. Client uses only small amounts of honey to sweeten tea. No processed or sugary foods. Yellow circle showing honeycomb crypts.



Large lacuna in pancreas areas, 2,4, 10. Smaller lacuna in the 8 o'clock position. Notice crypts in the 4 o'clock position. Open lacuna at 10 o'clock with thick cording in the sinus areas.

Potential Physical characteristics

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



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Questions for this type?

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



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Pancreatic Triad Type Suggestions

- Eliminate junk foods, baked, over processed foods.
- Eliminate stimulants, caffeine, alcohol, sodas, energy drinks etc.
- For tonsil issues or nasal issues use bee propolis, B6, beta carotene, Vitamin C
- Do take rest and relaxation.
- Encourage foods that promote healing, soups, broths, steamed vegetables.
- Encourage movement to support circulation, start slow and build; yoga, swim, walking etc.

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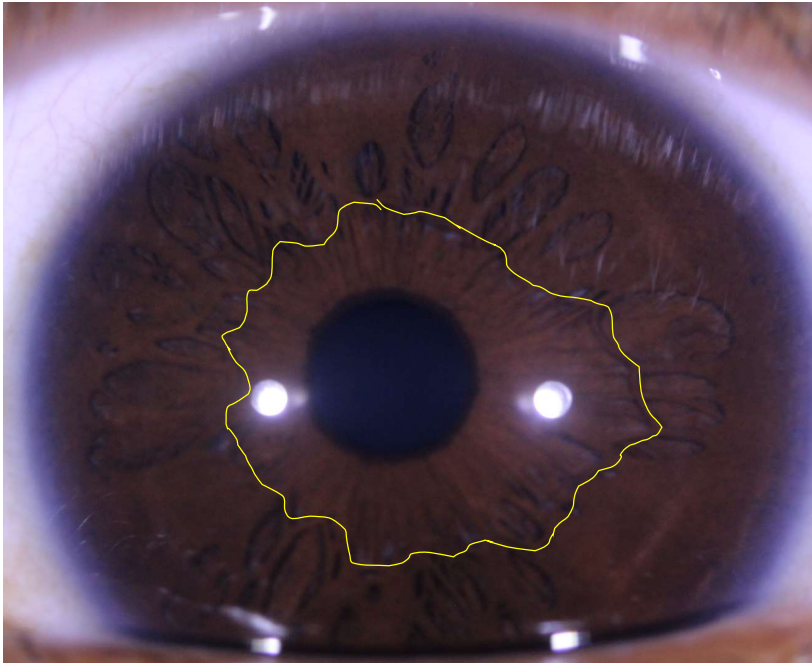
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Roemheld Syndrome-Subcategory

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

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Young woman 30+ yo presented with fatigue and anxiety.

Some minimal weight gain and no desire to exercise.

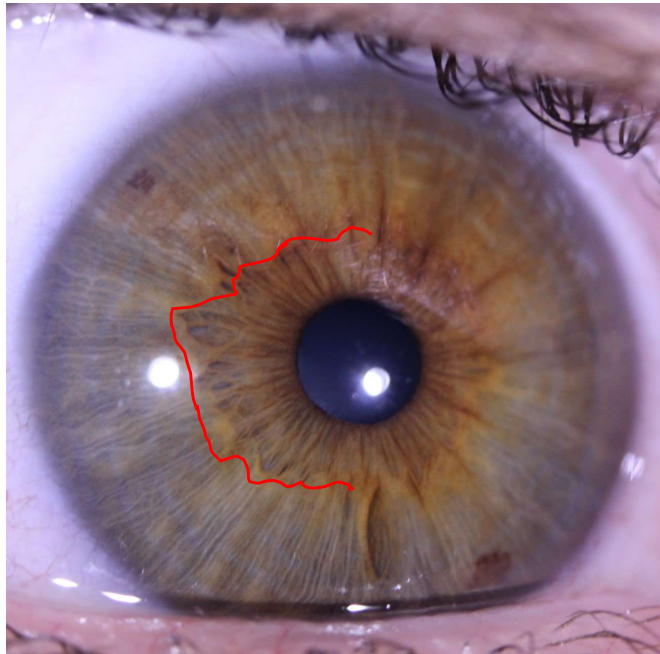
Mother had been diagnosed with mitral heart valve problem.

Client has elevated BP from time to time.

YO = years old

Client presented with no new issues.
Previously had a pulmonary
embolism.

Does not know family history of
either parent.

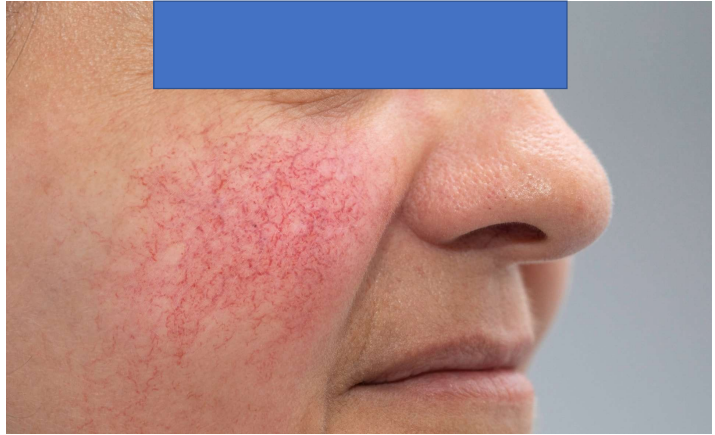


Potential characteristics

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

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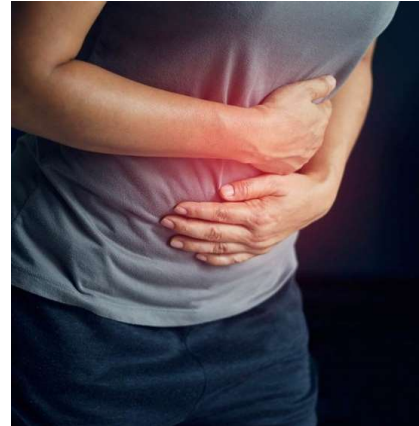


Ear lobe crease



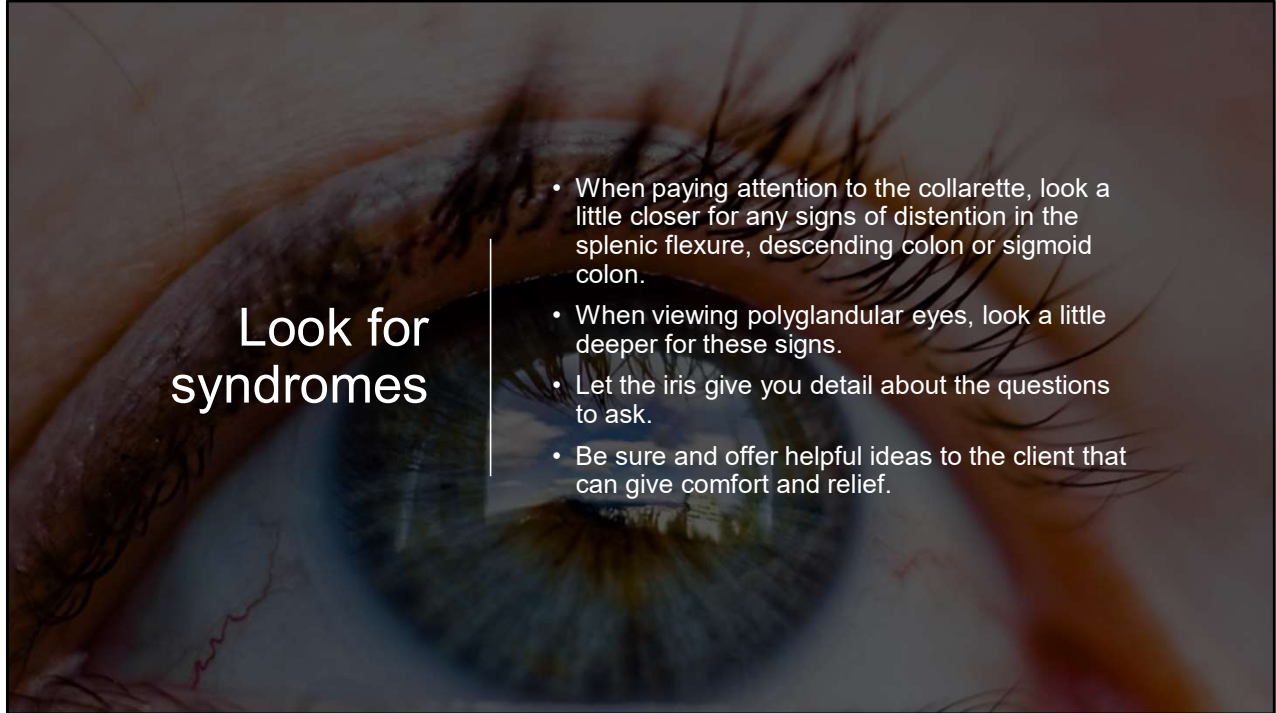
Questions for the Roemheld type?

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



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Look for syndromes

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

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