



Iridology assessment for

Amelia Toomey

Prepared on 10th March 2011

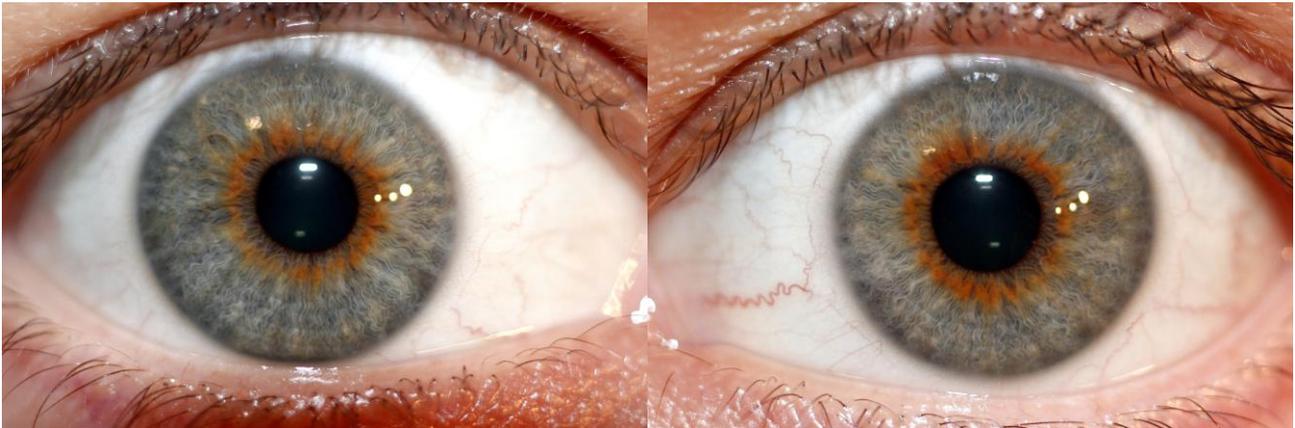
Prepared by:

Toni Miller

The Nurture Point
93 Murtha Drive,
Elanora Qld 4221
Phone: +617 55595252

"Your eyes reveal your health."

Your iris pictures



CLIENT DISCLAIMER

Iridology is a non-invasive method of analysis that enables you to gain insight into specific aspects of health. History dating back to the ancient Babylonians confirms that this method was used to determine health problems. Modern history has seen advances in both understanding and technique to the point where it is employed by many practitioners in both alternate and mainstream medicine as a system of health assessment. An iris evaluation will enable you to identify specific constitutional aspects of yourself relative to genetic factors. This makes it possible to determine health and lifestyle considerations that could possibly increase the quality of life. In addition to this, it is possible to determine organ weakness, spinal misalignment, and to some extent, psychological attributes.

It is not meant to replace conventional diagnoses but should be seen in the context of providing information that might identify specific predispositions. You should always consult your Doctor or other Health Care Professional if you have any concerns.

Please note: Information specific to your profile is written in Times New Roman font which looks like this.

WHAT IS IRIDOLOGY?

What is iridology (pronounced eye-rid-ology)?

Iridology is the study of health via an examination of the iris, (coloured section of the eye) the sclera (white of the eye) and the structural aspects of the eye including the pupil (the black centre) the pupil border and collarette.

The iris is the most complex external structure of the human anatomy. It has a reflex connection to every organ and tissue of the body by way of the nervous system. Through the optic nerves, which are attached to the eyes, visual information is sent to the brain. At the same time there is information sent back to the eyes from the brain about the state of the organs and tissues in your body. It has been said: "the eye is the window of the soul".

There are no two irises exactly alike. In fact, each iris is as individual as a fingerprint. This fact has seen security companies utilizing equipment developed for personal identification through the eye. This security method is called "bio technology". The colour and pattern of iris fibres is an expression of the physical and emotional issues of the three generations behind you which may or not be activated according to the way you eat, drink, think, live and love.

Iridologists assess the variations of colour and fibre structure to assess constitutional strength of our physical body, as well as aspects of the personality, which can be influenced by conscious and subliminal emotional patterns. Iridology is not a treatment therapy but rather a diagnostic tool used to assess health and in some instances, detect signs of pathological potential. Iridology is used to determine specific predispositions in order to prevent illness and maintain optimum wellness. When you know your constitution, it assists you to become the best you can be.

Iridology is not new. The first recorded sources of iris analysis reach back as far as ancient Babylon. An ophthalmologist, in 1813, unaware of these old views on iris analysis, wrote in his publication 'Textbook of Eye Disease', "Everything that affects the organism of an individual cannot remain without effect on the eye and vice versa."

In the 20th century, doctors and scientists from the United States, Europe and Australia brought iridology into worldwide recognition. In the last twenty years, iridology has been widely researched in areas such as the constitution, the sclera and pigmentation, and has been used by many orthodox doctors in Germany, Russia and other countries as a dependable form of diagnosis. This is largely due to its reliability in the assessment of function and disease potential.

Today, people are in need of preventative health care and less complex methods of analysing their condition. Iridology provides a non-invasive, painless and economical means of looking into the body, which may be utilized in conjunction with any other system of analysis or diagnosis available.

Toni Miller
Naturopath, Herbalist, Iridologist.

Every eye is different. There are a number of parameters considered in order to assess the health profile of each individual. Because there are so many possibilities, this report will only contain those areas that apply to you. Where there are a number of possibilities the most applicable will be highlighted.

IRIS CONSTITUTIONS

THE IMPORTANCE OF CONSTITUTION

What do we mean by constitution?

When we speak of this, we mean our inherited constitution - the stuff from which we are made – a combination of our inherent strengths and weaknesses. This factor is largely one of genetics. We are a product of a mother and a father, each with individual characteristics due to the effect of life on their forbears. Add to this our physical, emotional and spiritual capacity - each developed to a greater or lesser extent as our life unfolds and our experiences have their impact, and we become our own unique person.

We should see ourselves as a link in a progressive chain, which carries both the taints of the past and some hereditary patterns. This gives each of us a constitutional inheritance - and knowing our constitution can be valuable to us as it identifies potential weakness and enables us to support our vital force. While we cannot change our own constitution, we can influence the constitution we pass on to the offspring yet in our loins - for better or for worse.

What causes constitutional weakness?

There are many negative influences including poor nutrition, exposure to toxic chemicals, radiation, ingestion of inorganic substances and pollution are fairly obvious to most. The constitution is also affected by substance abuse such as alcohol, tobacco and “recreational drugs”. Other influences would include lack of activity, or sunlight and obesity. Research has shown we are also affected by negative emotions such as shock, trauma, depression, stress, anxiety and mental obsessions as well as low self-esteem.

What causes constitutional strength?

Good nutrition, adequate exercise, fresh air and sunshine, correct laws of living, holistic medicine, underscored by a balance between things of a physical, emotional, spiritual and material nature including morality, purity of thoughts and actions, and an attitude that enables you to accept the ups and downs life dishes out to us without extreme reactions. A calm heart is the essence of life.

One of the basic principles of healing is that the balance of the internal forces can be adjusted by altering diet and living habits. This is where iris diagnosis really shines. Iridology provides a non-invasive method of determining the constitution with its strengths and weaknesses, assisting you to make better choices regarding your future health prospects.

GENOTYPE AND PHENOTYPE

Most therapeutic methods tend to ignore our inherited constitution (genotype). The genotype results largely from genetic characteristics but is also influenced to some extent by the effects life had on our ancestors. These genotypes can be identified according to the structure and colour of the iris and can be graded into distinct categories, which predispose us to specific tendencies both physical and emotional. Each of us is born with a unique constitution - our genotype.

The phenotype is the term used to describe the way we develop in our own lives according to our environment, diet and emotional experiences. To illustrate, take the example of identical twins that start out with the same genotype but become separated at birth. One twin grows up in the country with hard physical work in fresh air and sunshine, and a diet based on homegrown vegetables and grain fed meat. The environment was crime free and there was plenty of neighborly interaction giving the child relative emotional security and confidence. The other twin grows up in a crowded city where the air quality was polluted, the crime rate high, and opportunity for fresh fruit and vegetables was limited by cost and location. Whilst academic education was a bonus, the choice of employment meant a sedentary lifestyle in a high stress environment. The genotype in each case would yield to the differing life styles and produce a different outcome for each of these twins.

This illustrates the way the environmental, physical and emotional influences on the genotype, shape the individual phenotype, producing a unique being along with our individual susceptibilities to illness or health. In other words,

“ITS WHAT YOU DO WITH WHAT YOU GET”

The European system of eye diagnosis is based on an approach where an evaluation of iris colour, fibre structure and other phenomena can categorize specific predispositions to the individual health profile.

It is possible to be a combination of two or more of these basic types.

There are three true base colours recognised in iridology: As a general rule eyes found in these colour groups will manifest the following conditions.

BLUE EYES: These are most often seen in blonde haired, fair complexioned people. Blue eyes generally indicate

- Childhood ear, nose and throat complaints and various allergies.
- An overactive lymphatic system, often with swollen glands.
- Upper respiratory weakness including asthma, bronchitis and sinusitis.
- Hyperacidity resulting in inflammatory conditions including arthritis and rheumatics.
- Hardening of arteries is common in advancing age.

BROWN EYES: - usually found along with darker hair and olive complexion.

- Poor circulation.
- Digestive disorders including flatulence.
- Liver congestion often with disturbances in bile production.
- Glandular conditions.
- Variable blood sugar levels.
- Women often have hormonal disturbances especially thyroid and ovaries.
- Hemorrhoids and thromboses
- Tendency to become grumpy and difficult in old age.

MIXED COLOUR:

- Sluggish liver and Gall bladder conditions
- Constipation or Diarrhea
- Flatulence
- Glandular conditions
- Variable blood sugar levels

The colour and structure of your eyes indicates that you are best represented by the constitutional groups called: Neurolymphatic / Pancreatic

Neurolymphatic

Also known as NEUROSTHENIC (Kriege) or LINEN (Hall).

DESCRIPTION: Blue or gray noted by wavy fibres and loose fibre density. The pupil is often enlarged or deformed. Nerve rings are sometimes observed. In your case, you are a classic Neuro Lymphatic with all these features.

MAIN COMPLAINTS: Highly emotional. Sensitive. Commonly suffer anxiety conditions, neuroses and superficial sleep. Nervous indigestion may be a complaint. Tachycardia is common.

CHILDHOOD COMPLAINTS: Small children of this type tend to be very soft and emotionally sensitive which can result in them being intimidated or victimized in their social circle. They tend to be easily excitable and have been noted to drink too quickly, causing gulping and burping. The mealtime environment needs to be quiet to reduce this tendency.

ADULT COMPLAINTS: The original worrying type. They continue the pattern of being highly sensitive and easily hurt. Benevolence is a major attitude, which suggests ideal career choices would be those in which they work with people, such as teaching, nursing, child minding, counselling, etc. As they mature, there is an inherent tendency to develop muscle weakness. In spite of good nutrition and a balanced lifestyle, the general condition can deteriorate especially in the fifth decade of life when there is an inherent predisposition to oedema and diabetes. Common ailments include headaches, migraine, vascular spasms, ulcers and shingles - all due to their constitutional weakness within the nervous system. This can also lead to a weakening of the adrenal glands. As is typical with the blue eyed (lymphatic) types, inflammatory problems such as arthritis and upper respiratory conditions including asthma will frequently be noted. When they are emotionally upset they are likely to feel it in their stomachs.

DIETARY ADVICE: It is essential to reduce the amount of mucous forming foods in the diet, especially dairy, sugar and refined wheat flour products. Increase vegetables and fruits and reduce animal fats. Ensure the intake of fresh fruits and vegetables is 50% of daily food intake. Fibre is essential for good bowel evacuation as is adequate fluid intake. Drink at least 8 glasses of clear fluid daily - this includes herbal teas, vegetable or fruit juices (in 50% dilution), natural mineral water and at least half of the fluid intake should be purified water. Skin brushing with a natural bristle brush will stimulate the circulation of the capillaries just under the skin. This should be done with a dry bristle brush before showering. Do not eat when emotionally upset or excited.

SUGGESTED SUPPLEMENTS: Stimulate digestion with bitters or by taking an enzyme combination with each meal. Ensure efficient bowel evacuation with a bulk forming laxative such as Psyllium or Slippery Elm before bed. B group Vitamins are best taken before breakfast. Nervine tonics such as St John's Wort, Damiana, Oats, and Chamomile assist in reducing and managing stress and anxiety. Valerian, Hops or Skullcap along with Magnesium Orotate will assist in reducing stress and promoting restful sleep for those who suffer from insomnia.

Regular exercise assists in the release of negative emotions and the reduction of stress.

Pancreatic Diathesis

COMMON COMPLAINTS: Diabetes in previous generations is a common finding. The client may experience dysglycaemia and sugar cravings. Typically they admit to having a sweet tooth. Skipping meals can increase the likelihood of mood swings. They often need small and more frequent meals and can also experience tremor relieved by food. Fasting will often induce headaches. Digestive reaction to starchy foods often includes bloating, belching and pain in the upper abdomen. This is most often due to enzyme deficiency. Weight gain is often focused around the midriff and has a negative effect on the BMI. Males with a waist measurement over ninety-five centimetres and women with a waist measurement over eighty centimetres have an automatic increase in the risk of diabetes. A “jelly belly” or “muffin top” is often the result of over consumption of high GI carbohydrates. Comfort eating in response to depression, boredom and loneliness can activate the potential of this diathesis. Diabetes has reached pandemic proportions in all westernised countries. Statistics show that it is actually creeping up to join cardiovascular disease and cancer as the most common health problem in the world. Cancer now affects nearly half the population. It relies on glucose for proliferation. There is a non specific risk to all pancreatic types of cancer based on their addiction to sugary foods.

The pancreas is one our most emotionally responsive organs. It needs us to feel that we are loved, nurtured, needed, appreciated, acknowledged and rewarded when we achieve our goals. Jealousy, peer rejection, grief and being overlooked can trigger the onset of diabetes. The pancreas reacts not only to our emotional state but also to our diet.

SPECIAL CONSIDERATIONS: Avoid empty foods at breakfast. It is the most important meal of the day. Toast and jam will send them on a roller coaster journey of energy spikes and lows. They need protein for breakfast! If they complain that they don't have the time to prepare something cooked, a protein shake could be suggested. Ideally, they should try to have three small protein meals and a couple of nourishing snacks to stabilise blood sugar levels and keep their energy sustained. Foods that help to balance the pancreas include Bitter melon (*Mormidica charantia*), mango, olives, artichoke and onions. Herbs that are helpful include Cinnamon, Gymnema, and Garlic. These foods are high in fibre and have a low glycaemic index. Brewer's yeast is one of the highest sources of natural chromium.

CONSTITUTIONAL SUPPLEMENTS: Vitamin B complex with extra B3, and B5. Chromium may be necessary.

COMMON DEFICIENCIES: Chromium is the most common deficiency for this type. They are often deficient in Magnesium, Zinc, Potassium Phosphate, Manganese, and Calcium. Taking these in conjunction with Vitamin C in large doses has shown to reduce insulin requirements. Nearly ninety-eight percent of pancreatic function is exocrine and only two percent is endocrine. This raises the importance of considering digestive support with pancreatic enzymes.

TEMPERAMENT: The pancreas is about the sweetness in life, about your connectedness with your family, about the recognition of what you do well. These factors are at the base of why pancreatic issues are on the rise. These elements are missing in today's society; we have one parent families, we have people who have no job security. The Pancreas type often gets bound up by an overwhelming need for things to be perfect. This is a major cause of frustration for themselves and those who live and work with them.

LIFE LESSON: Suggest a daily positive affirmation “I am unconditionally loved and I am an important member of my family”.

BASIC SIGNS

There are many signs seen in the iris structure or accumulate on the surface of the eye. Each one is assessed according to their individual definition and location. The signs referred to as "Basic" are very common. They are particularly useful because they can be helpful in determining inherent issues and identify areas needing special nurturing.

Your eyes displayed the following markings:

Lacuna

Iris Sign: Holes in the anterior iris layer made up of sections of broken or separated iris radial fibres. They can be an open or closed structure in a variety of shapes.

Significance: Because the structural pattern of the iris is inherited, all lacunae are thought to represent familial weakness and potential under activity of organ or tissue function based on the density and shading of the signs. They represent specific "nurture points" for the individual. An iris chart helps you to identify which organ or area is indicated.

Right Iris Locations: Neck

Left Iris Locations: Clavical (shoulder blade) and tonsils

Substance Defect Signs

Iris Sign: Typically seen in the outer section of the ciliary zone as tiny deep openings in the fibre structure.

Significance: Referred to as substance defects, they indicate reduced tone or function in the area in which they occur. When seen in primary organ areas, they can indicate serious pathological change or the potential thereto. View this area as a "nurture point".

Right Iris Locations: Bronchial, Pleura, Upper lobe of the right lung

Left Iris Locations: Clavicle.

Emotionally, the clavicle indicates lack of support from a significant female. The lung area can react to grief or situations where you are worried whether you can survive.

Rarefaction

Iris Sign: Sections of radial fibres exhibiting reduced density. Some examples may have a distinct border.

Significance: Locations of rarefied areas identify specific nurture points for the individual. They represent potential under activity of organ or tissue function based on the depth of the sign. They most frequently occur in the kidney reaction field. Offer nutritional support for the areas in which you find them.

Right Iris Locations: Cervical spine, Urinary bladder and sinuses. The medulla is also noted. Were you a caesarian delivery?

Left Iris Locations: Medulla, tonsils, ear, lumbar spine, aorta and heart.

Emotionally: The lumbar spine area indicates internal worry about financial matters.

Lymphatic Tophi

Iris Sign: Collagen bundles in the shape of flocks, clouds, smears or beads. They are usually white but can be discoloured; indicating the likelihood of toxic loading of the lymph. This sign is more generally seen in zone six.

Significance: These indicate a predisposition to stagnation, congestion, swelling and enlargement of adjacent lymph glands and tissue - especially if seen in a person with a sedentary life-style. Females with this sign tend to have breast issues.

Right Iris Locations: breast, lungs, vagina and ovary

Left Iris Locations: breast, lungs and vagina

Emotionally this can be due to a “disconnect with the eye parent – right: Father and Left: mother. Healing can be brought about by sharing stories of fondest memories of each parent with your children. Even better – get your parents to talk to your children about their fondest memories of your childhood with your children.

Fermentive Stomach

Iris Sign: The sphincter pupillaris muscle is visible - being a variety of shades that range from white to pale orange or various shades of yellow.

Significance: This sign increases the risk of indigestion. The client may complain of heartburn soon after eating proteins and carbohydrates. Citrus juice is also an antagonist. This is due to flooding hydrochloric acid (white) or gastric secretions (pale orange or yellow). Recommend a teaspoon of slippery elm to be taken with breakfast and the evening meal & HCl after protein meals.

THE COLLARETTE

The collarette (also called the ruff or the autonomic nerve wreath) is a major landmark that represents the union of the sympathetic and parasympathetic nervous systems. The ruff zone represents digestion and absorption while the ciliary zone determines energy stores. The collarette separates the intestinal tract from all other organs, glands and structures. Its shape and integrity indicate tone and function of the intestinal tract. A balanced collarette would lie approximately 1/3 the distance between the pupil border and the ciliary border and would be a smooth slightly oval shape. When deviations occur, whether in the quality, the shape or the placement, it can be significant. For example:

Balanced

A balanced collarette is approx. 1/3 the distance from the pupil border to the outer iris rim (ciliary border) with a smooth slightly oval shape.

It has no negative influence on the digestive organs or the large bowel.

Your Collarette displays the following:

Constricted position

When the collarette is constricted, (closer than one third the distance between the pupil border and the outer iris rim) it indicates a person with limited digestive and absorptive abilities. It is therefore essential that they avoid eating refined, nutrient deficient foods. They are ideally suited to small, frequent meals containing high quality ingredients. Habitually over eating will impact on their general health quite significantly. Whenever this person is anxious or excited it can induce over contraction of the digestive tract - particularly the sphincter muscles. The symptoms produced in this case will involve tightness in the gut and indigestion. For this reason, many find they are unable to eat when excited. It is preferable that they don't.

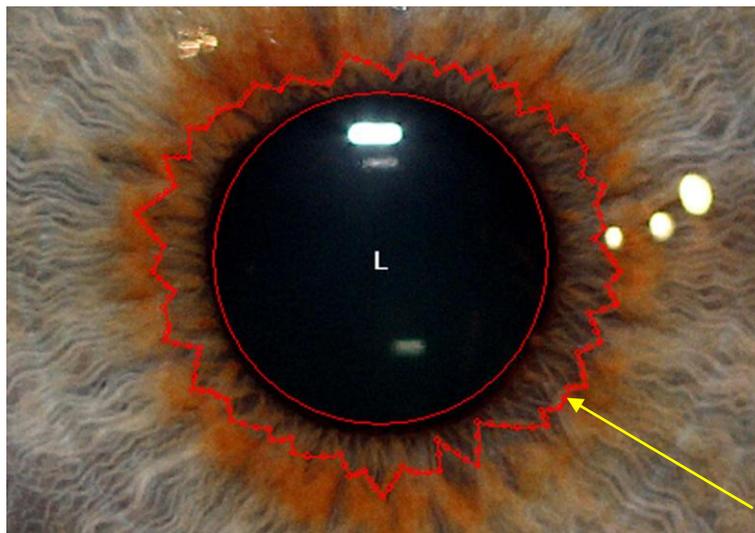
This person tends to be socially introverted. They make good confidantes because they understand the value of confidentiality

Jagged shape

The asymmetrical shape of the jagged collarette points to an increased tendency toward irregular bowel habits. There is an inclination for motions to be loose whenever there is stress or anxiety. It is not unusual once the stressful period has passed for this person to then experience periods of normal bowel function along with intermittent constipation. The jagged peaks in this type represent an intestinal tract that is highly irritable with a tendency to spasm. This can be quite painful at times. Check organ areas adjacent to the jagged peaks for signs of nervous irritability. There may be inflammation in the intestines. Mucilaginous herbs such as slippery elm or marshmallow and herbs such as chamomile and cinnamon can reduce these symptoms if taken on a regular basis.

Cogwheel Collarette

A variation of the jagged collarette is noted when the collarette is comprised of a small, tight zigzag shape. This is called a cogwheel collarette. In this instance, question about a familial history of dysglycaemia as it represents a diabetic diathesis. Joseph Angerer believed this shape was directly related to deficient insulin production and a disposition to diabetes.



IRIS STRUCTURES

Based on the work of Rudolf Schnabel.

The structure relates to the way the iris sits on the body of the eye. When the structure has been altered we are given clues as to specific physical symptoms that may not otherwise be obvious. Current understanding is that when alterations in the structure have occurred, they are irreversible. So structural variations indicate lifetime tendencies. It is therefore extremely useful to determine the structure on the initial visit in order that appropriate lifestyle or dietary modifications can be offered so the client can manage their own quality of health. Structural variation is not particularly common. The most frequently seen structure of the iris will be "normal".

Your Structure is normal

THE SIGNIFICANCE OF PUPIL.

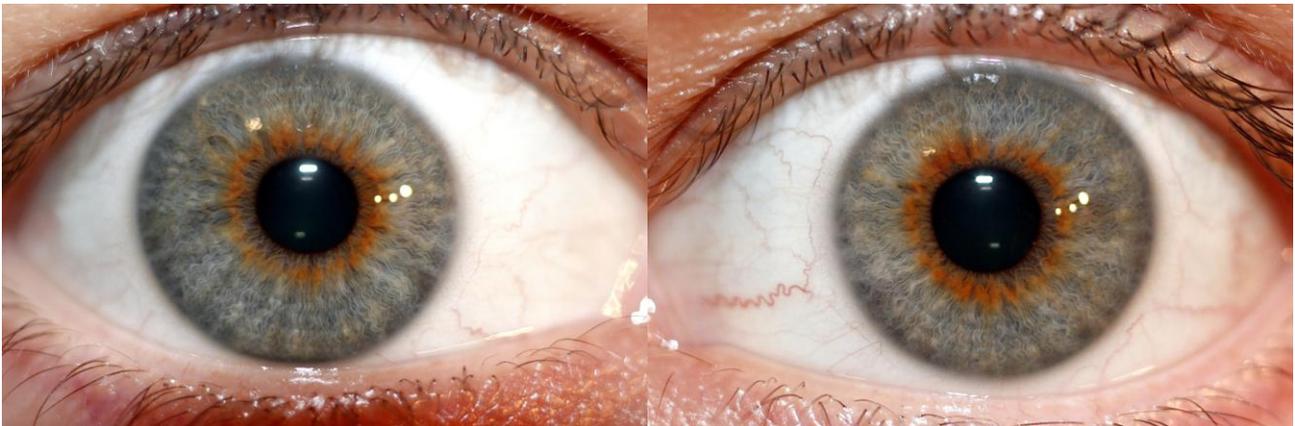
SIZE VARIATION.

On average, the pupils are approximately one third the size of the diameter of the iris in adults. As a general rule, children will exhibit dilated pupils (Mydriasis) showing an outward interaction with the environment. Conversely, miosis becomes a regular feature of old age reflecting a withdrawal from social interests and interaction. The larger pupils also have a tendency to nearsightedness while the pupils of the elderly tend to gradually contract (miosis) making them long-sighted. Variation in pupil size is determined to a large extent by exposure to light resulting in stimulation of the oculomotor nerve. This nerve regulates the sphincter pupillae muscle, the ciliary muscle and sympathetic fibres. Bright light causes pupil contraction while darkness produces dilation. These dynamics should occur bilaterally. There are, however, individuals who exhibit significant size variations regardless of the amount of light they are exposed to. Let us examine other influences. In summary, the pupils are a reflector of a person's reaction to their world.

Your pupils are significant in the following ways:

Anisocoria

Anisocoria is marked by dissimilarity of the pupils. This may be the result of a blow to the head that produces concussion or some other pathological event such as meningitis. It can indicate an episodic history of high fevers. If the pupils are remarkably different, it can be linked to a pathological condition affecting one side of the body. Mild examples of Anisocoria have been observed in people weighed down by a heavy psychological burden



COLLARETTE / PUPIL RATIO. ---

The collarette (also referred to as the autonomic nerve wreath) is a major landmark in the iris. The area between the collarette and the pupil border is called the nutritional zone of the iris and is referred to as the iris frill or ruff. The regular pupil size is generally considered to be about one quarter of the total diameter of the iris. The collarette should be approximately one third the distance between the pupil border and the outer edge of the iris (ciliary border.) To summarise, the pupil represents our utilization. The smaller the pupil, the greater our ability to employ available energy stores. The ruff zone reveals our absorptive efficiency and the ciliary zone represents our energy reserves. Variations of these dimensions are quite significant.

Your collarette / pupil ratio is normal

PUPIL PLACEMENT. ---

The normal placement of the iris is situated slightly upward and medial.

Your pupil placement is normal

PUPIL DEFORMATIONS

The normal shape of the pupil is round. It also contracts and dilates – increasing and decreasing in size according to various factors affecting the balance between the sympathetic and parasympathetic nervous systems. The correct position of the pupil is a little off-centre toward the nasal area with slight elevation toward the forehead.

Basically there are two types of deformations seen in the pupils. Ellipsed (egg or oval shapes) and Flattenings. Rudolf Schnabel was a pioneer in the study of pupil dynamics and was one of the first to describe pupil irregularities. He inferred that a contributing factor in ellipsoid pupils was raised intracranial pressure. The spine is represented on the pupil border so deformities found here can offer a valuable insight into specific spinal problems that can have a reflex effect on various organs, muscles and metabolic processes. In addition to physical affects, some flattenings also have psychological implications.

Your pupil shape displays no irregularities:

SUMMARY

There will be subjects with symptoms who have no pupil deformations at all and others who have specific flattenings but exhibit no symptoms. When the latter is the case, it should alert the bearer to take stock and make life style changes now while they are still well. It is a fact that the eye gives clues long before any pathological change occurs and when seen in this light, we see the true beauty of iridology - a preventative tool.

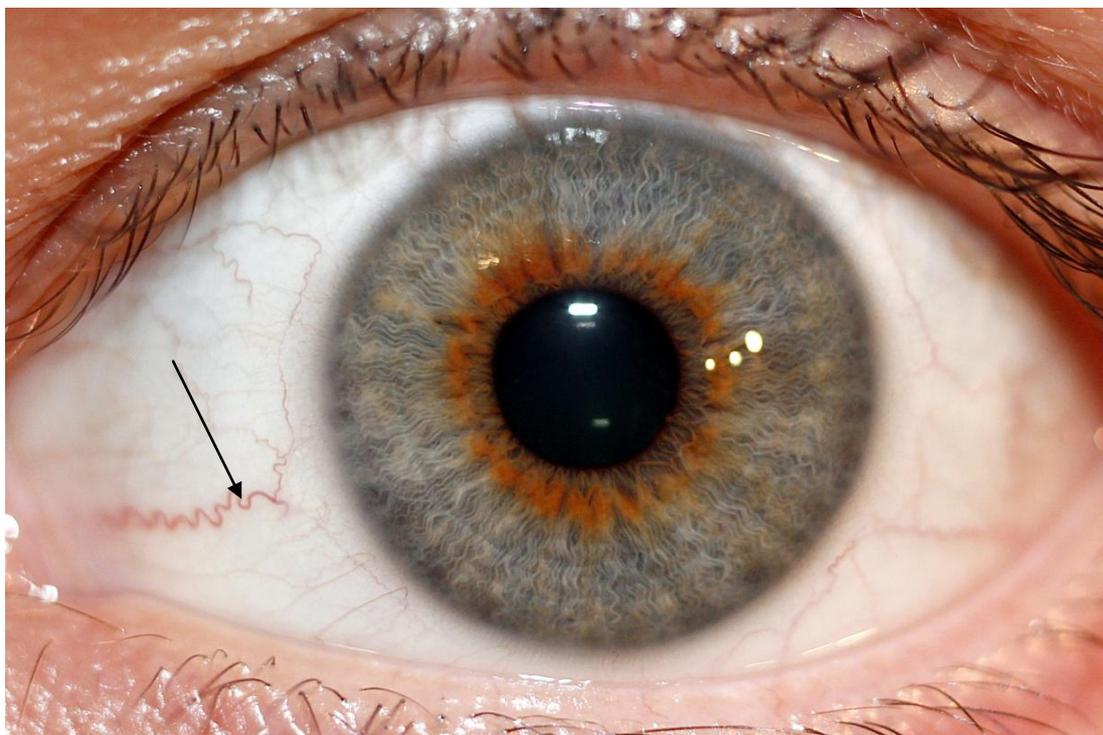
SCLERA SIGNS

Introduction.

The white of the eye is called the sclera. The sclera is the most reactive part of the eye but the visible markings should be considered in context with signs in the iris to get the total picture. Some sclera signs develop as a display of constitutional aspects – that is once developed, they remain a permanent fixture – whereas some of the lighter sclera signs are transient. The interpretation of the sclera is an important part of eye diagnosis as it pertains to tissue integrity, the immune, hormonal, hepatic and nervous systems but has an emphasis on the circulatory system in particular. Heart disease is a number one killer in western society and natural therapies has the philosophy of disease prevention. The sclera will often give sub-clinical signs that in turn guide us to identify existing or developing health crises. This allows an iridologist to suggest health measures which could be preventive – even life saving. When a specific potential is identified, it should be considered as important to the health profile.

Meander Vessels

These vessels were named after the Meander River in Germany due to their shape. They indicate a general insufficiency of the venous network. Heavy examples of meander vessels presuppose the likelihood of congestive conditions including varicose veins especially of the legs, scrotum or anus (hemorrhoids). This is often inherited. These vessels can also indicate general connective tissue weakness. Fainter meander vessels usually indicate the presence of spider veins. In either case, the blood pressure should be checked and support stockings worn during pregnancy or long distance flying. Prevention is much easier than cure in this instance.

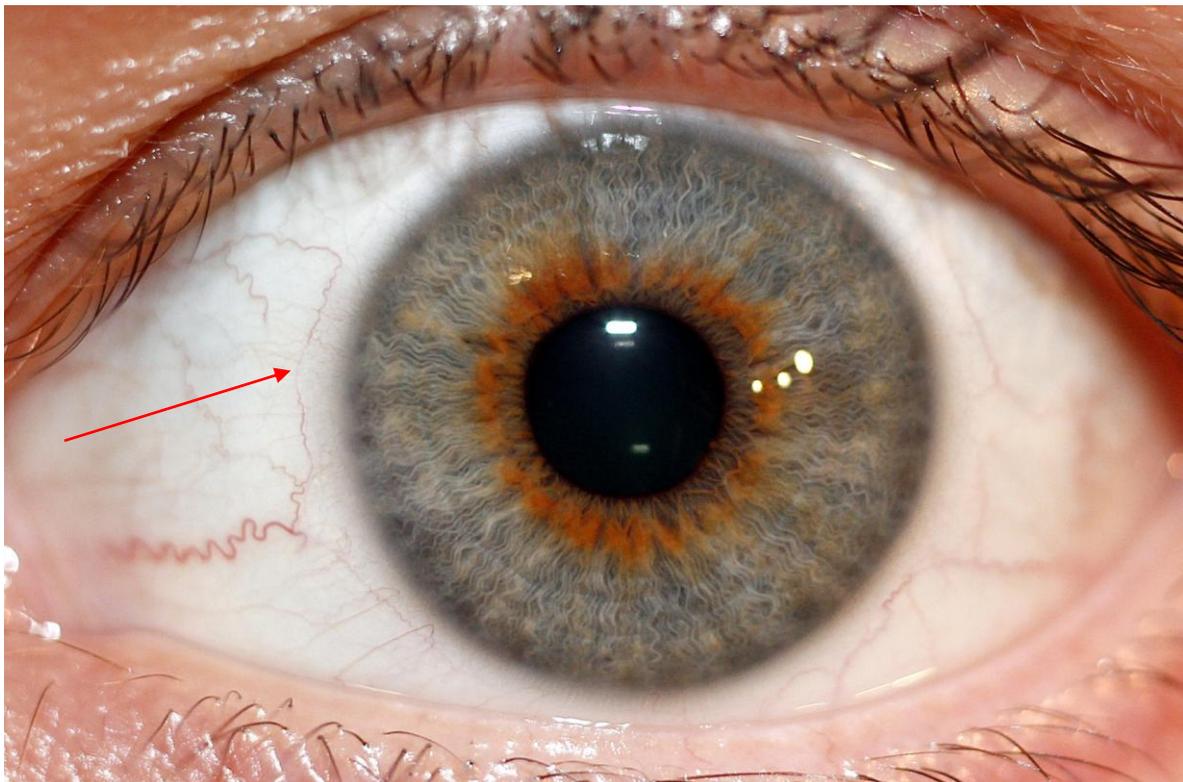


Tangential Vessels

There are two types of tangential vessels.

Tangential vessels in the Sclera: These are located adjacent to the ciliary border and indicate either venous or arterial congestion in the neighbouring iris area. The resulting reduction in blood flow to the area can indicate compromised function in the tissues involved. This sign is most commonly seen in major areas including the spinal area, the cerebral region, the liver/gall area or the heart/spleen area. There may be a developing situation even when symptoms have not yet emerged. Check the closest iris areas for additional indications of primary involvement.

Ciliary tangential vessels: When a tangential vessel is noted on the ciliary zone of the iris itself, it has the same connotation as the sclera tangential with additional lymphatic involvement for the adjacent iris area. In your case, it involves throat and accessory areas and also involves the scapula. Emotionally this can be due to feeling disempowered to say what you needed to say to a significant female. This could have produced a situation where you felt you were being asked to carry more than your fair share of a burden that should have been “shouldered” by this person.



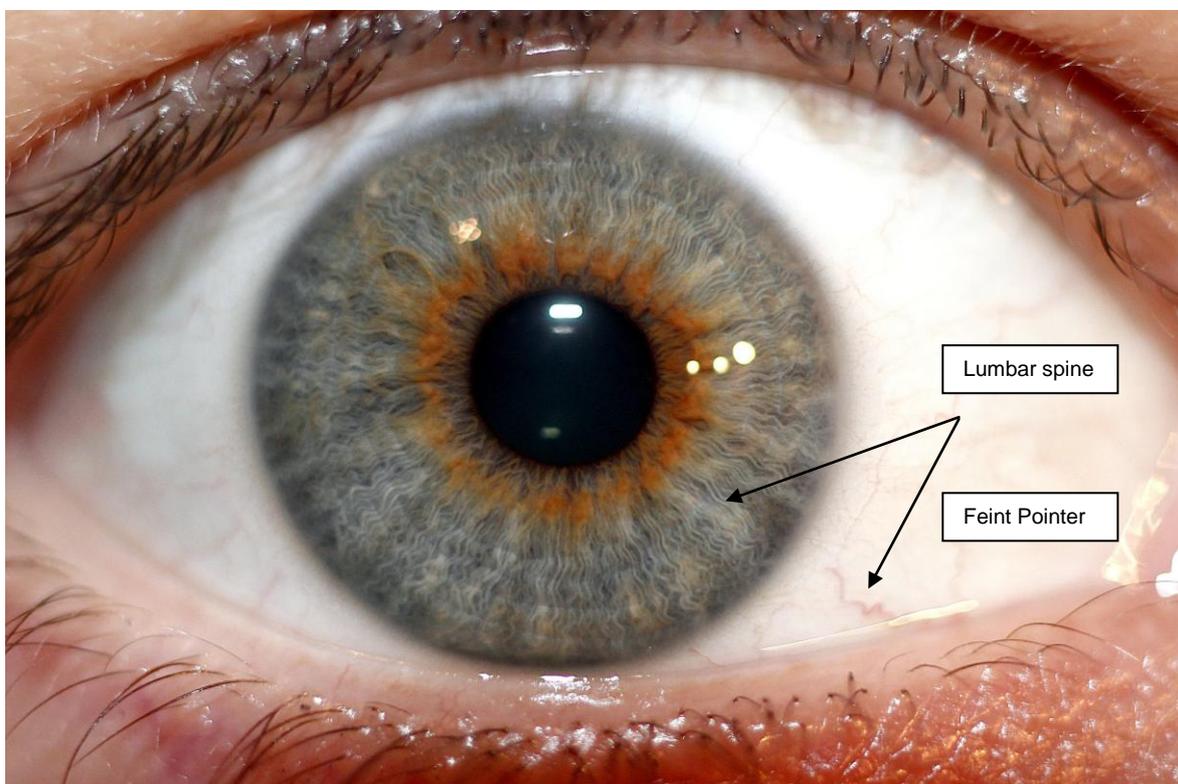
Pointers

Pointers can be any vessel that directs notice to an area with disturbed function. They should be considered in the context of the prominence and location of the vessel. If you look at the iris area being pointed to, you will often notice iris signs confirming the area needing attention. They are most commonly found outside major organ areas such as the heart or lungs and specify areas needing primary consideration. Pointers should be considered in context with the whole iris. Any vessel can act as a pointer. Always consider why such a vessel has made an appearance. In some cases they can indicate a pathological change so deserve to be investigated. There are three types of pointers.

1. Short, faint signs indicate simple stress such as mild congestion, mild dysfunction or an inherent tendency to weakness in the area.
2. Medium lines have increase risk factors proportionately more than short faint lines.
3. Heavy, long lines show an area with significant dysfunction or congestion.

It has been my experience to observe these vessels grow in length and increase in diameter in cases of chronic illness and pathological crises.

You have a feint pointing vessel opposite your lumbar spine in the right iris. This area is a “hot spot” – meaning you are likely to experience pain at the physical level. Emotionally this indicates worries about finances.

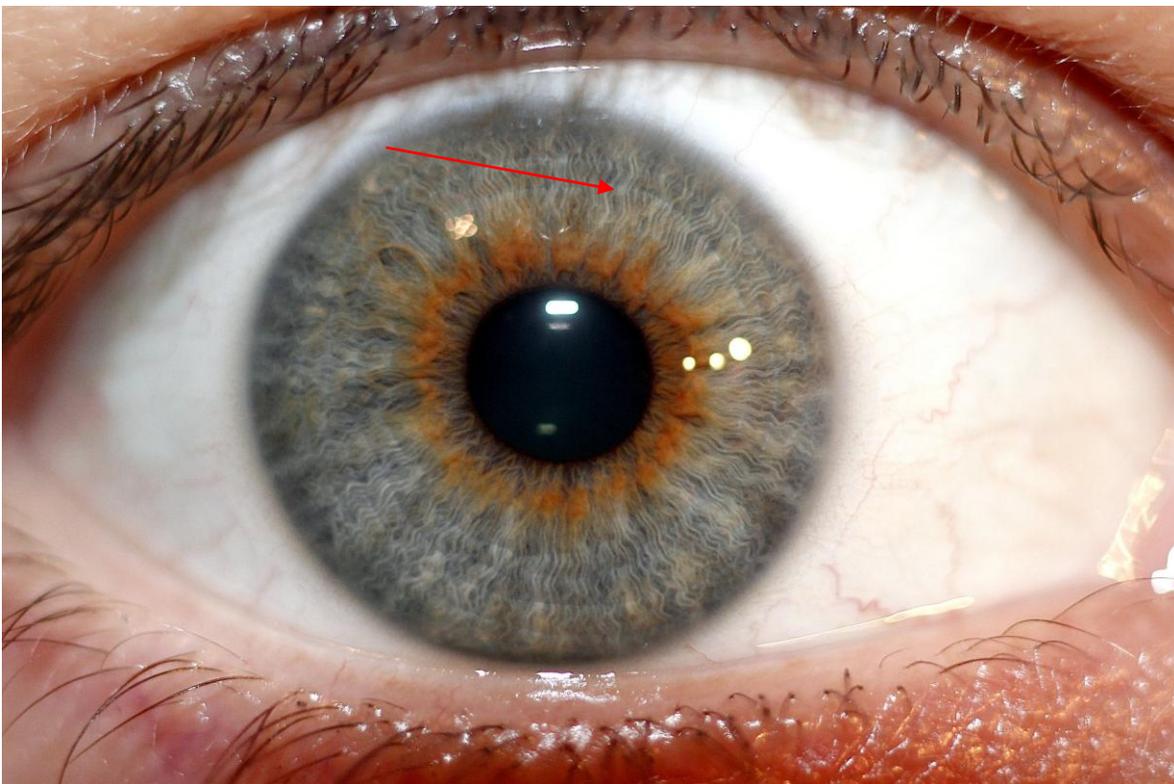


HEAD ZONE SIGNS - PSYCHOLOGICAL INDICATORS IN THE IRIS

Introduction

The brain is represented in each iris between 55 min and 5 mins. The fact that the brain area occupies so much of the iris landscape is an indication of how important this is. It has been established that there is a distinct link between the way we think and the effect this has on our physical well being. All markings in the head zone are considered significant. The signs are interpreted according to their depth, colour and location. In many instances, it is also significant whether the sign is in the right or the left eye. When signs are observed in the head zone, consider that there is likely to be a physical as well as an emotional or psychological significance to this area with the latter being far more common than the former.

Communications Zone



This area represents the pituitary, pineal and thalamus along with the cerebrum and the forebrain. This is the brain's communication centre.

Your eyes have a bright mark in this area in the right and a dark marking in the left iris.

Physically.

As this area concerns aspects of listening, speaking and learning, when irregularities show in this area of the iris we have to suspect alterations in the way a person communicates with those around him.

A brightened sign in this area can indicate a person who has the "gift of the gab". That is - they have the ability to talk anyone into anything they believe in. The old saying "He could sell ice to Eskimos" fits them.

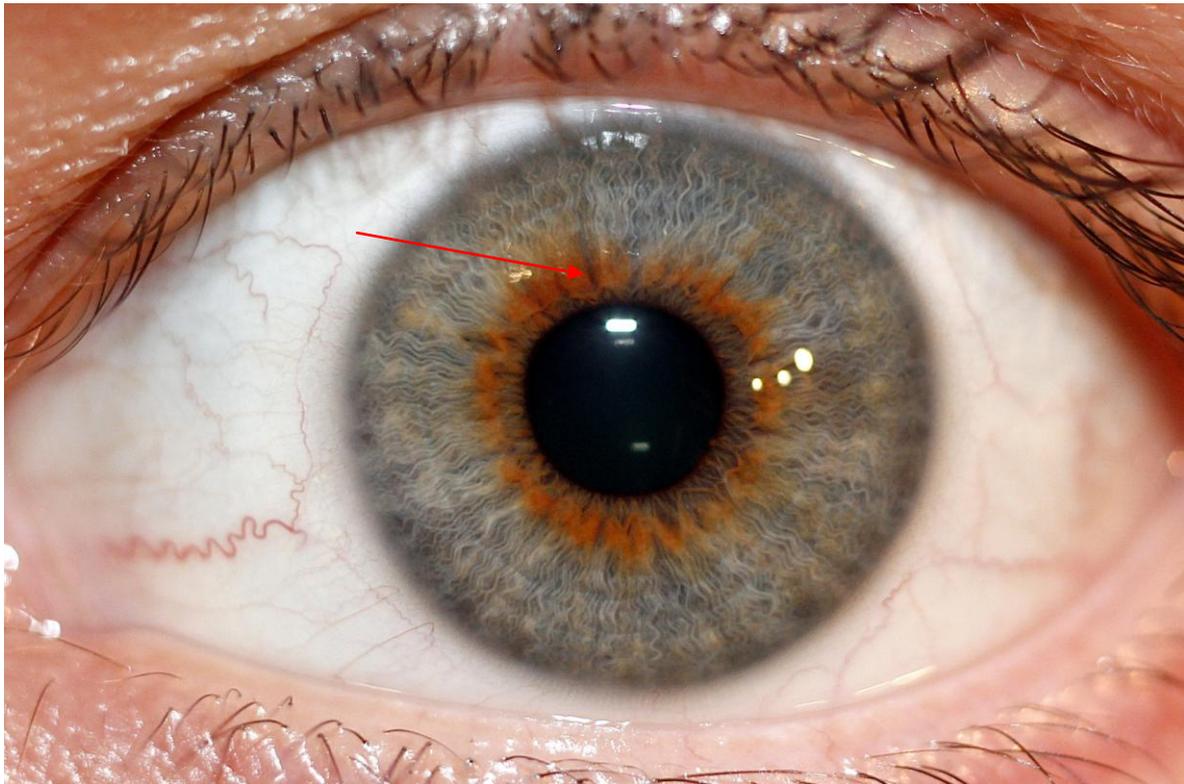
Dark signs in this area can be indicative of reduced concentration and forgetfulness. It can also indicate a person who has difficulty forming thoughts into words and sentences. There may be a history of stuttering or other speech impediments. If there is extreme darkness, it can indicate dyslexia.

Psychologically.

White signs here can be a benefit or a disadvantage as the "gift of the gab" can be accompanied by overt tactlessness. There could be a tendency to gossip when this nature is out of control.

Dark signs in this region suggest someone who has come to the point where the stress in life has become too much resulting in being too tired to talk after a day's work.

Perfectionism Zone



This area represents the cerebrum which controls our reaction to stress, our blood pressure regulation, and regulation of activities.

You have a darkened marking in the left iris.

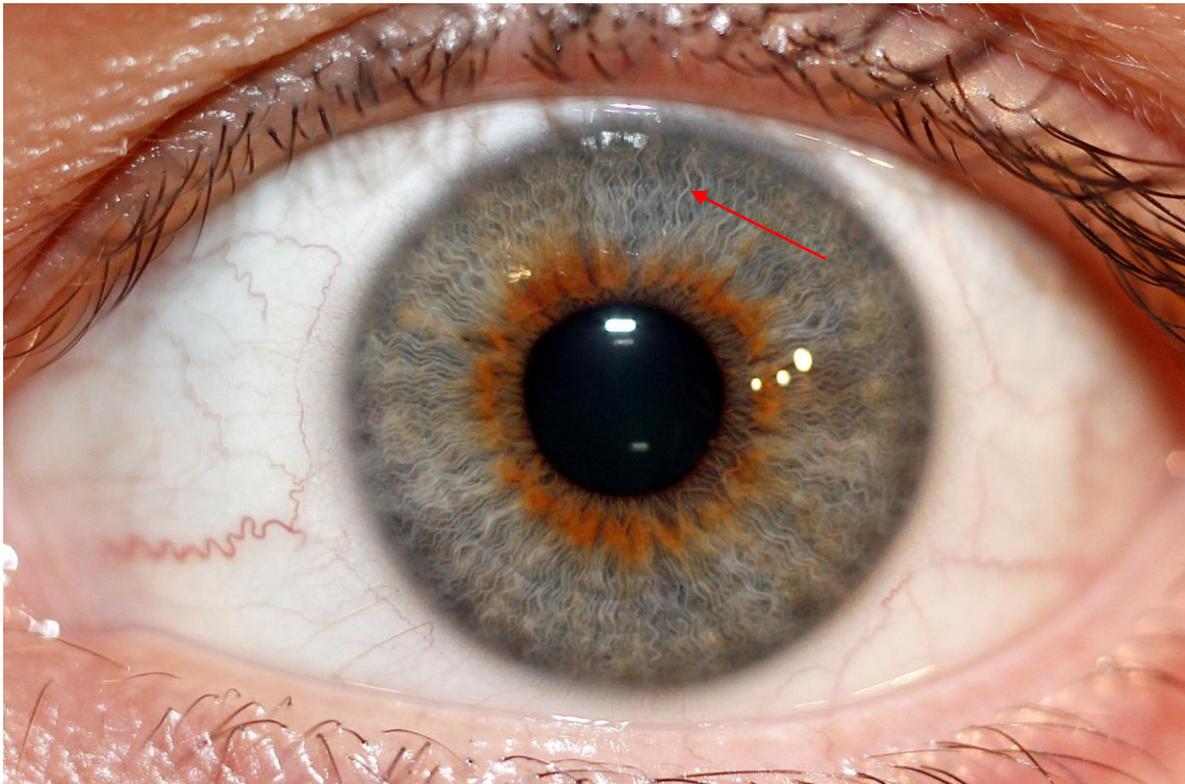
Physically.

When marked with either darkness or white this area is one of stress reaction and can indicate a person who is subject to elevation in blood pressure as a response to anxiety or stress. Notice that in the right eye chart, this perfectionism zone lies diagonally across from the appendix area. Most cases of appendicitis follow a period of extreme stress. People with marks in this area should take notice that they need to learn ways of stress management to control the anxiety they constantly experience.

Psychologically.

White signs: This person will manifest qualities such as being highly organized, bordering on fussiness, and inclined to be very particular about what they want. They are the type of people who appreciate the little niceties such as garnishes on their food etc.

Dark signs suggests there is difficulty accepting the fact that they lack decision-making and organizational skills. They have the desire to be more orderly but may create pressure for themselves and those around them about how they think things should be. This can lead to obsessive-compulsive behaviour to a degree. Also referred to as the Ego Pressure zone, (Bernard Jensen chart) this area gives us clues about the way a person pressures themselves about goals and ideals and whether they achieve them or not. The sad thing for these individuals is that even when they do reach a goal, they are unable to enjoy their success because they have the constant need to move onto the next one.



This area denotes the mesencephalon or mid brain. It is situated in the iris directly opposite the adrenals. This fact increases understanding of the way markings here impact on the client. This is likely the most common head zone in which markings occur.

You have a brightened marking in the left iris.

Physically.

Increased susceptibility to mental and emotional anxiety can result in adrenal depletion. This can cause the person to feel shaky. They will sometimes develop a sweet tooth as a response to adrenal weakness. Light signs indicate their reaction to anxiety is more likely to be displayed in overt ways. Dark signs show the likelihood of internalizing their stress reaction.

Psychologically.

Light signs suggest a person inclined to surrender to mental worries to the point of obsession. Dark signs can indicate a leaning towards hypochondria and brooding over the past about which little can be done. This can produce bouts of melancholia and depression.

RECOMMENDATIONS:

Lifestyle: Yoga and diaphragmic breathing. Singing with joy to your second child till this feels wonderful then also sing to your eldest.

Please consider: As the eldest girl in the family, you would naturally feel closer to father than mother. In fact, many mothers of an eldest girl feel their position of “matriarch” is contested by “daddy’s little princess” – a role naturally assumed by this feminine wonder.

Most girls marry “their father” in looks or in type. Your description of your relationship with your husband mirrors the relationship you describe with your father. Try to find the positive things in father’s nature that you love and see these in your husband. In time, he will be drawn to you in a different way.

Mainstream assessment: Nothing outstanding to investigate.

Dietary program: As outlined in the constitution section.

Supplements: As outlined in the constitution section.

Recommended review date: Two years from now.

Keep this document as a record for future reference for yourself and your loved ones.