



# *Introduction to Iridology*

Welcome everyone!



# Introduction to Iridology

- My Path to Iridology began in 1983.
- I had personal health issues that began at the age of twelve.
- My path led me to Dr. Bernard Jensen in Escondido CA and in 1989 I became certified.
- I started my career in iridology which led me to develop Joyful Living Services.
- My main mission is to help others improve their health.
- In 2018 I became a member of IIPA.
- I am a Comprehensive Iridology Instructor with IIPA.
- Today I see clients from all over the world.
- Future goals include writing an iridology book and becoming a Sanctioned School through IIPA.



- My Path to Iridology began in 1983.
- When I look back at the road to led me to iridology, I think back to personal health issues that began at the age of twelve. That was my first recollection of food allergies and IBS.
- My path led me to Chris Wiechert in Walnut Creek, CA and Chris led me to Dr. Bernard Jensen in Escondido CA.
- In 1989 I became certified in his teachings. It was through his guidance that I learned about my own health.
- I started my career in iridology immediately following and continuing in the direction Dr. Jensen taught me.
- That work led me to develop my business Joyful Living Services where I continue to guide clients on a natural protocol with a one on one approach to that person's goals for a healthier life.
- My main mission is to help others improve their health.
- In 2018 I became a member of the International Iridology Practitioners Association in order to promote a broader range of iridology using the blending of American and European iridology.
- Today, I see clients from all over the world, using my knowledge from worldwide iridologists and teachers to form a deeper sense of wellness to my students and clients.
- IIPA is essential for continuing education and community.
- Future goals include writing an iridology book and becoming a Sanctioned School through IIPA.



# Introduction to Iridology



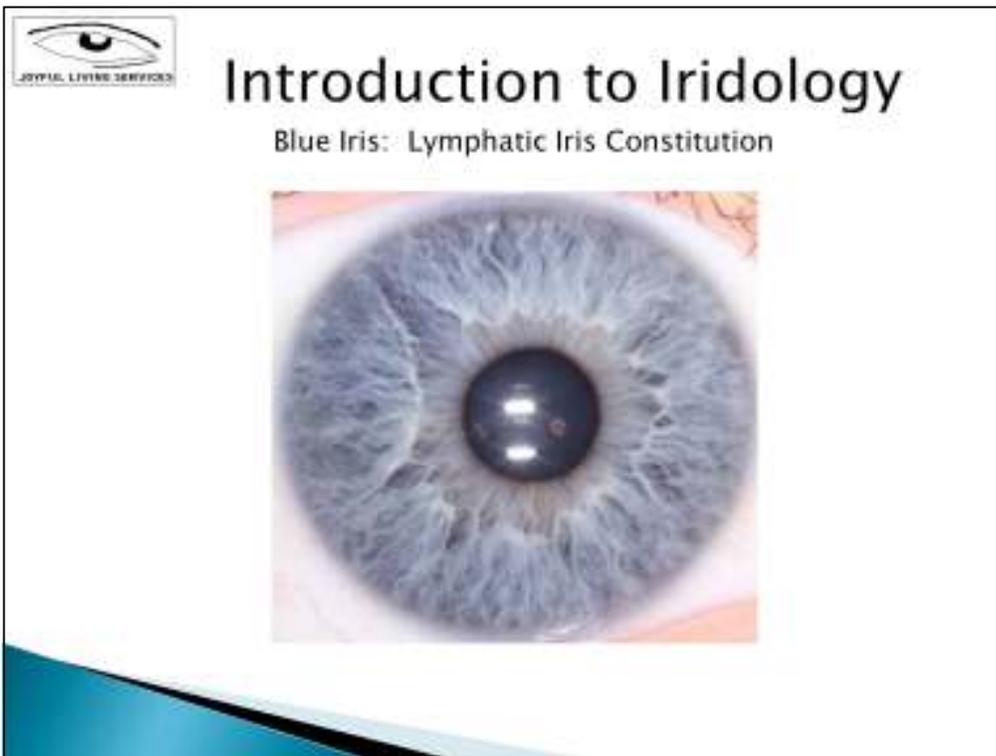


# Introduction to Iridology

## ▶ Three Iris Colors: Blue, Mixed, Brown



- Dr. Bernard Jensen taught that there are only two true iris colors: blue and brown.
- Hazel or Green eyes are a combination of the two.
- In iridology today we see 3 iris types: blue, brown, and mixed.
- Blue/Lymphatic are more likely to have drainage problems relating to kidney, lymph, and mucus membranes.
- Mixed Biliary are hazel and are more likely to have inherent weaknesses in the digestion, bowels, and the autonomic nervous system.
- Brown/Hematogenic are more likely to have more silent pathology such as high blood pressure, blood sugar problems, blood anemia, and bowel issues.



### **Blue Iris**

To the naked eye, people with a lymphatic constitution will look like they have blue eyes, green eyes, or hazel eyes. But under high powered magnification the lymphatic iris will appear predominantly blue. Various colored pigments will cause the eye from a distance to look green or hazel.

### **Characteristics**

Blue, blue-gray, or blue-green iris

Many fiber patterns can be easily seen.

Various colors of pigments are noted.

### **Tendencies**

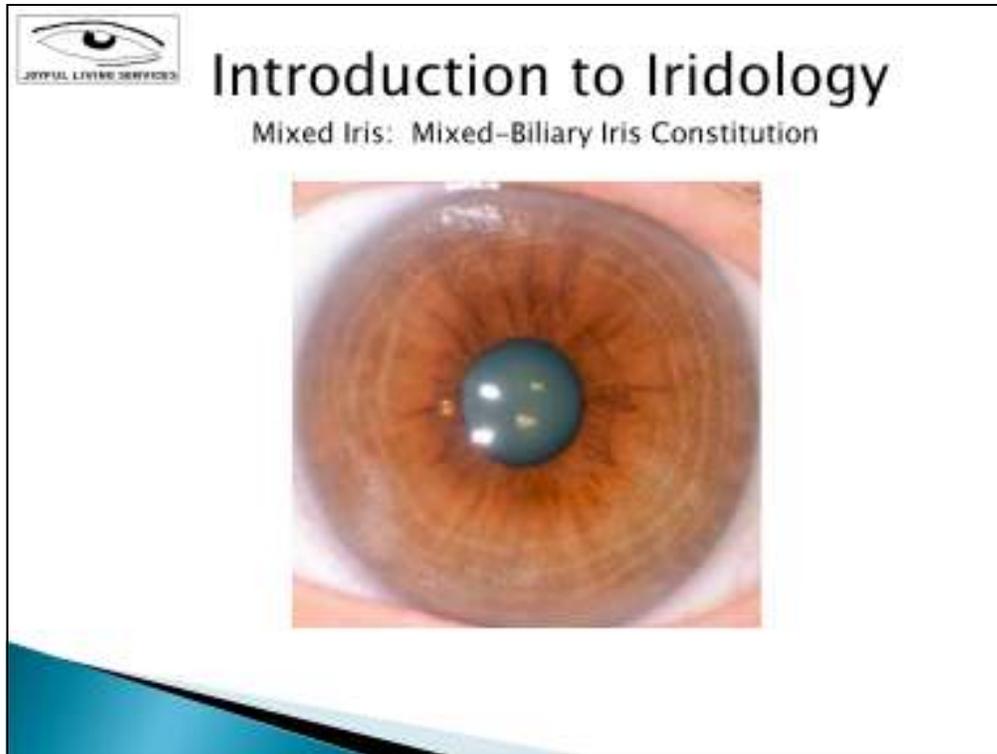
Mucus arising from an overactive lymph system

Irritation of the mucous membranes

Common reaction sites: tonsils, adenoids, upper respiratory, lungs, sinuses, genitourinary tract, lining of stomach, intestines, and joints.

Skin afflictions such as psoriasis, eczema, dandruff, dry skin, arthritis, rheumatic disorders, stiffness, and aching muscles.

Kidneys overstressed, adrenal weakness, thyroid insufficiency, and digestive weakness



### **Light Brown/Mixed Iris**

Under magnification a biliary iris will show an overlay of brown pigmentation with fibers from the underlying stroma showing through.

### **Characteristics**

Light brown iris.

Various colors of pigments may be seen.

Underlying stroma layer reflecting a lighter or bluish appearance

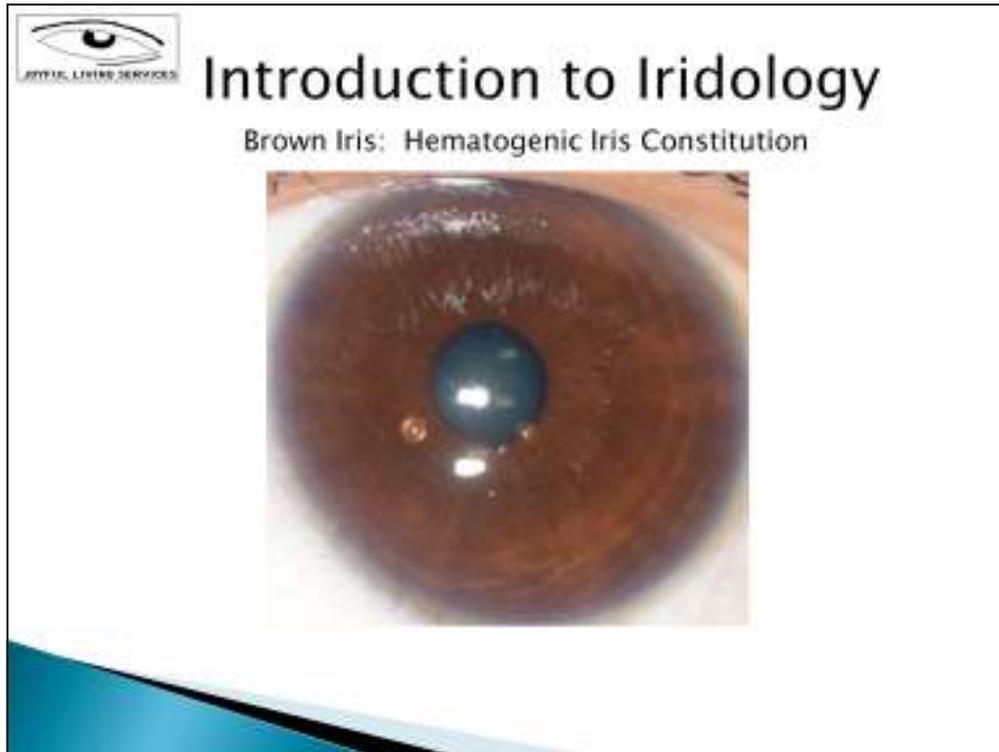
### **Tendencies**

Liver and gallbladder insufficiencies

Weakness in pancreas function

Gastrointestinal disturbance and digestive errors, especially if the pupillary zone is more densely pigmented

Disturbances such as constipation, diarrhea, flatulence, blood sugar highs and lows, liver, and gallbladder problems may all be present



### **Dark Brown Iris**

Under magnification the hematogenic iris will have lots of brown pigmentation in the anterior border layer covering all the iris fibers in the stroma.

### **Characteristics**

A dark brown iris with a densely pigmented anterior border layer

Little or no fibrous display

Lacunae with underlying fibers in certain sectors reflecting organ insufficiencies. Areas of irritation will appear lighter.

Brown pigment in the sclera is normal in this type, especially around the iris edge

If the brown pigment is dark and far from the iris edge, it has been suggested that this indicates possible liver congestion.

### **Tendencies**

Imbalance of blood composition, thick blood

Inability to store essential minerals

Constriction and hardening of lymph tissue

Disturbances in gastrointestinal tract: digestive, eliminative

Tendency for anemia and circulatory insufficiency

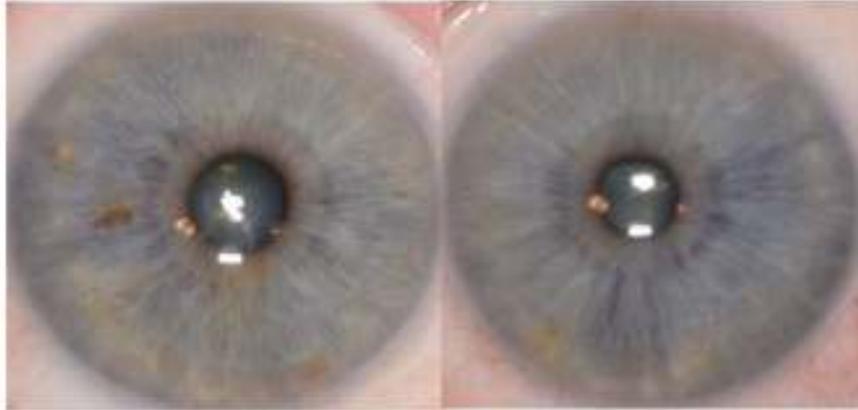
Glandular system disorders (thyroid, adrenal, pineal, pituitary, pancreas, thymus, gonads)

Liver, gallbladder, spleen insufficiency



# Introduction to Iridology

Iris Color Practice - #1

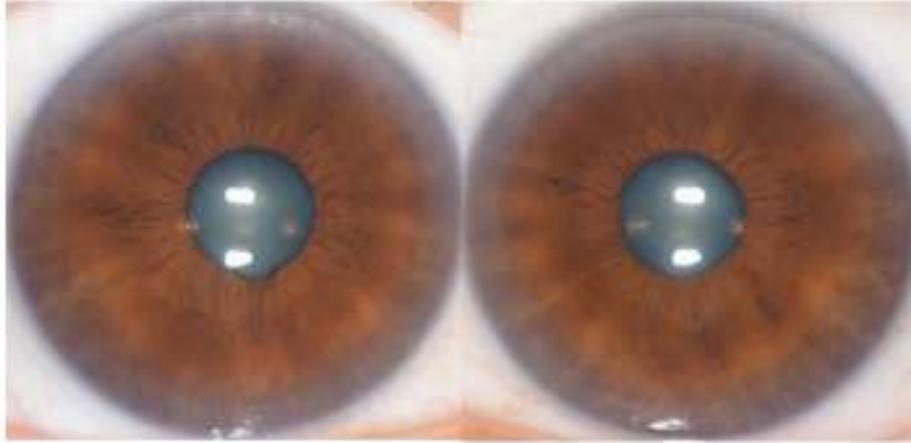


Blue Iris: Lymphatic Iris Constitution



# Introduction to Iridology

Iris Color Practice - #2



Brown Iris – Hematogenic Iris Constitution



# Introduction to Iridology

Iris Color Practice - #3

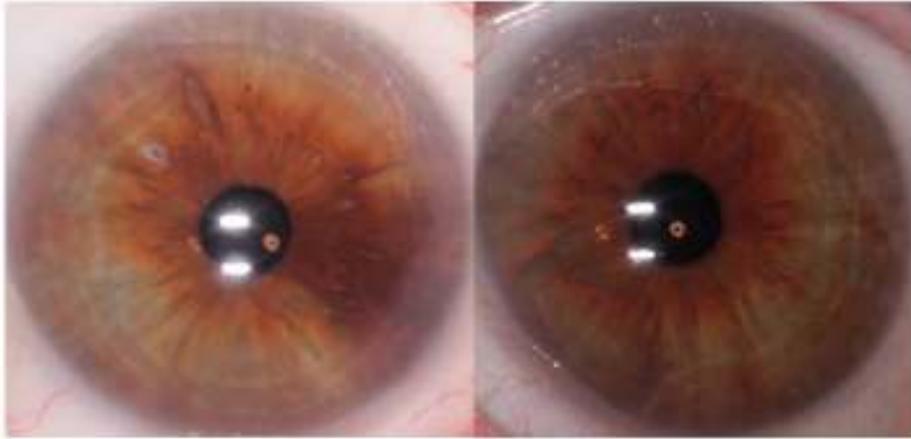


Blue Iris: Lymphatic Iris Constitution



# Introduction to Iridology

Iris Color Practice - #4

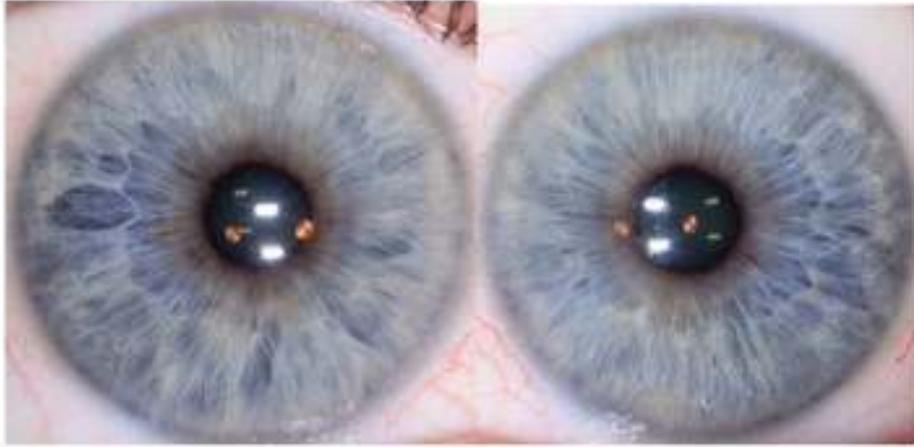


Mixed Iris – Mixed-Biliary Iris Constitution



# Introduction to Iridology

Iris Color Practice - #5



Blue Iris: Lymphatic Iris Constitution



# Introduction to Iridology

Iris Color Practice - #6



Mixed Iris – Mixed-Biliary Iris Constitution



# Introduction to Iridology

Iris Color Practice - #7

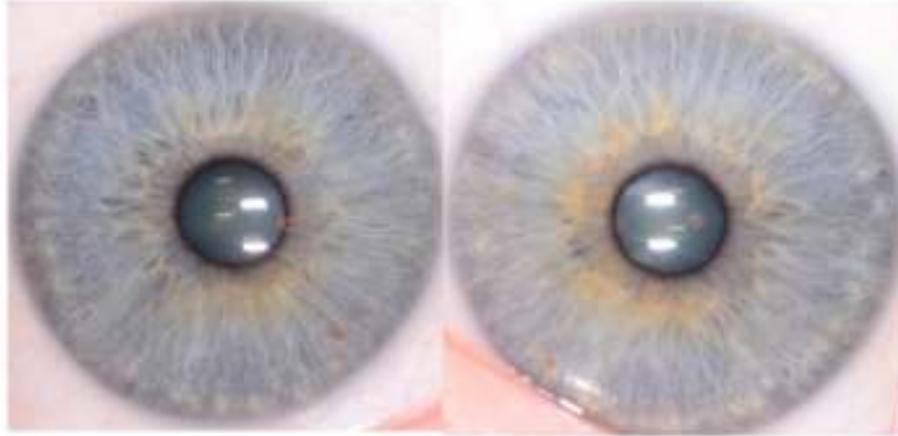


Brown Iris – Hematogenic Iris Constitution



# Introduction to Iridology

Iris Color Practice - #8



Blue Iris: Lymphatic Iris Constitution



# Introduction to Iridology

Iris Color Practice - #9

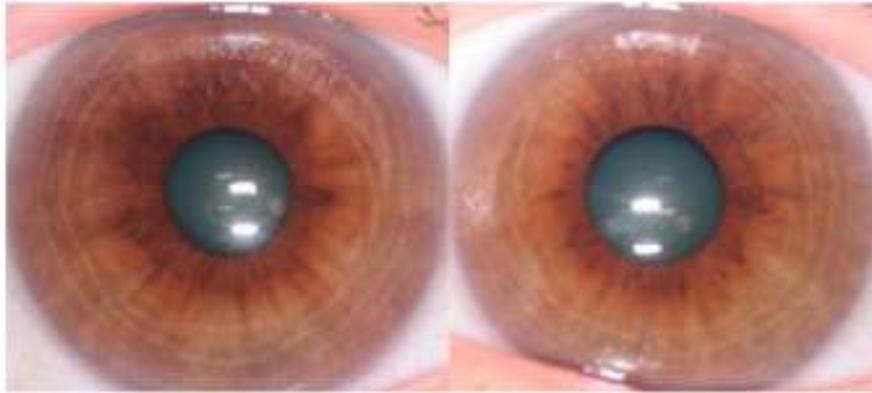


Blue Iris: Lymphatic Iris Constitution



# Introduction to Iridology

Iris Color Practice - #10



Mixed Iris – Mixed-Biliary Iris Constitution



# Introduction to Iridology

What is Iridology?

- Iridology is the study of the color and structure of the iris of the eye as it relates to the genetic predisposition and health of the body systems.

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# Introduction to Iridology

## How is Iridology Used?

- ▶ By looking at the iris of the eye we can see genetic tendencies.
- ▶ By learning about your genetic tendencies you can learn what you should eat, drink, what type of exercise you should do, supplements, lifestyle, and anything else that will help you live comfortably in your body.
- ▶ Iridology doesn't name the disease but it shows us what areas need nurture or what body systems need strengthening.

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# Introduction to Iridology

## What Iridology Can Show

- ▶ Inherent strengths and deficiencies of organs, glands, and tissues.
- ▶ Potential ability of an organ to react to illness.
- ▶ Familial patterns of various syndromes and pathologies.
- ▶ Certain foods that a person could have difficulty digesting or utilizing.

- Iridology can reveal the inherent strengths and deficiencies of organs, glands, and tissues. Inherently weak organs do not utilize nutrients as well as they should, nor do they have the ability to discharge toxicity.
- Iridology can show the potential ability of an organ to react to illness. White raised signs can show a potential for irritability and/or possible inflammation. Dark gray or black areas can indicate little or not ability to react.
- Iridology can show familial patterns of various syndromes and pathologies such as gastrointestinal disorders, hypoglycemia, blood anomalies, or heart problems.
- Iridology can show (through the color of the iris and genetic patterns) certain foods that a person could have difficulty digesting or utilizing.



# Introduction to Iridology

## What Iridology Can Show

- ▶ Areas of the spine that may have subluxation.
- ▶ Potential central and autonomic nervous system imbalance.
- ▶ Potential circulatory disturbances.
- ▶ Potential connective tissue weakness.
- ▶ Potential for glandular deficiencies.
- ▶ Potential for high uric acid levels, serum cholesterol levels, and lymphatic congestion.

- Iridology can show from the pupil border, areas of the spine that may have subluxation.
- Iridology can show potential central and autonomic nervous system imbalance and circulatory disturbances.
- Iridology can indicate potential connective tissue weakness and a tendency for varicose veins, hiatal hernias, hemorrhoids, or scoliosis.
- Iridology can indicate potential for glandular deficiencies.
- Iridology can indicate there is potential for high uric acid levels, serum cholesterol levels, and lymphatic congestion.



# Introduction to Iridology

## What Iridology Cannot Show

- ▶ Diagnose or give the name of any disease a person may have, or have had or identify pathology.
- ▶ Determine if a person has had surgery.
- ▶ Indicate precise blood pressure levels.
- ▶ Determine if a person has parasites or indicate the presence of yeast infections.

- Diagnose or give the name of any disease a person may have, or have had or identify pathology.
- Determine if a person has had surgery unless it was an eye surgery.
- Indicate precise blood pressure levels.
- Determine if a person has parasites or indicate the presence of yeast infections such as candida albicans in the iris, though signs of fermentation leading to the presence of yeast and parasites can be seen in the sclera.



# Introduction to Iridology

## What Iridology Cannot Show

- › Confirm the presence of viruses, germ life, or bacterial invasion.
- › Determine if a woman is pregnant or has had an abortion.
- › Indicate whether a tumor is present, or what size it may be.
- › Show whether or not a person has kidney stones or gallstones.

- Confirm the presence of viruses, germ life, or bacterial invasion of the body.
- Determine if a woman is pregnant or has had an abortion.
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# Introduction to Iridology

## What Iridology Cannot Show

- ▶ Give exact cholesterol or uric acid levels in the body.
- ▶ Determine whether or not hemorrhage exists or where it is located unless it is located in the visible layers of the eye.
- ▶ Show if arteries are blocked or hardened, though a potential for this may be seen in the sclera.
- ▶ Distinguish the gender or age of a person, predict a person's life span, or impending time of death.

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# Introduction to Iridology

## What Iridology Cannot Show

- ▶ Tell whether or not a person needs surgery.
- ▶ Iridology cannot locate a specific tooth that may be problematic.
- ▶ Show if a person has ingested poison or been bitten by a poisonous spider or snake.

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# Introduction to Iridology

Legal Wording

- ▶ Iridology does not diagnose but instead analyzes or assesses predispositions and genetic inheritance.

## Legal Wording

- Iridology does not diagnose but instead analyzes or assesses predispositions and genetic inheritance. We might indicate that in similar iris types.
- Because at this point in most countries iridology does not have governmental regulation or acceptance, it is best to make suggestions rather than prescriptions. Say things like “Historically” or “So and So”.
- Always ask permission to look into the eyes of a person. You are entering a sacred space as you photograph or view the iris with a light.
- Suggest dietary changes or herbal formulas; help people learn about a better way of eating. They will come back to you for years to come with gratitude for all of the ways you have guided them to improve their lives.
- Most professional iridologists have their clients sign a disclaimer acknowledging that they are not medical doctors.
- I will provide you with a disclaimer that you can edit for your own clientele. Be sure to use it with everyone even when you are practicing. Under no circumstances analyze anyone’s irises without them signing your disclaimer.



# Introduction to Iridology

## Reverence, Honor and Respect

- ▶ It is important to look at the eyes with reverence, honor and respect.
- ▶ When you are looking at the iris you are looking at a person.
- ▶ Members of IIPA are dedicated individuals sincerely concerned with the interest of all who come in contact with the profession.

### **Reverence, Honor and Respect**

It is important to look at the eyes with reverence, honor and respect. When you are looking at the iris you are looking at a person.

Members of IIPA are dedicated individuals sincerely concerned with the interest of all who come in contact with the profession. In accordance with this, IIPA members shall agree to:

1. Represent qualifications and experience accurately in both written and oral comm.
2. Act, operate his/her business, and provide counsel on a high professional level so as to neither offend nor bring discredit to Iridology or the IIPA organization.
3. Treat all Iridologists in a professional manner, and to maintain an equitable, honorable and cooperative association with fellow members of IIPA.
4. Respect and maintain the confidentiality of clients.
5. Provide clients with an accurate description of what to expect from an Iris Analysis apt.
6. Follow the guidelines set forth in his/her IIPA Certification that appropriately identifies inherited tendencies and symptom predispositions, and increased risk factors using language the client will clearly understand.
7. Give the iris information in a holistic manner considering iris indications in relationship to the total of all the iris signs including diet, lifestyle, and age.
8. Recommend referrals to other qualified practitioners when appropriate, for the over-all health of his/her client.
9. Be honest and act with integrity, to pursue his/her profession and education so that service to clients shall always be maintained at the highest possible level.
10. The International Iridology Practitioners Association's members accept the responsibility to practice the profession of Iridology according to the highest ethical principles. The Bylaws, Rules and Regulations established by IIPA are expected to be honored. Certification and/or membership may be suspended for any willful violation of this Code of Ethics.