



Constitutional Types





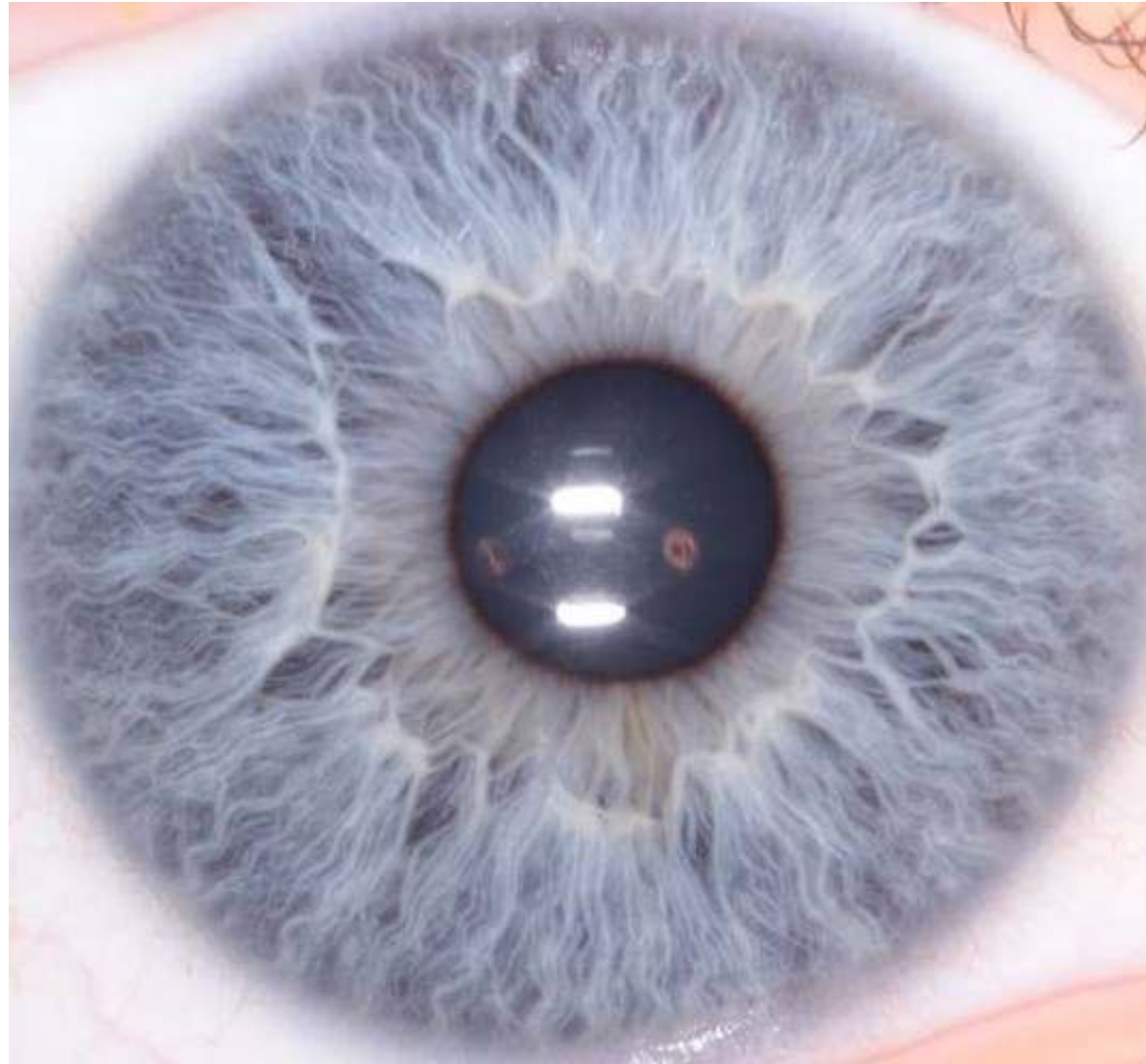
Iris Constitutions

- ▶ Lymphatic – Blue Eye
- ▶ Biliary – Mixed Eye
- ▶ Hematogenic – Brown Eye





Lymphatic Iris Constitution





Lymphatic Iris Constitution

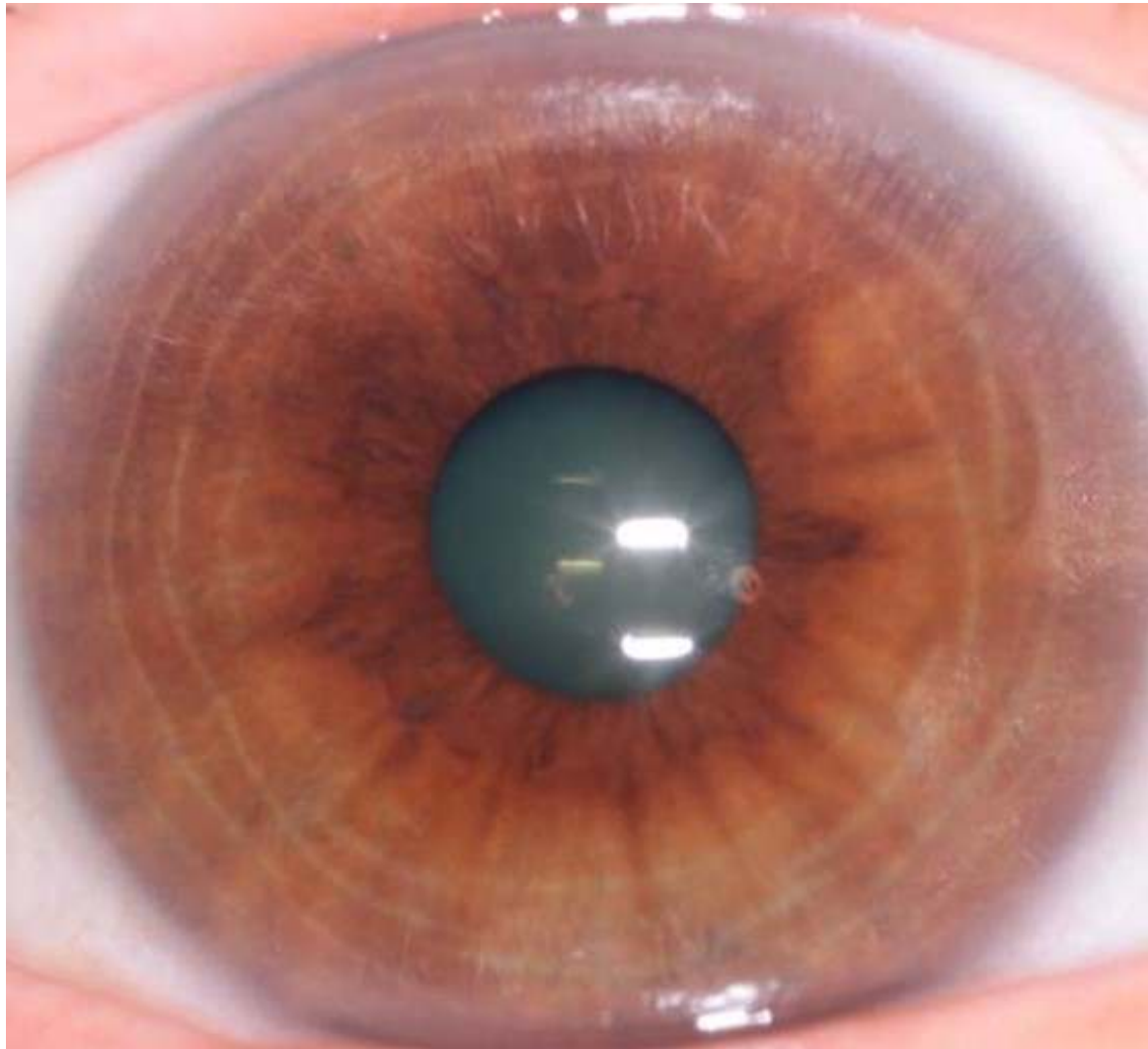
Suggestions for improving health

- Vigorous exercises.
- Drink lots of purified water.
- Eliminate foods believed to be mucus-forming.
- Assist the lymph system by opening the lymph channels.
- Lymphatic massage helps move the lymph.
- Increase intake of vegetables and raw vegetable juices.
- Fast on raw juices.
- Digestive enzymes.
- Cleanse the kidneys.
- Live (raw) foods high in enzymes.
- Mullein tea.
- Marshmallow.
- Goat whey.
- Avoid table salt that is not organic and natural.





Mixed-Biliary Iris Constitution





Mixed-Biliary Iris Constitution

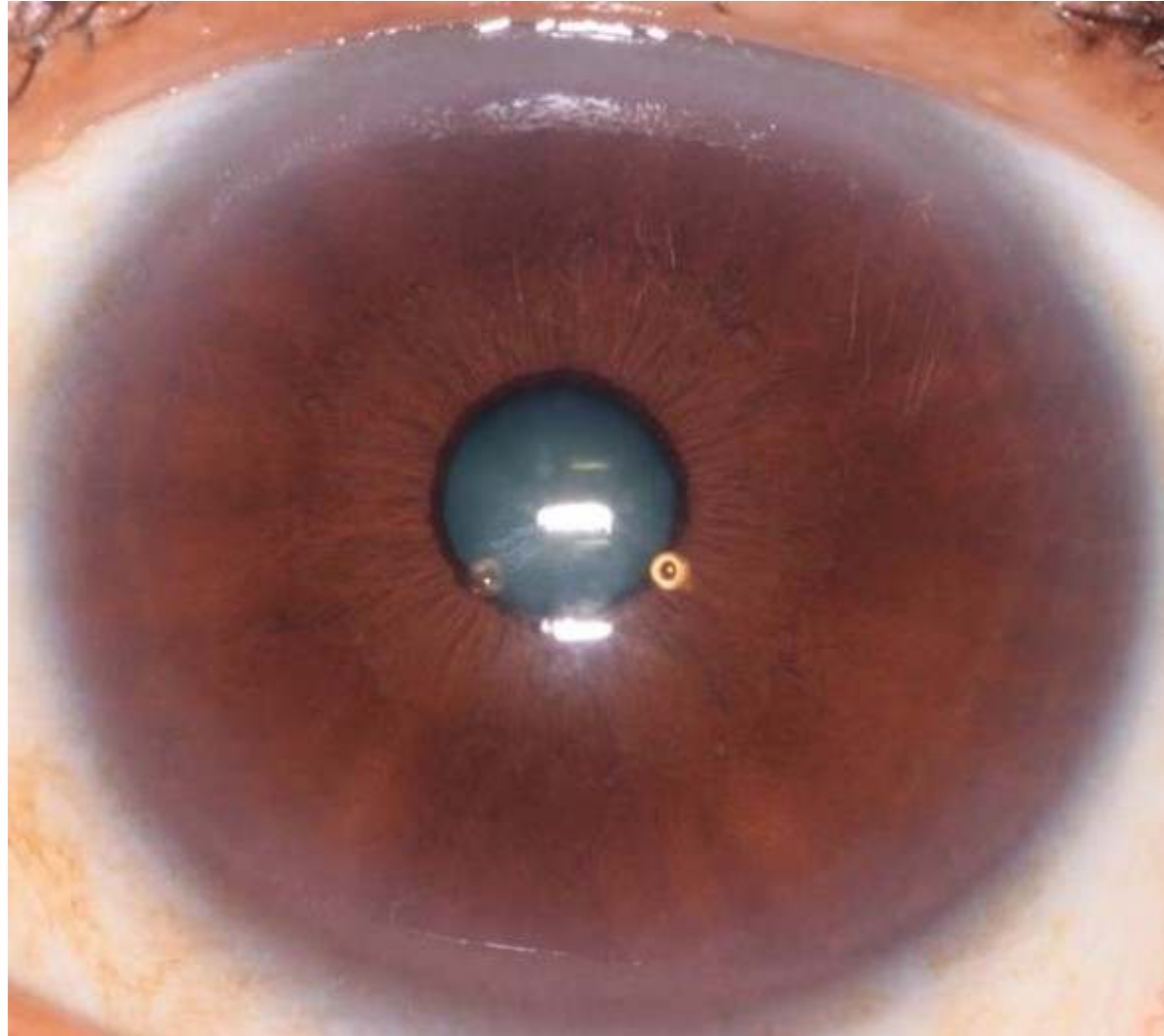
Suggestions for improving health

- Eliminate all heated oils and fried foods.
- Eliminate animal fats and hydrogenated oils.
- May use coconut oil and cold pressed olive oil.
- Choose from “good” fats.
- Eliminate refined white sugar.
- Do not use artificial sweeteners.
- Use stevia.
- Increase vegetable intake.
- Bitter greens are most helpful.
- Drink fresh raw vegetable juices.
- Plant enzymes can be very helpful.
- Consider colon cleansing and liver cleanses.
- Drink pure water.
- Eliminate mucus-forming and constipating foods.
- Eliminate sweets, salt, alcohol, drugs, caffeine, and pork.
- Wheat grass juice, chlorella, and chlorophyll.
- Milk thistle, burdock, yellow dock, and celandine.





Hematogenous Iris Constitution





Hematogenic Iris Constitution

Suggestions for improving health

- Support the blood.
- Drink raw vegetables juices.
- Use foods high in fiber.
- Do not eat processed foods.
- Avoid fried foods, heated oils, and junk foods.
- Do not drink ice-cold beverages or extremely hot liquids.
- Do not drink with meals or sip small amounts.
- Eat a diet rich in live enzymes.
- Use pau d'arco, red clover teas.
- Cleanse the colon and liver.
- Use chlorophyll and wheat grass juice.
- Use mullein, echinacea teas, and celery juice.
- Get lots of minerals and liquid trace minerals into your diet.