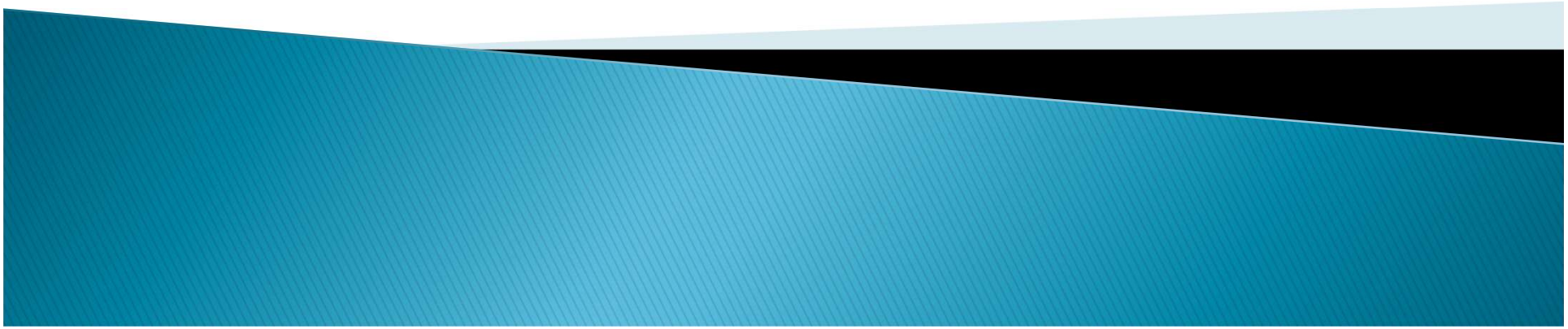
JOYFUL LIVING SERVICES

PROUD TO BE A IIPA INTERNATIONAL IRIDOLOGY PRACTITIONERS ASSOCIATION April-October 2020 - 2021 CERTIFIED IRIDOLOGY INSTRUCTOR

Constitutional Types



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Iris Constitutions

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

Lymphatic Iris Constitution

Blue Iris: Lymphatic Iris Constitution

- To the naked eye, people with a lymphatic constitution will look like they have blue eyes, green eyes, or hazel eyes.
- 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

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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.

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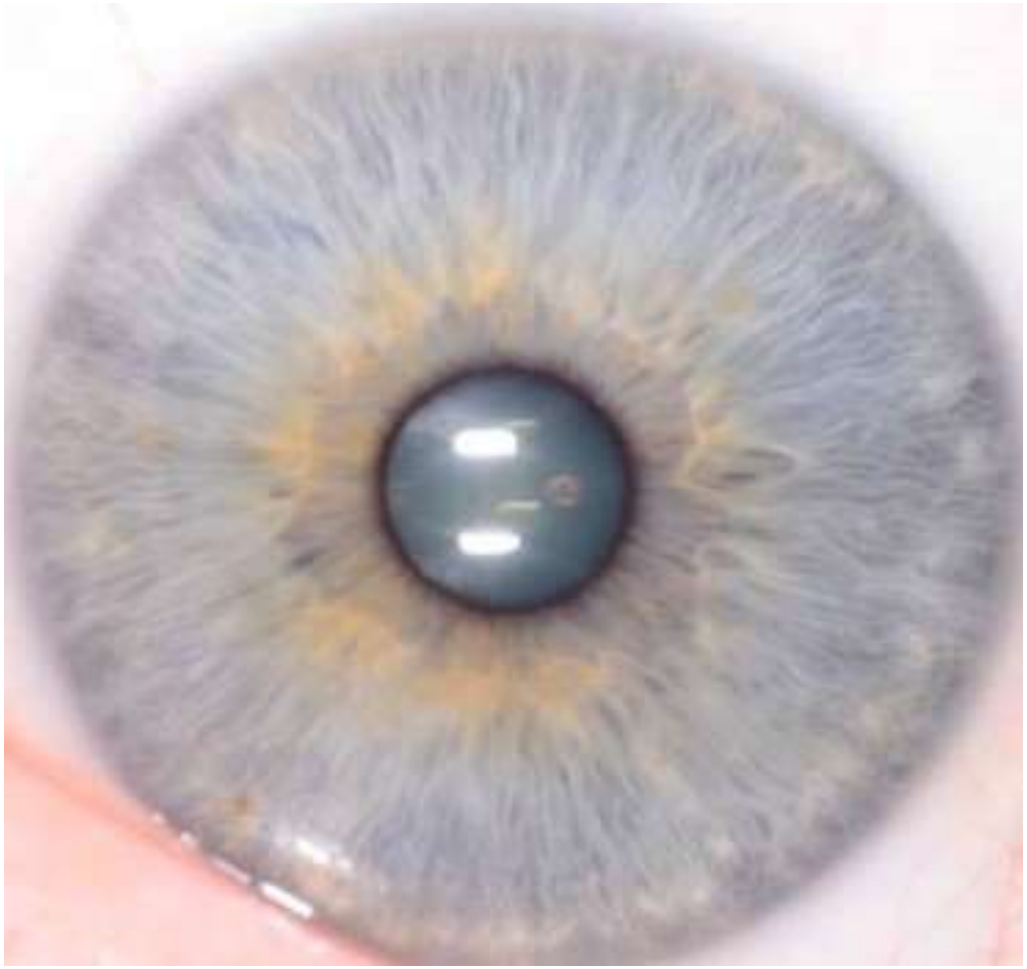
Lymphatic Iris Constitution

Blue Iris: Lymphatic Iris Constitution



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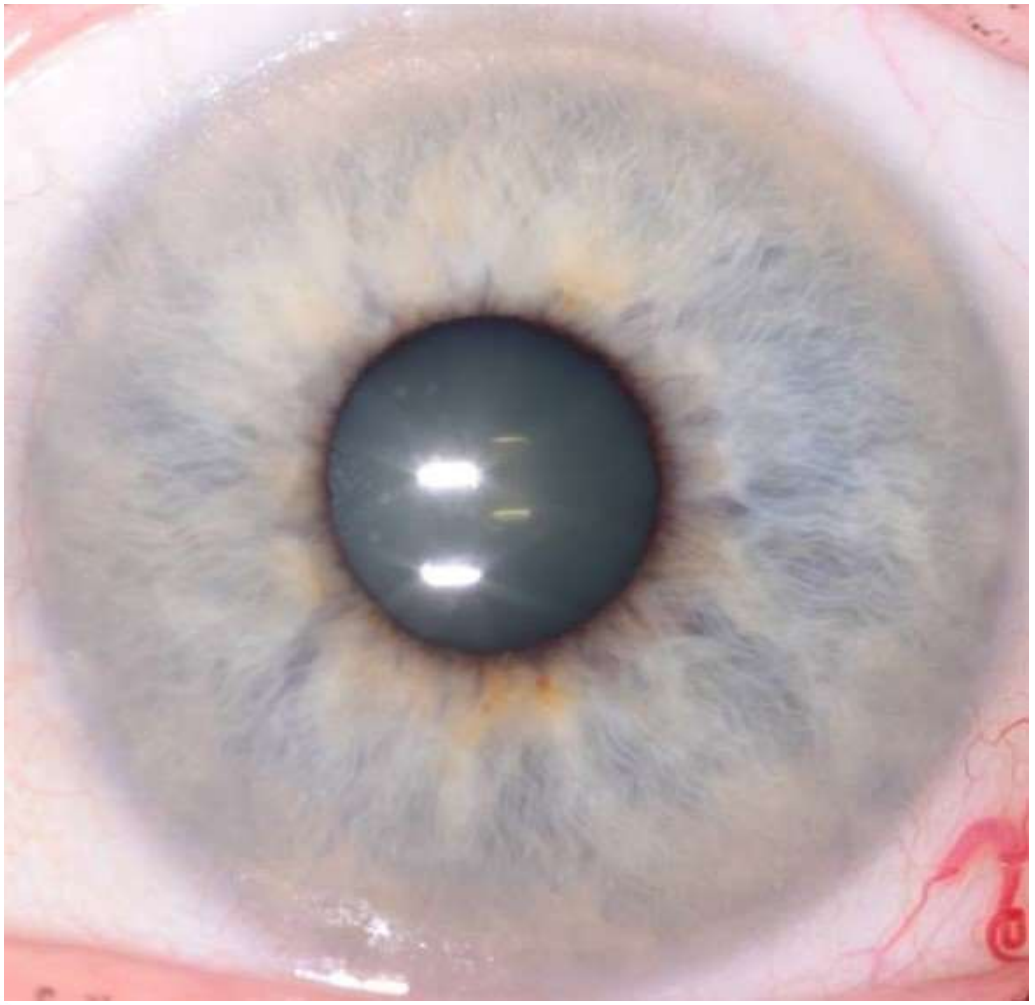

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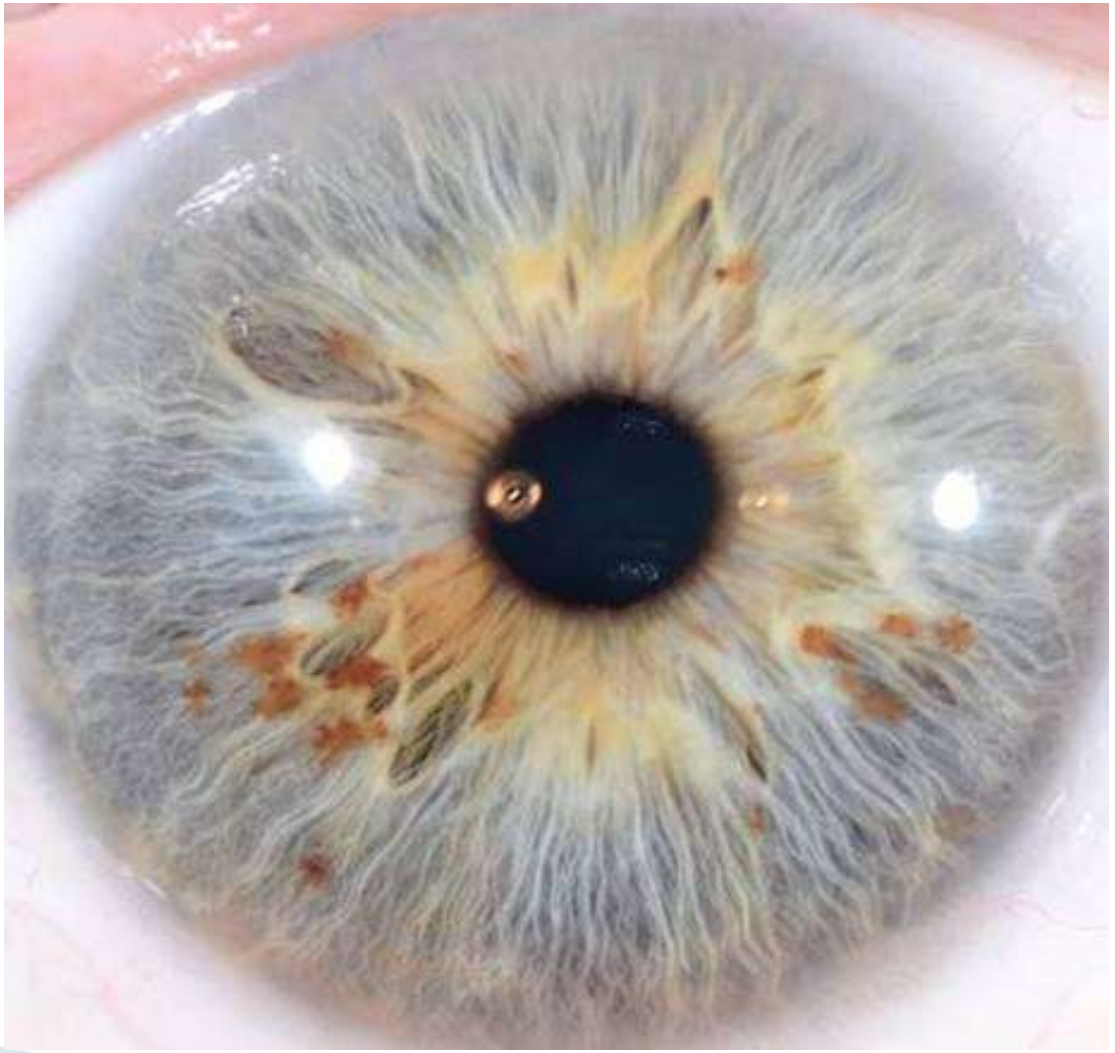
Lymphatic Iris Constitution

Blue Iris: Lymphatic Iris Constitutions



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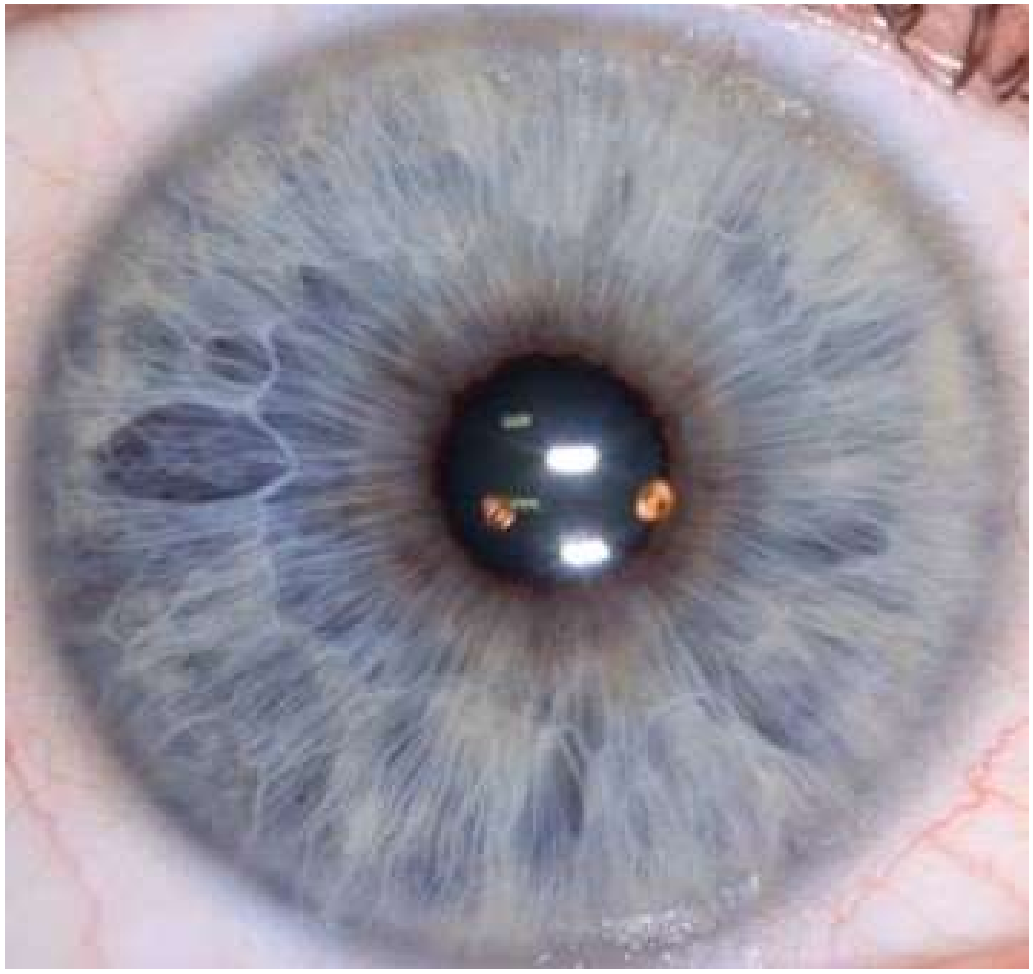

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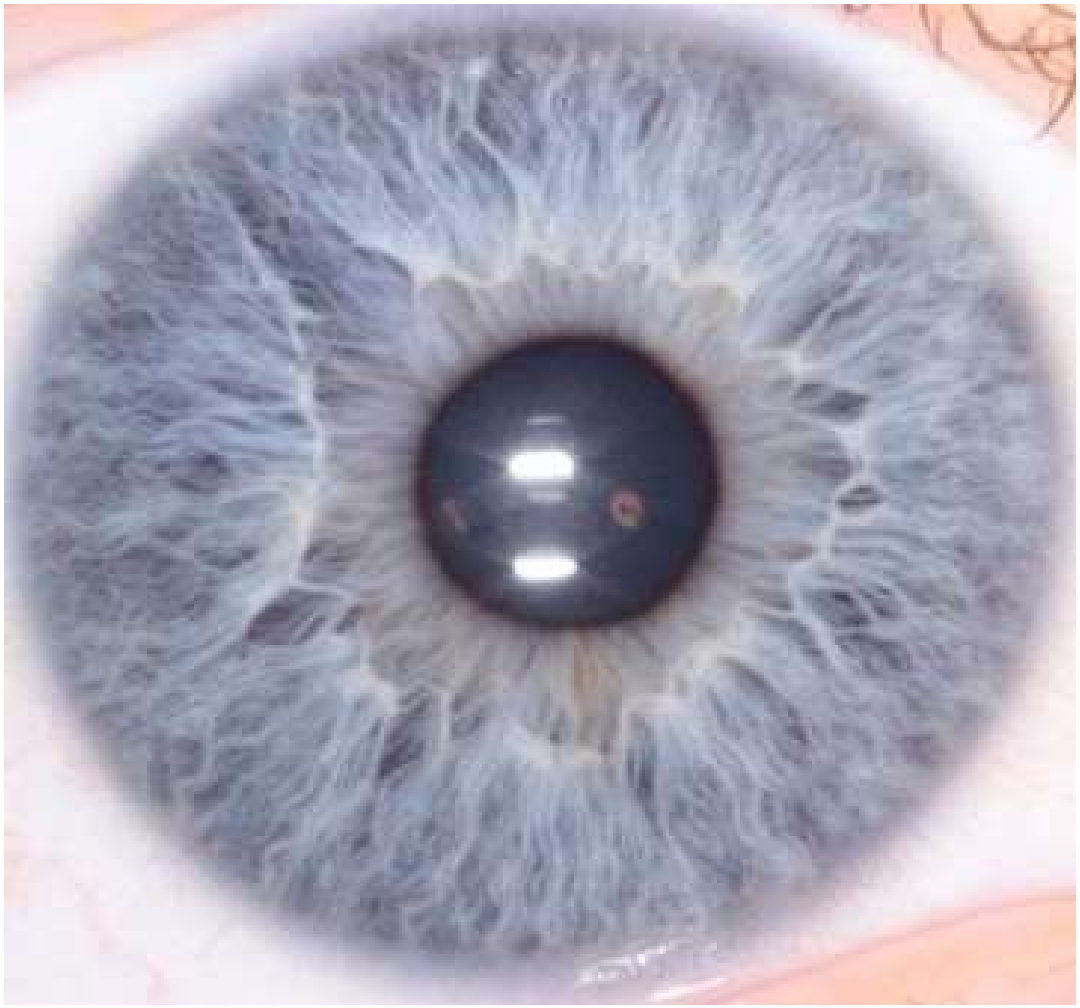

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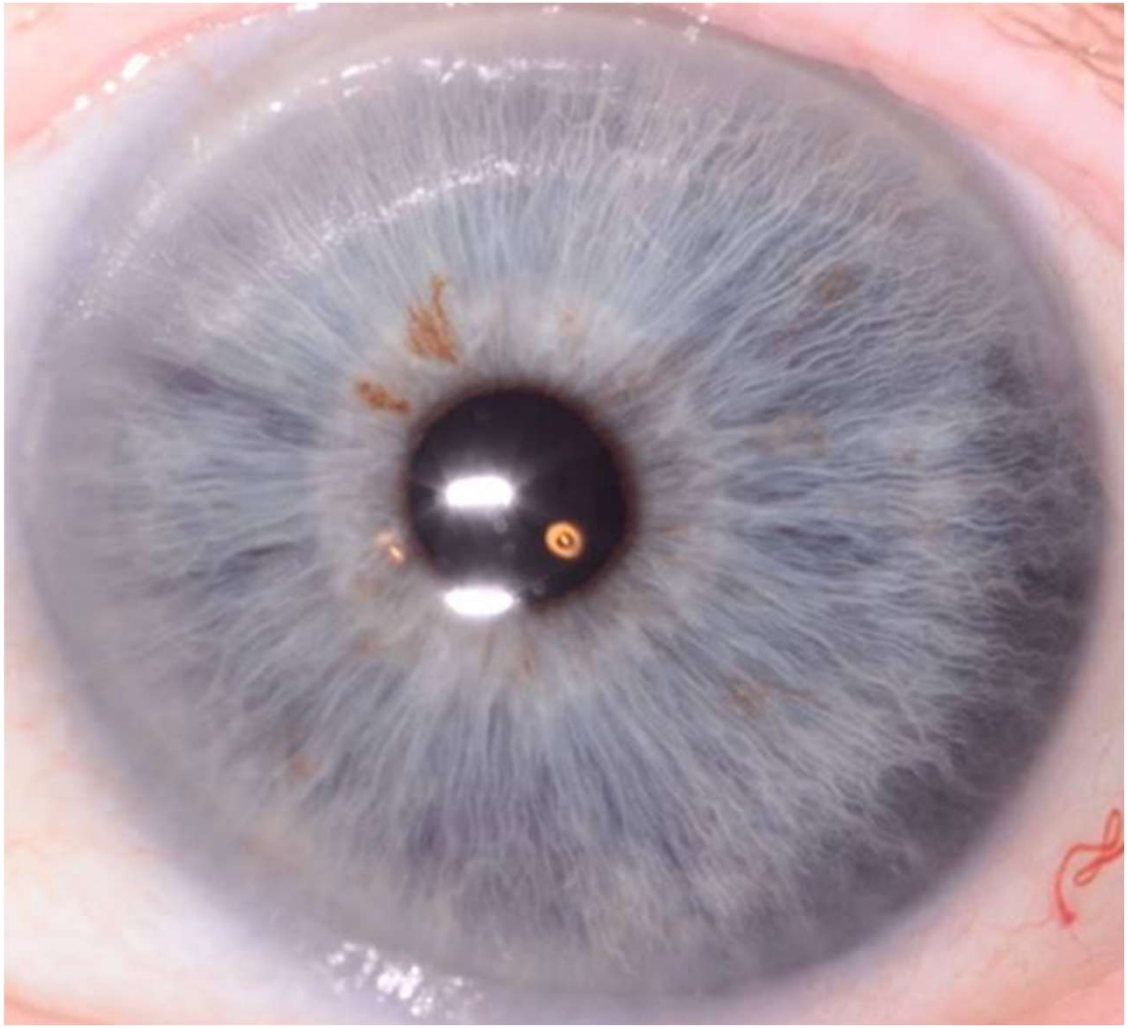
Lymphatic Iris Constitution

Blue Eye: Lymphatic Iris Constitution



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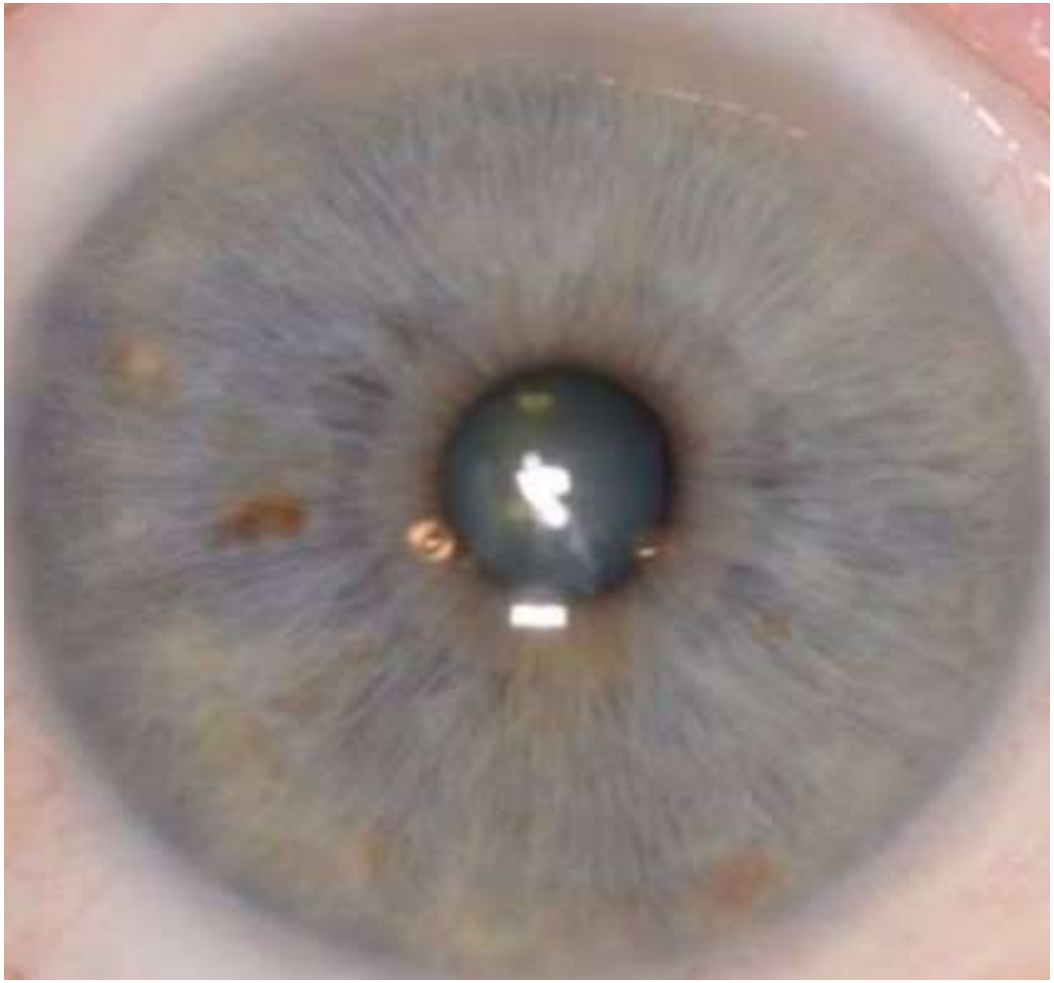

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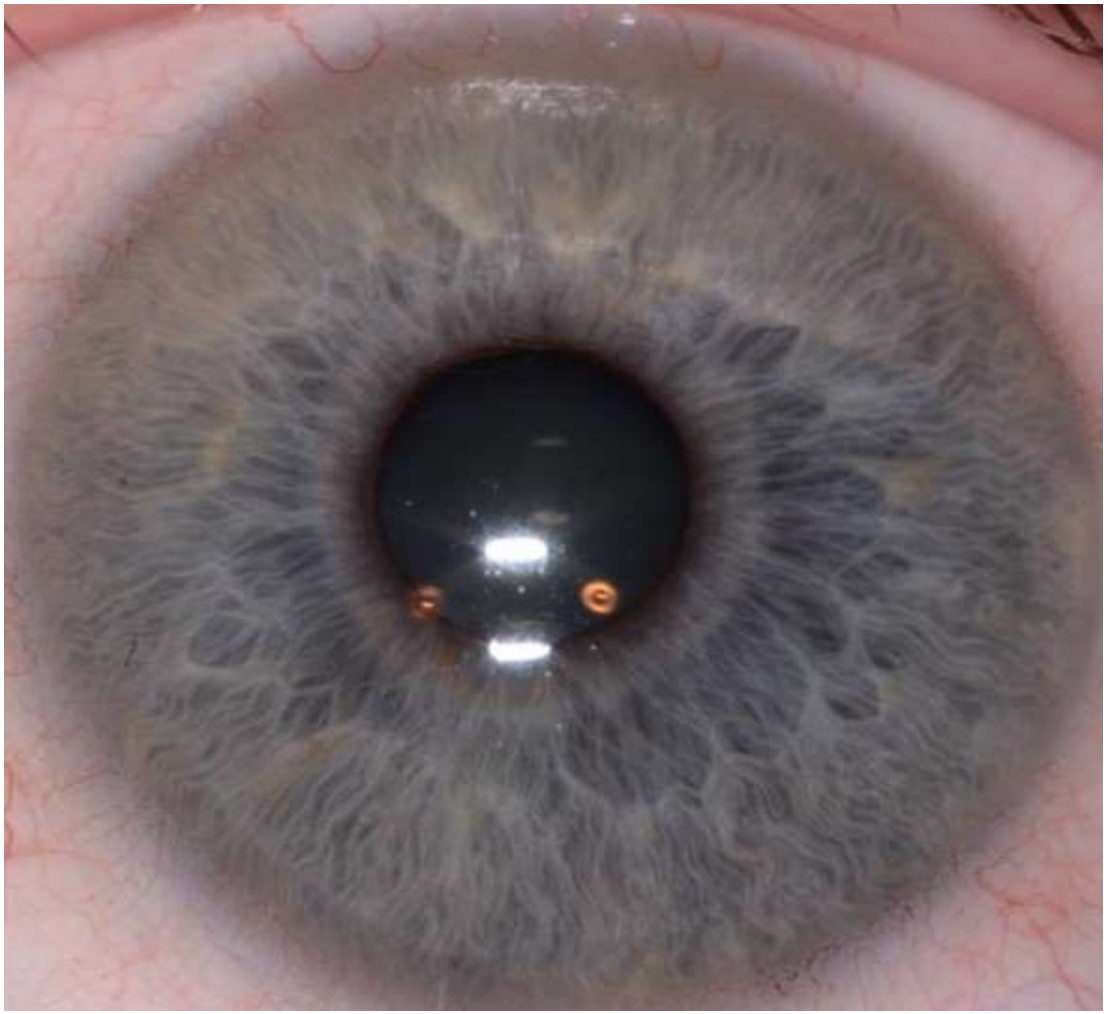

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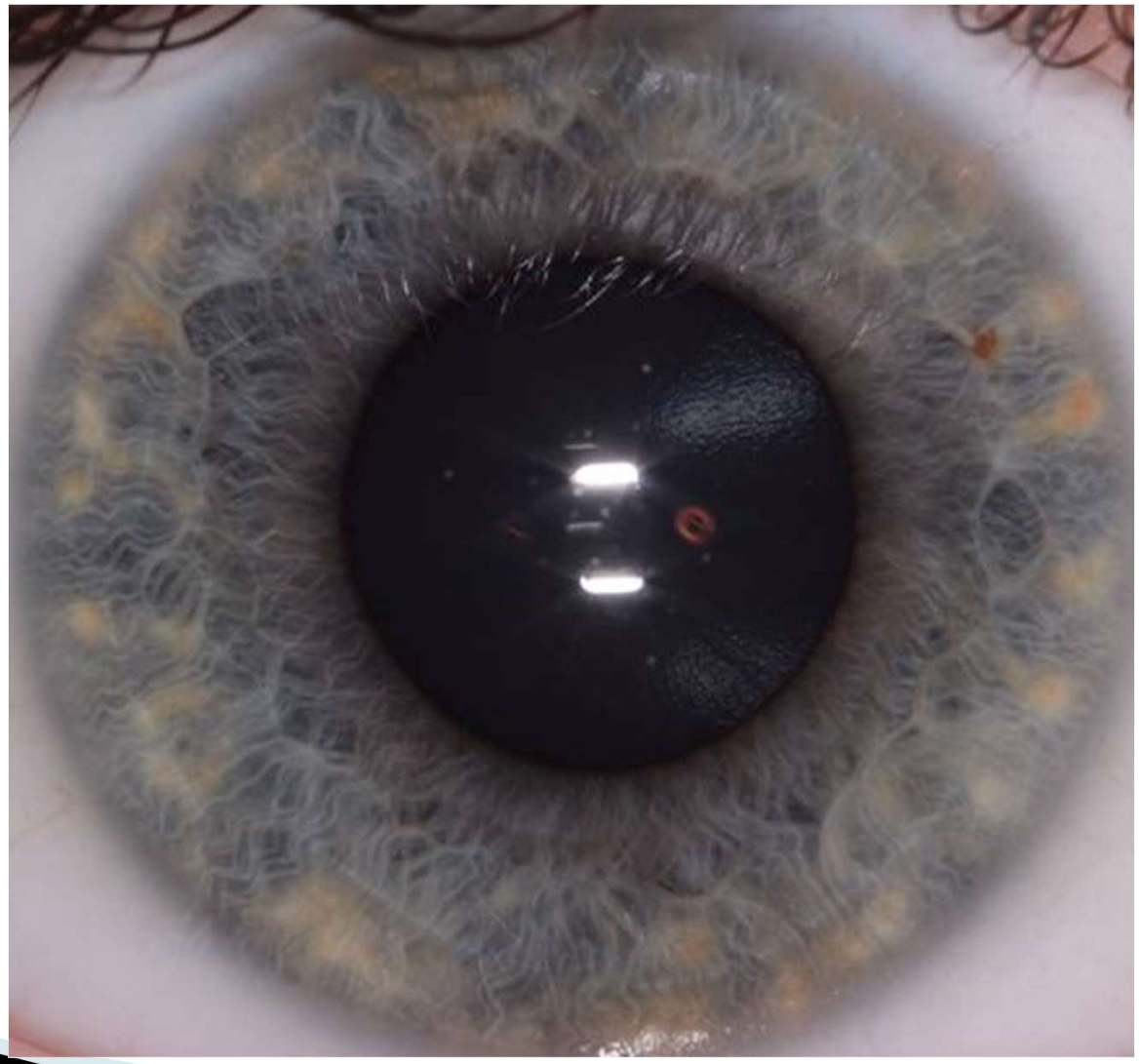

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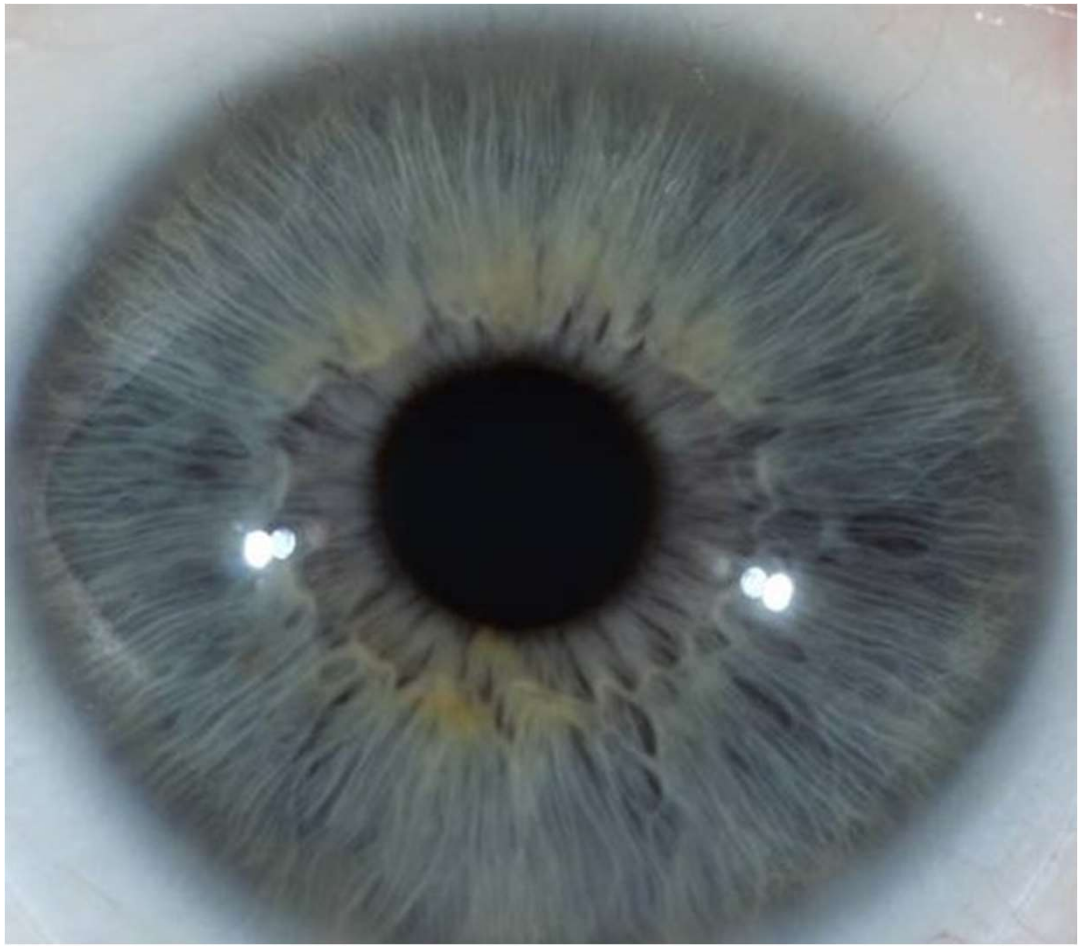

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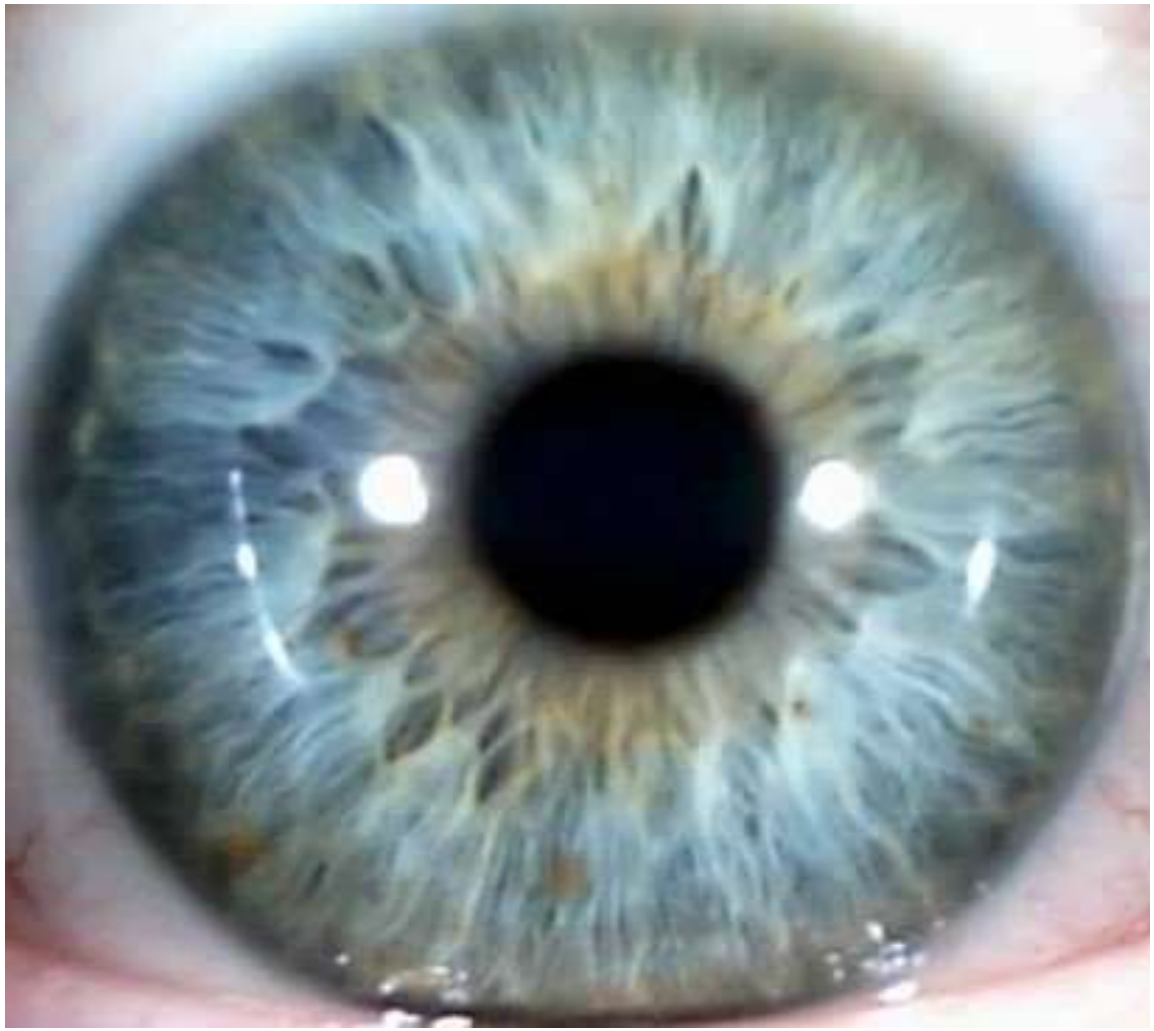

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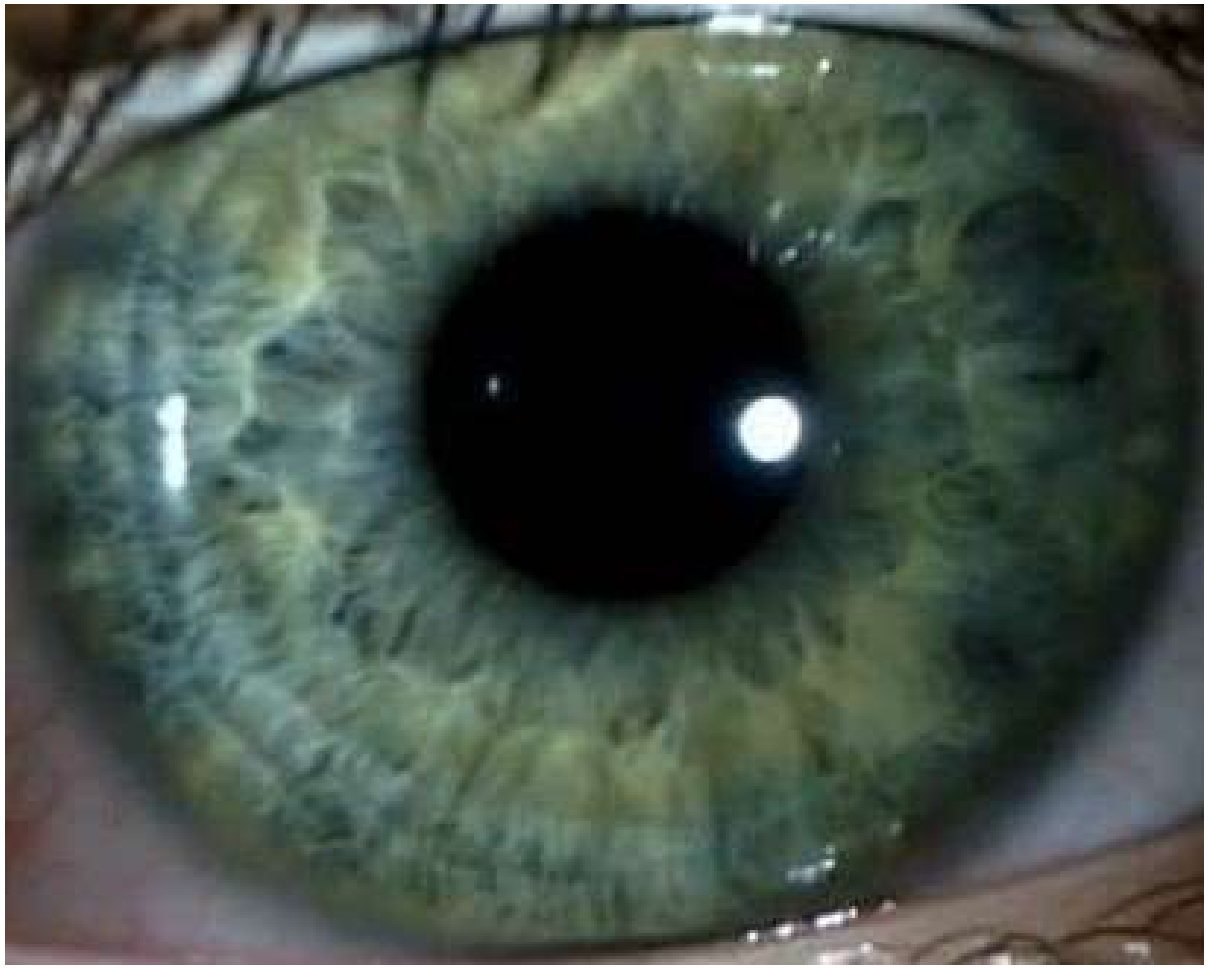

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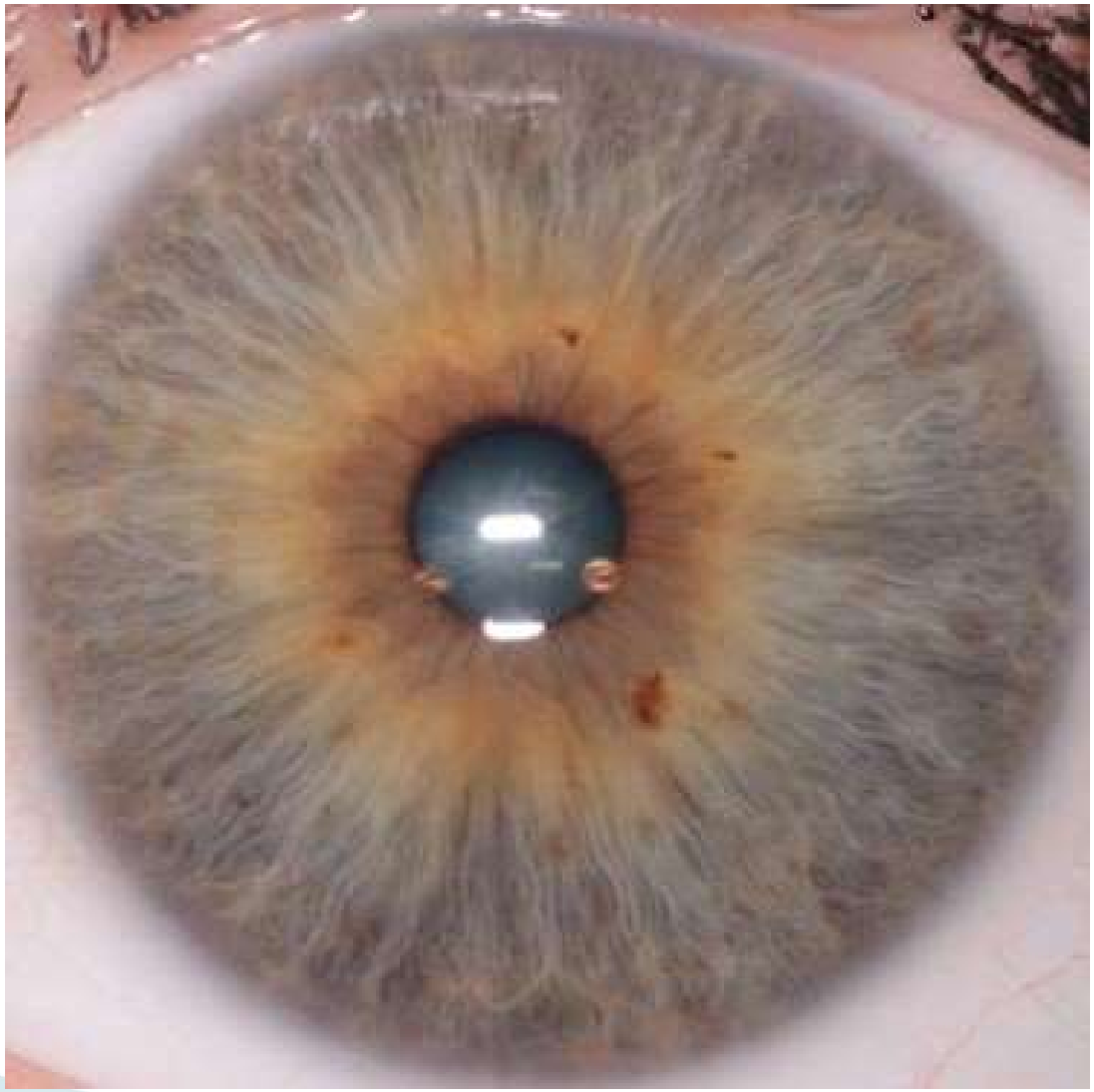

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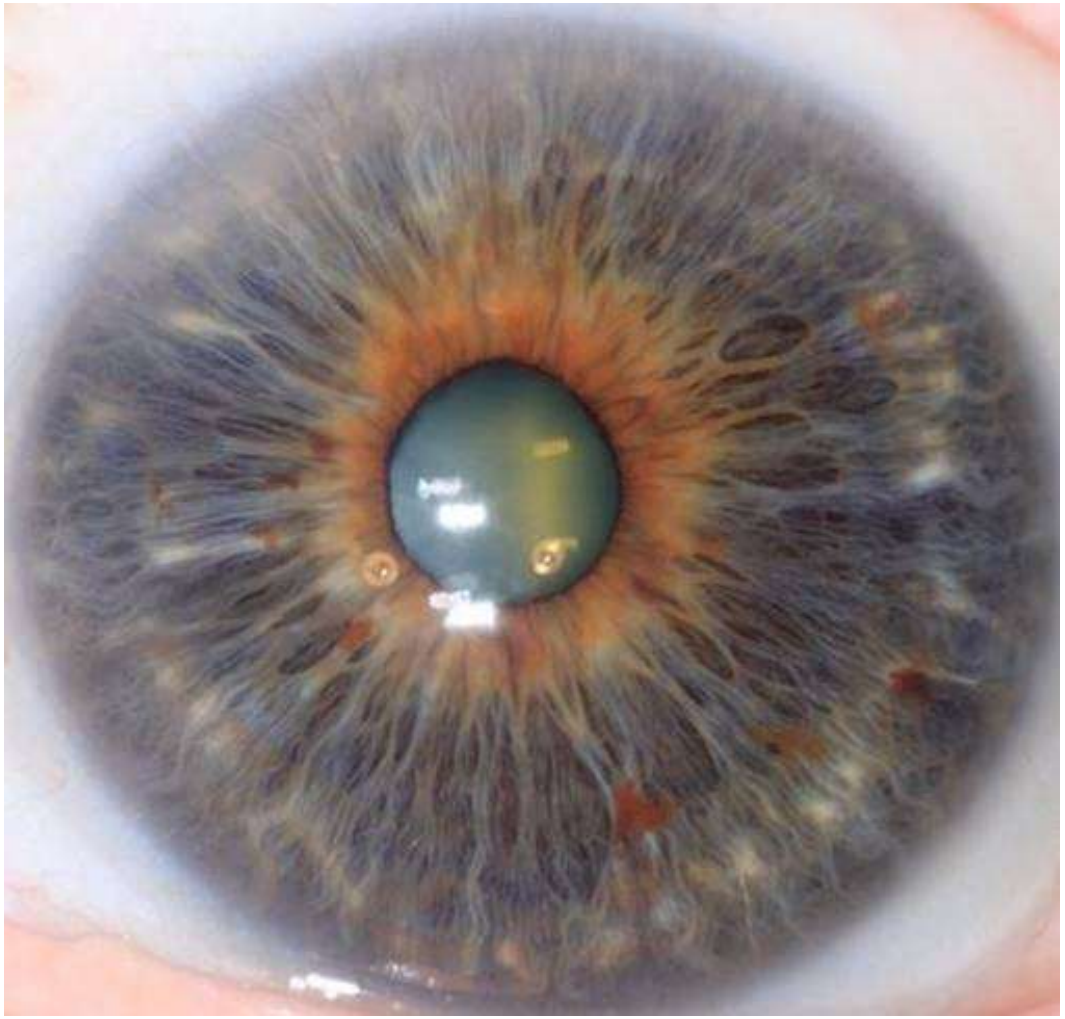

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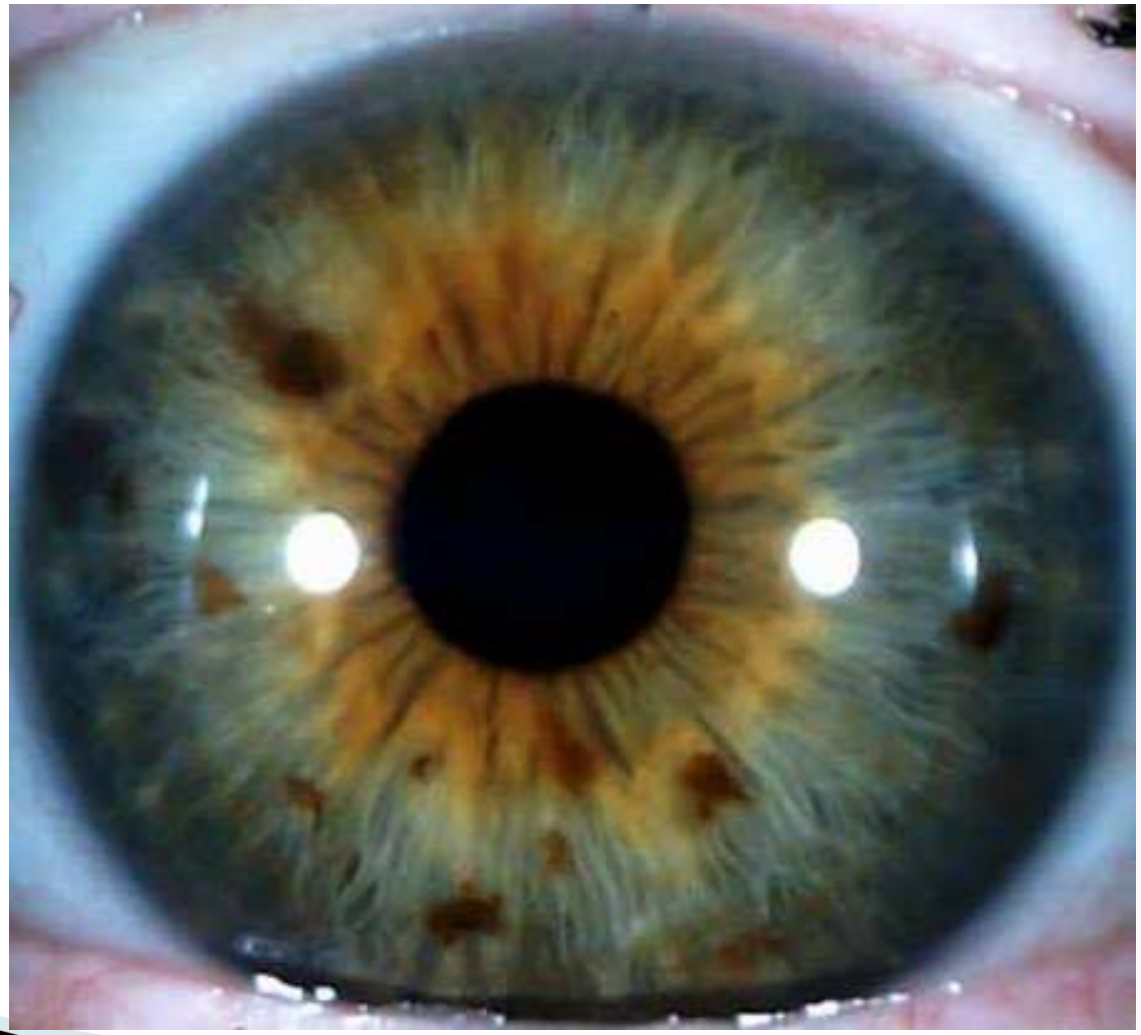

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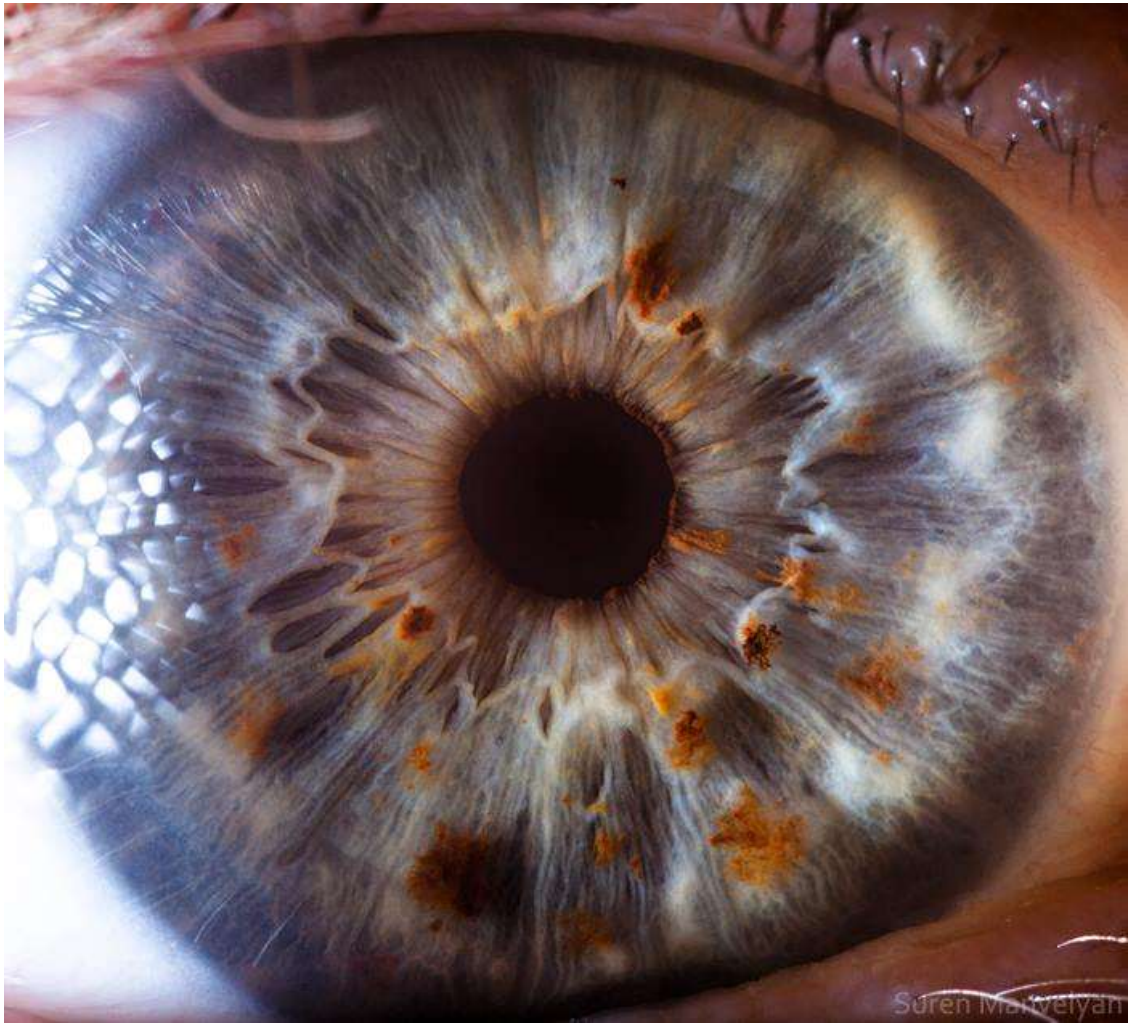

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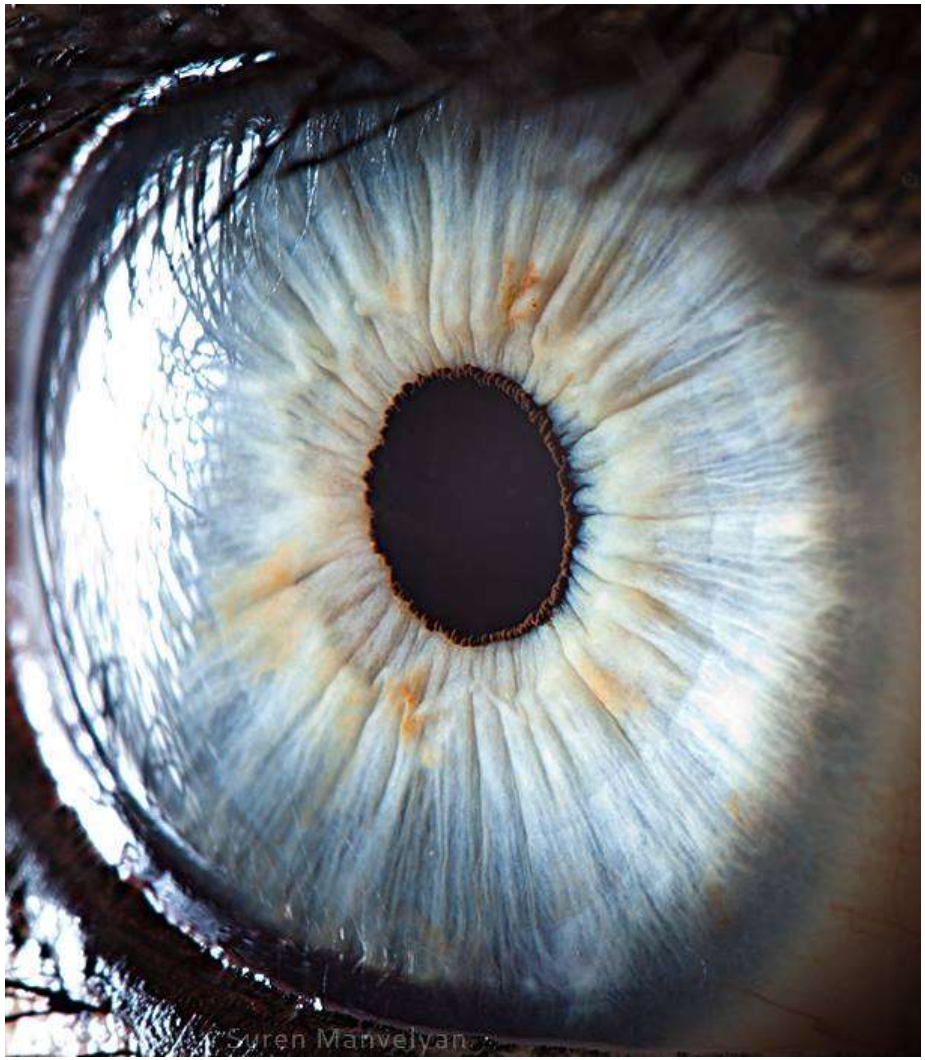

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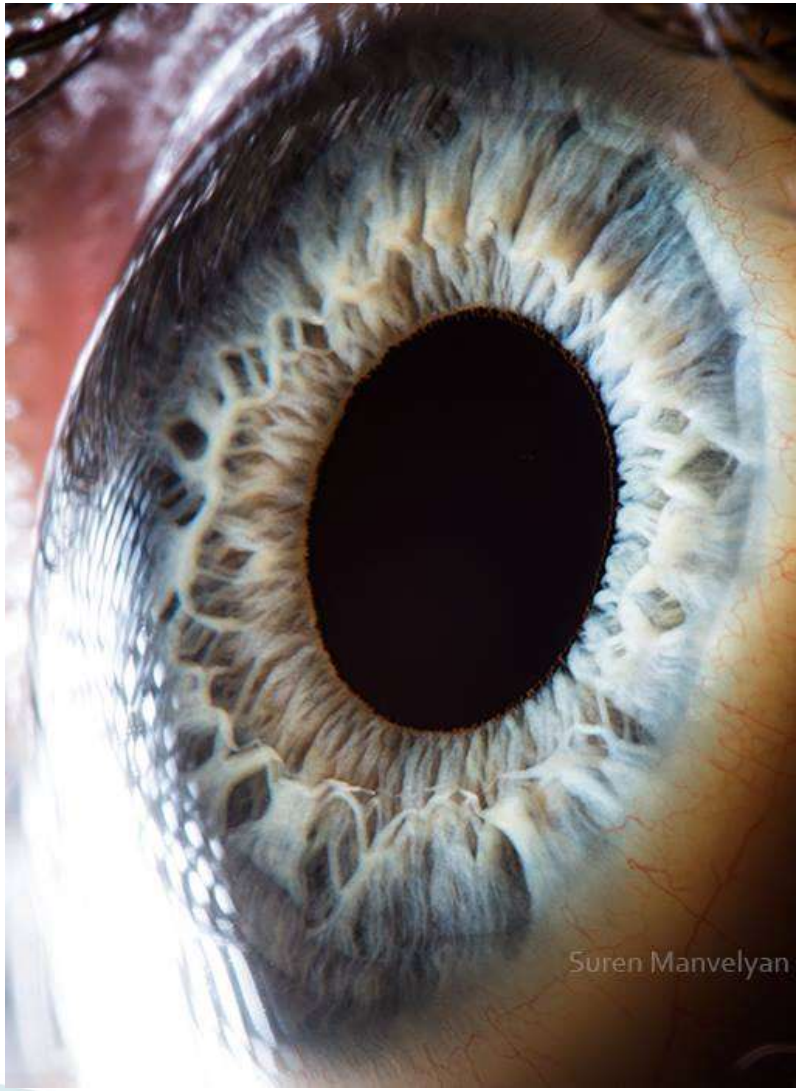

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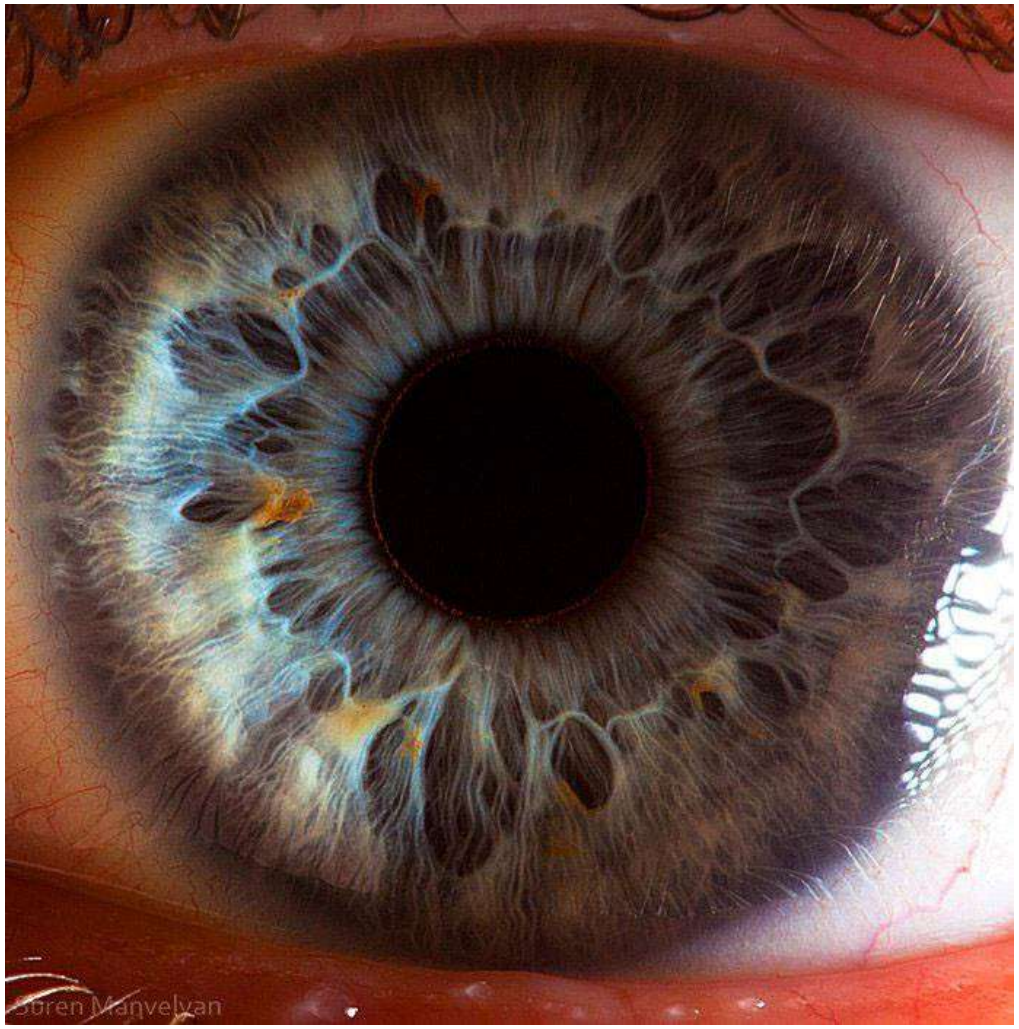

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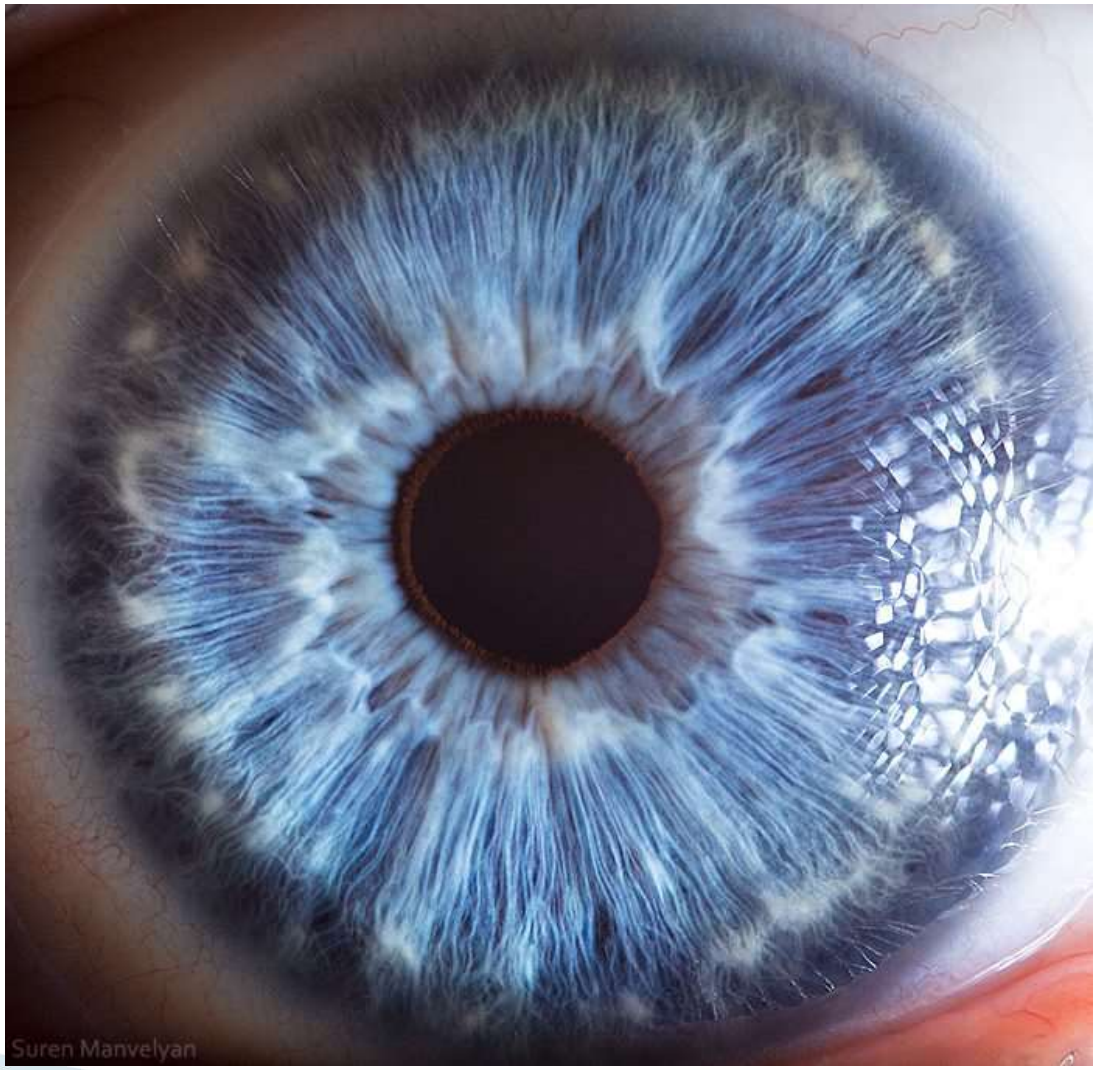

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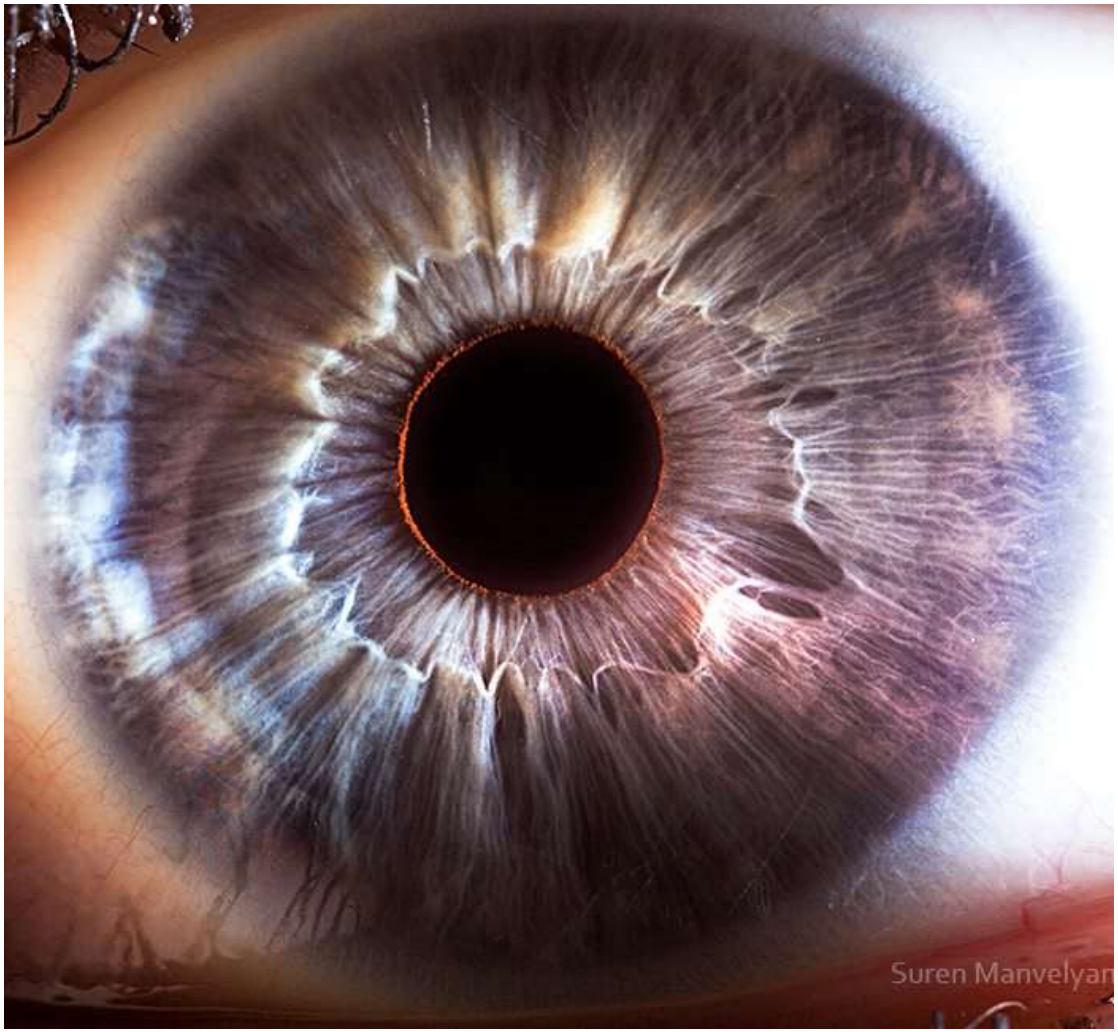

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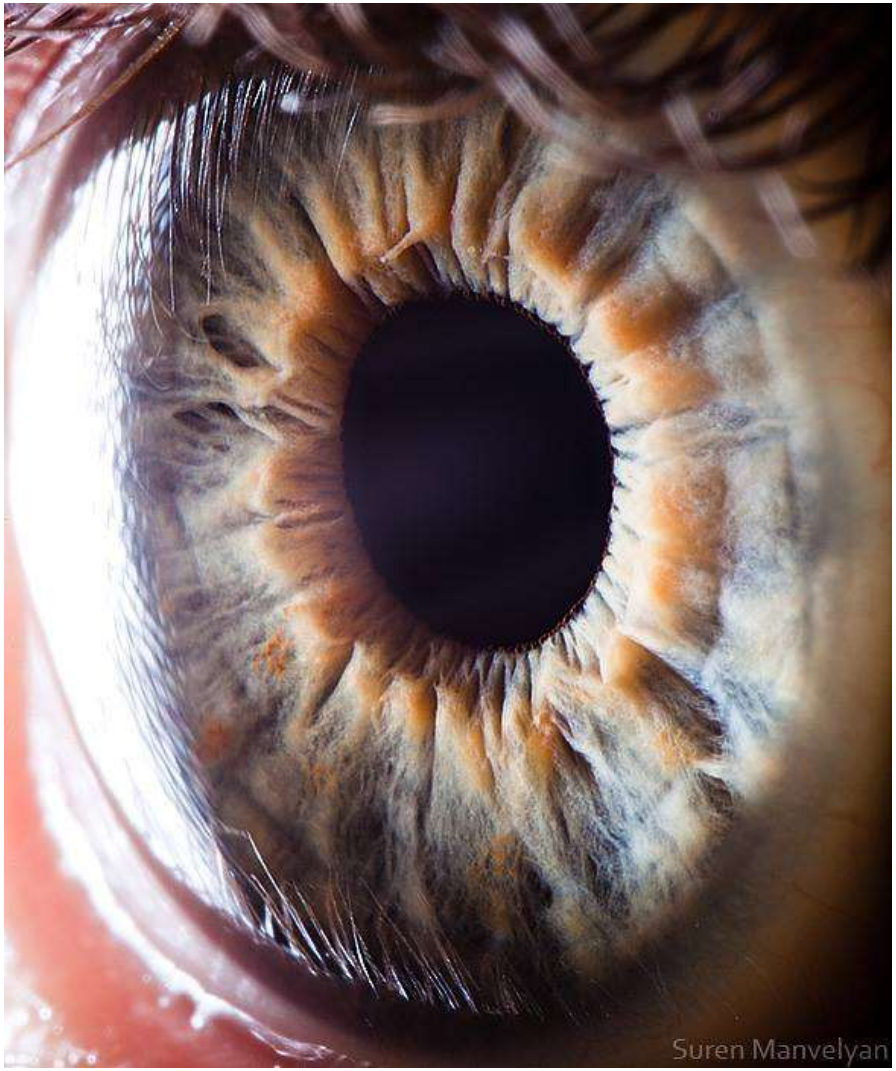

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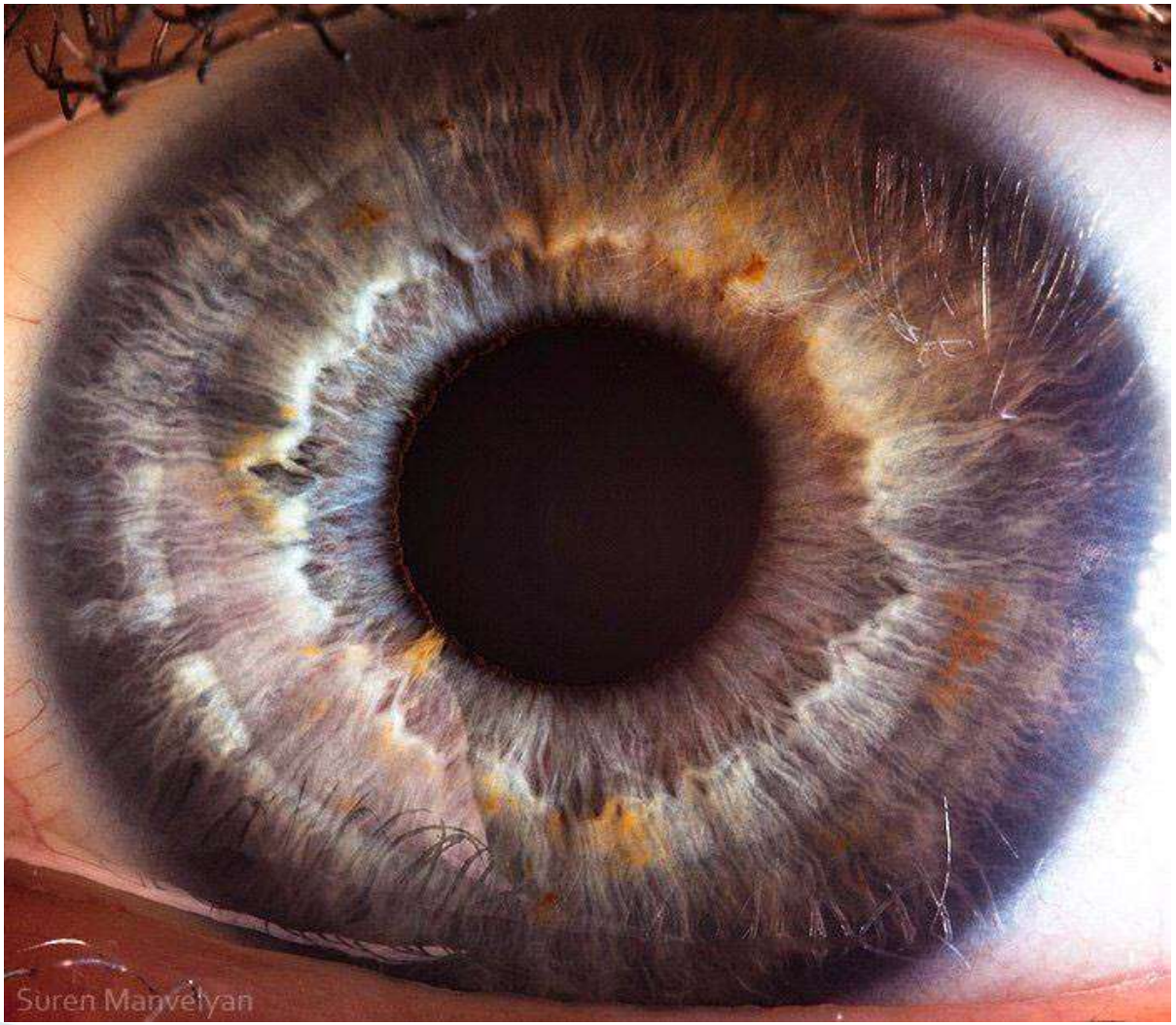

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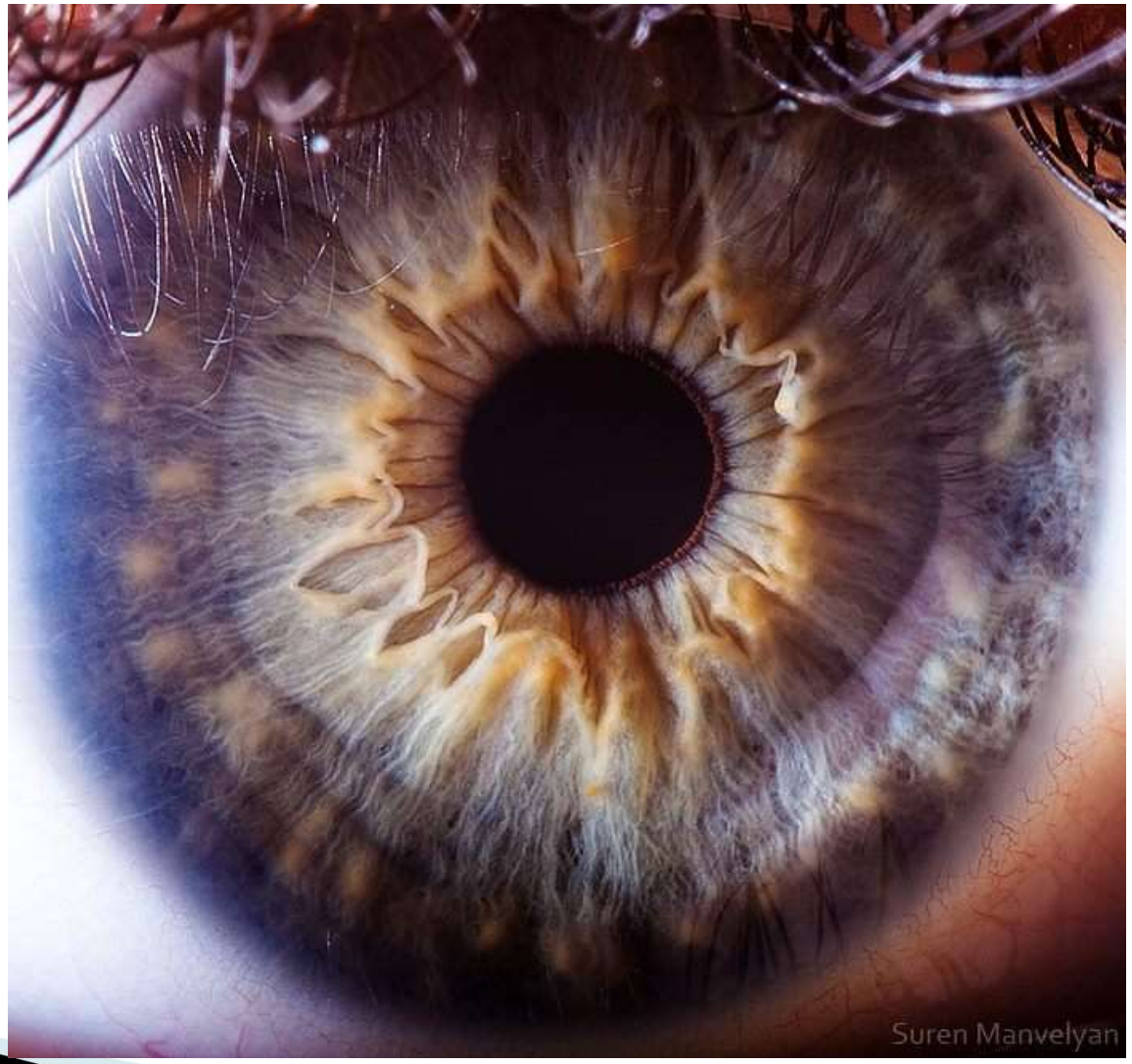

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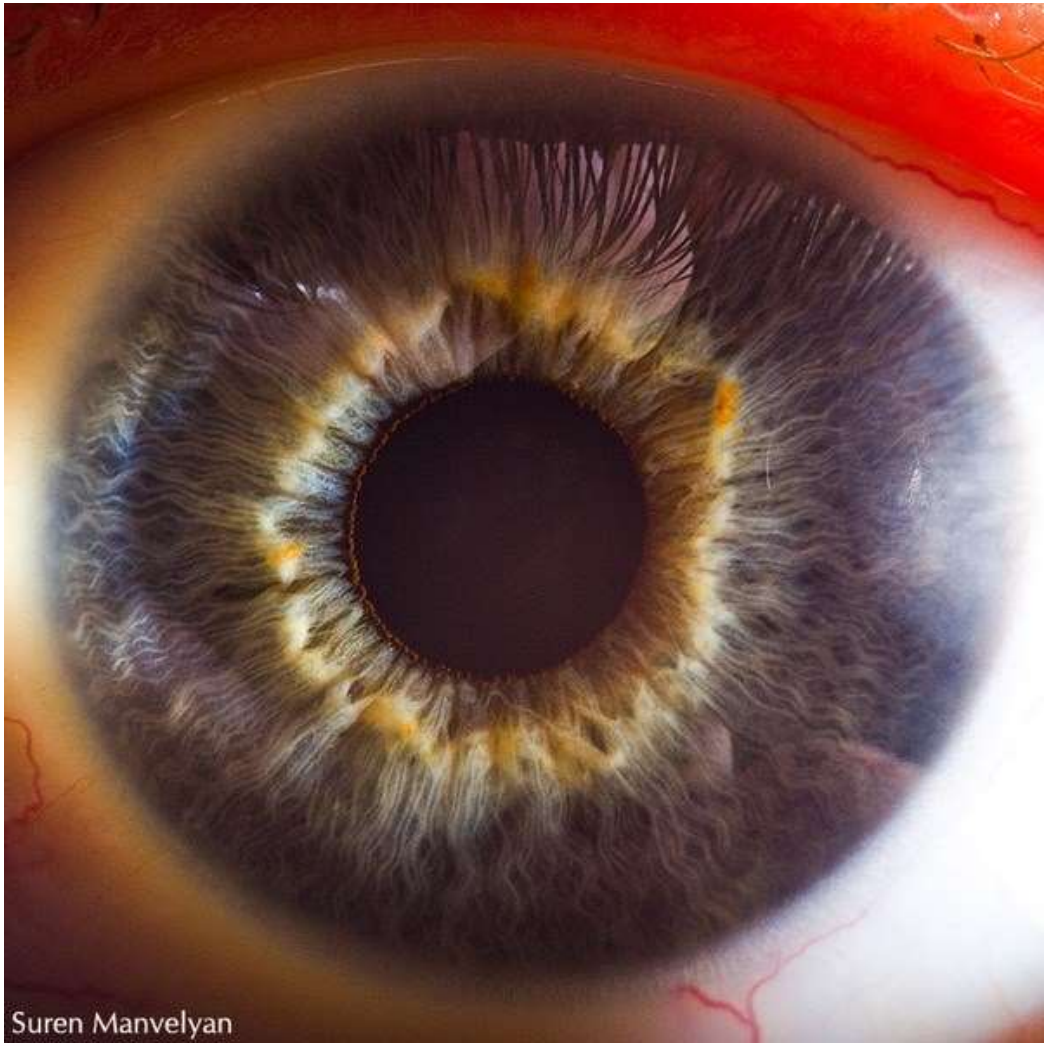

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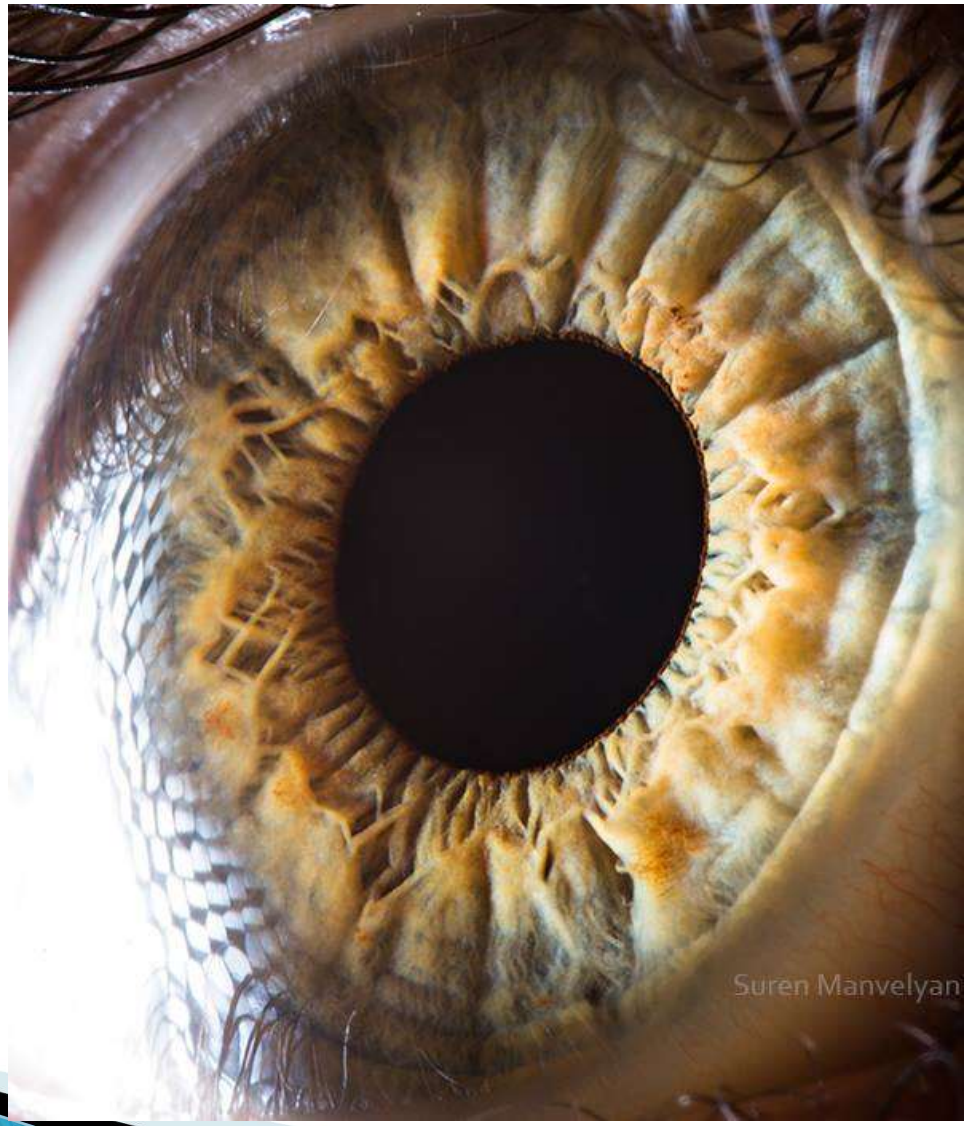

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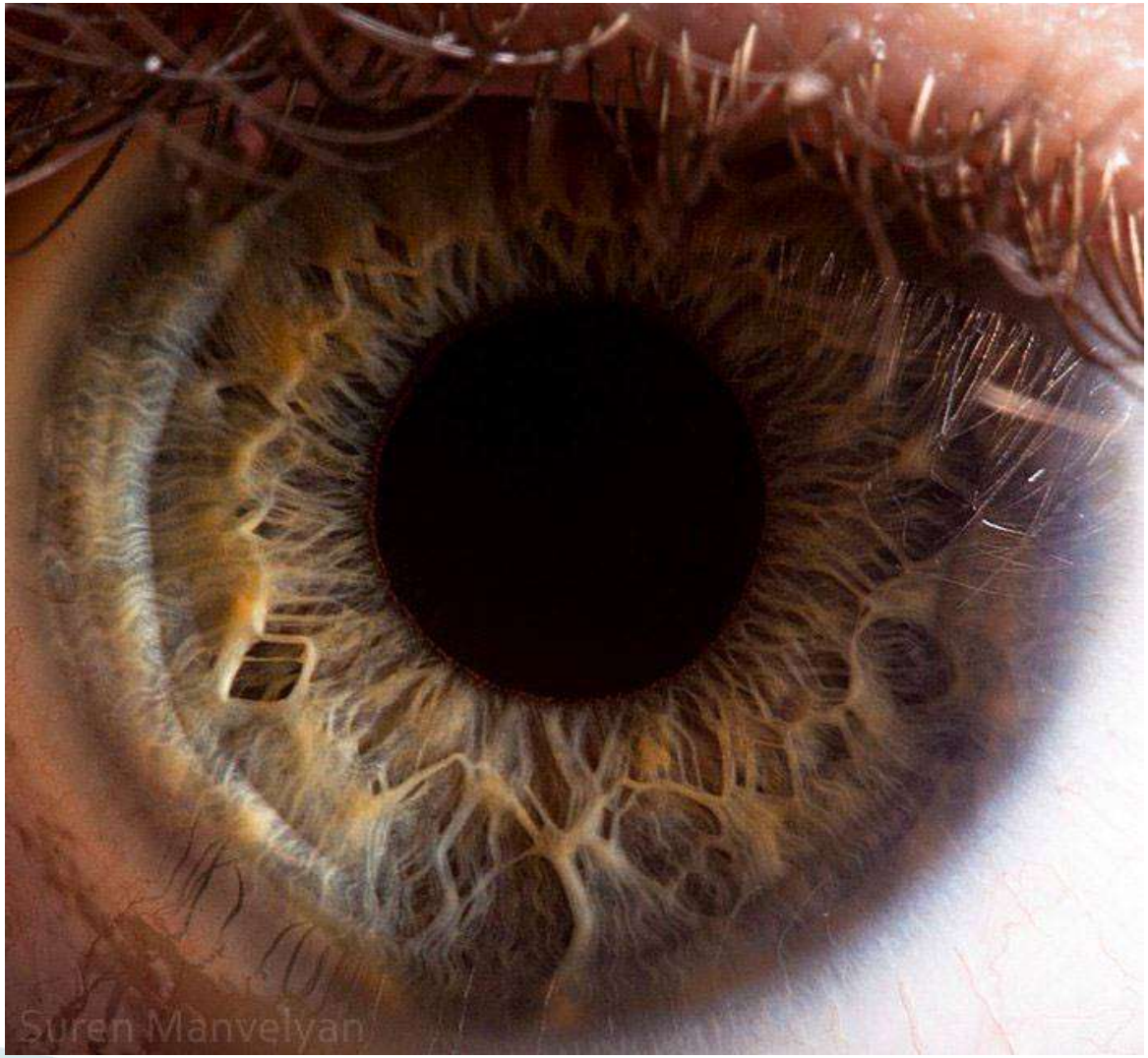

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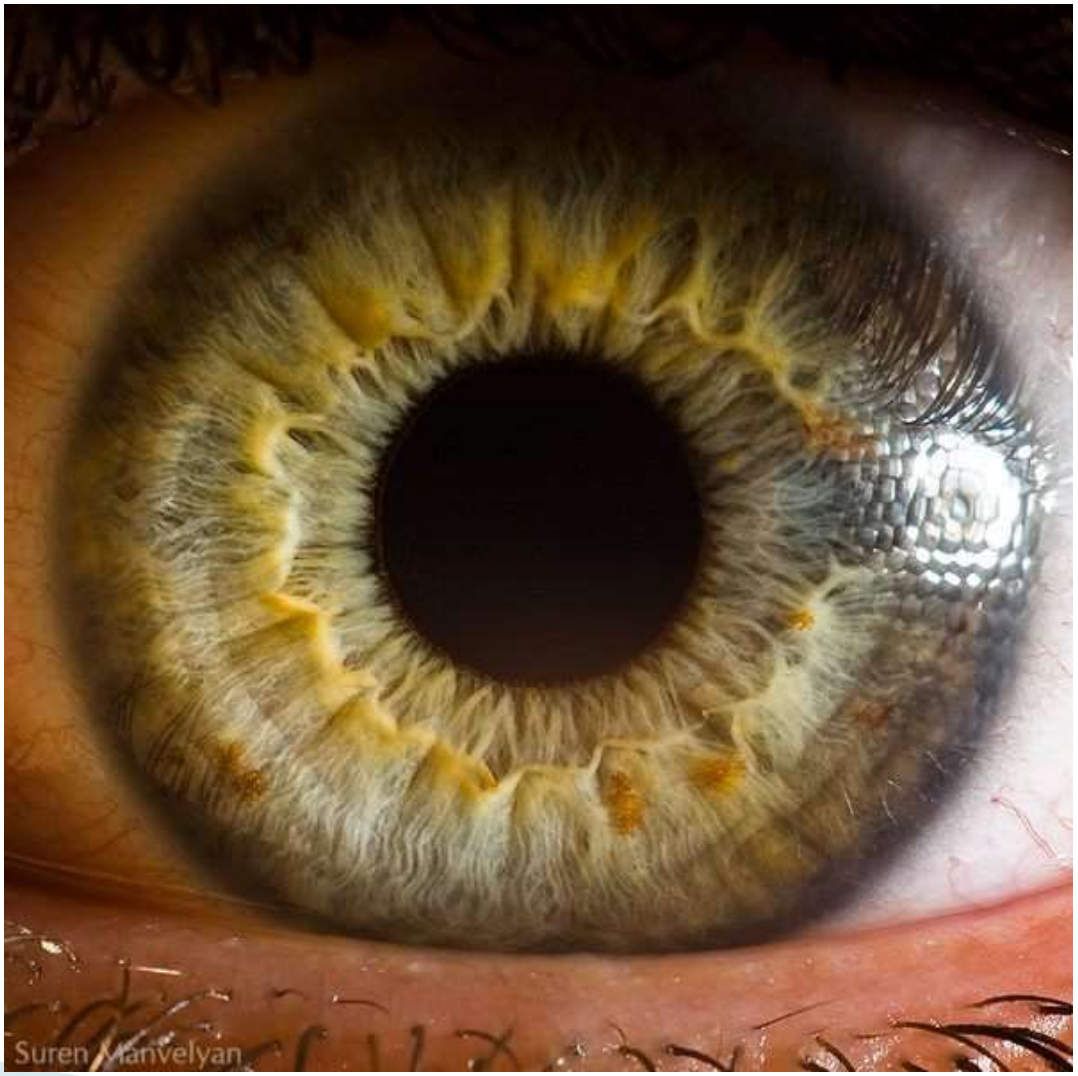

Mixed-Biliary Iris Constitution

Mixed Iris: Mixed-Biliary Iris Constitution

- 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

JOYFUL LIVING SERVICES

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.

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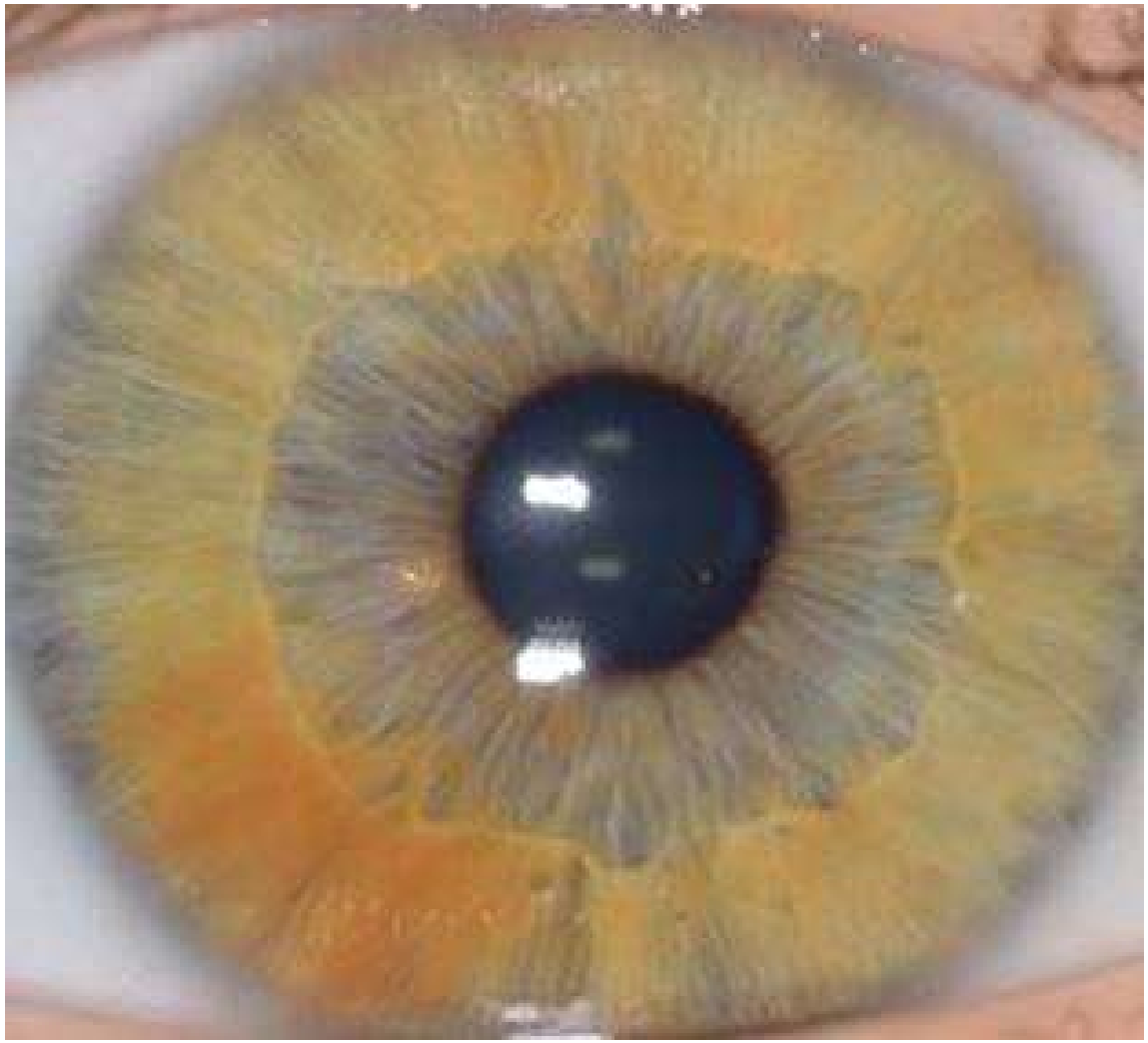
Mixed-Biliary Iris Constitution

Mixed Iris: Mixed-Biliary Iris Constitution



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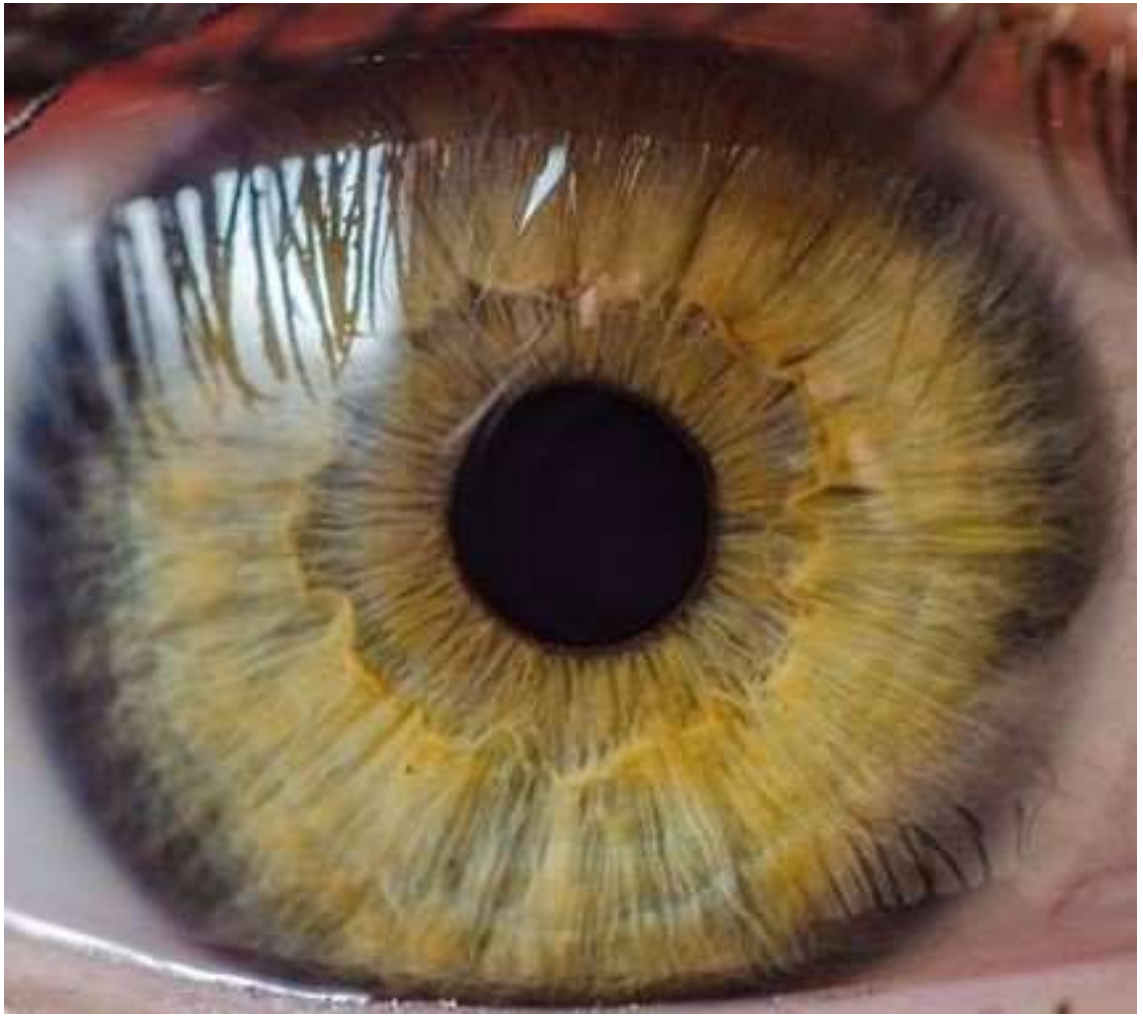

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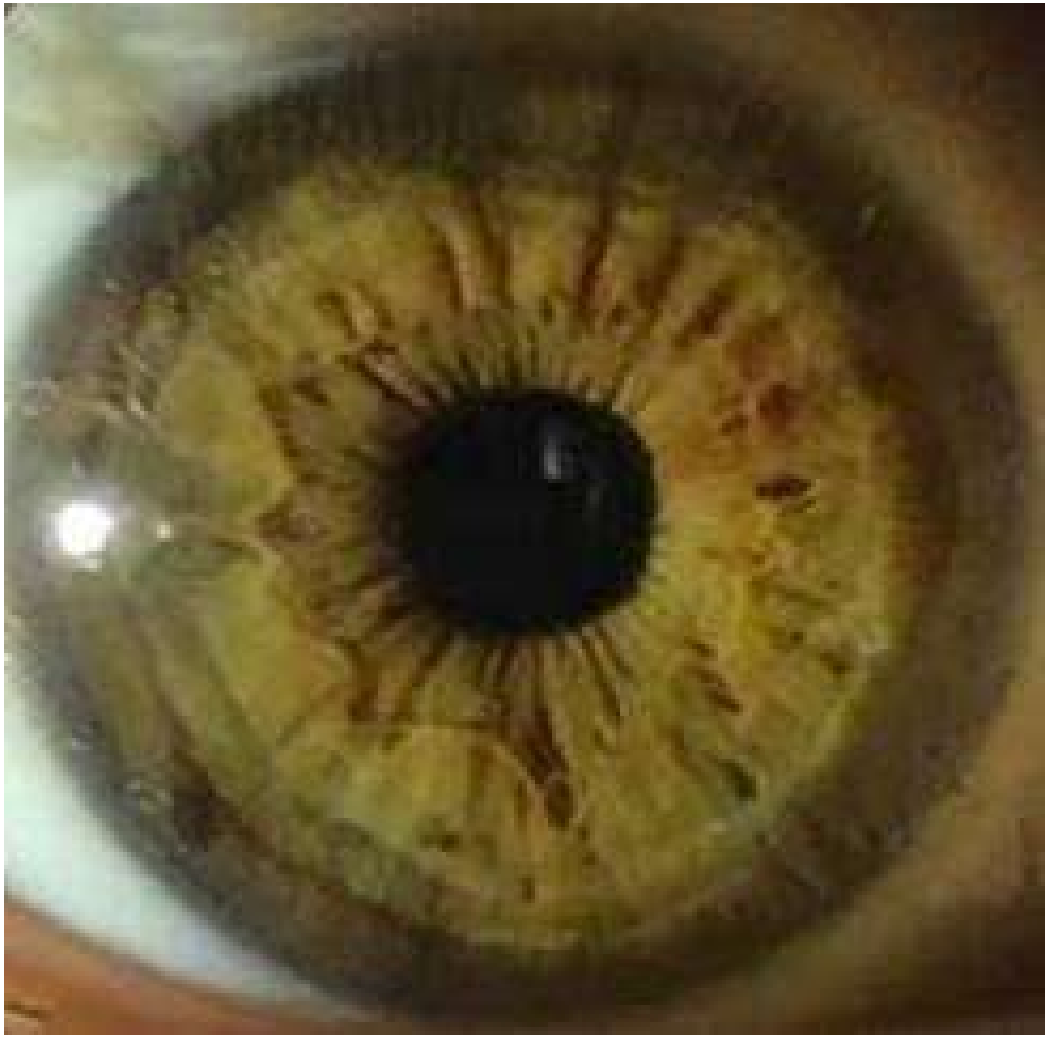

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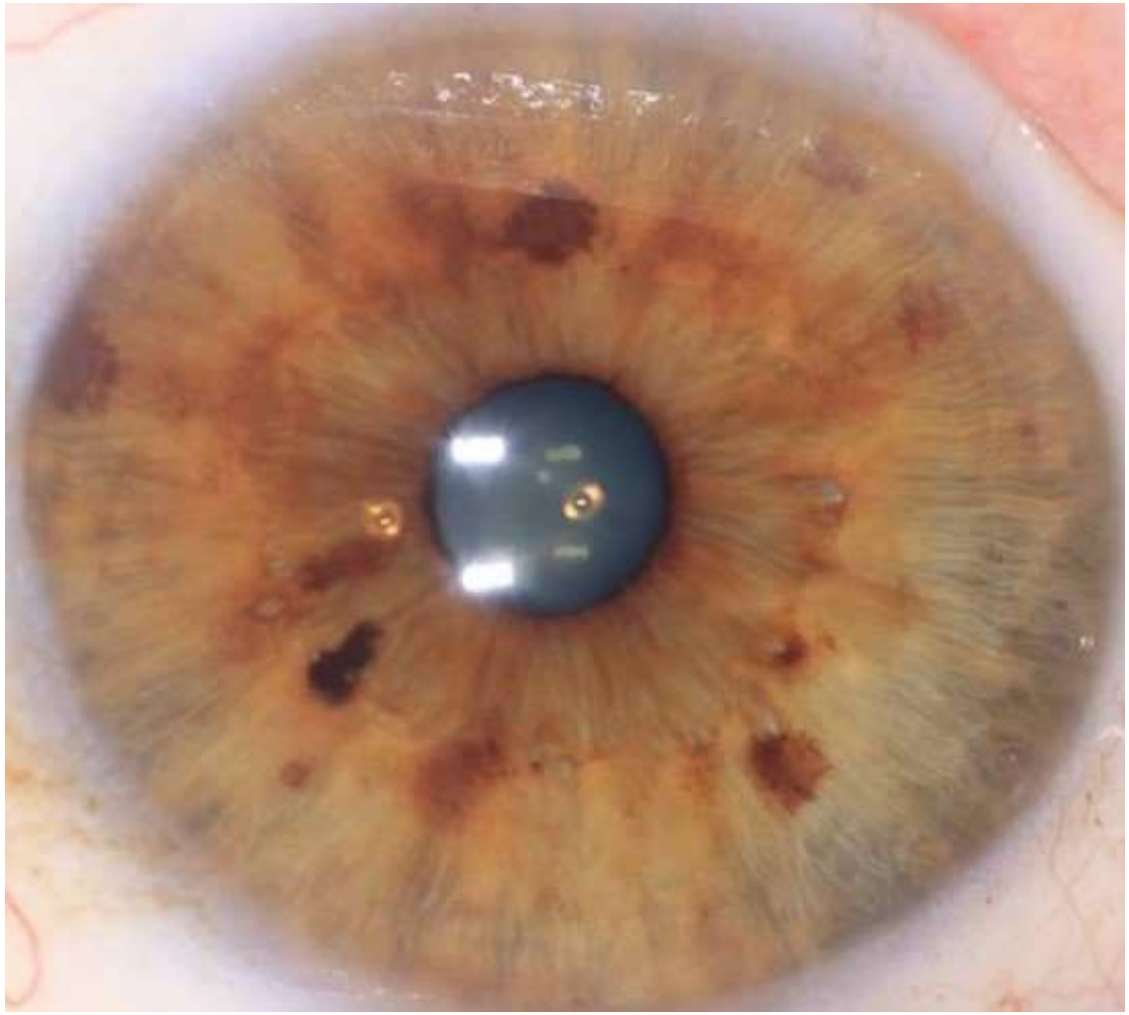

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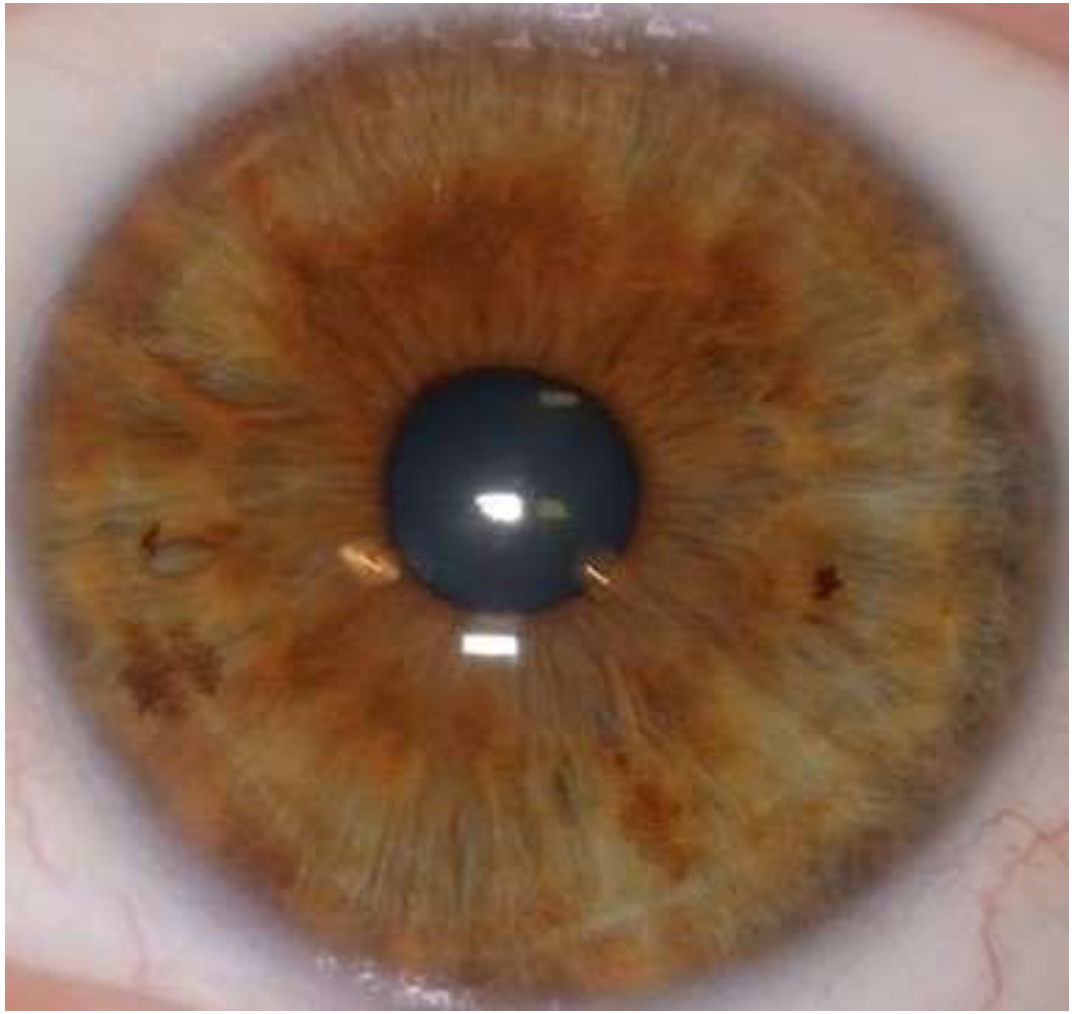

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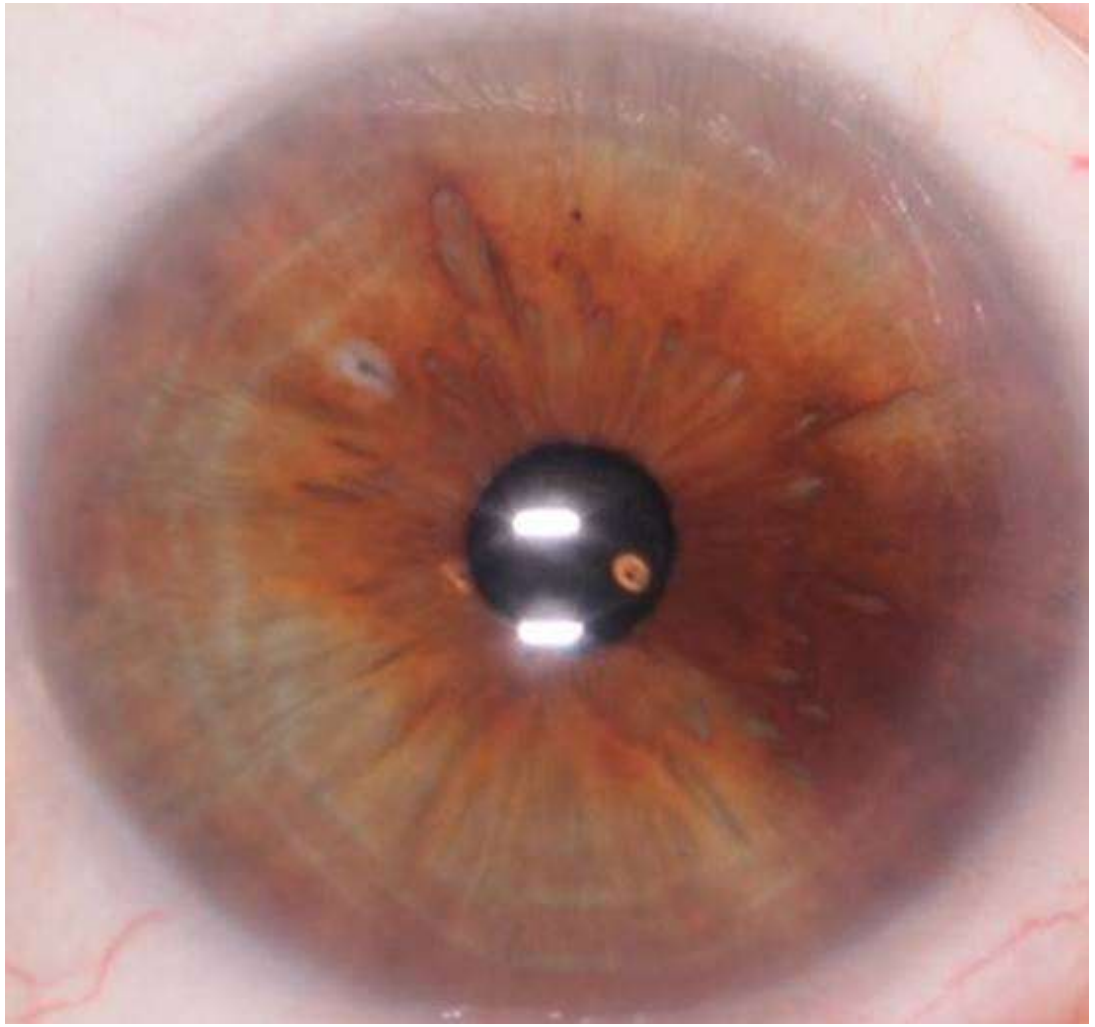

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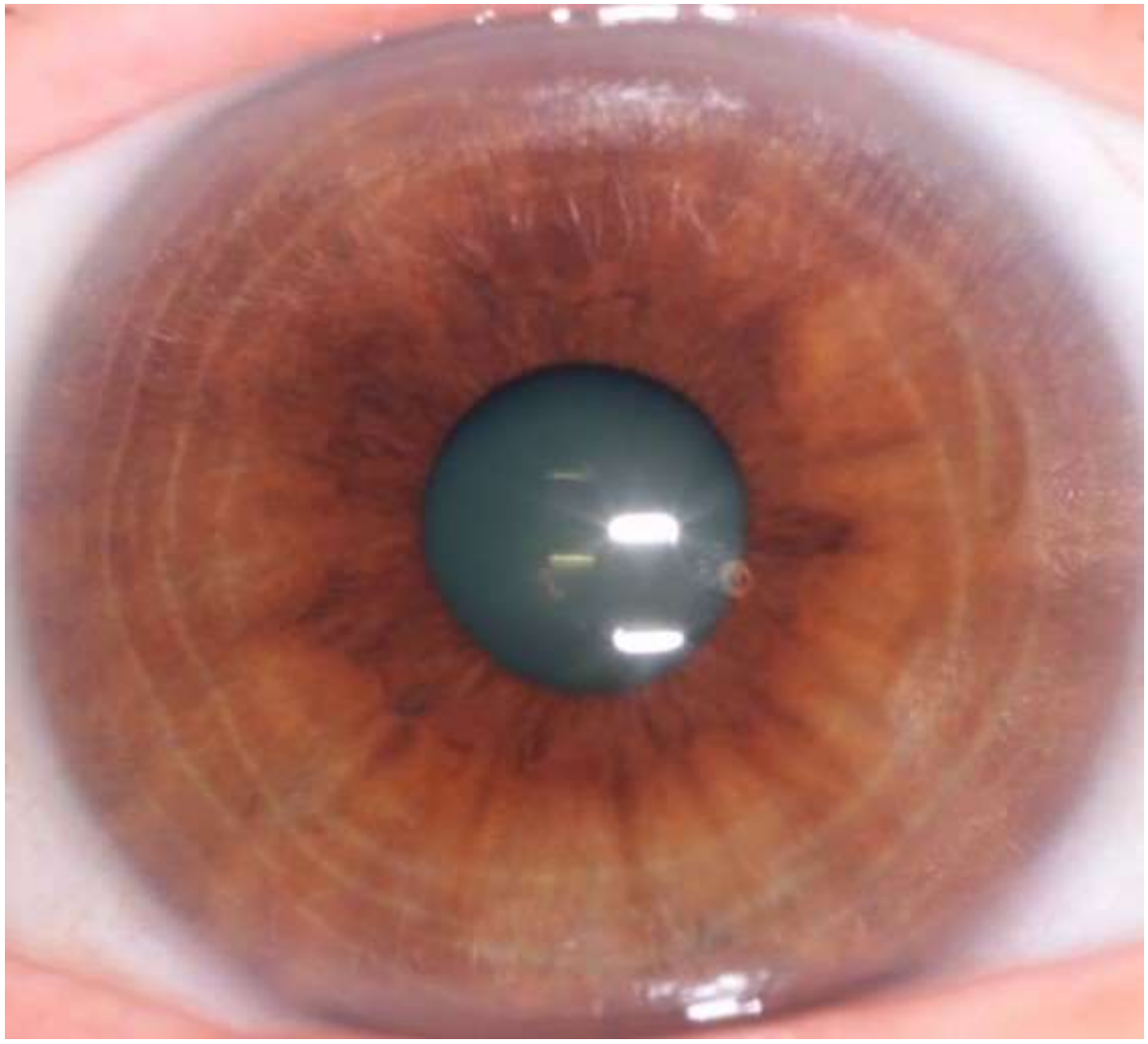

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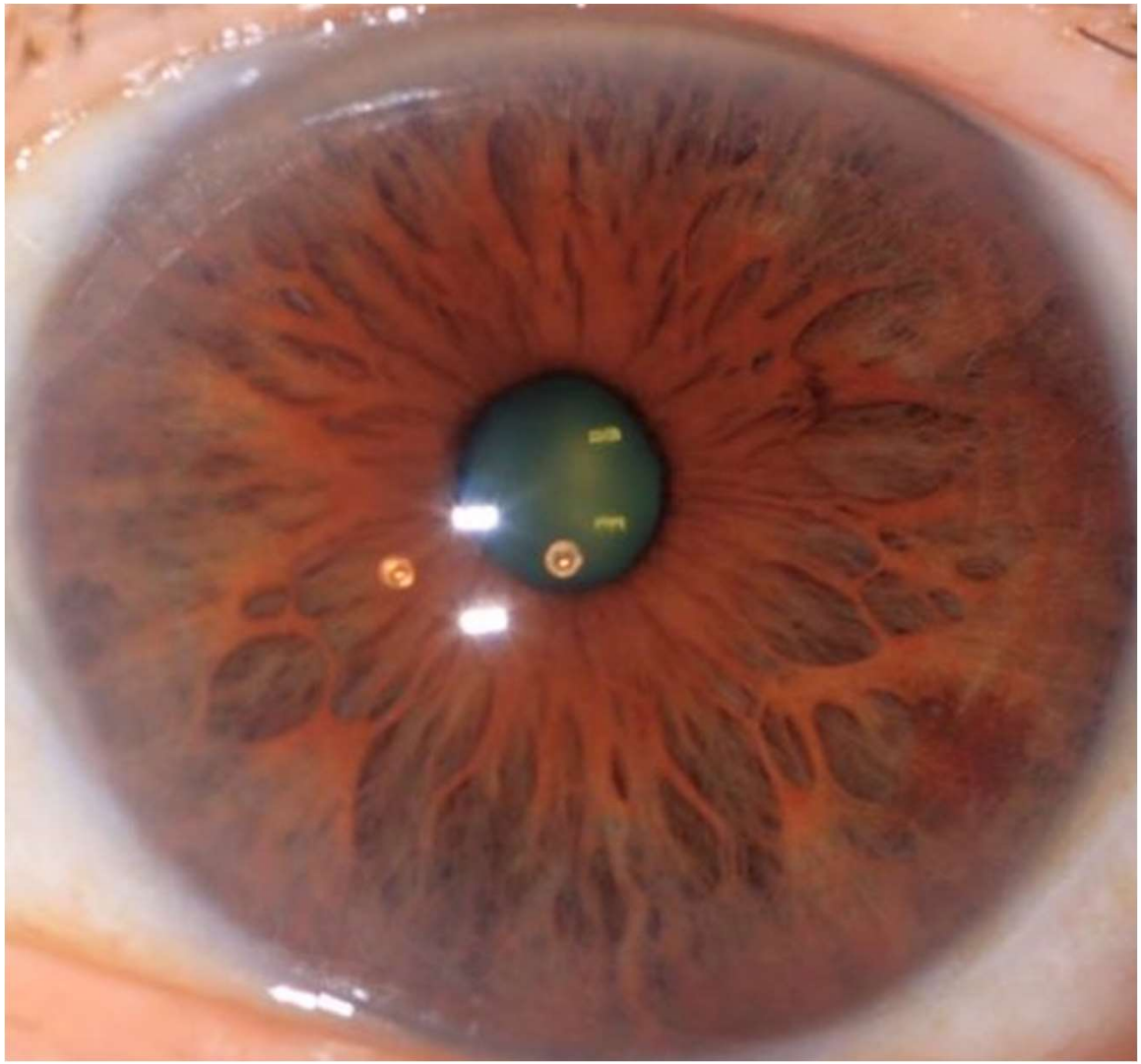

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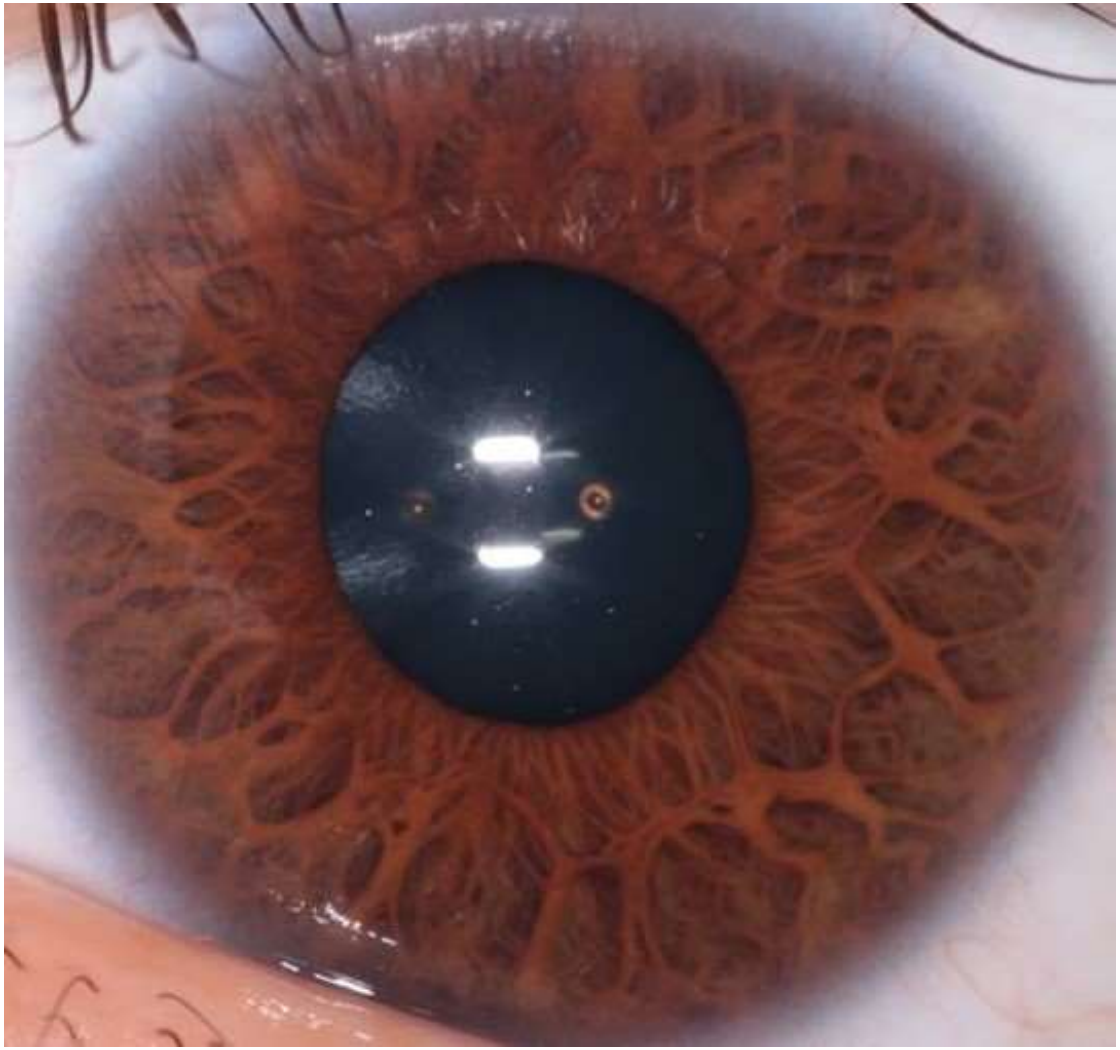

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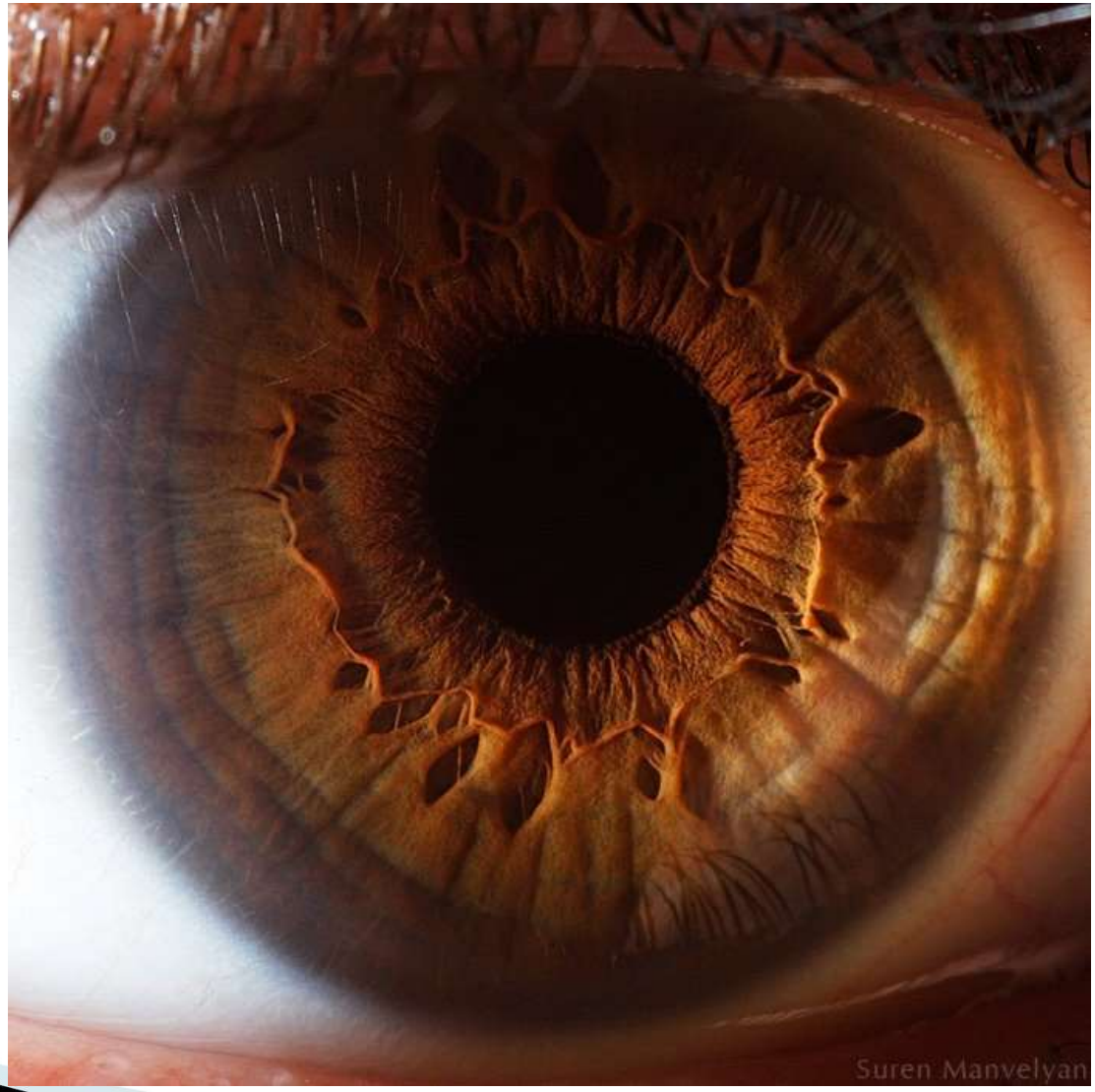

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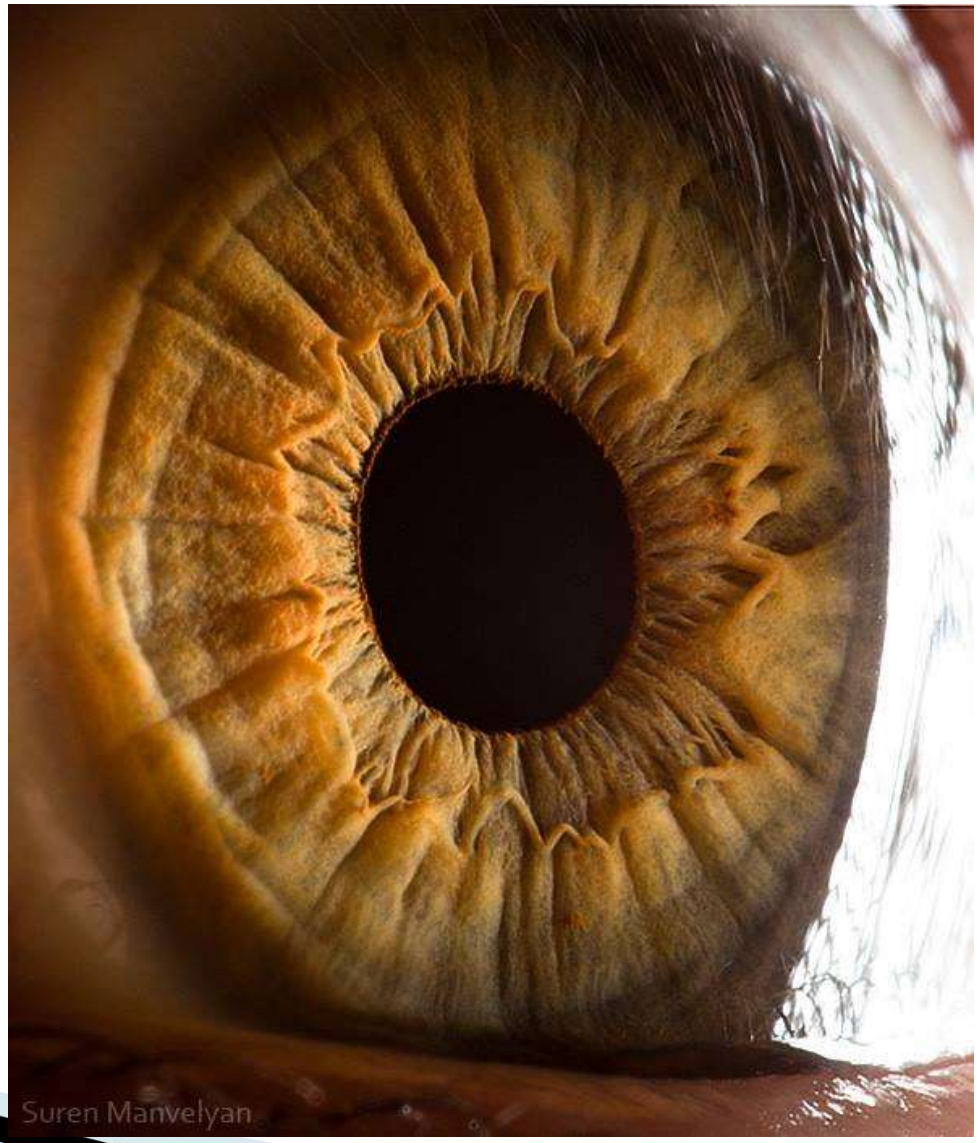

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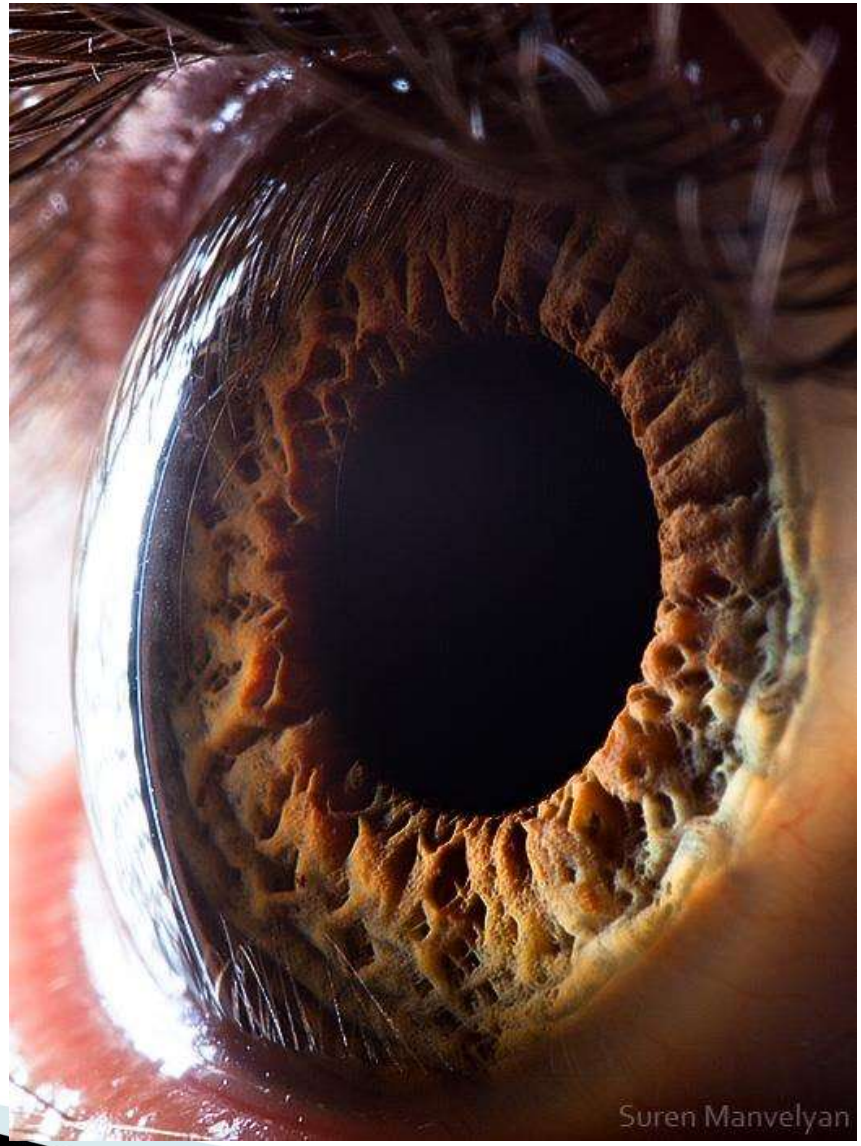
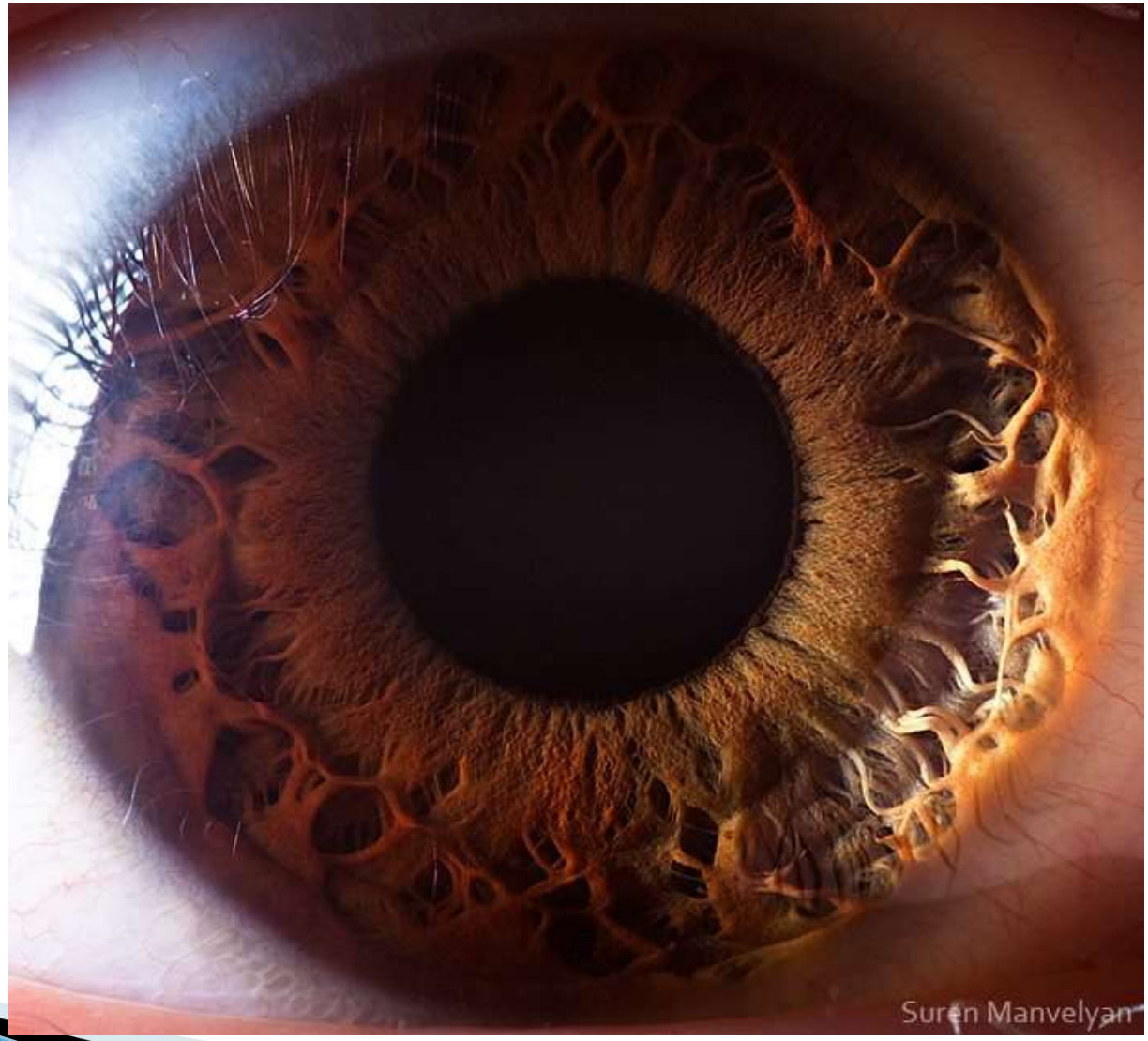


Mixed-Biliary Iris Constitution

Mixed Iris: Mixed-Biliary Iris Constitution



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Mixed-Biliary Iris Constitution

Mixed Iris: Mixed-Biliary Iris Constitution

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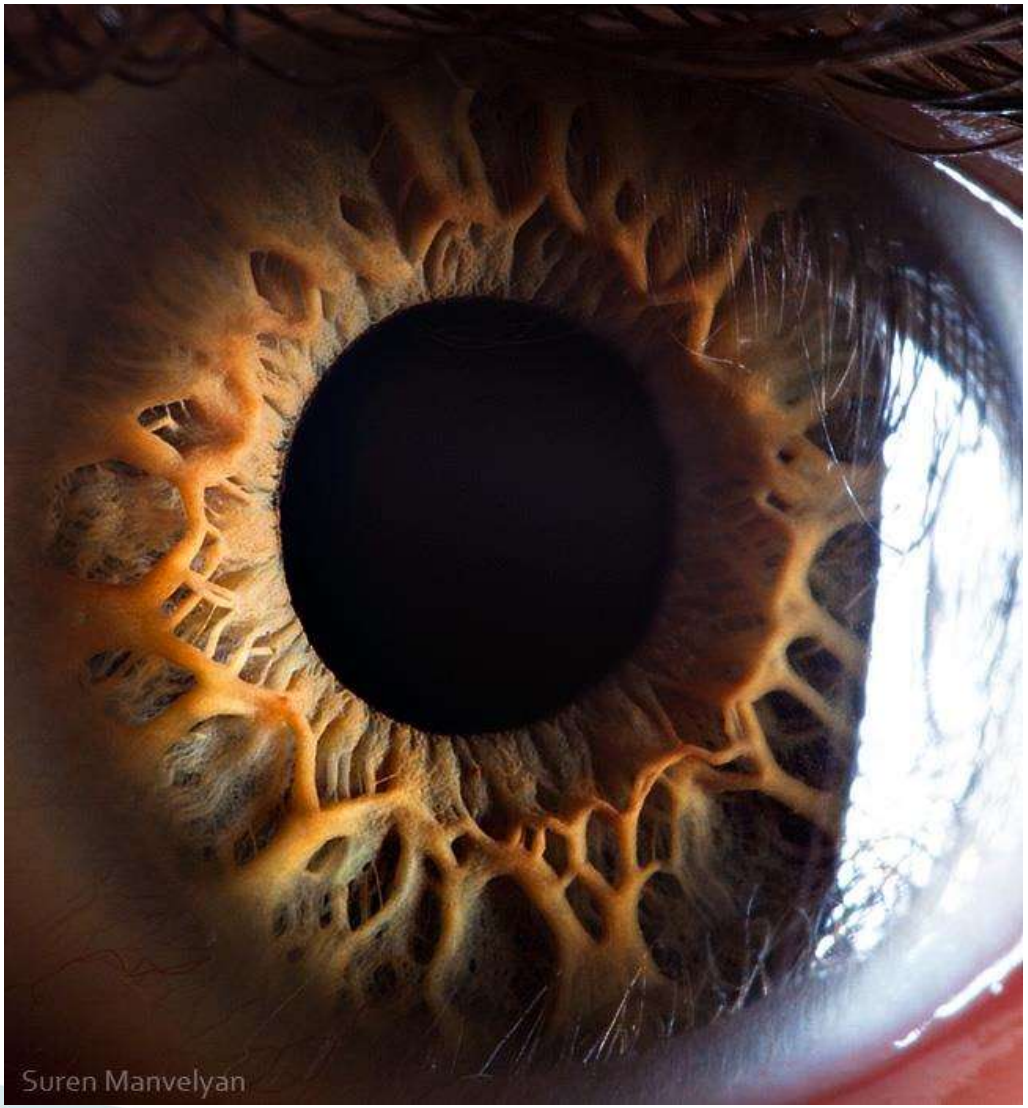

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Mixed-Biliary Iris Constitution

Mixed Iris: Mixed-Biliary Iris Constitution

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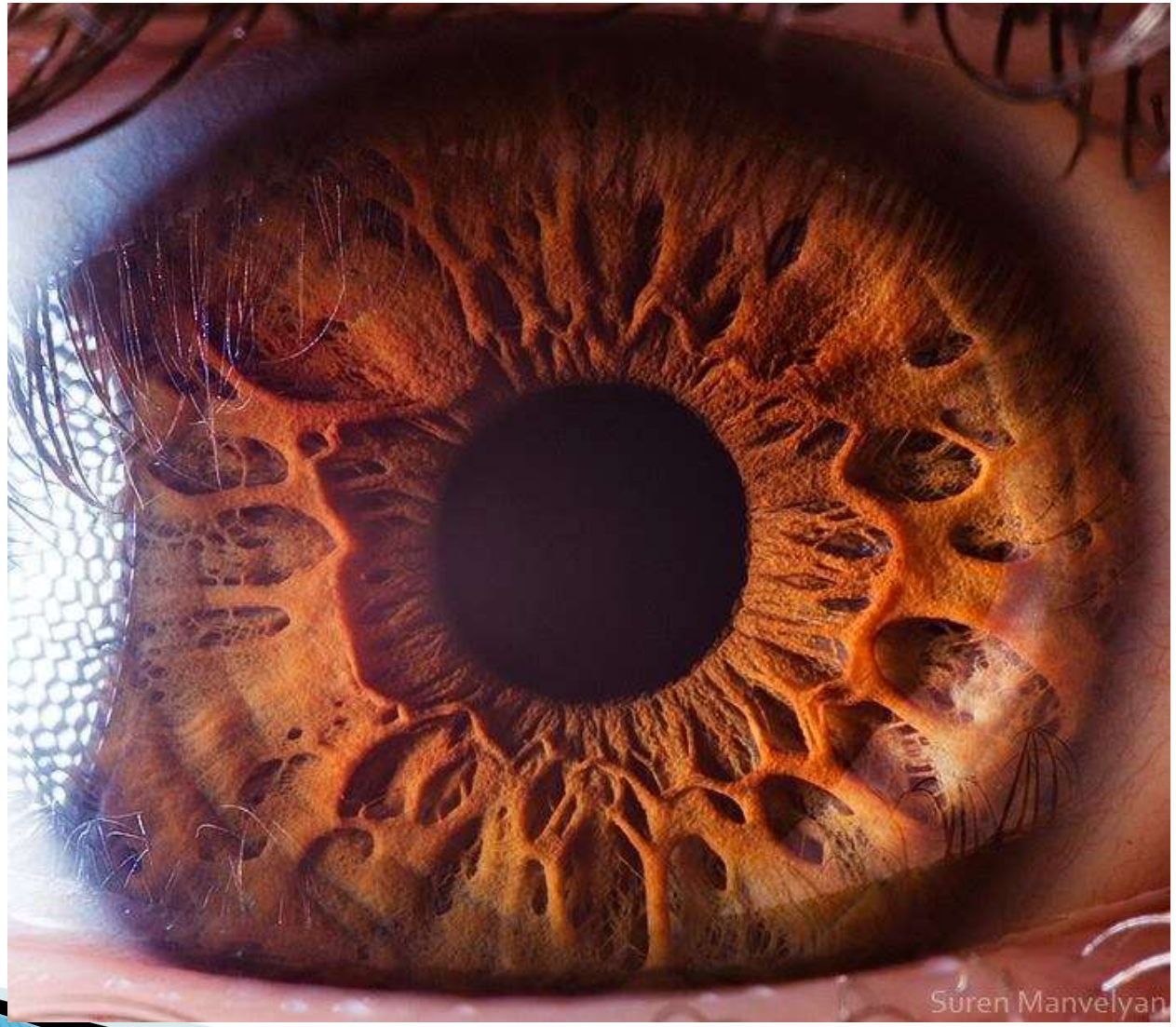

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Mixed-Biliary Iris Constitution

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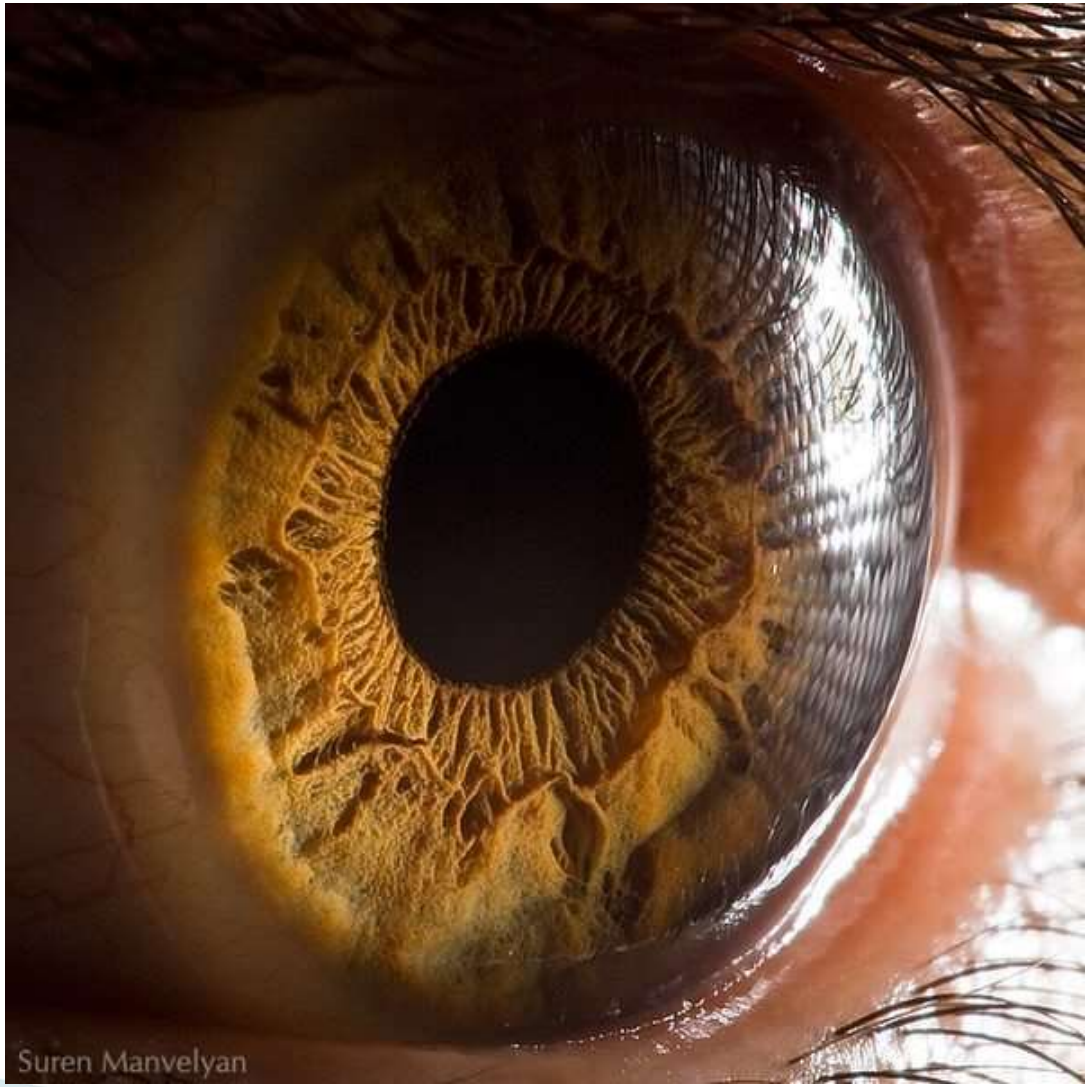

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Mixed-Biliary Iris Constitution

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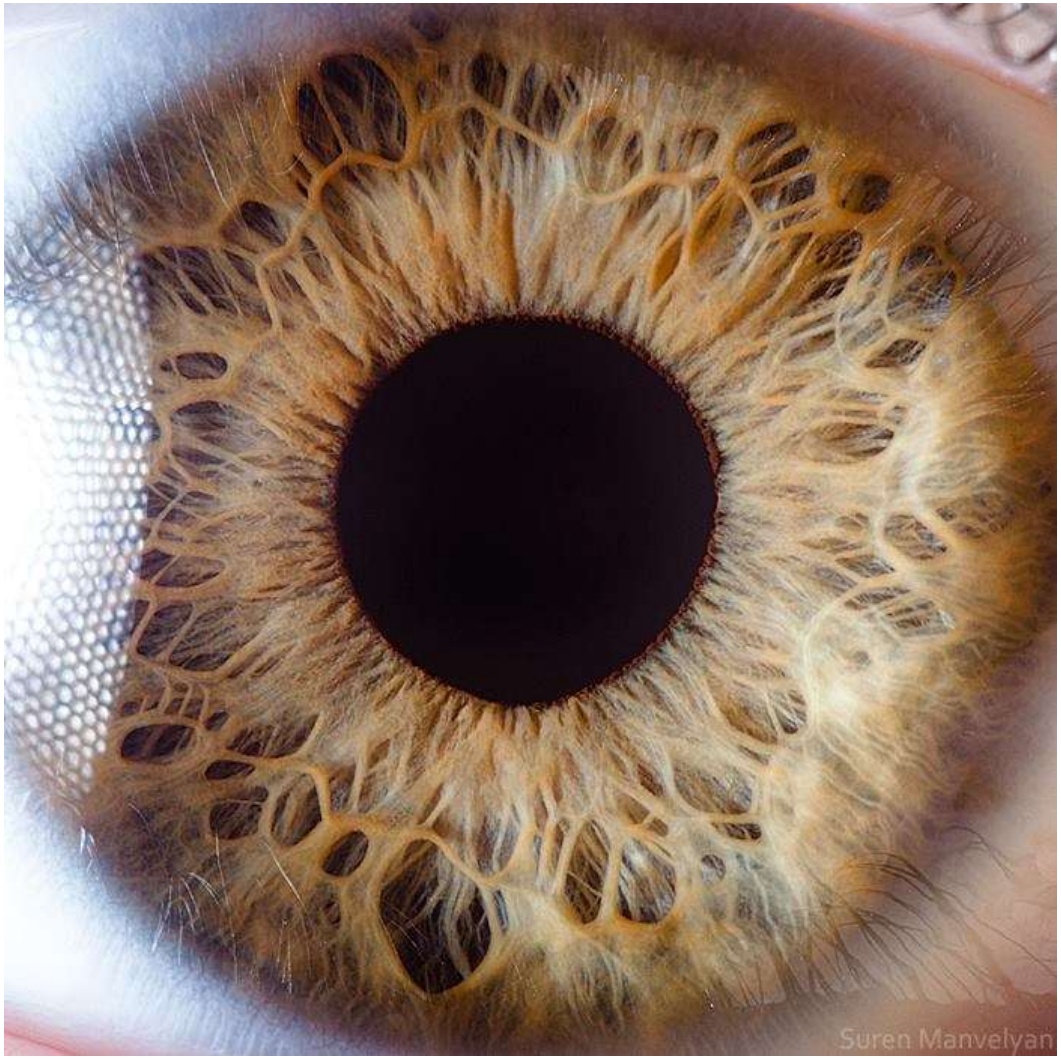
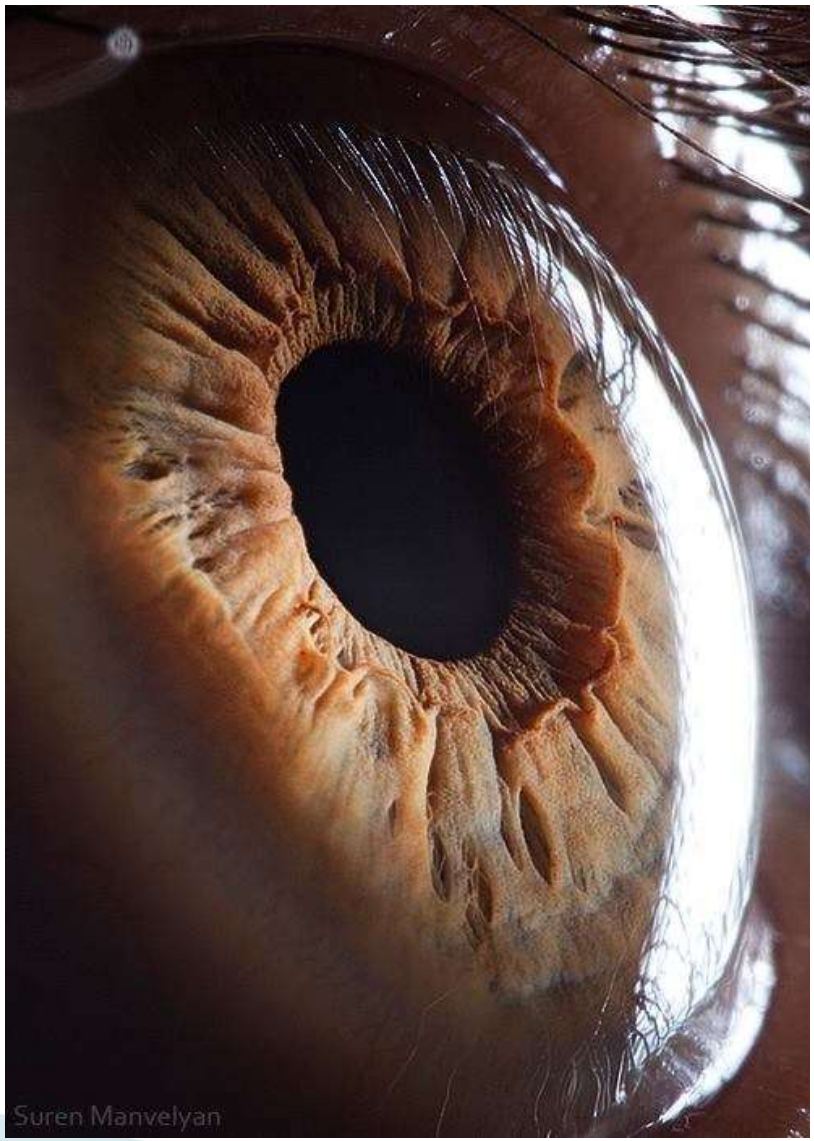


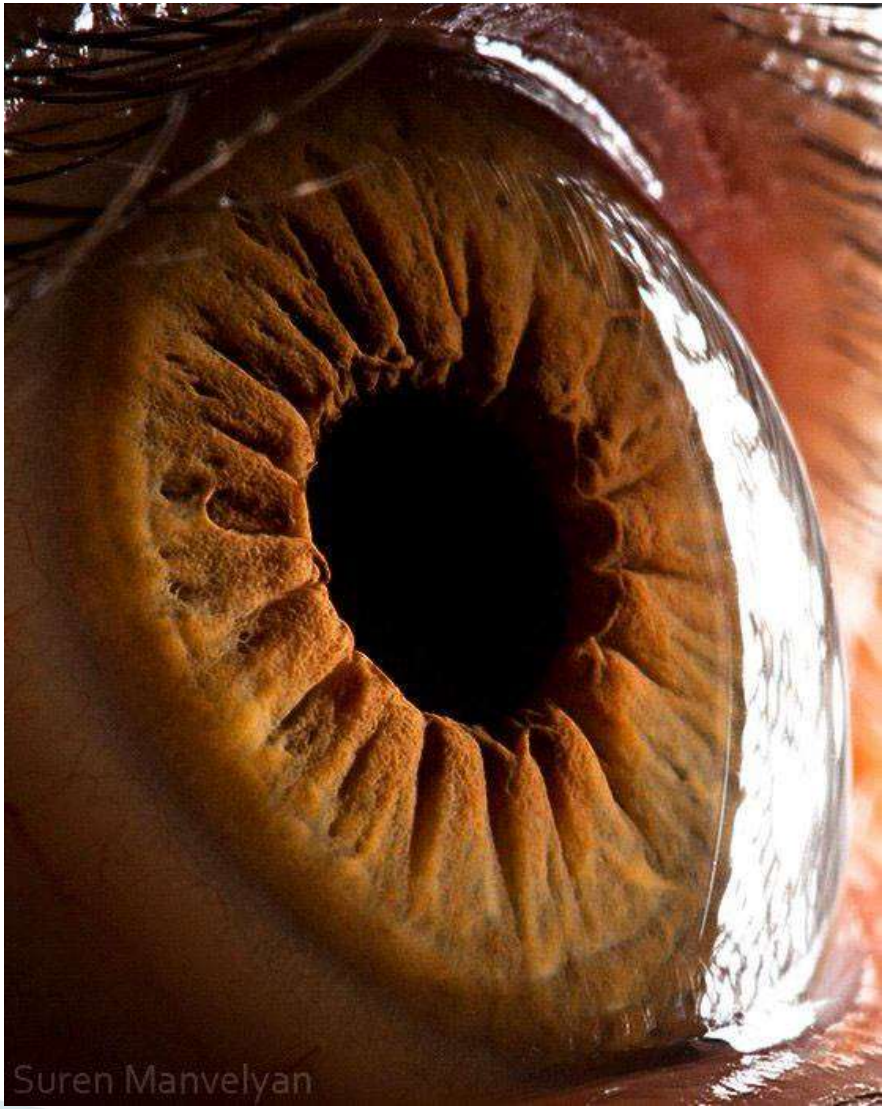
Mixed-Biliary Iris Constitution

Mixed Iris: Mixed-Biliary Iris Constitution



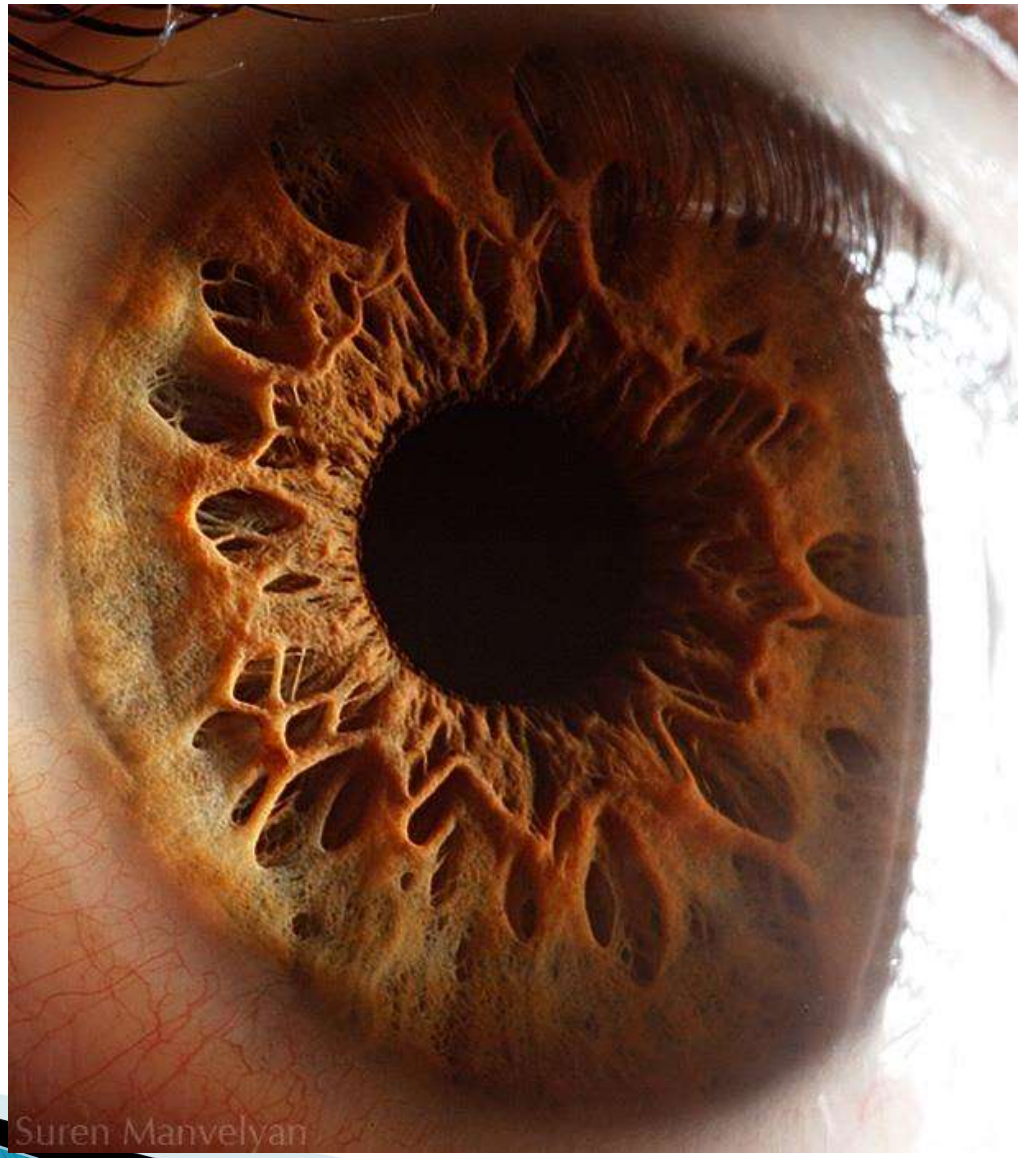
Mixed-Biliary Iris Constitution

Mixed Iris: Mixed-Biliary Iris Constitution



Mixed-Biliary Iris Constitution

Mixed Iris: Mixed-Biliary Iris Constitution



Hematogenic Iris Constitution

Brown Iris: Hematogenic Iris Constitution

- 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

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.

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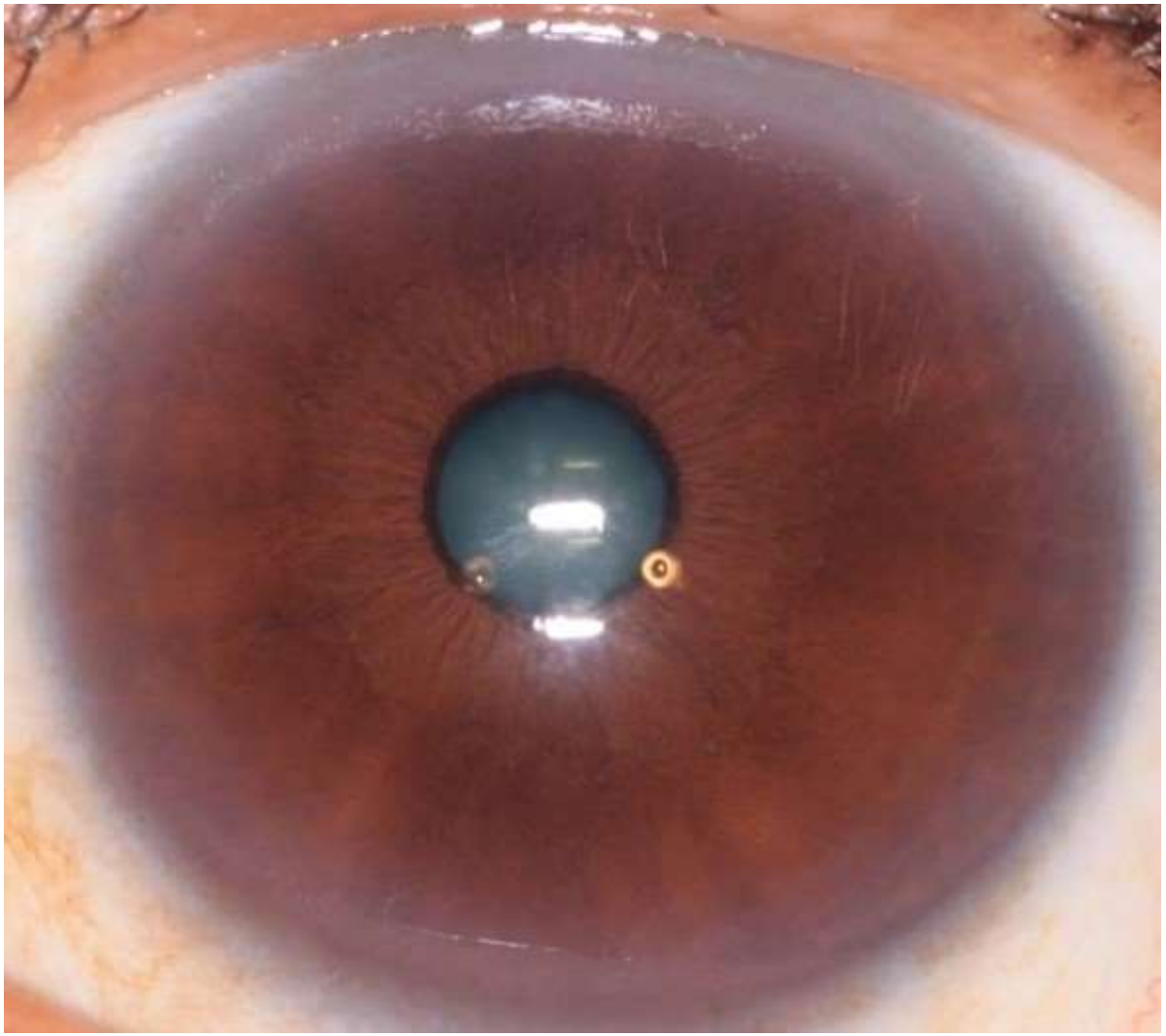
Hematogenic Iris Constitution



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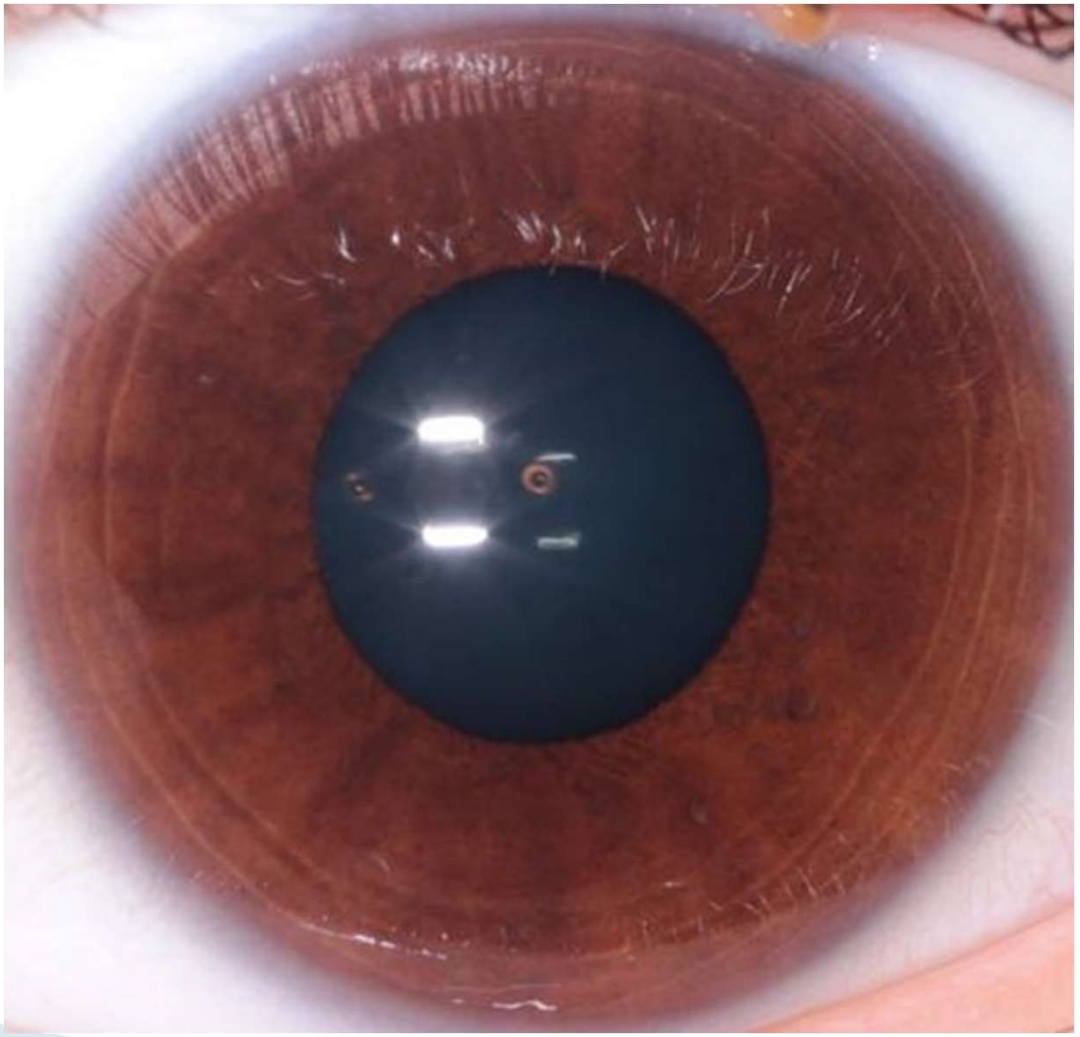
Hematogenic Iris Constitution

Brown Iris: Hematogenic Iris Constitution



Hematogenic Iris Constitution

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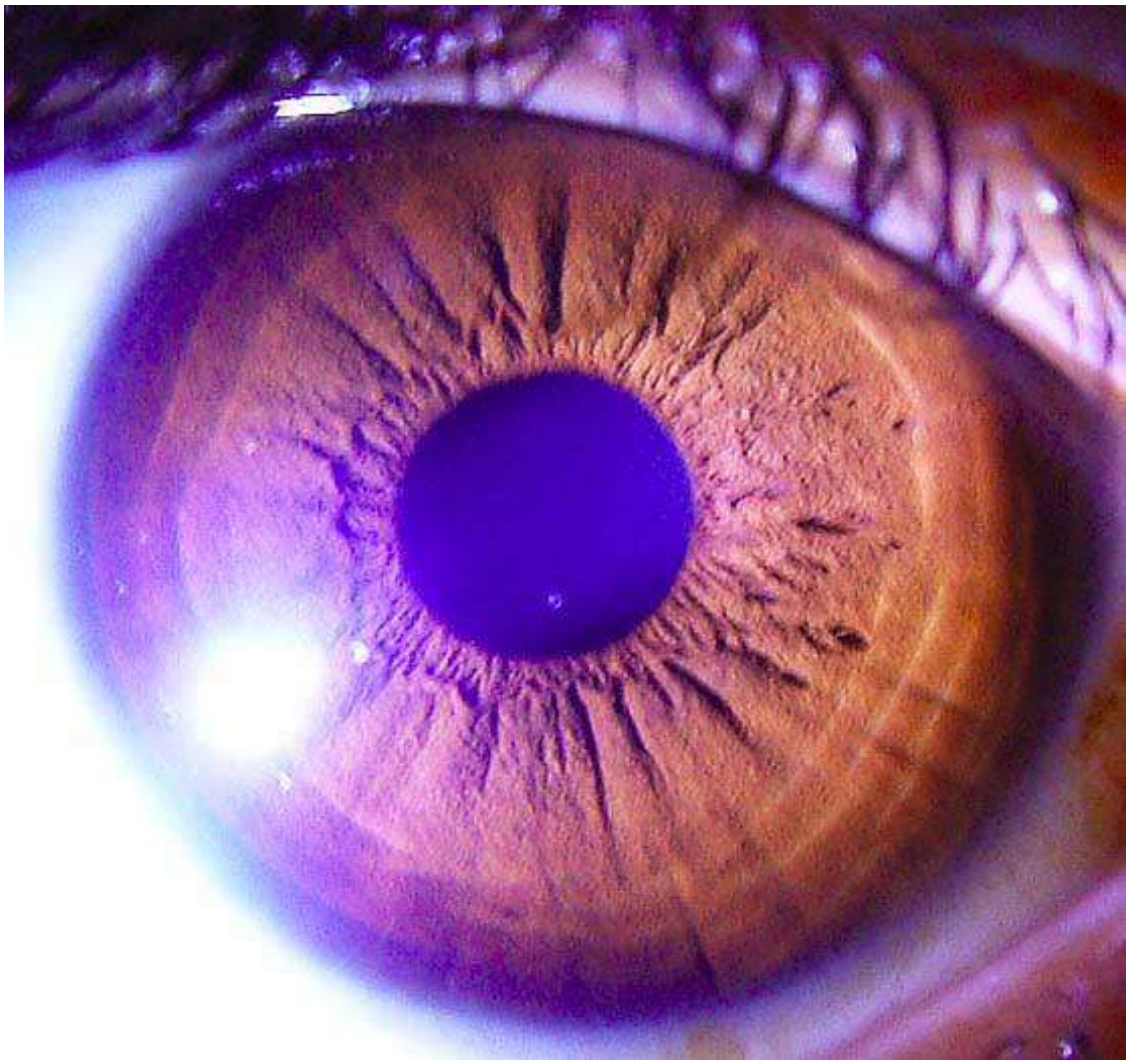

Hematogenic Iris Constitution

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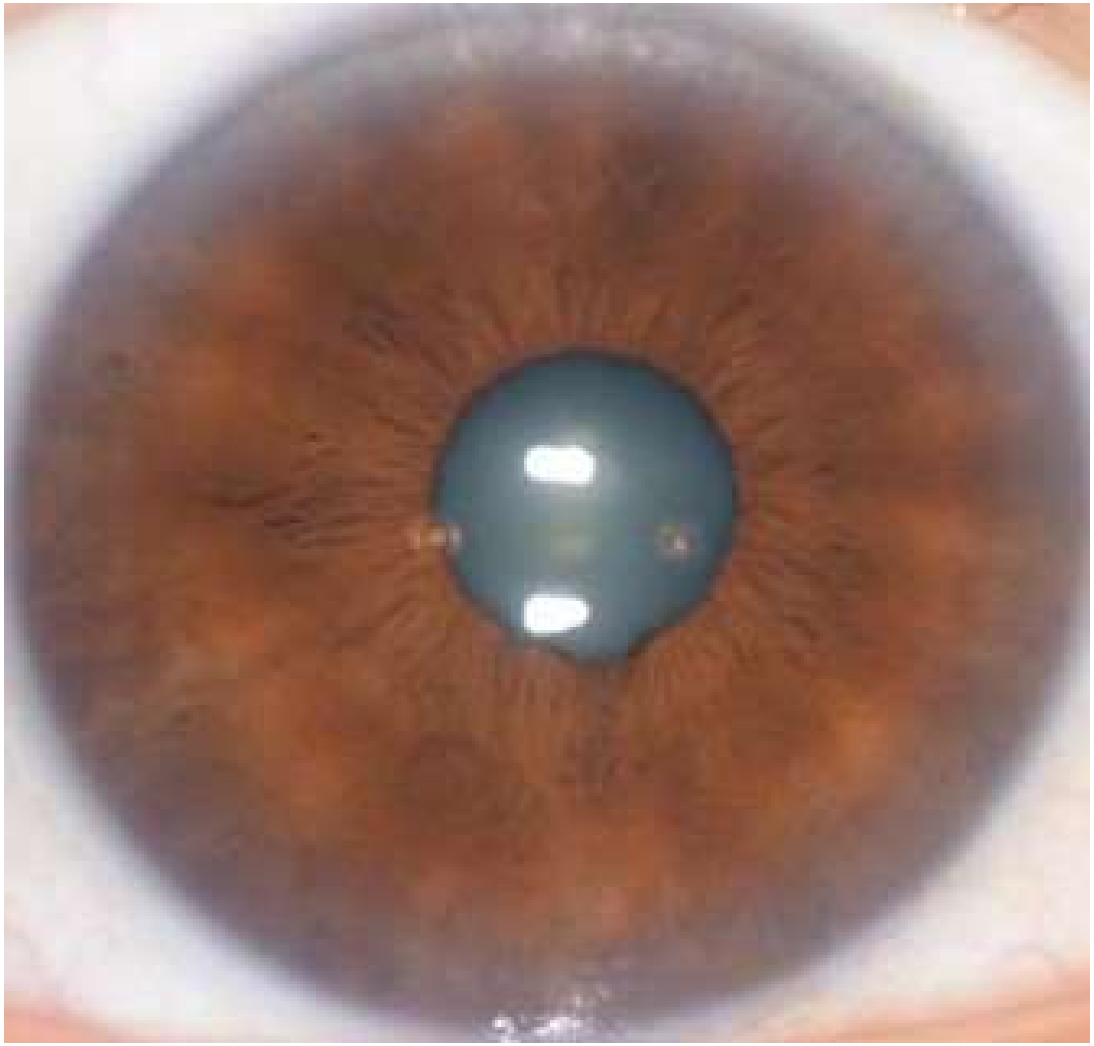

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Hematogenic Iris Constitution

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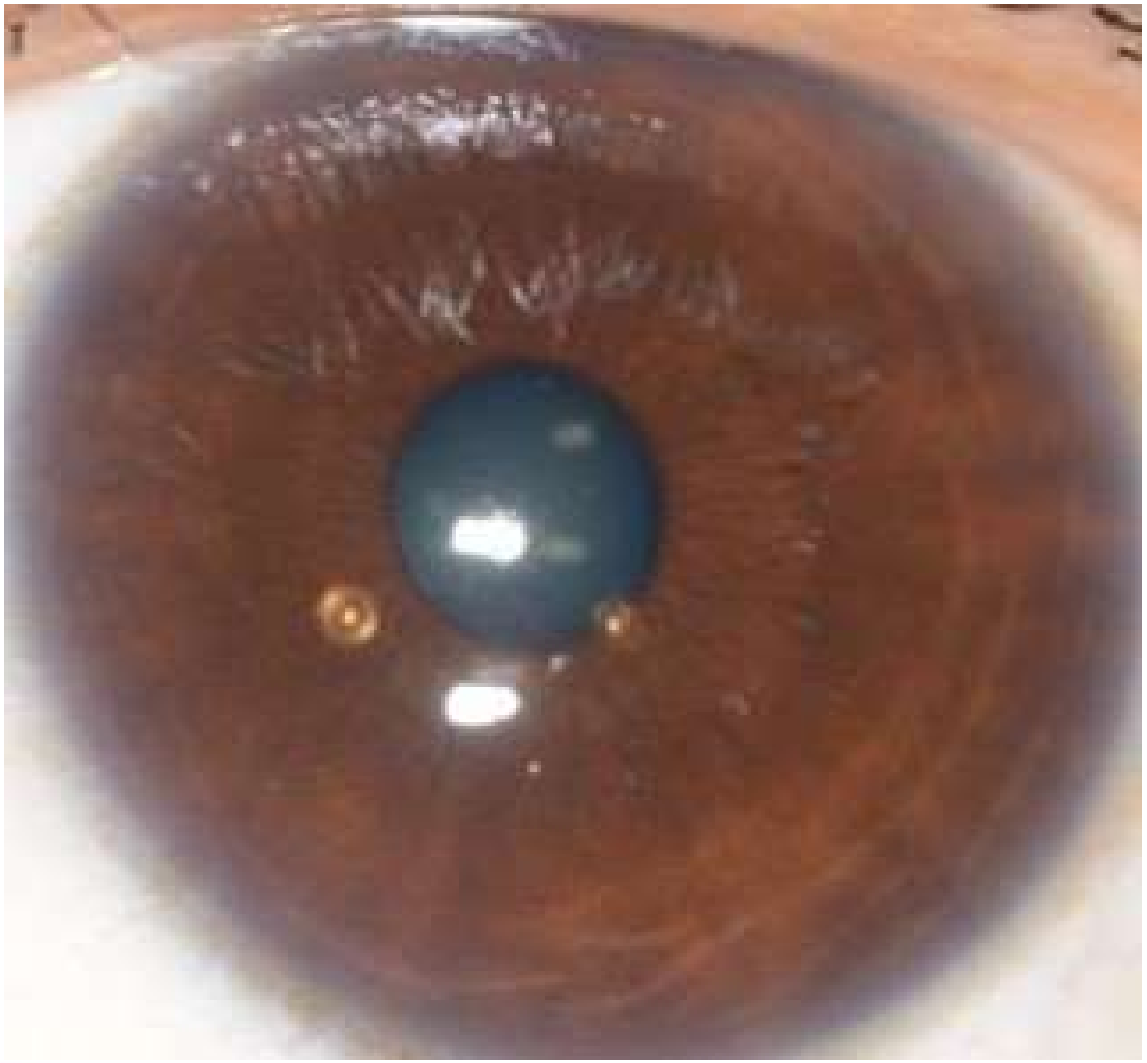

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Hematogenic Iris Constitution

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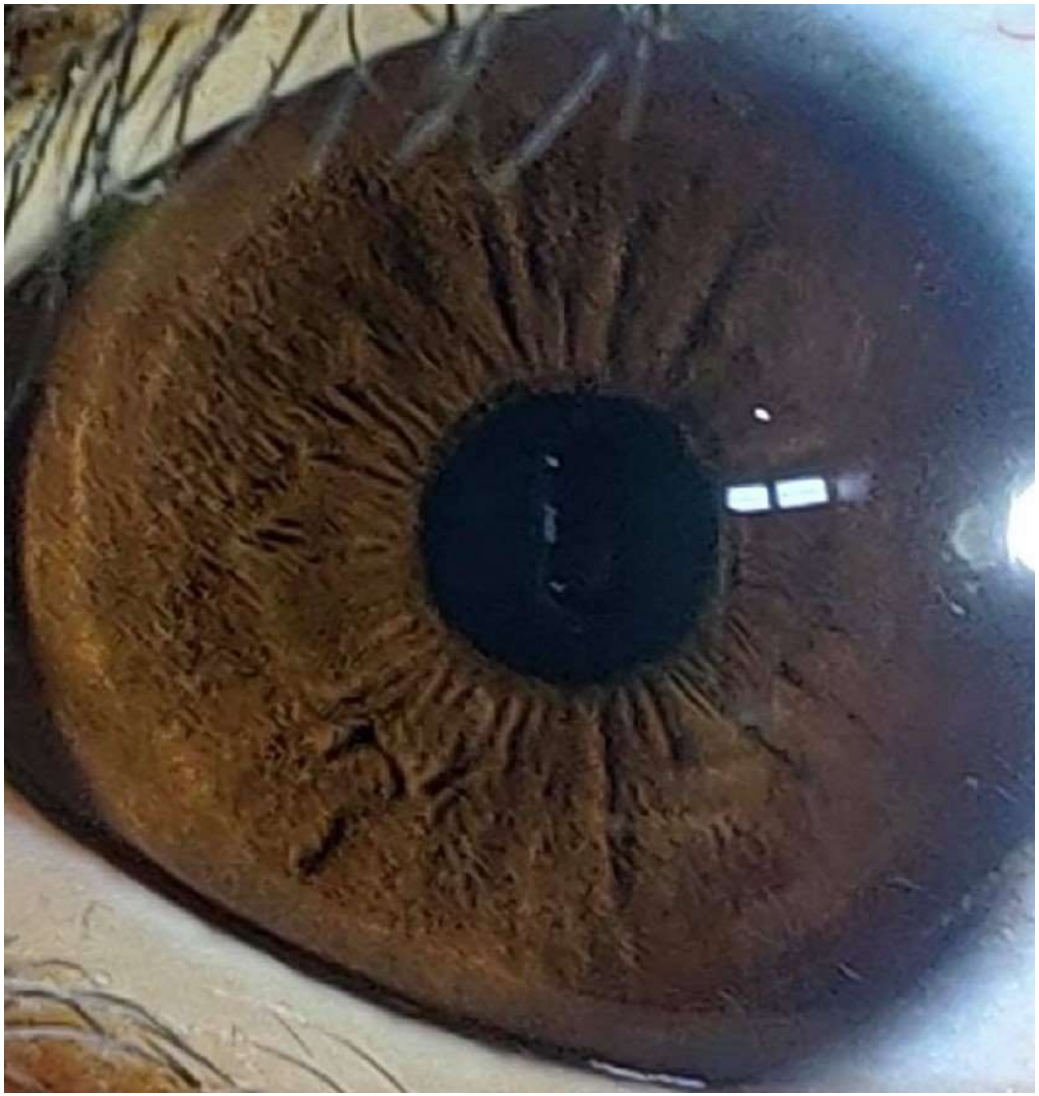

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Hematogenic Iris Constitution

Brown Iris: Hematogenic Iris Constitution

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Brown Iris: Hematogenic Iris Constitution

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Hematogenic Iris Constitution

Brown Iris: Hematogenic Iris Constitution

A coloboma (from the Greek koloboma, meaning defect) is a **hole** in one of the structures of the **eye**, such as the **iris**, **retina**, choroid, or optic disc.

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Hematogenic Iris Constitution

Brown Iris: Hematogenic Iris Constitution

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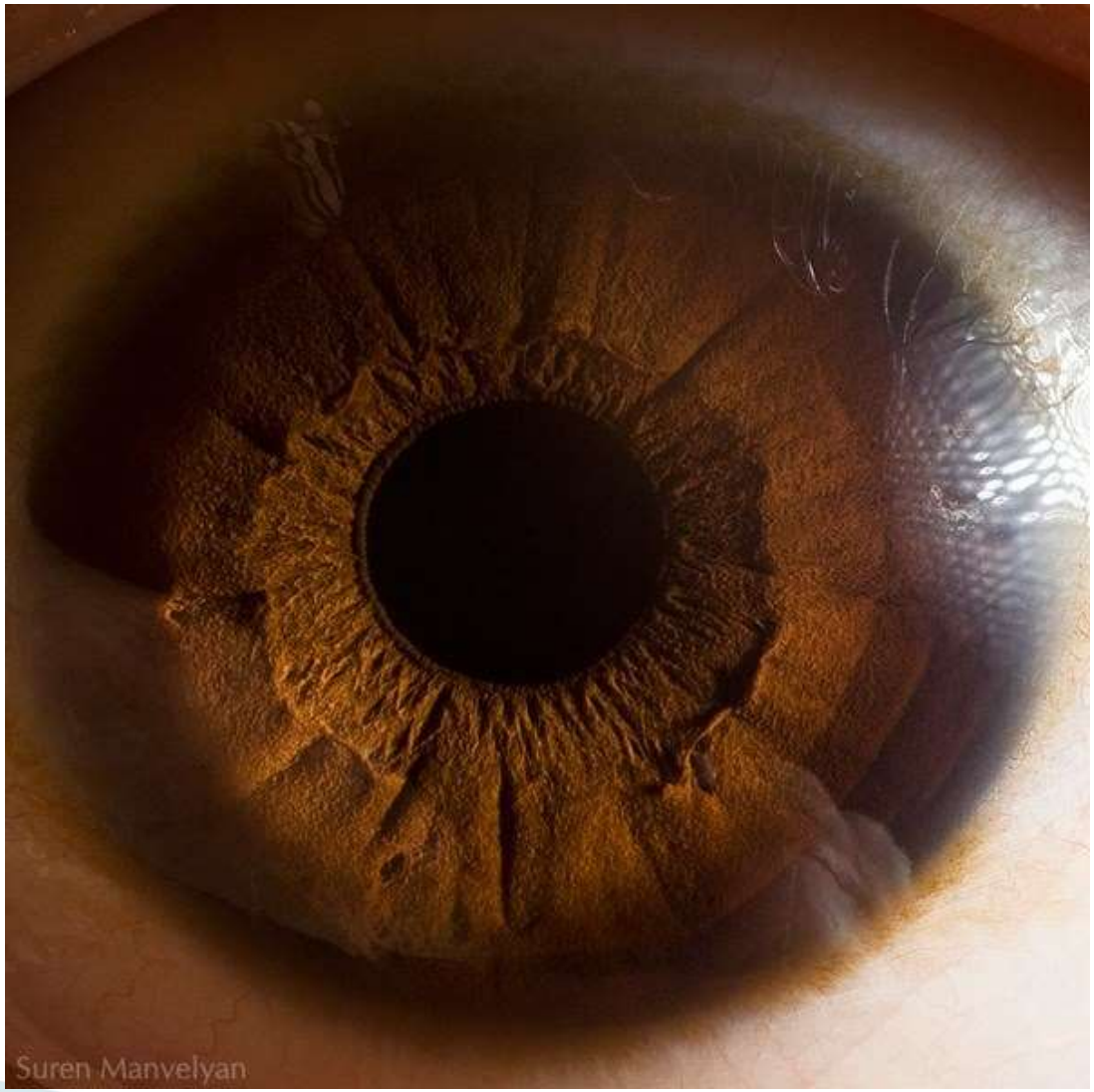

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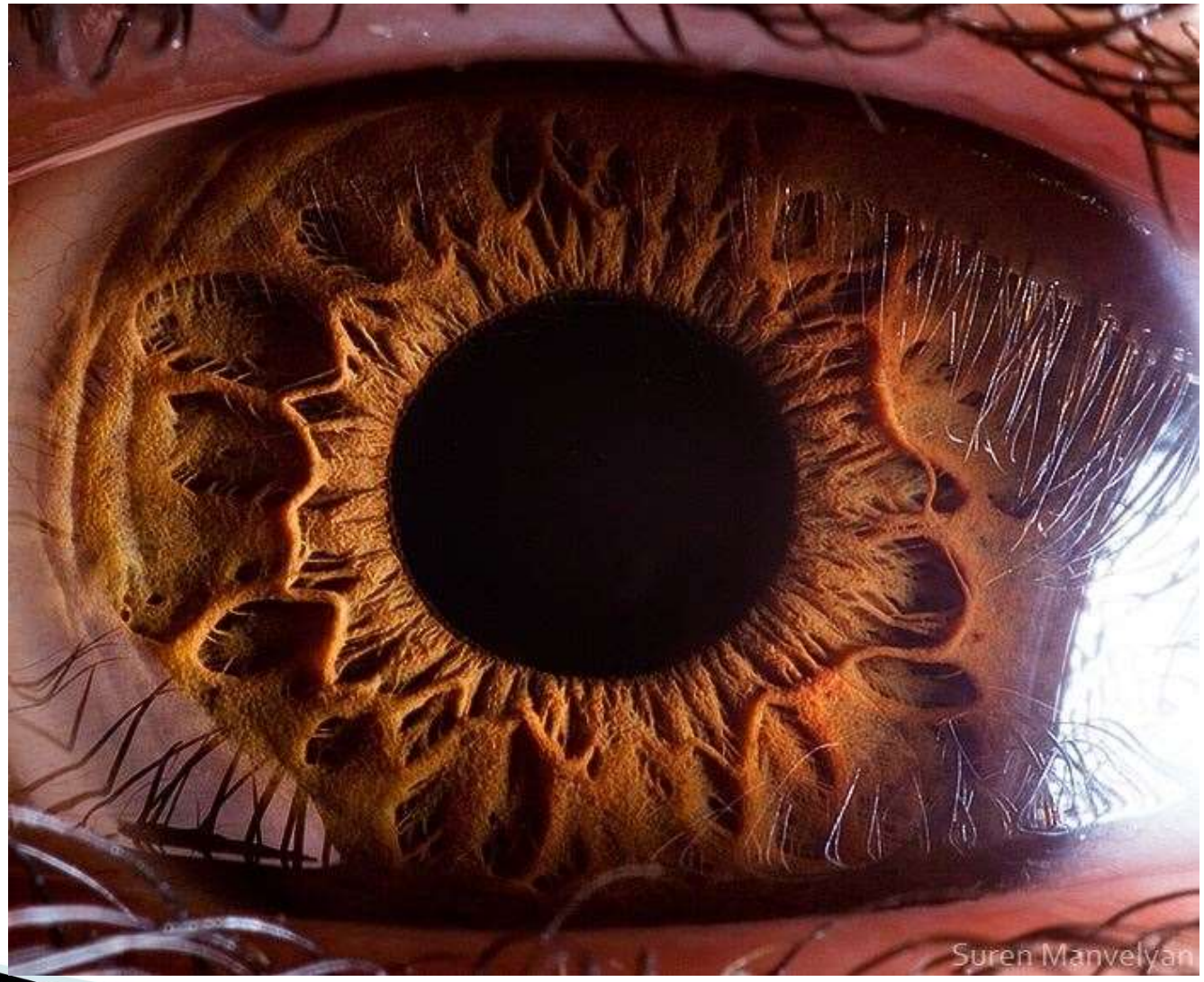

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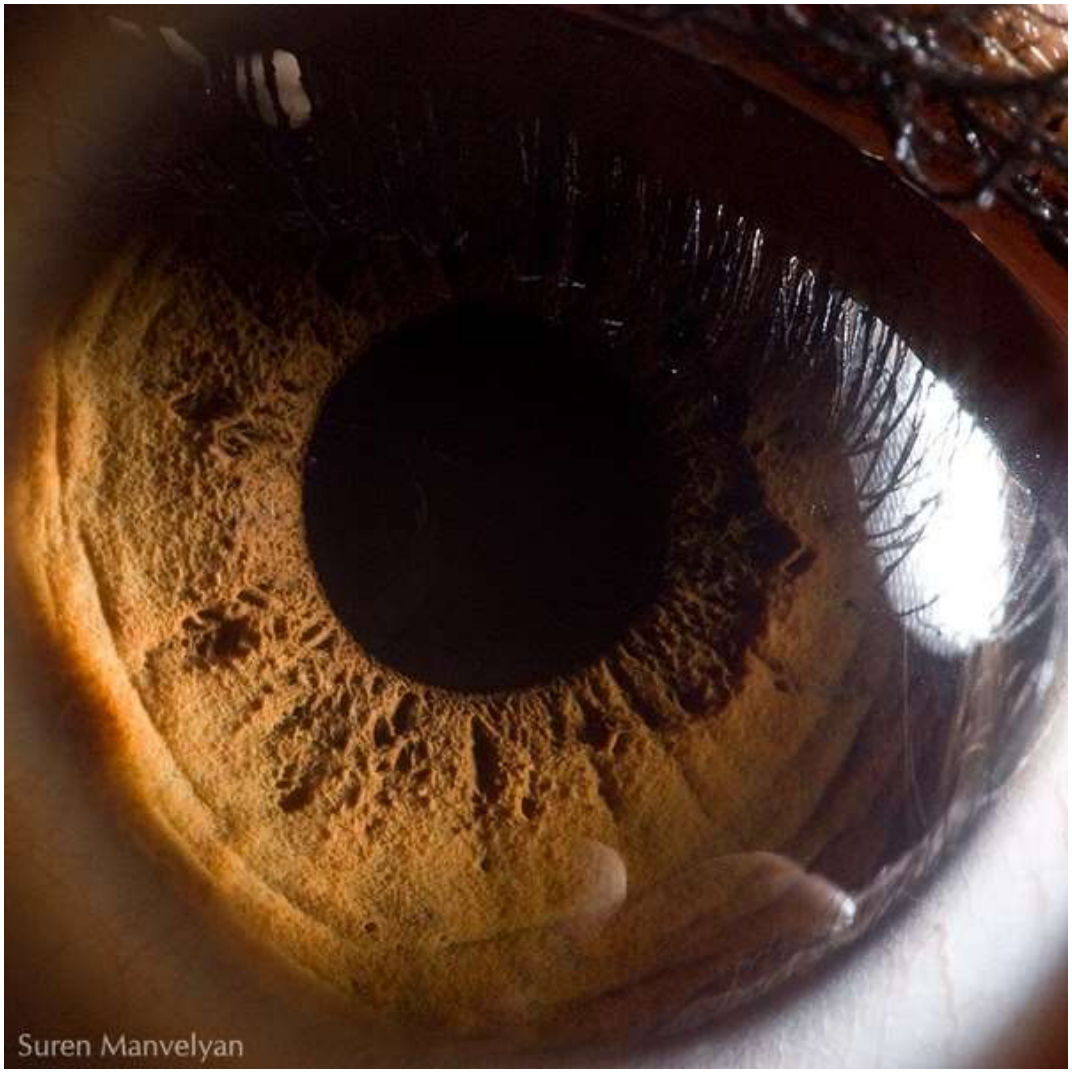

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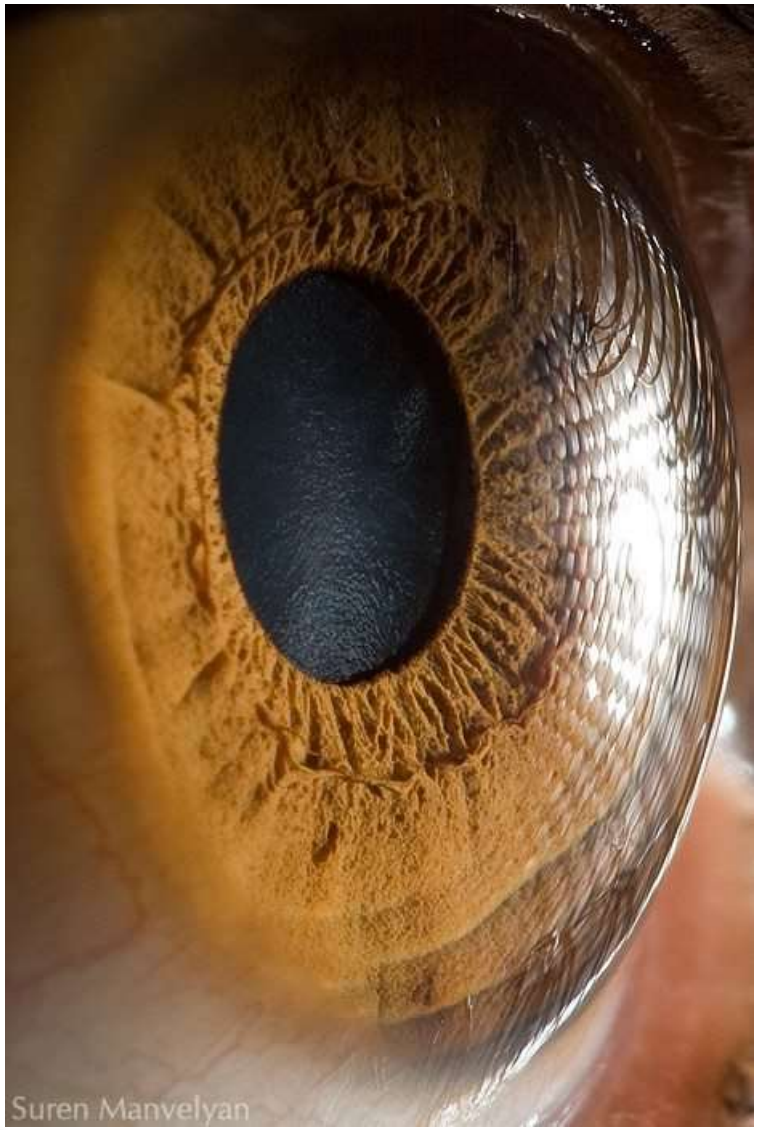
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