

IIPA Level 3 Notes

Integrated Iridology – 5 Constitutional Diathesis

by Toni Miller

Three color constitutions-

- Lymphatic – Blue, green, gray
- Mixed – Blended (when in doubt)
- Hematogenic – Caramel to black/Brown

Diathesis:

- Everyone has a color group. Not everyone has a diathesis. Some people have more than one diathesis.
- They are structurally inherited or acquired and show a pattern, density, and shading of fibers.
- They can be activated or remain dormant.
- Indicates a tendency to disease reaction in a specific organ system.
- Indicates a pathway to disease.
- Diathesis indicates the primary nurture point. (PNP)
- Location, color, and number: Less is more.
- Can become activated or remain dominant.

Diathesis=additional color or pigments that form on the anterior surface.

Constitution Equation= basic color + structure + diathesis

Hyper Acidic- skeletal and renal systems (PNP)

- Icy blue fibers look merged due to heavy white plaque – looks very very white.
- Fibers in the humoral zone are white, as are fibers in the ciliary body.
- White humoral zone.
- The degree of loading (white thickness) determines rheumatic disposition and collagen diseases.
- Scurf rim may be seen.
- Extreme lightening of fibers.
- Known as overacid subtype by IIPA.

- Blue-eyed people are twice as likely of kidney stones as brown-eyed people.
- The white color indicates inflammation. Pay attention to the kidneys and heart area. When noticing any markings in the heart, look at the blood pressure areas.
- Relationship between kidneys and heart is regulation of blood pressure.
- This type may produce heavy amounts of lactic acid after exercise.
- Dehydration makes it worse. Need a lot of clear fluids.
- Children and adults have this disposition
- Dysbiosis is common.
- There is a high probability of developing joint disease.
- Faulty protein metabolism leads to uric acid formation
- Low HCL and unhealthy intestinal flora.
- Soda increases acidity as it's a very acidic fluid.
- **Gray pupillary border** = parietal cells are not functioning properly and producing HCL.
- Low HCL and unhealthy intestinal flora.
- Cannot break down protein. Don't give high animal proteins.

- The febrile type may have had high fevers as a child. This can lead to dehydration which can stress the kidneys.
- Infantile fevers that may or may not have caused convulsions.
- Common complaints: gout, fibromyalgia, and dysbiosis
- They may have issues with protein metabolism, allergies which are common. Notice a scurf rim with this type, and they complain of cold extremities if they have a scurf rim.
- Eczema, dandruff, psoriasis, adrenals, kidneys and heart, check blood pressure.
- Yellow pigments have to do with historic renal/kidney issues with altered fluid balance.
- This is an acquired diathesis.
- Children should be guided to avoid activation.
- Will have a scurf rim.
- Allergies and respiratory disorders.
- Low HCL and unbalanced intestinal flora.
- Can develop kidney stones (blue eyed 2x more likely) as those with brown eyes.
- Gout is high risk.
- Fibrositis, bursitis, tendonitis, carpal tunnel, tennis elbow, myofascial pain, plantar fasciitis, etc.
- Adrenal insufficiencies
- If you see heart signs check the blood pressure.
- Start your consult with this question: Is there a history of infantile fevers? Fevers when teething?
- Rheumatic tendencies, soft tissue issues.
- Use lymphatic diet plus plenty of pure fluid
- Follow same program as Hyper Acidic, exclude soda
- Digestive enzymes with HCL
- Black cherry juice for gout
- Proteolytic enzymes between meals help with rheumatic pain.

- Faulty protein metabolism.
- Sweaty and clammy.

Notes:

Febrile dietary considerations:

Hydrogenic- Lymph and renal system

- It may be seen in lymphatic or mixed irises.
- It can be seen in infancy within 3 months. You are either born with it or not.
- Tophi will not accumulate over time.
- 25% of the population have tophi.
- Toxic loading of the lymph.
- They do not want confrontations.
- They can be moody and impatient.
- They may complain about fluid retention.
- This type does not like drafts, and they may perspire easily. Cold, damp conditions make this type worse. The body type of the hydrogenic person may be more android or stocky built.
- Multiple tophi near the collarette and ciliary border.
- Usually lymphatic but may be mixed.
- Toxic loading of lymph.
- Can have allergies and colds.
- Prone to rheumatism later in life.
- Hate confrontations, singing is best.
- Skin brushing.
- Set clear boundaries. Learn to say no.
- Sweats very easily and children's heads get hot.
- Regulation of fluid systems. Both water and lymphatic can become erratic.
- Stocky build or android shape with large abdomen.
- Faulty of digestion of proteins.
- Up and down weight, tissue wobbles, weight is fluid.
- Wake up with puffy face and swollen eyelids,
- High blood pressure.
- Problems with veins and urinary channels as aging.
- Prone to rheumatism as adults due to problems with faulty protein metabolism.

- Suffer with asthma and bronchitis.
- Known as Hydrogenoid Subtype with IIPA.
- Mixed iris can have more cardio issues.
- Pointed fingertips = cardio risk.
- Depression
- Potassium deficiency causing water and sodium retention.
- Dysbiosis is common.
- 8 glasses of water/day, 50% juice/water.
- Mixed: avoid foods hard on the liver, EFA's, diluted cranberry or blueberry juice.

Notes:

Hydrogenic dietary considerations:

Kidney Lymphatic- renal system, look for allergy netting in the sclera (from Joseph Angerer)

- This diathesis also appears to have greenish or yellowish hues. There will be structural signs in the kidneys. This is what makes it different from the febrile: the structural markings.
- Blue iris with straw yellow pigment.
- Yellow structural sign in the kidney RF.
- Appears green to the naked eye.
- Yellow collarette and humoral zone.
- Structural marks in kidneys
- Tophi common may be yellow.
- Looks like Uric Acid Subtype from IIPA.
- Children with this type may be restless sleepers, and cow's milk is not good for this due to digestion.
- Sleeping on the sunny side of the house is best for this type.
- Kidney bags are usually seen in adults. The more solid the bags, the more the liver function is affected.
- Straw yellow = Urosein
- Ask: Do people in the family have kidney issues?
- Look at parent's eyes.
- Drinking cow's milk has been linked to infantile diabetes along with the 4 A's: allergies, asthma, arthritis, Alzheimer's.

Kidney Bags

- As adult need to focus on kidneys.
- Look at parent's eyes. If KL then child will move towards it.
- Thick and shiny – also means the liver is malfunctioning. Encourage proper liver health as it plays a part in urine formation.
- Constipation should be avoided = dehydration.
- These people lack the 1st response and don't get thirsty. They tend to get dehydrated and have poor urine output

which increases uric acid which can lead to arthritis, kidney stones and other inflammatory issues.

- Reduced kidney function can affect the heart and vascular disease.
- Increased disposition to develop rheumatoid arthritis.
- Hypersensitive skin, itching, eczema, and asthma.
- Ear, nose and throat problems including hay fever and asthma are common.
- If skin is dry it indicates dehydration and low EFAs.
- Don't live where it's damp or with mold.
- Rarefaction in the kidney zone
- Stone path: Familial kidney failure and stones.
- Underlying element of fear.
- Faulty metabolism of proteins and foreign toxins puts a permanent stress on the kidneys.
- Poor intake of fluids or too much of the wrong type.
- Keep urine clear and drink consciously because they lack a strong 1st response and tend not to get thirsty.
- Dehydration is the enemy for this type which increases uric acid retention which can lead to arthritis and joint issues, edema, bladder infections, kidney stones, and nephritis.
- If you're dry on the outside, you're dry on the inside.
- Sclera usually has an allergy net.
- These people can't live where there's mold.
- Rarefaction in the kidney zone suggests that dehydration is habitual.
- Lacuna and/or rarefaction in the kidney zone with small crypts inside can suggest a stone path.
- Blueberry/cranberry juice needs to be diluted 50%.

Lessons: Don't sweat the small stuff. The solution to pollution is dilution.

Notes:

Pancreatic- pancreas

- Orange central heterochromia
- Lymphatic but may be mixed Biliary.
- Pancreas loading in proportion to the amount of orange pigment.

Need to feel:

- Loved
- Appreciated
- Nurtured
- Acknowledged
- Rewarded

Best breakfast is egg on toast with avocado. Worst thing for these people is to skip breakfast.

Potentiating factors:

- **Pancreas lacunae, bridged collarette, or oblique pupil flattening.**
- The person with this type may have a “sweet tooth.”
- Tremors and headaches are common if this type doesn't eat on time.
- They tend to gain weight in the midriff section and affects BMI.

- Make sure they eat breakfast.
- Grazing throughout the day is best.
- Cinnamon is amazing at balancing blood sugar.
- A 37” waist is best for men.

- Bloating and belching after eating starchy foods.
- Dysglycemia – Up and down blood sugar.
- Fasting will induce headaches.
- Abdominal pain is due to enzyme deficiency.
- Pancreas is endocrine and exocrine – enzymes and insulin.
- 2% is production of insulin, 98% is enzyme producing.
- Muffin top is from overconsumption of high carbs.
- Comfort eating.
- Cancer affects 50% of the population and relies on glucose to proliferate.
- Jealousy, peer rejection, grief, being overlooked can trigger the onset of diabetes.

Lesson: I am unconditionally loved and I am an important member of my family.

Notes:
