



Welcome everyone!



Iridology Terms

Former:

Absorption Ring
Autonomic Nerve Wreath
Bowel Pockets
Cholesterol Ring/Sodium Ring
Lesion (s)
Lymphatic Rosary
Murky Eye/Dishwater Eye
Nerve/Stress Rings
Psora (e) or Drug Spots
Radii Solaris/Parasite Lines
Rheumatic Eye
Scurf Rim
Strong Constitution
Toxicity
Venous Congestion
Weak Constitution

Current:

Pupillary Border/Pupillary Ruff
Collarette
Collarette Crypts
Lipemic Diathesis/Corneal Arcus
Lacuna (e)
Tophi, Flocculations or Hydrogenoid
Mixed or Biliary Eye
Contraction Furrows
Genetic Pigments
Radial Furrows
Febrile Subtype/Overacid Eye
Scurf Rim/Subtype by Color
Neurogenic Subtype
Genetic Pigments
Circulatory Ring
Connective Tissue Subtype

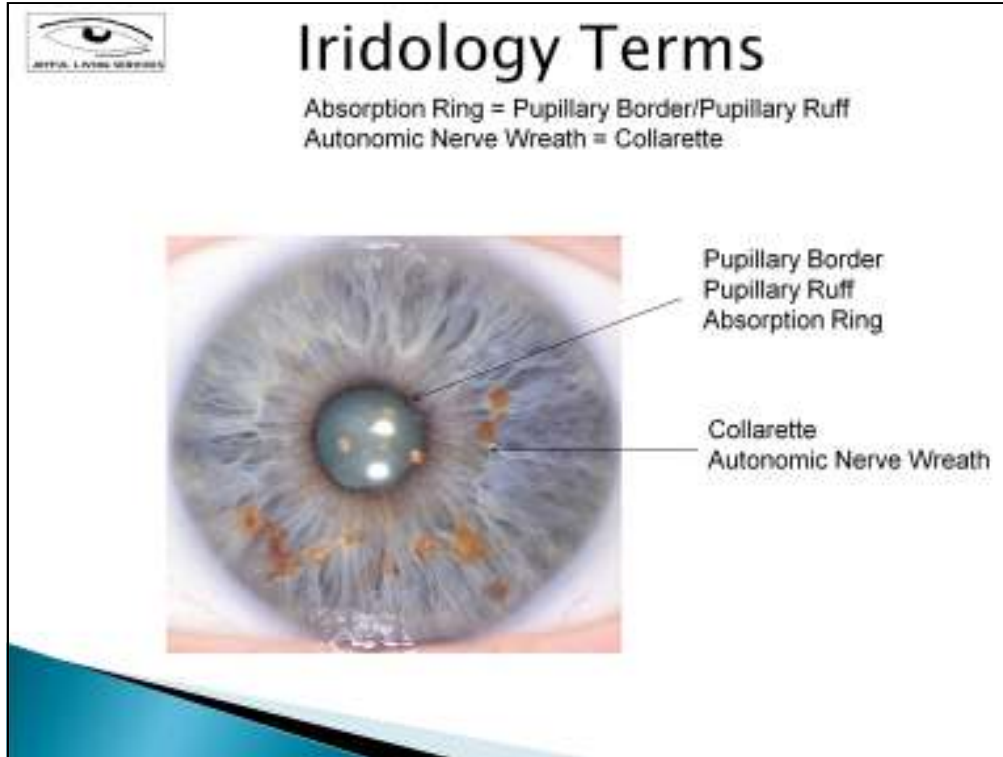
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These terms have been used for 30+ years.



1. **Pupillary Ruff**: Reddish orange to brown circle around the pupil is a dark ring of nerve tissue that surrounds the pupil and is directly connected to the brain and spinal cord via the optic nerve. Border is filled with light-sensitive receptor cells that send signals to the brain to tell the pupil to contract in bright light via the sphincter muscle, and to expand in dim light via the dilator muscle. Appearance indicates condition of the Central Nervous System. We see pupil flattenings here.
2. **Collarette**: Surrounds Zone 2 and digestive system. Also called the autonomic nerve wreath, small arterial circle, or iris frill. Composed of arteries and nerves from both the sympathetic and the parasympathetic nervous systems. Shape, location, and appearance indicate the functioning of the autonomic nervous system and intestinal activity.

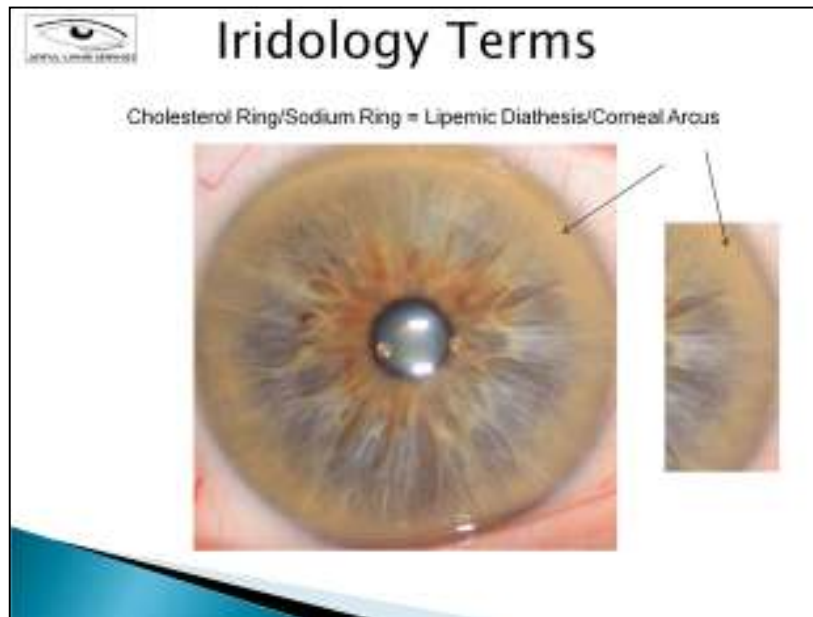


Iridology Terms

Bowel Pockets = Colarette Crypts



- Very small lacuna, often rhomboid in shape (a quadrilateral of which only the opposite sides and angles are equal) and are deep and very dark inside. The darker the crypt, the more serious the potential condition, especially in vital organ reaction fields such as the heart.



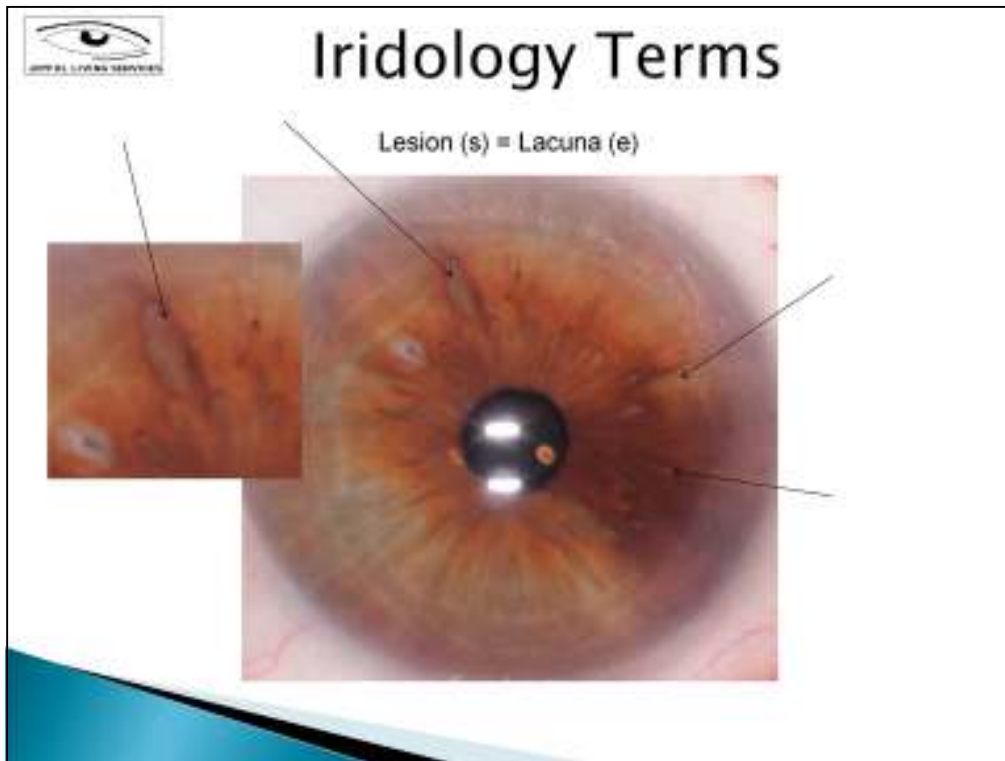
Diathesis = in the state of having a hereditary predisposition to a disease.

Lipemic = to be in a state of having lipemia or the presence of fats or lipids in the blood, specifically hypercholesterolemia, or high cholesterol

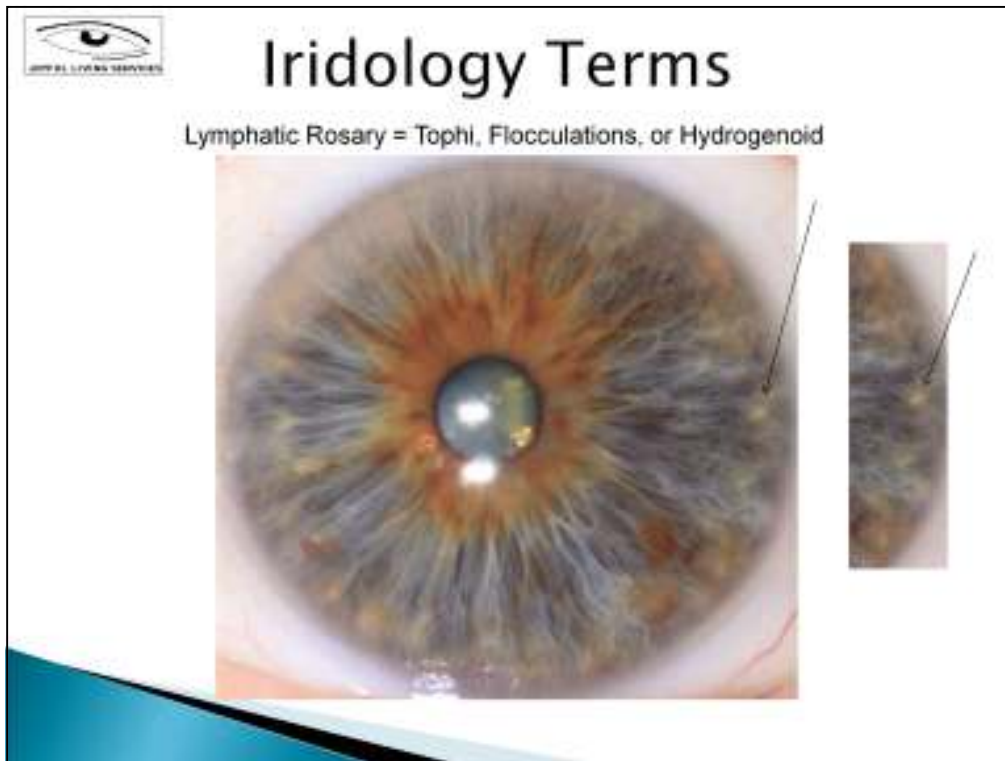
- A white or chalk-colored fatty material that can cover the fourth, fifth, sixth and seventh zones.
- This is a corneal sign and not an iris sign. It is composed of lipids or fats in the cornea.
- Ophthalmologists call this sign corneal arcus, corneal opacity, or arcus lipoidus.
- When it occurs in the superior and inferior regions of the iris, it indicates a tendency for poor circulation to the head and feet. When it occurs in the medial or nasal regions, it may indicate a tendency for poor circulation to the lungs, chest, and heart. When the ring goes all the way around the iris, it is called an annulus.
- This ring appears permanent as it has never been recorded as disappearing.

Potential Tendencies:

- High cholesterol or fats in the blood
- A frontal arcus may suggest cerebrovascular insufficiency, a medial arcus may suggest coronary or pulmonary blockages, and a ventral arcus may reflect insufficiencies of hip, thigh, and leg arteries.
- Tendency for liver dysfunction with disturbed fat and/or glucose metabolism
- Tendency for cardiovascular degeneration
- Cardiovascular risk is more significant when seen in people in the age range of 30 to 40 years.



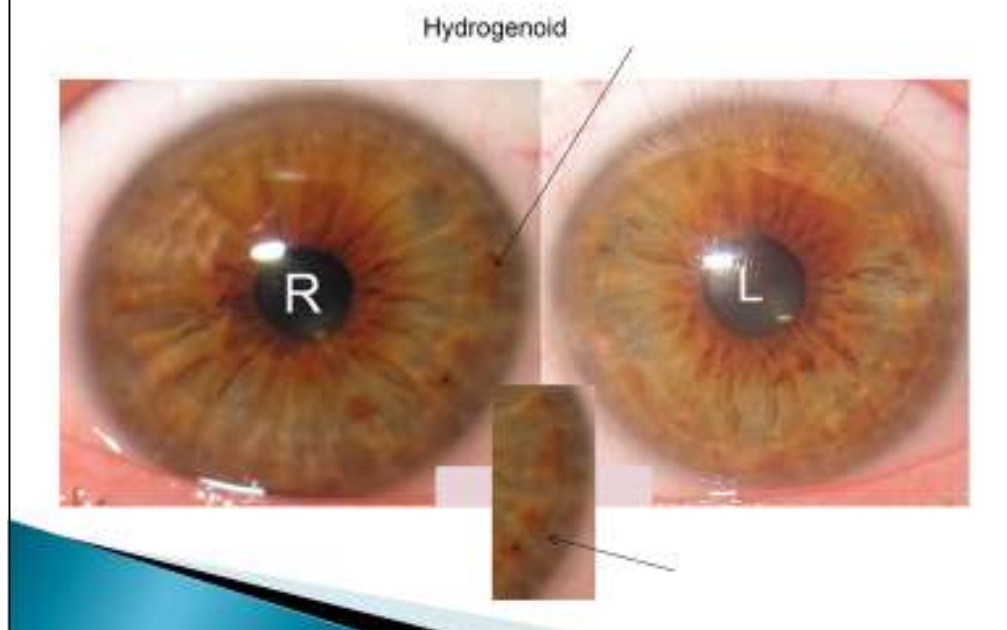
- Actually a hole in the fabric of the iris caused by a greater separation of fibers than the rarification sign.
- A lacuna may be open on one or more sides or completely closed, surrounded by a border of fibrous tissue.
- An open lacuna represents an organ that absorbs nutrients and releases toxins more easily than a closed lacuna.
- A closed lacuna looks like an encapsulation in the iris and represents a genetic deficiency in an organ that may or may not be causing a problem in the moment. When it does cause problems to the person it is a more difficult area to get nutrients into and remove toxins from. It is usually an area that is more difficult to heal than the organs represented by the open lacuna.



- Small white or cream-colored accumulations that look like cotton balls.
- Formations are caused by collagen bundles in the iris, so they are structural signs.
- Usually found in the sixth zone of the iris and may be in a few areas or all the way around the iris.
- One of these spots is called a tophus.
- Collective term for these accumulations is tophi.
- Many tophi are called flocculations or have also been called the lymphatic rosary.
- They look like a string of pearls, thus the name rosary.
- Tophi can also be found in the humoral or third zone of the iris.
- Indicate a potential genetic tendency for lymphatic congestion and stagnation.
- In a blue iris, the yellow rosary indicates a potential chronicity caused by yellowing over time.
- In a brown iris, the rosary may be colored with the brown pigment that is normal for that eye.
- The lymphatic rosary is a genetic sign.
- It is there at birth and does not go away.
- It may become more yellow during a person's life, possibly caused by accumulated toxicity in the lymph system.



Iridology Terms

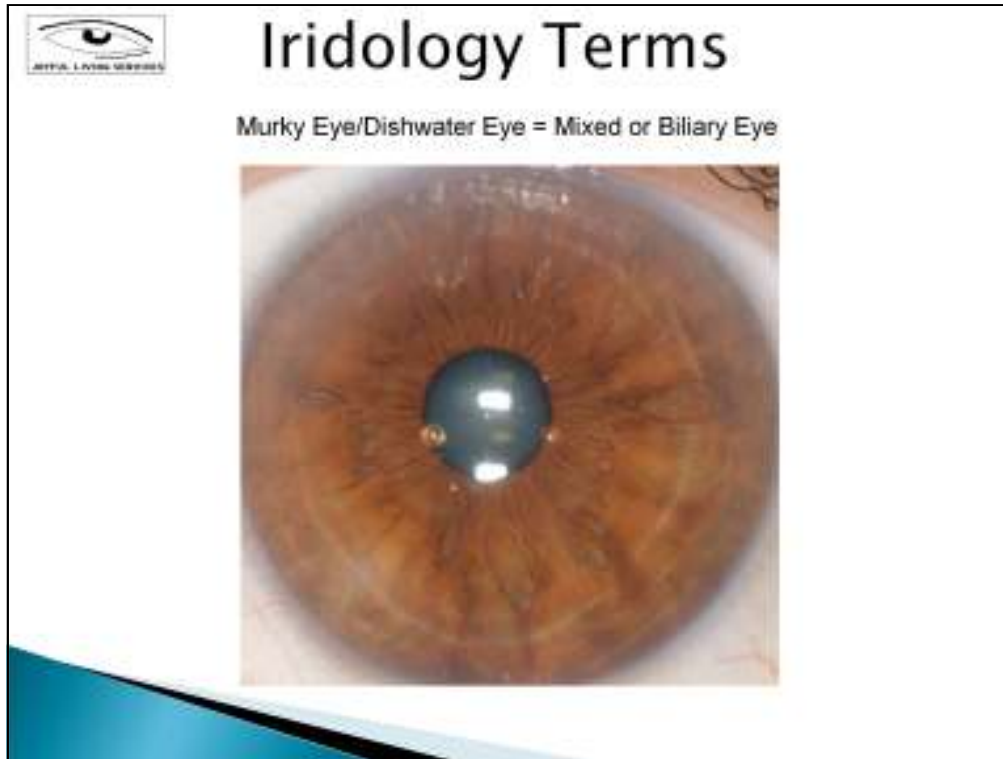


Iris Characteristics:

Brownish colored flocculations called tophi in the periphery of the iris. Dark coloration of tophi in a biliary iris does not necessarily depict chronicity as it might in a blue iris because they are colored by pigmentation.

Potential Tendencies:

- Lymphatic congestion
- Fluid retention
- Allergies
- Arthritis



Light Brown/Mixed Iris

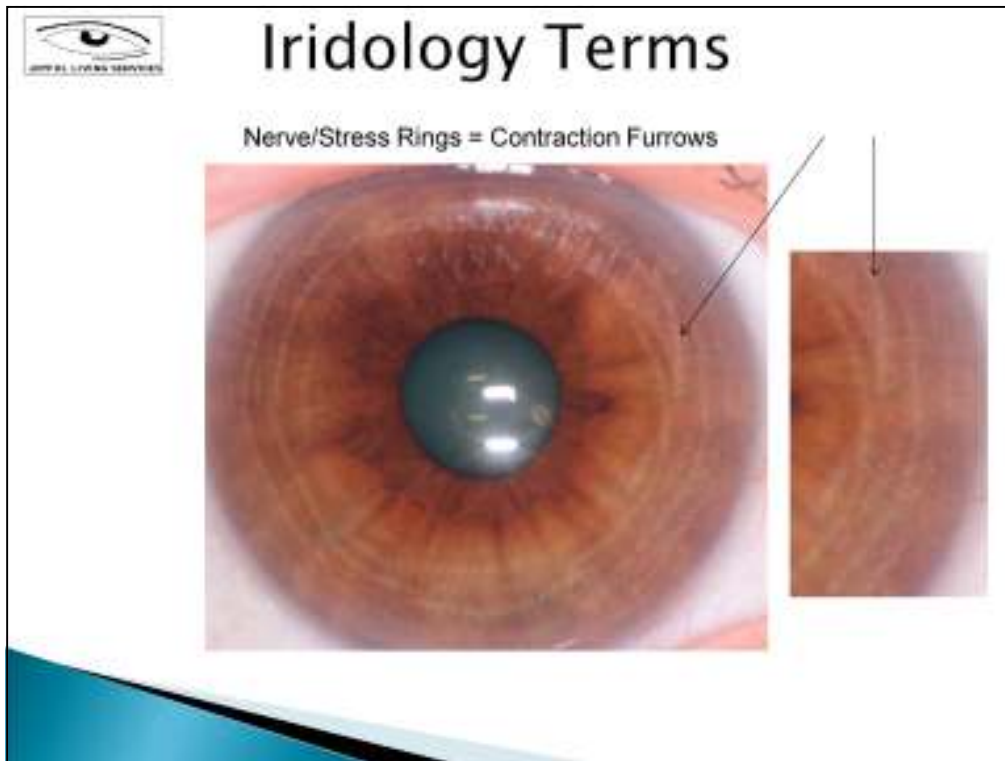
Under magnification a biliary iris will show an overlay of brown pigmentation with fibers from the underlying stroma showing through.

Characteristics

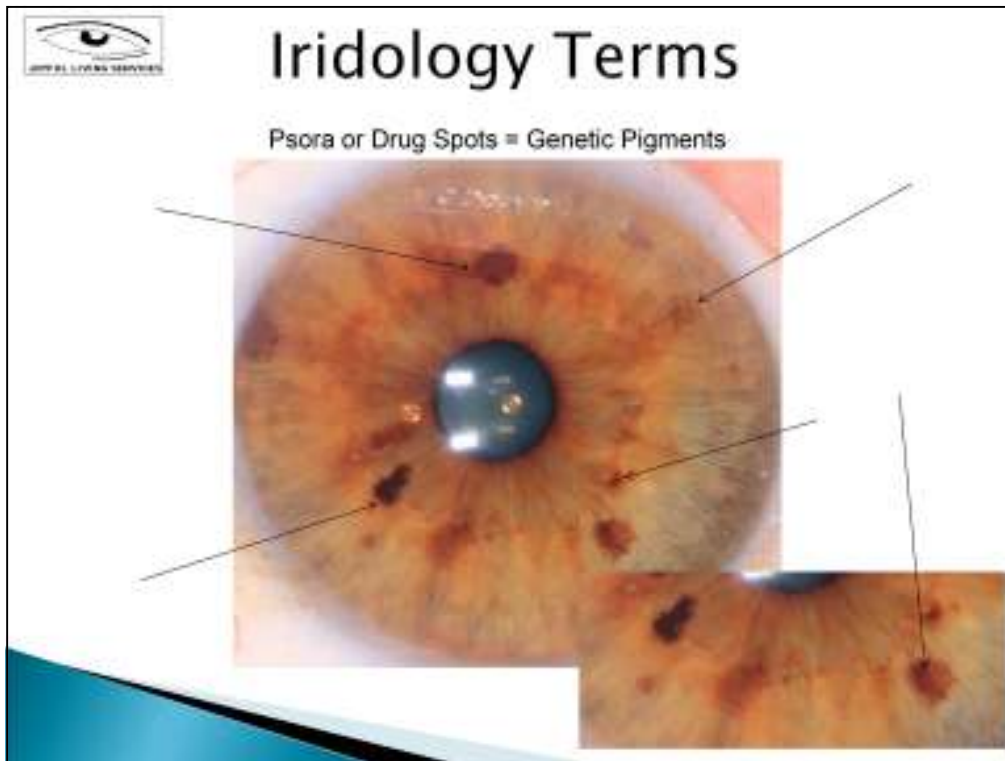
- light brown iris
- brown pigmentation in the anterior border layer
- underlying stroma layer reflecting a lighter or almost whitish appearance

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



- Circular grooves that run in a circular pattern around the iris.
- They are caused by a buckling of the fibers over generations of time and are thought to indicate a genetic tendency for tension and stress.
- A job or a boss that is not to one's satisfaction, a spouse who is difficult to live with or any disharmony or pressures in life can all be causes.
- If your furrows are heavy, perhaps you ought to be giving some thought to an alteration of your lifestyle or taking up some relaxation techniques.
- Some persons simply drive themselves too hard. They need to spend some time pursuing a relaxing hobby, mentally, if not physically, removing themselves from their usual work.
- Vacations are especially necessary and are greatly beneficial in reducing stresses of everyday living.
- Herbs are highly beneficial also and the ones with the most benefit to the nervous system are Catnip, Valerian, Chamomile, Skullcap and Wood Betony.
- All of the B Vitamins are also beneficial.
- Detoxing with TRS will help remove toxins from the nervous system allowing it to function properly to help you deal with daily stress better.
- The deep concentric lines in the iris are due to a magnesium deficiency. The fainter concentric lines are due to a potassium deficiency.



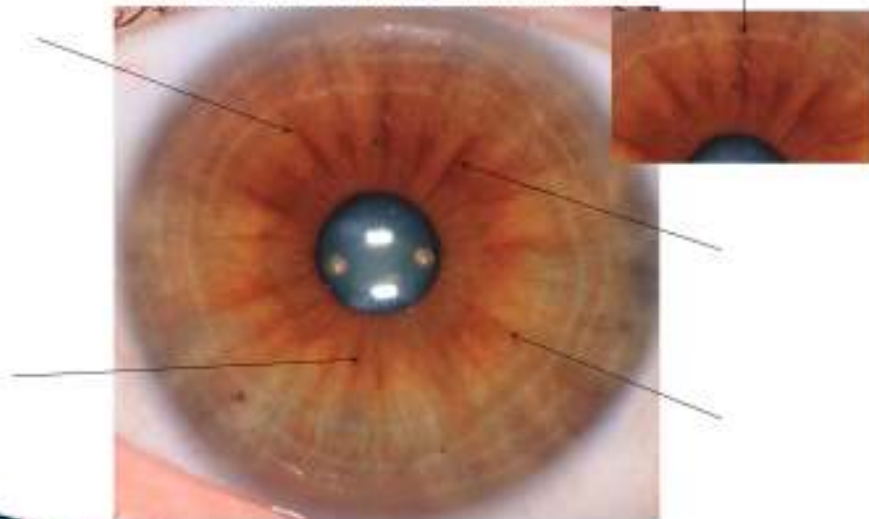
Pigments in the iris:

- Straw Yellow: Disturbed urinary metabolism, often found close to the wreath
- Dirty Yellow: Long term inflammation or low-grade infection. At the top of the wreath, can be suggestive of chronic sinus congestion.
- Orange: Pancreas or liver disorders
- Fluorescent Orange: Gallbladder deficiencies
- Dark Brown Pigments: Hepatic or Pancreatic disturbances
- Rust: Blood sugar disorders/hepatic deficiency
- True Red: Kidney dysfunction
- Yellow Lipid Deposits in the Sclera (Pinguecula): Disturbed fat metabolism
- Brown Pigments in the Sclera of a Blue or Biliary Eye: Liver disorders
- Brown Pigments in the Sclera of a Hematogenic Eye: Usually normal
- Tarry Black: Liver imbalance, possible serious imbalance in the body

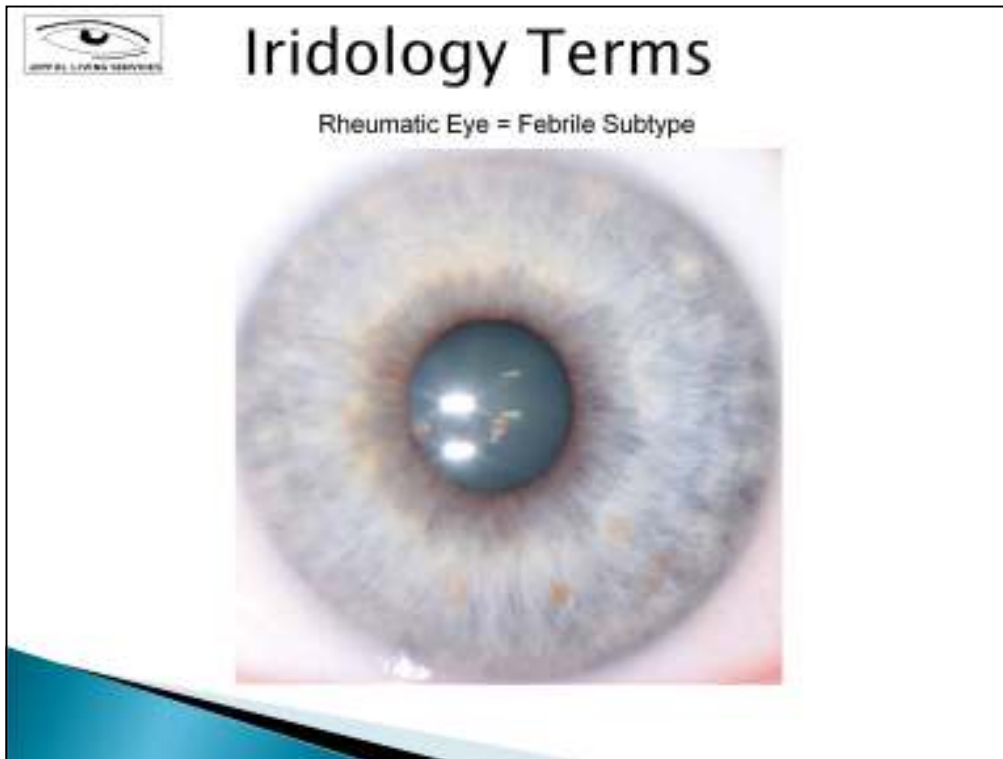


Iridology Terms

Radii Solaris/Parasite Lines = Radial Furrows



- Radial grooves may be short or long.
- They can run all the way from the pupil, through the collarette to the iris edge, or they may be very short and run from the pupil to the collarette.
- Indicate a deficiency in nervous vitality.
- Toxins are not easily released.



The febrile iris is extremely white, more white than the over acid subtype.

Characteristics

Extremely white fibers, white blue, or according to Kriege, "steel gray."

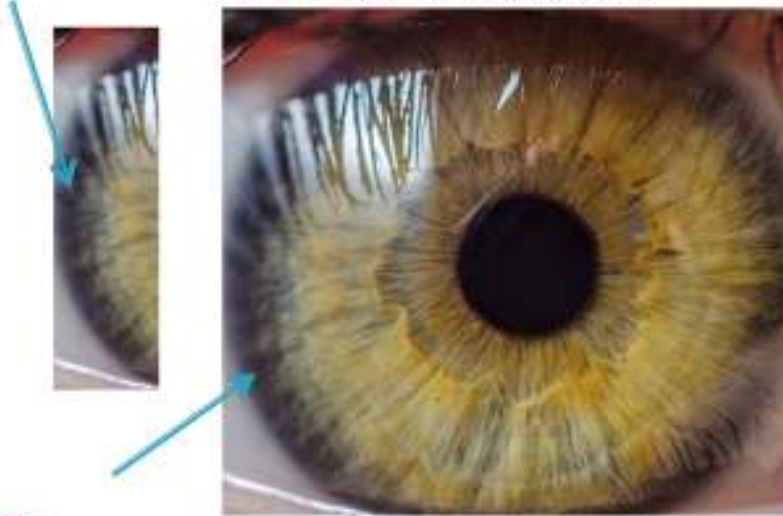
Tendencies

- Acute, exudative conditions
- Tendency to have fevers, especially as a child
- Tendency for arthritis
- Tendency for respiratory infections
- Consider all of the characteristics of the lymphatic constitution.

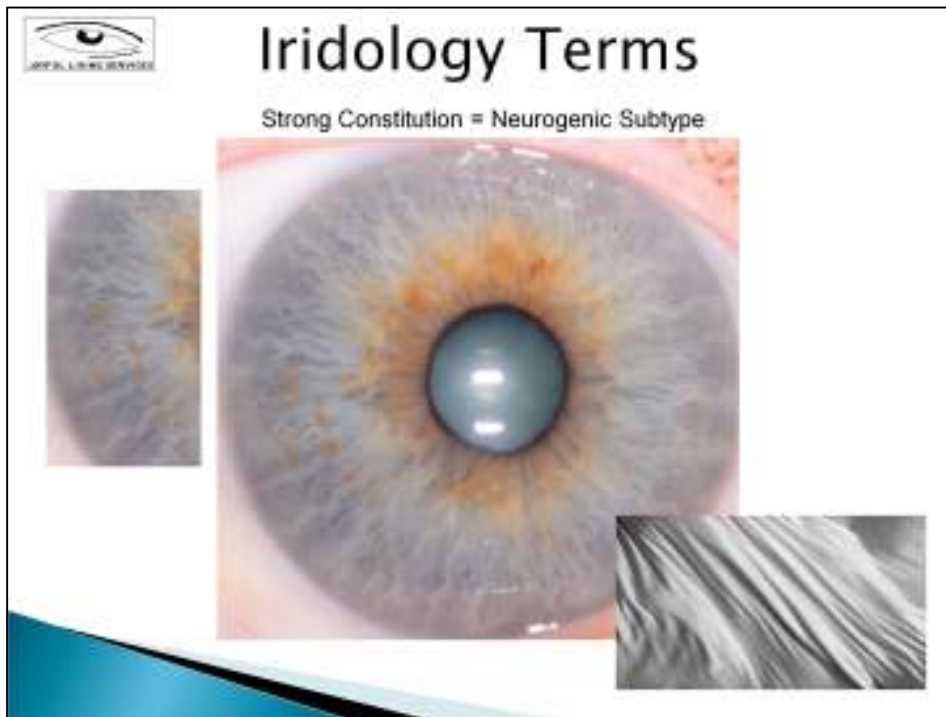


Iridology Terms

Scurf Rim = Scurf Rim/Subtype by Color



- Dark rim at the outer edge of the iris in zone seven.
- Caused by a thinning of iris fibers in that zone so is also a structural sign.
- It is a genetic sign and does not go away.
- May indicate a potential tendency for skin conditions such as acne, psoriasis, and eczema.
- Dry skin brushing can be helpful.



Characteristics

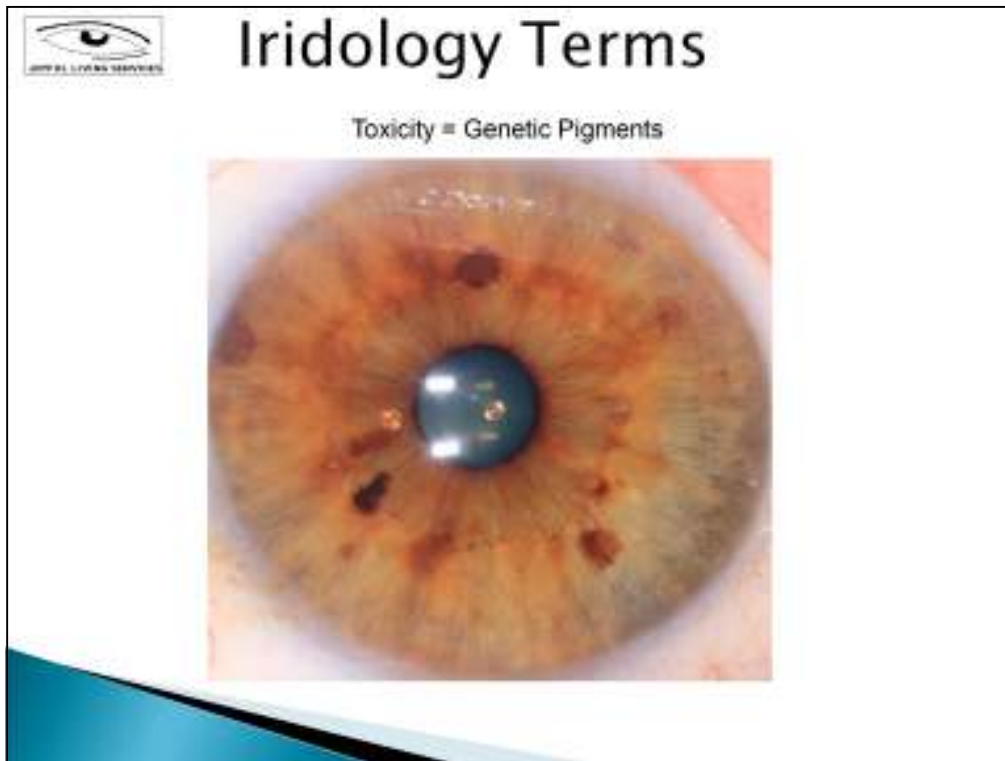
Tightly woven iris fibers that appear like fine silk. There may be a slight separation of fibers in some areas (rarefactions). These are areas of potential deficiency and are commonly found in the reaction fields of the lungs and kidneys.

Tendencies

- Hard worker, strong drive, industrious, diligent, work till they drop
- Strong ability to resist disease, heal easily
- Weakness in central and autonomic nervous system, often intense people
- Very sensitive, may have headaches, nervous system disorders, skin eruptions due to affliction of the nervous system
- May have ulcers or vascular spasms with special risk in cerebral vessels

Personality Type

- Very sensitive and intuitive
- Kinesthetic in nature, need to hug and be hugged
- Difficulty sitting for long periods of time, need to exercise or don't feel well
- Genetically strong people, always on the go, pushing to the brink
- Need to pace themselves and take time for quiet contemplation and meditation



Pigments in the iris:

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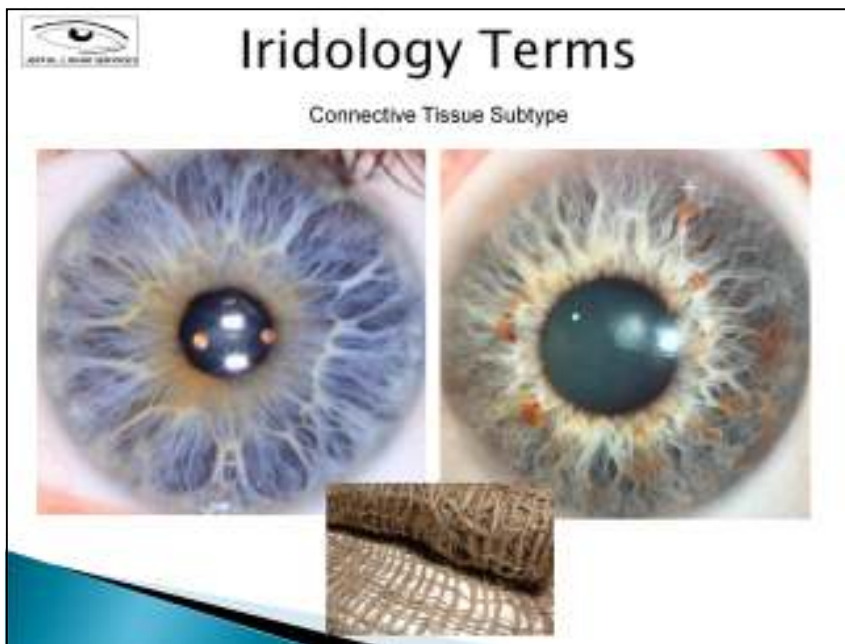


Iridology Terms

Venous Congestion = Circulatory Ring



- Previously was called venous congestion.
- Use the term “Circulatory Ring”
- The ring is a blue glow outside the seventh zone of the iris.
- Considered to present a circulatory deficiency in the body.
- The person should be asked if they have cold or numb extremities.



Characteristics

Very loose, widened iris fibers with many lacunae, crypts, and openings. The collarette is often of an erratic nature. Because of the loose weave and the many lacunae throughout, it is difficult to discern organ insufficiencies. Should pay attention to connective tissue disorders in general.

Tendencies

- Weakness in elasticity of connective tissue
- Possible prolapse of organs, especially abdominal
- Varicosities, hemorrhoids, hernias, spinal disorders, subluxations, scoliosis, sway back
- Postural difficulties, injures easily
- Minerals don't hold well, especially calcium
- Bowels and organs may not be held in place strongly
- Any large lacunae in the abdominal, pelvic, urogenital and spinal areas should be given special attention. Check for adrenal weakness
- Requirements include moderate to greater recuperation times, depending on the degree of fibrous separation and variables of the physical environment and therapies.

Personality Type

Tend to be very creative. If they do not create they will become very depressed. Encourage them to find what they love to do and express it creatively.