



*Advanced Iridology  
Correspondence Course  
Instruction  
Manual*

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By:

**Brenda R. Generali, C.N.C.**

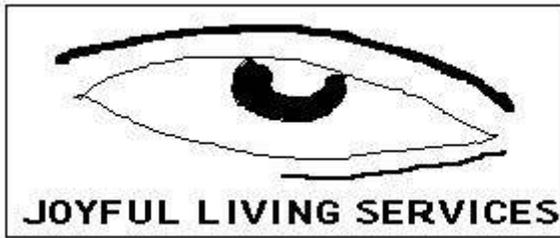
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Certified Iridologist  
Certified Herbalist  
Nature's Sunshine Manager**

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## *Advanced Iridology Rules & Conditions*

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1. Print your name and address at the top of the first page of the **Advanced Practice Sessions and Test Packet**.
2. To be eligible for Certification you must give correct answers to 80% of the questions in the **test**. Scores are **not** averaged for an overall grade.
3. You must not loan, sell or reproduce this Course in any form. **To do so is cause for expulsion from certification from Joyful Living Services**. This provision is to protect the integrity of the certification. Such protection is further assured by periodic rotating and changing of the questions.
4. You must not disassemble the practice sessions and test assignment. You must return the practice sessions, photos, and test intact where it is maintained as part of your permanent file.
5. You must complete all practice sessions and the test and submit them all at the same time in order to be graded. We will **not** grade the practice sessions but they must be submitted along with the test and cannot be submitted individually. The only exception is when a candidate is being retested in the event of failure.
6. In the event of failure: If the candidate should fail the test, he or she may repeat the test after a wait of 30 days. There will be a re-examination fee of \$15.00 to cover the costs of new materials, regrading and filing. Should the candidate fail on this second attempt, he or she must then wait 60 days before making a third attempt. These mandatory delays are for the purpose of continuing study and preparation on the part of the candidate.
7. When you have completed all 10 practice sessions and the test, you must sign the statement at the bottom of the First Page of the Advanced Iridology Practice Sessions and Test Packet and have it notarized. There is a notarization form provided.
8. There is no time limit on the completion of this Correspondence Course. Most candidates are full-time practitioners with little time to be able to rush through this course. So please take your time and get it correct the first time.
9. The iris drawings in this manual are for your use. You may draw on them if you choose to do so.

NOTE: Joyful Living Services reserves the right to change the practice sessions and test questions for any test repeated.

NOTE: All information regarding a candidate's grades, or the fact of any failures, is kept strictly confidential and is not released to any person.

*PARTS OF THE ENCLOSED INFORMATION WERE TAKEN FROM STEVEN HORNE'S CONSTITUTIONAL IRIDOLOGY BOOK AND WORKSHEET, DR. BERNARD JENSEN'S NEURO-OPTIC ANALYSIS AND IRIDOLOGY: THE SCIENCE AND PRACTICE IN THE HEALING ARTS, VOLUME II, AND JAMES COLTON'S IRIDOLOGY: HEALTH ANALYSIS & TREATMENTS FROM THE IRIS OF THE EYE.*

## **ADVANCED IRIDOLOGY - SESSION 1 - INTRODUCTION**

At this point in the iridology training you have learned basic skills. In the intermediate course you learned and studied:

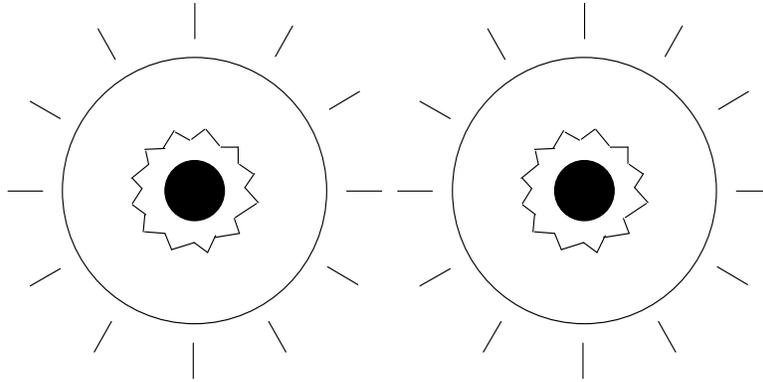
- Iris Signs
- Iridology Chart
- Constitutional Iridology
- Systems of the Body
- Which organs are in which systems and how to tell which is not functioning properly
- Herbs, Vitamins, Minerals necessary to promote growth in each system.
- How to detect growths
- How to detect mineral deficiencies
- How to detect where inflammation is causing symptoms

You have also been able to practice on 10 different photos, complete a constitutional analysis, and have passed the intermediate iridology test with 80% accuracy.

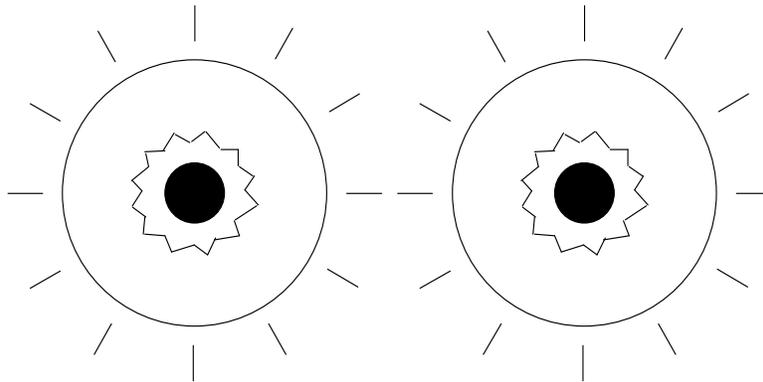
The Advanced course begins with review of the constitutional iridology signs. After that it continues with a look at British iridology, sclerology, and case studies. You will also learn how to take photos of the iris of the eye and will learn how to draw an iris.

## ADVANCED IRIDOLOGY - SESSION 1 - REVIEW OF CONSTITUTIONAL IRIDOLOGY - SPECIFIC SIGNS

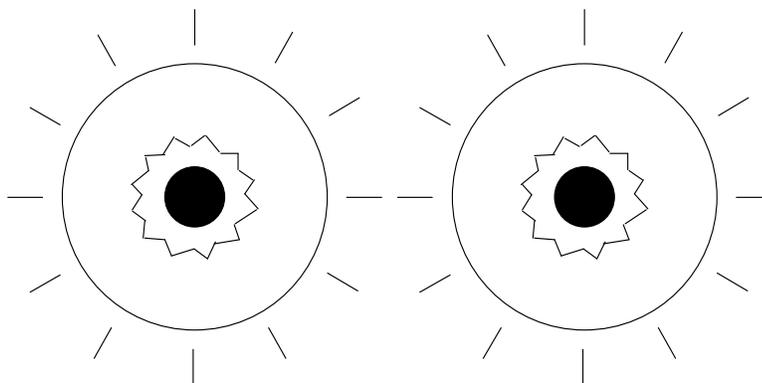
1. **Transversals (Injury)** - Usually looks like a raised fiber crossing the iris of the eye. If a transversal is in the iris it generally shows up in the structural system. This marking can show up when there has been trauma or injury to the body. The physical body can have healed but a lot of times the emotional aspect has not been healed and the marking will still show up in the iris. Care is especially important when dealing with someone with a transversal. Many times discussion of the injury or trauma can be quite difficult for the client and may bring back a lot of suppressed feelings and emotions.



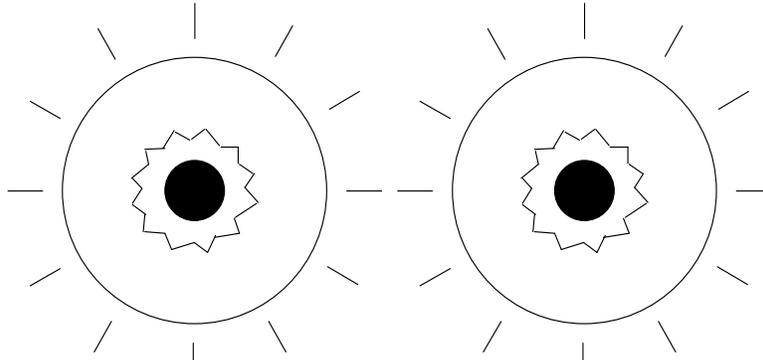
2. **Fatty Deposits in Whites (Poor Fat Digestion)** - Fatty Deposits in the sclera (white of the eye) tends to stay on the inner portion of the sclera near the nose area. It can be in both eyes or in just one. When we see fatty deposits in the sclera we can tell immediately that the client has weakness in the liver and gall bladder area (especially the gall bladder) and difficulty breaking down fats. Sometimes the person will complain of pain on the right side of the body below the ribcage when they eat fatty foods. Effective treatment would include liver/gall bladder flushes, reducing stress, increasing hydrochloric acid, improving digestion, strengthening the liver and gall bladder areas.



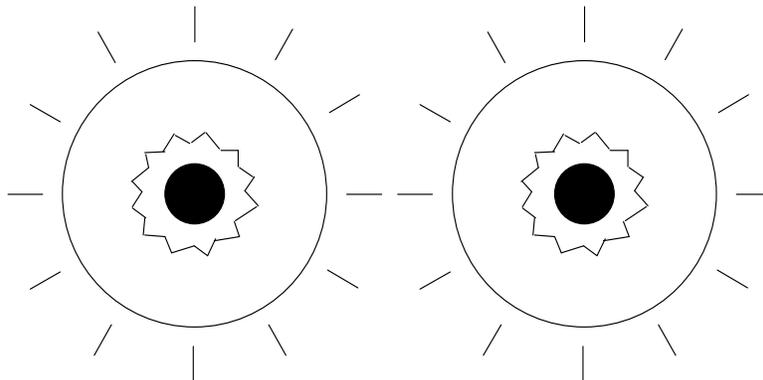
3. **Honeycomb Lacuna (Severe Deficiency)** - A honeycomb lacuna looks like a honeycomb. There are generally 3 or more very small lacunae attached to each other in one particular area of the iris. You have already learned that a lacuna is an inherent weakness and the larger the lacuna the more area of the body that's effected. If there are several lacunae in an area this means there is a more severe deficiency of vitamins and minerals in that area. This are should be taken care of first.



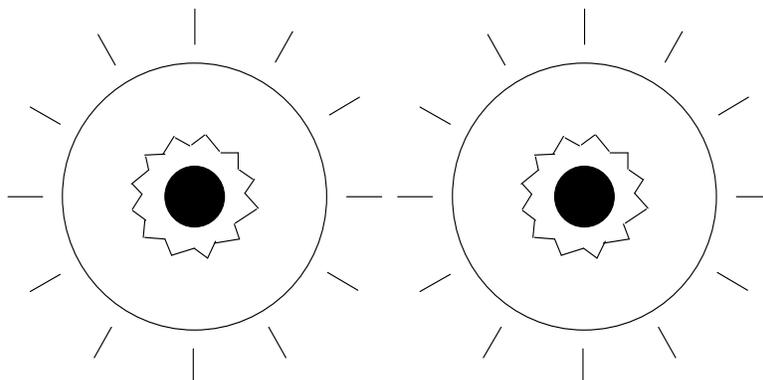
4. **Leaf Rib Lacuna (Glandular Imbalance/Trouble)** - A leaf rib or rib leaf lacuna is a lacuna with a rib going down the middle. When we see a leaf rib in a particular area we know there is a more severe deficiency of vitamins and minerals in that area. It also tells us there is glandular imbalance in the body. The leaf rib can land anywhere in the iris. Where it lands tells us about both the weakness in the organ it's in and the glandular imbalance. This are should be taken care of first.



5. **Star Step Lacuna (Severe Deficiency)** - A stair step lacuna looks like a set of stairs. There are generally 2 or more very small lacunae attached to each other in one particular area of the iris and are attached end-to-end. If there are several lacunae in an area this means there is a more severe deficiency of vitamins and minerals in that area. This are should be taken care of first.



6. **Red Lines In Iris (Extreme Hot Spots - Hyperactive)** - Very seldom do you find a red line in the iris of the eye. By red line we mean a blood vessel. If a blood vessel is traveling from the sclera to the iris of the eye this tells us that the area in which the blood vessel lands is extremely hyperactive and needs attention immediately.



7. **Red Lines In Whites (Mental/Environmental Stress)** - The whites of the eyes are named the sclera. There is a study called "sclerology" in which you can learn to determine what all the blood vessels in the sclera mean. This study is very complicated but goes hand in hand with Iridology. There are 2 layers to the whites of the eyes. The top layer is called the conjunctiva. This is a very thin layer on top of the sclera. In this layer you can see very small blood vessels. These blood vessels denote emotional problems that can be causing physical weakness in the body. The second layer is called the sclera. This layer contains the large blood vessels that you can see in the eye. These large blood vessels can tell us where the physical weaknesses are in the body. When looking for red lines in the whites you are looking for blood vessels in the sclera.

## ADVANCED IRIDOLOGY - SESSION 2 - CONSTITUTIONAL IRIDOLOGY - REVIEW OF PERSONALITY (FIBER STRUCTURAL) TYPING

**Basic Patterns -** Based on four personality patterns from Rayid model: flower, jewel, stream, shaker.

1. Emotional/Spontaneous

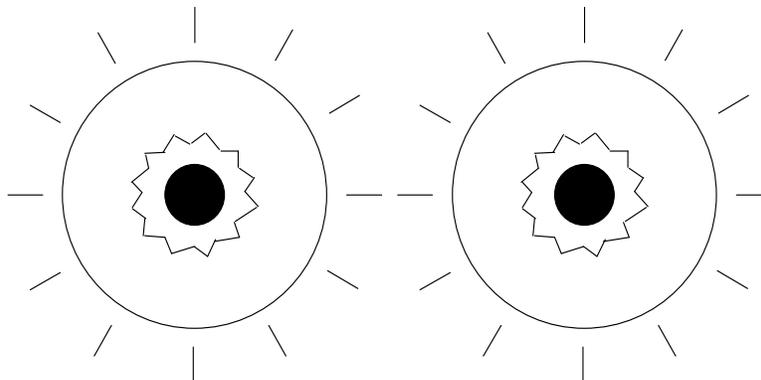
- 1a. **Connective Tissue Type** - Many Lacunas, No Psori  
(German: Connective Tissue Type)  
(Jensen: Weak Constitution)  
(Rayid: Flower/Emotional Type)

**Body Systems & Organs:** Lack of structural tone in connective tissue of body. Organs where lacunas lay tend to be structurally weak. If lacuna is dark the organ tends to be sluggish.

**Problems:** Lack of tissue integrity (strength or tone) such as varicose veins, hemorrhoids, prolapsed colon, organ misplacements, hernias, subluxations and structural misalignments. Tend towards glandular and especially adrenal weakness. May have problems assimilating and/or utilizing structure building nutrients such as calcium, vitamin C, bioflavinoids, silicon and protein.

**Therapy:** Entire body needs building and tonification to strengthen structure. Use raspberry, comfrey, nettles, oat straw, calcium, protein, vitamin C, silicon, minerals for the digestion, bowel cleansing with fiber if pockets in colon.

**Emotions:** Extremely strong emotionally. May live longer and healthier lives than someone with stronger constitution.



1. Emotional/Spontaneous

- 1b. **Polyglandular Type** - Many Closed Lacuna Encircling Wreath Like Petals of a Flower.  
Also called a "Daisy Petal Eye" or "Ring Around the Collarets"  
(German: Polyglandular Type)  
(Jensen: Weak Constitution)  
(Rayid: Flower/Emotional Type)

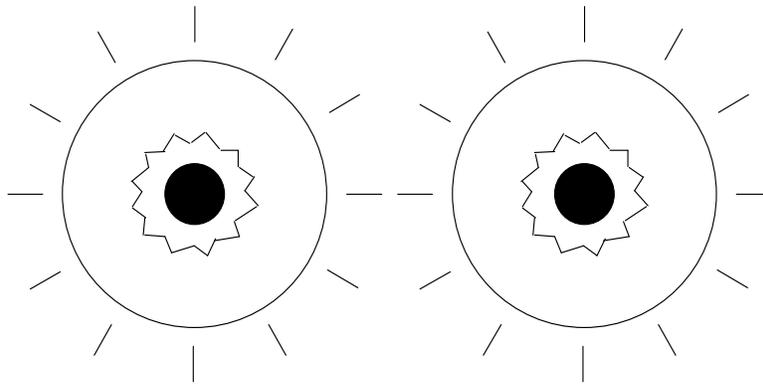
**Body Systems & Organs:** Lack of structural tone in connective tissue of body. Organs where lacunas lay tend to be structurally weak. If lacuna is dark the organ tends to be sluggish.

**Problems:** Prone to insufficient excretions from glands (pancreas, gall bladder, adrenals, etc.). Digestive troubles, heart, liver and kidney problems.

**Therapy:** Entire body needs building and tonification to strengthen structure. Use raspberry, comfrey, nettles, oat straw, calcium, protein, vitamin C, silicon, minerals for the digestion, bowel cleansing with fiber if pockets in colon.

**Emotions:** Tend to respond to life with deep feelings and emotions. Often are "flowery" and "showy", but lack staying power. Tend to be too loose or "open" with their feelings and thoughts. Learn best with their ears and respond with visual output such as dramatic gestures (especially circular ones), pictures, visual descriptions and comments like: "Look," and "I see". Tend to explain decisions in terms of "I feel". They use round sounds like "oh, ok, oo" when excited or stimulated. Often spontaneous and impulsive and need to learn to be

more controlled and reserved with their energies. Attracted to analytical/thinking types in long-term relationships.



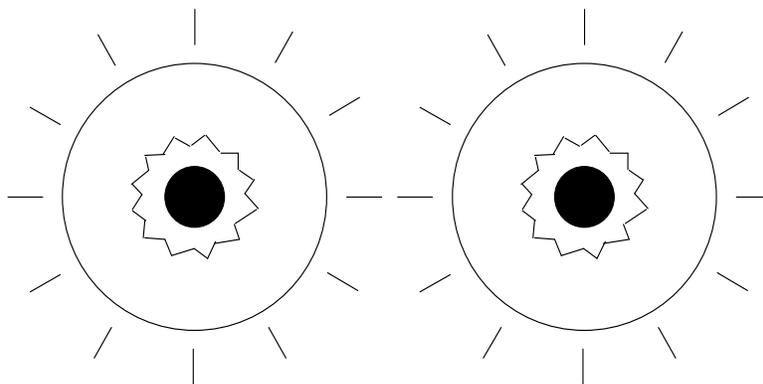
2. **Analytical/Thinking** - Many Psori, No Lacunas  
(German: Psori)  
(Jensen: Drug Spots)  
(Rayid: Jewel)

**Body Systems & Organs:** Breakdown of the blood due to liver problems. Color indicates which organs may be involved. Indicates a tendency towards a tense, rigid condition in that area of the body that leads to an accumulation of toxins and metabolic waste. Organs tend to accumulate poisons and probably need to be cleansed.

**Problems:** Prone to liver, blood sugar problems, toxic accumulation and stagnation of energy. Psori represent “hot spots” that tend to build energy and heat.

**Therapy:** Require cleansing and releasing therapies to open areas up and remove toxins. Bitter and relaxing herbs and foods such as lobelia, valerian, yellow dock, dandelion, burdock, magnesium, B-complex, and oxygen.

**Emotions:** Spots represent a hidden or “closed” nature. Responds to live with thought and analysis. Input visually and are likely to have a “show me” attitude. Initial attitude may be skeptical, but once they are convinced they are much more likely to stick with it. Convinced by reading. They think about things a great deal and tend to explain their decisions in terms of “I think”. Output with words and enjoy technical and precise language. Output will be more reserved, gestures pointed and controlled, and sounds subdued and “closed” like “uh, huh, ah”. These people need to learn to “let go”.



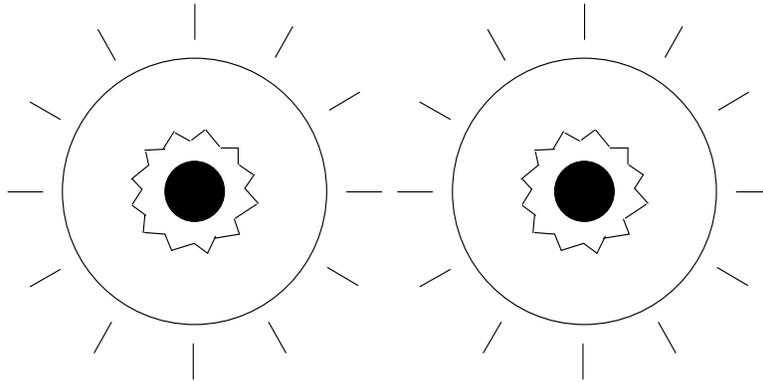
3. **Active/Kinesthetic** - Very Straight & Fine Fibers, Absence of Psori & Lacunas  
(German: Neurogenic)  
(Jensen: Strong Constitution)  
(Rayid: Stream)

**Body Systems & Organs:** Balanced fiber structure. No areas of extreme laxity (lacunas) and no areas of extreme rigidity (Psori), just fairly straight eye fibers. Sound physical structure. These people can give their bodies a great deal of abuse without having them break down.

**Problems:** Tend to abuse their bodies with too much work. Have a tendency towards nervous and stress-related disorders such as: central nervous system weakness, headaches, vascular spasms (heart attack, stroke), ulcers, skin eruptions due to affliction of nervous system (shingles, rashes under stress) and MS.

**Therapy:** Nervine herbs such as chamomile, lobelia, passion flower, hops, skullcap, valerian. Meditation also helpful. Need to learn to take time for themselves instead of spending so much time caring for others.

**Emotions:** Physically oriented. Kinesthetics learn through touch and movement. Respond to live with action and try to keep things running smoothly. Often feel responsible for everything and have difficulty letting anything “fall through the cracks”. Need to learn their own limits, to know when to stop and rest or re-create themselves through recreation. Tend to use sounds like “mm” or “hum” when they are “touched” or affected by something.



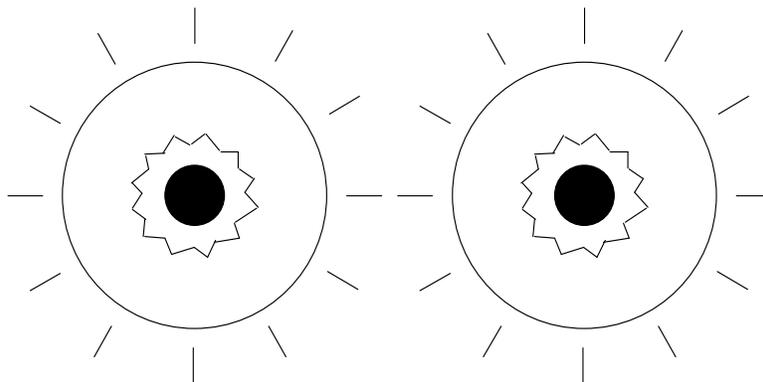
3a. **Robust Neurogenic** - Fibers have a Slightly Wavy Appearance Similar to Combed Wet Hair  
(German: Neurogenic)  
(Jensen: Strong Constitution)  
(Rayid: Stream)

**Body Systems & Organs:** Balanced fiber structure. No areas of extreme laxity (lacunas) and no areas of extreme rigidity (Psori), just fairly straight eye fibers. Sound physical structure. These people can give their bodies a great deal of abuse without having them break down.

**Problems:** Prone to nervous system problems.

**Therapy:** Nervine herbs such as chamomile, lobelia, passion flower, hops, skullcap, valerian. Meditation also helpful. Need to learn to take time for themselves instead of spending so much time caring for others.

**Emotions:** Able to let some things “fall through the cracks” so they don’t burn themselves out with stress quite as often.



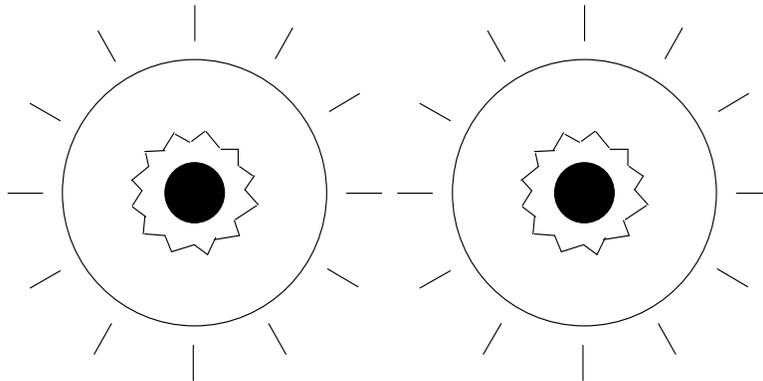
3b. **Delicate Neurogenic** - Fibers also Look Combed But are Very Straight & Thin  
 (German: Neurogenic)  
 (Jensen: Strong Constitution)  
 (Rayid: Stream)

**Body Systems & Organs:** Balanced fiber structure. No areas of extreme laxity (lacunas) and no areas of extreme rigidity (Psori), just fairly straight eye fibers. Sound physical structure. These people can give their bodies a great deal of abuse without having them break down.

**Problems:** Very sensitive nervous system. Prone to nervous breakdown.

**Therapy:** Nervine herbs such as chamomile, lobelia, passion flower, hops, skullcap, valerian. Meditation also helpful. Need to learn to take time for themselves instead of spending so much time caring for others.

**Emotions:** Tend to be very sensitive.



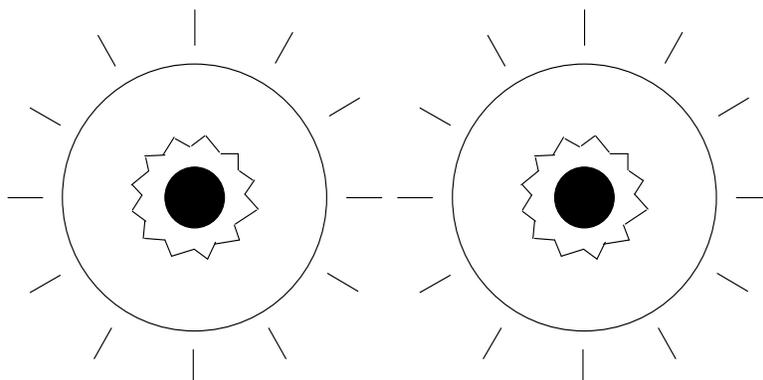
4. **Innovative/Extremist** - Both Pigments and Lacunas in The Same Eye  
 (German: None)  
 (Jensen: None)  
 (Rayid: Shaker)

**Body Systems & Organs:** Can be extremely emotional, extremely analytical or extremely kinesthetic depending on the dominant pattern of their eyes.

**Problems:** Tend to have a lot of varied health problems. Have to constantly alternate between cleansing and building to stay healthy. Prone to multiple health risks and have a reduced functional capacity. They are less likely to take care of themselves.

**Therapy:** Use therapies explained for the dominant pattern.

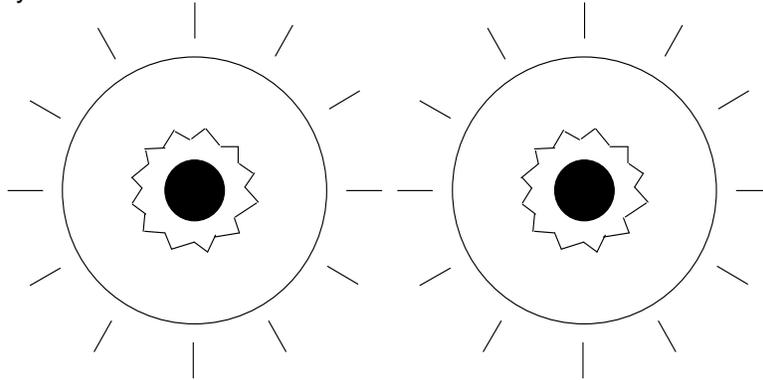
**Emotions:** These people have both an open nature of the emotional type and the closed nature of the analytical type at “war” within themselves. Seldom content with the status quo and feel impelled to be out on the fringes. They are at the cutting edge of change and tend to be very creative and innovative. They move “to and fro” because they are trying to reconcile the opposites within themselves.



## Mixed Types

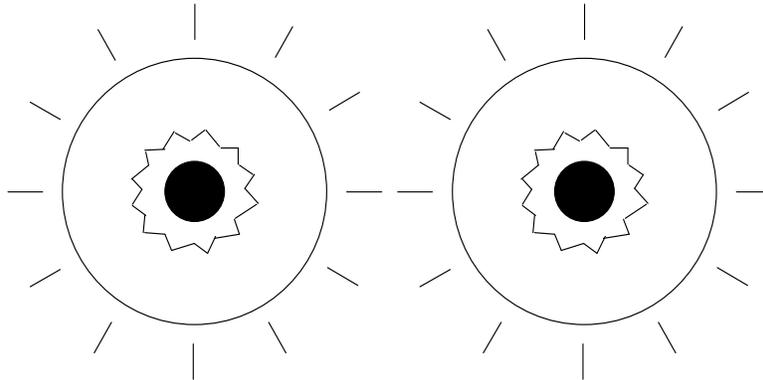
### 1. **Emotional/Kinesthetic** - Few Tiny Lacunas, Otherwise Straight Fibers

They are doers who have a great deal of feeling. Tend to over empathize with people's emotional needs and feel overwhelmed because they are unable to take care of everyone's problems. Need to learn detachment. They don't need to fix everyone.



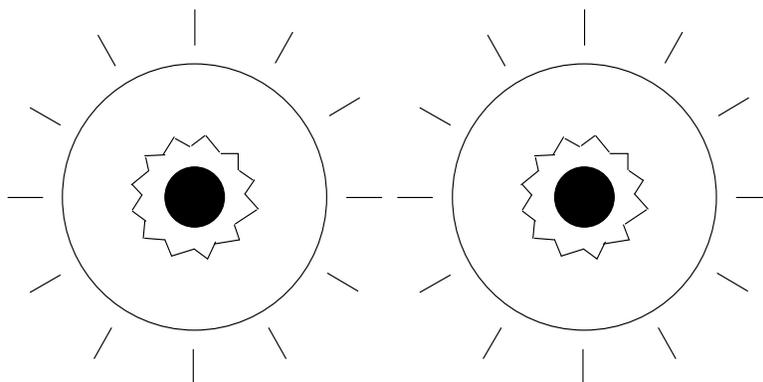
### 2. **Analytical/Kinesthetic** - 1 or 2 Psori, Otherwise Straight Fibers

They are doers who tend to be analytical. Tend to be calm, caring people who can readily see the needs of other people.



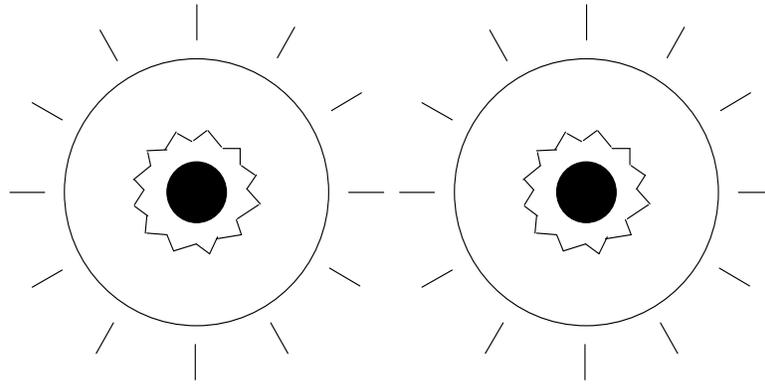
### 3. **Emotional/Extremist** - Lot of Lacunas, Few Psori

Tend to be very flashy and charismatic. Are good at leading groups. They express their creativity and inventiveness through their feelings and spontaneity.



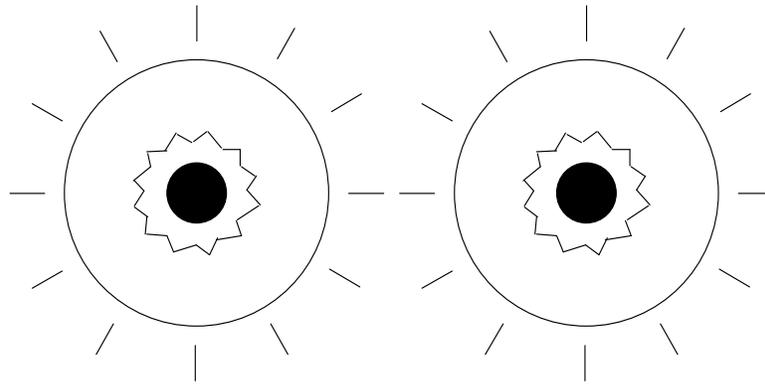
4. **Analytical/Extremist** - Lot of Psori, Few Lacuna

Self-reliant individuals. Strong-willed and forceful in their innovativeness. They express their creativity and inventiveness through their words and thought.



5. **Kinesthetic/Extremist** - Several Tiny Lacuna, Several Tiny Psori

Driven to extremes of action. They express their creativity and inventiveness through their bodies.



**ADVANCED IRIDOLOGY - SESSION 3**  
**REVIEW OF VITAMINS, HERBS, AND MINERALS BY SYSTEM**

**Circulatory** - Heart, Blood Vessels

1. **Circulation to the Head** - Bilberry Fruit (Ears); Blessed Thistle; Brain Protex; CC-A (also ears) (Capsules/Vegitabs); CC-A with Yerba Santa (Liquid); Eyebright; Eyebright Plus; Gotu Kola (Capsules/ATC); Ginkgo/Gotu Kola Concentrate; Ginkgo & Hawthorn Combination; GC-X; GGC; Guggal Lipid or Guggal Advantage; Mind-Max; Siberian Ginseng; Suma; Snore Ease.
2. **General Supplements** - Aloe Vera; Bilberry; Blessed Thistle; BP-C; BP-X (Capsules/ATC); BP Liquid; Burdock (Capsules/Vegitabs); Butcher's Broom (waist down); Capsicum (Capsules/Liquid); Capsicum, Garlic & Parsley; Chlorophyll (Capsules/Liquid); CoQ10 Plus or CoQ1030; Essential Oil; Garlic (Capsules) or High Potency Garlic; Garlic Oil; GGC; Ginkgo & Hawthorn Combination; Guggal Lipid; Guggal Advantage; Hawthorn Berries (Capsules/Liquid); I-X (Iron); Lecithin; Mega-Chel; Omega-3 EPA; Red Clover (Capsules/Liquid); Red Raspberry (Capsules/Liquid); White Oak Bark (Hemorrhoids/Varicose Veins); Wood Betony; Yellow Dock; Yucca.
3. **Heart** - CoQ10 Plus or CoQ1030; Hawthorn Berries (Capsules/Liquid); HS-C; HS II; Ginkgo & Hawthorn Combination; Life-Protex; L-Carnatine; Red Raspberry (Capsules/Liquid); 5.

**Digestive** - Stomach, Liver, Gallbladder, Pancreas, Small Intestine, Large Intestine, Salivary Glands, Mouth, Pharynx, Esophagus

1. **Blood Sugar** - Chromium GTF; Fasting Plus; GlanDiet Type A; HY-A; HY-C; Nopal; NBS-AV; P-14 (Blood Sugar/Pancreas); PBS; Target P-14 (Blood Sugar/Pancreas); Licorice Root (Capsules/Liquid); Licorice Root ATC.
2. **Calming** - (These can be considered "herbal Pepto Bismos") - Aloe Vera; CLT-X - Lower; Marshmallow; Slippery Elm (Capsules/Bulk); UC3J - Upper.
3. **General Supplements** - Activated Charcoal - Gas; AG-C; AG-X - Gas; Aloe Vera; Bifidophilus (Flora Force); Capsicum (Capsules/Liquid); Capsicum, Garlic & Parsley; Catnip (Calm); Catnip & Fennel Extract; Chamomile (Calm); Children's Bifidophilus; Digestazyme; Fenugreek & Thyme; Food Enzymes; Ginger (Stimulate); Hi-Lipase; Herbal Hp Fighter; Lactase Plus; Leguzyne; Marshmallow; Marshmallow & Pepsin (Small intestines); Marshmallow & Fenugreek; Morinda Capsules; Noni Juice; Nopal; Papaya Mints; Proactazyme; PDA (Protein Digestive Aid); Peppermint Oil; Safflowers; Slippery Elm (Capsules/Bulk); U; Una de Gato (Cat's Claw) (Capsules/Liquid); UC3J.
4. **Liver/Gall Bladder** - BLG-X (Gall Bladder); Caprilic Acid; Caprilimune; Ginger (Gall Bladder); Enviro-Detox; I-X; JP-X (Flush); Juniper Berries; LIV-A (Support) (Capsules/Vegitabs); LIV-C (Capsules/Vegitabs); LIV-Guard; LIV-J; Nopal; Vitamin C.

**Intestinal** - Ascending, Transverse, Descending, Sigmoid, Cecum

1. **Blood Cleaners** - Aloe Vera Juice; Whole Leaf Aloe Vera Juice; BP-C; BP-X (Capsules/ATC); Burdock Root; Morinda Capsules; Noni Juice; Yellow Dock; Red Clover (Capsules/Liquid); Special Formula #1; Yucca.
2. **Calming** - (These can be considered "herbal Pepto Bismos") - Aloe Vera; CLT-X - Lower; Marshmallow; Slippery Elm (Capsules/Bulk); UC3J - Upper.
3. **Detoxifiers** - Activated Charcoal; AL-C; Algin; Hydrated Bentonite; Chamomile; Chickweed (Capsules/Vegitabs); Enviro-Detox; Kelp; Three.
4. **Fungus** - Milk Free Acidophilus; Flora Force Acidophilus; Flora Force Bifidophilus; Black Currant Oil; Black Walnut (Capsules/Liquid); Hydrated Bentonite; Caprylic Acid; Children's Bifidophilus; Elecampane; False Unicorn; Garlic (Capsules); High Potency Garlic; Herbal Pumpkin; Horsetail; Morinda Capsules; Noni Juice; Pau d'Arco (Capsules/Liquid/Bulk).

5. **General Supplements** - AG-C; AG-X; Aloe Vera; Charcoal; Chickweed; Chinese Tiao He Cleanse; Chlorophyll (Capsules/Liquid); CLT-X; Experience; High Potency Garlic; Psyllium Seed; Cascara Sagrada (Flusher) (Capsules/Vegitabs); Psyllium Hulls (flusher) (Capsules/Bulk); Bowel Build; Lobelia (Capsules/Liquid); LOCLO High Fiber Supplement; Marshmallow; Nature's Three; Nopal; LB-X; LBS II; LB Extract; Sage - Stops diarrhea. Too much can constipate); Senna Combination (always check potassium); SF (Capsules/ATC/Liquid/Vegitabs); Slippery Elm (Capsules/Bulk); Special Formula #1 (Capsules/Vegitabs); Tiao He Cleanse.
6. **Parasite** - Artemisia Combination; Black Currant Oil; Black Walnut (Capsules/Liquid); Clear; Elecampane; False Unicorn; Garlic (Capsules); Herbal Pumpkin; High Potency Garlic; Morinda Capsules; Noni Juice; Para-Cleanse; Yarrow.

**Nervous** - Brain, Nerves, Spinal Cord

1. **Calming** - (These can be considered "herbal Pepto Bismos") - Aloe Vera; CLT-X - Lower; Marshmallow; Slippery Elm (Capsules/Bulk); UC3J - Upper.
2. **General Supplements** -AD-X (Anti-Depressant); APS II with White Willow Bark (Instead of Aspirin); Chamomile; Eight (Capsules/Vegitabs/ATC); GG-C; HVP (Capsules/ATC); Hops (Rebuilds Nerve Endings); Kava Kava; Kudzu/St. John's Wort; Lecithin; Lobelia/St. John's Wort; Nutri-Calm; Pantothenic Acid; Passion Flower; RE-X (Lower part of body); St. John's Wort; Stress Pack; STR-C; STR-J (Capsules/Liquid); Suma; Valerian Root; VAL Extract.
3. **Stress** - B-Vitamins (see Vitamins); STR-J (Stress) (Capsules/Liquid); STR-C (Stress); SUMA; Stress Pack; Siberian Ginseng.

**Glandular/Reproductive** - Pineal, Pituitary, Hypothalamus, Thyroid, Pancreas, Adrenal, Ovaries, Uterus, Thymus, Parathyroid, Mammary, Testes, Vagina, Breast, Penis

1. **Female** - 5-W; Black Cohosh; Calcium (see Minerals); C-X; Damiana; Dong Quai; DHEA-F; Evening Primrose Oil; False Unicorn; FCS II; FC with Dong Quai; GLD-F; I-X; Monthly Maintenance; Morinda Capsules; Natural Changes; Nature's Prenatal; Noni Juice; NF-X; Pro-G-Yam; Vitamin E; Wild Yam/Chaste Tree; X-A; X-Action.
2. **General Supplements** - GlandDiet A, G, P, T; GLD-F; DHEA Female, Male; Master Gland (Capsules/Vegitabs); Melatonin.
3. **Men** - Achieve with Yohimba; DHEA-M; Korean Ginseng; Men's Formula; PS II; P-X; Sarsaparilla; Saw Palmetto; Wild American Ginseng; X-A; X-Action; X-Action with Yohimbe (30 packets).
4. **Thyroid** - Black Walnut; Clear; KC-X; Kelp; GlandDiet T; Imagine; Target TS II; TS II with Hops; Three.

**Immune/Lymphatic** - Lymph Nodes, Spleen, Tonsils, Lymph Vessels, Appendix

1. **Fungus** - Milk Free Acidophilus; Flora Force Acidophilus; Flora Force Bifidophilus; Black Currant Oil; Black Walnut (Capsules/Liquid); Hydrated Bentonite; Caprylic Acid; Children's Bifidophilus; Elecampane; False Unicorn; Garlic (Capsules); High Potency Garlic; Herbal Pumpkin; Horsetail; Morinda Capsules; Noni Juice; Pau d'Arco (Capsules/Liquid/Bulk).
2. **General Supplements** - Antioxidant Arsenal with Grapine; Chinese Mineral Chi Tonic; Defense Maintenance (Capsules/Vegitabs); Defense Shield; E-Tea; Elderberry Combination; Germanium Combination; Grapine with Protectors; High Potency Grapine; HCP-X; IMM-C (Capsules/Vegitabs); Life Protex; Lymphostim (Homeopathic); Minerals (See above); Morinda Capsules; Noni Juice; Pau d'Arco (prevents some mutations) (Capsules/Liquid/Bulk); Pau d'Arco Power Pack; PHYTO-Soy; Rose Hips; SC Formula (Shark Cartilage); Slippery Elm; Sports Antioxidants; Target Endurance; THIM-J; Thymus Formula; UC-C (Rebuild T Cells); Una de Gato (Cat's Claw) (Capsules/Liquid); VS-C (Capsules/Vegitabs/Liquid); Yarrow.

3. **Infection Fighters (Bacterial)** - Black Walnut (Capsules/Liquid); Blue Vervain (Liquid) - Strep; BON-C (replaces Comfrey); Capsicum (Capsules/Liquid); CBG Extract; CC-A (Capsules/Vegitabs/Liquid with Yerba Santa); CC-A Relief; Colloidal Silver; Echinacea Purpurea; Echinacea/Goldenseal (Liquid); Ultimate Echinacea; FV (Flu and Vomiting); Garlic; Garlic Oil (Ear Infections); High Potency Garlic; Golden Seal; Golden Seal/Parthenium Liquid; HIGS II; IN-X; IGS II (Capsules/Vegitabs); IF-C (Inflammation); Lobelia (Intelligent Herb) (Capsules/Liquid); Morinda Capsules; Noni Juice; Oregon Grape Liquid; Parthenium; Rose Hips; Senaga & Yerba Santa; STR-C (Fever); Yarrow; Zinc-Ease.
4. **Joints** - B-6 (see Vitamins); Burdock (Capsules/Vegitabs); Chondroitin; Glucosamine Sulfate; IF-C (Inflammation); JNT-A (Capsules/Vegitabs/ATC); JNT-A with Devil's Claw (Liquid); JNT-AV; JNT-Ease; Morinda Capsules; Noni Juice; Yucca.
5. **Lymph System** - Epsom Salt Bath; Feverfew (flush); Ginger Bath (flush); High Potency Feverfew (headaches); KC-X; Lymphostim; Lymphomax (support); Minerals (See above); Oregon Grape; Yarrow.
6. **Parasite** - Artemisia Combination; Black Currant Oil; Black Walnut (Capsules/Liquid); Clear; Elecampane; False Unicorn; Garlic (Capsules); Herbal Pumpkin; High Potency Garlic; Morinda Capsules; Noni Juice; Para-Cleanse; Yarrow.
7. **Virus** - Pau d' Arco (Capsules/Liquid/Bulk); FV (Flu & Vomiting); Golden Seal; L-Lysine; Morinda Capsules; Noni Juice; Oregon Grape; VS-C (Capsules/Vegitabs/Liquid); Yarrow.

**Respiratory** - Lungs, Bronchials, Nose, Bronchus, Pharynx, Trachea, Diaphragm

1. **General Supplements** - AL-C; ALJ (Capsules/Vegitabs/Liquid); Blessed Thistle (Infection in head); BRN-AV; CC-A; CC-A with Yerba Santa; Four (Allergies); Golden Seal (Infection in Lungs); LH (Open Lungs); LH-C; Lobelia; Mullein; Marshmallow & Fenugreek; Nature's Chi; Senaga & Yerba Santa (Sinus); Slippery Elm (Sore Throat); SN-X (Sinus) (Capsules/Vegitabs); Tei Fu Lotion or Oil (Opens Lungs).

**Urinary** - Kidneys, Bladder

1. **General Supplements** -Cranberry/Buchu (Concentrated); Cornsilk (Bladder Infections); Damiana (Bladder Infections) (Make into Tea); Dandelion; Hydrangea (Stones); JP-X; Juniper Berries; K (Capsules/ATC); K-C (Eliminate moisture); KB-C (Strengthen water); KC-X; Parsley; Uva Ursi; URY (Capsules/Vegitabs)

**Structural/Muscles** - Neck/Shoulder, Temple/Forehead, Upper/Lower Jaw, Scapula, Ribs, Back, Pelvis, Arm/Hand, Leg/Knee/Foot

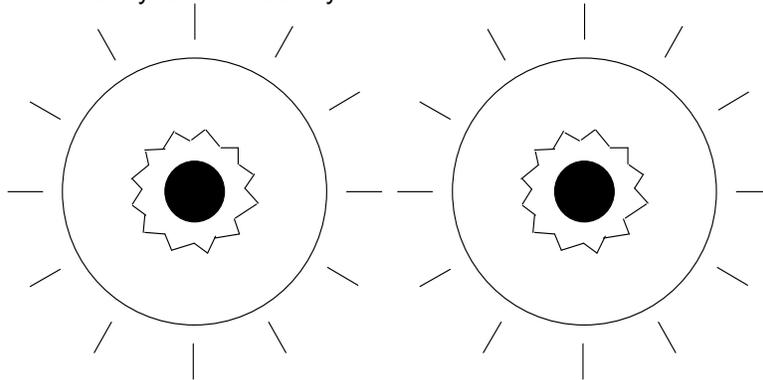
1. **General Supplements** - BON-C (Bone Knitter); Herbal CA (Capsules/ATC); Collatrim; Everybody's Formula; Fitness Plus (Muscles); Free Amino Acids; L-Carnatine; L-Glutamine; Life-Protex; PLS II (Bone Knitter); SKL Formula; SynerProtein.
2. **Hair, Skin & Nails** - Horsetail; HSN Complex; HSN-W (Capsules/Vegitabs); SKN-AV; Capsaicin Gel; Evening Primrose Oil; Golden Salve; Black Ointment; Irish Moss Hand & Body Lotion; Morinda Capsules; Noni Juice; Tei Fu Massage Lotion.
3. **Joints** - B-6 (see Vitamins); Burdock (Capsules/Vegitabs); Chondroitin; Glucosamine Sulfate; IF-C (Inflammation); JNT-A (Capsules/Vegitabs/ATC); JNT-A with Devil's Claw (Liquid); JNT-AV; JNT-Ease; Morinda Capsules; Noni Juice; Yucca.

## ADVANCED IRIDOLOGY - SESSION 4 - BRITISH IRIDOLOGY SIGNS

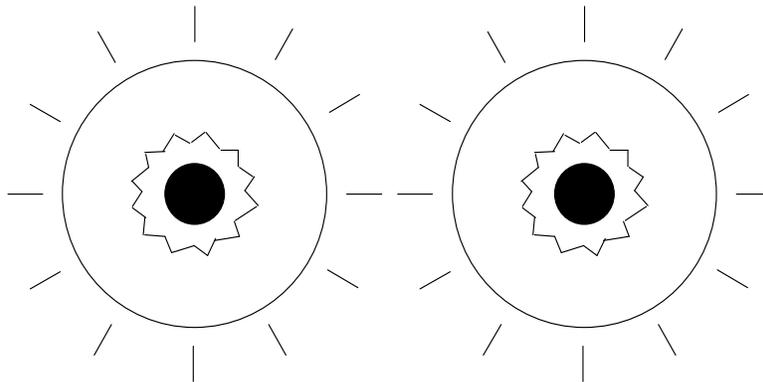
There are many types of Iridology. As you've already learned, the originator of Iridology in the United States was Dr. von Peczely in 1861. Since that time there have been many health practitioners who have studied the irises of humans and animals throughout the world. Several forms of Iridology have come about, including Canadian, British, Constitutional, Rayid, German, and others. At this point we will focus on several of the British iridology markings. The British seem to believe that the irises never change and that the only thing that changes is the amount of light that is shown into the iris making the photograph appear different. From our knowledge here in the United States and from case histories, this is not accurate. We have seen irises change within as little as one month and some have taken as long as one year to change. It all seems to depend on the person's ability to change and heal.

Here are some British iris signs. You will not see these very often but when you do it is beneficial to know what they are and how to correct the weaknesses.

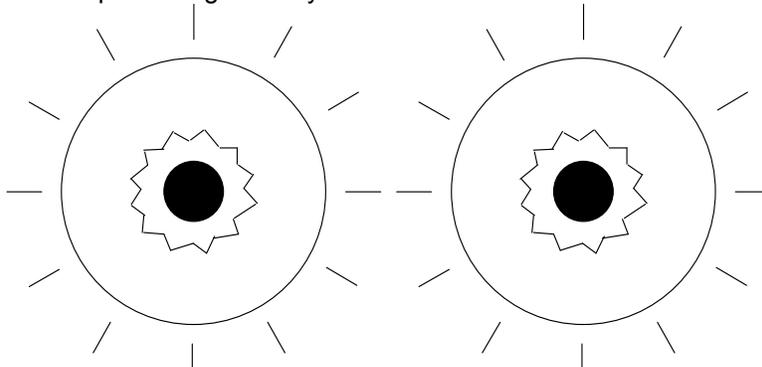
1. **Annoyance Line** - Usually seen in the heart zones at 3:00 in the left iris and 9:00 in the right iris as a single white line. It indicates irritation of the heart, though not necessarily a specific health problem. If stress is causing heart palpitations a person can get help with stress management. B-complex vitamins also help as does nutritional aids for the circulatory and nervous systems.



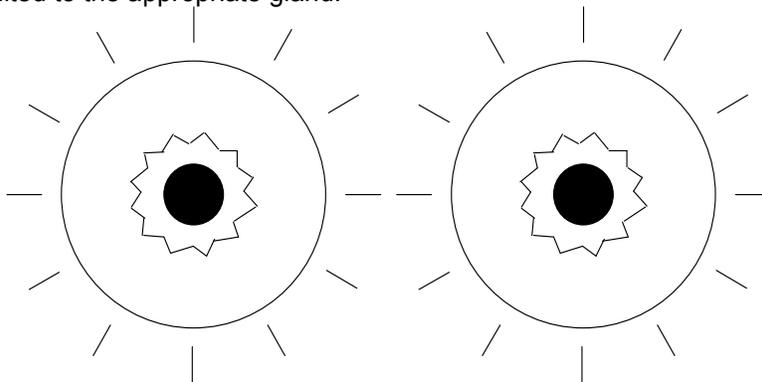
2. **Asparagus Head** - Appears like a single piece of asparagus, usually in the lower part of the iris. Usually indicates malignancy of the uterus or cervix. Have the client get expert help if you suspect a problem. Suggest they first go to the doctor for a pap smear test and then follow up from there.



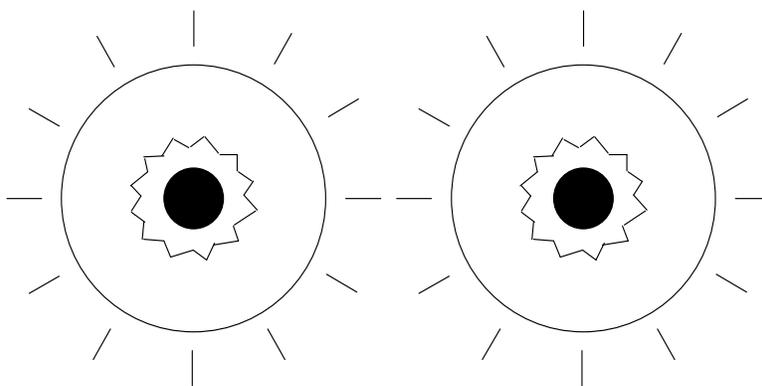
3. **Aesthetic Ridge** - A black line running outwards, usually from the collaret/autonomic nerve wreath. Characteristically its base is broader than its tip. Also known as a Radii Solaris. Suggests nerve weakness. When seen in the head area it usually indicates severe headaches. Generally, vitamin B-complex and vitamin C are beneficial treatments. Specific organs may need individual treatment.



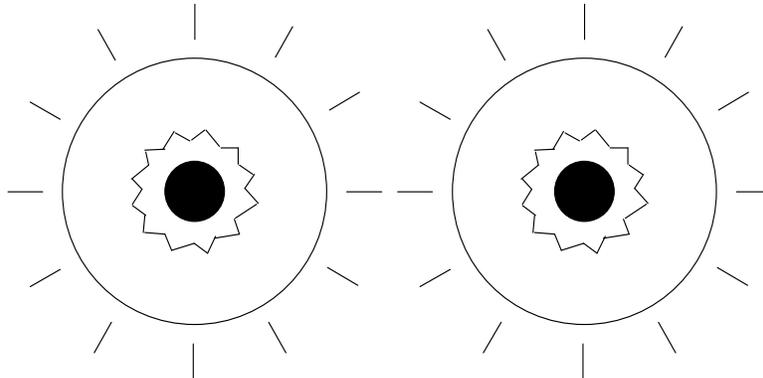
4. **Black Hair Pigment** - Seen as a small, black pigment with fine hair-like extensions (like a small spider). Suggests cell changes, usually within a gland. Treatment includes wholesome, meat-free, additive-free diet, with vitamins C and A suited to the appropriate gland.



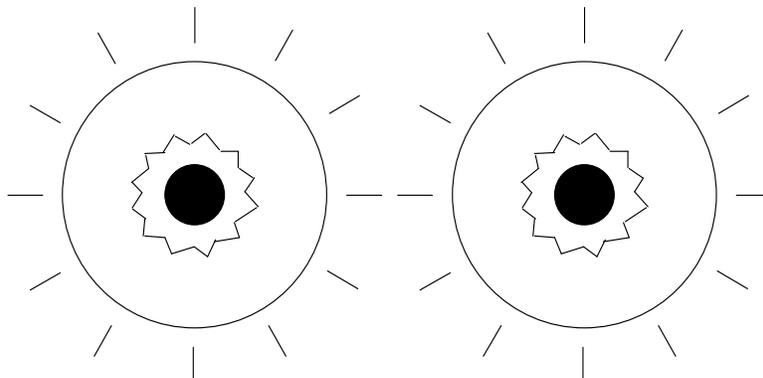
5. **Cholesterol Ring** - An opaque white ring seen around the outside of the iris. Can be seen with the naked eye, often in elderly people and recognized by orthodox medicine. Suggests a non-specific liver marking indicating lipid imbalance. High blood cholesterol or gall stones may be present. Omit animal fats from the diet, but include marine lipid oils. Take lecithin and garlic as supplements.



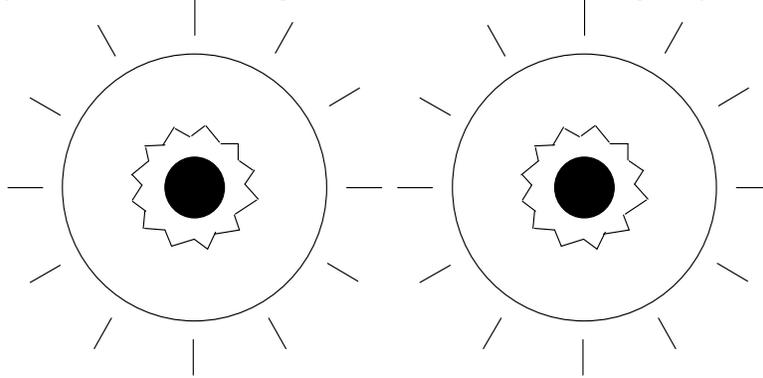
6. **Coral Formation** - Wispy coral shaped markings, most often seen in the lung zones. Indicates bronchitis, asthma and tuberculosis. Give up smoking. Avoid smoky environments and practice deep yoga breathing exercises. Supplement with those beneficial for respiratory and immune systems.



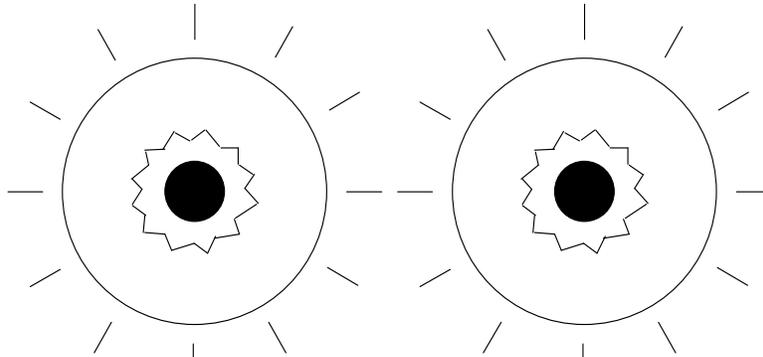
7. **Cryptiform Lacuna** - A large lacuna marking with a large defect enclosed within it. Indicates cervical polyps and dropping of the genital tract, the uterus and cervix. Treatments include pelvic floor exercises including stopping urine in mid flow. This will strengthen pelvic muscles and avoid dropping.



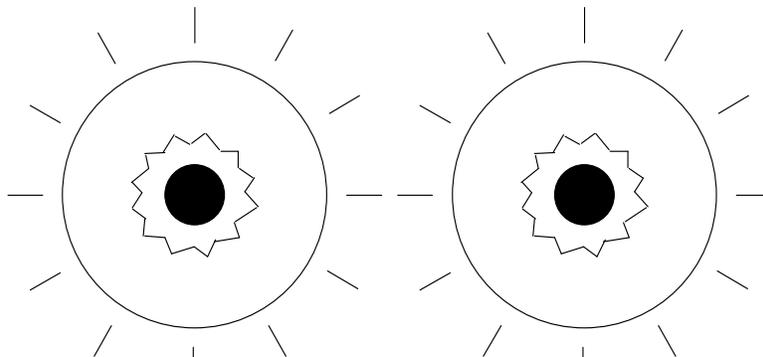
8. **Encapsulated Lacuna** - A lacuna shaped like a grain of wheat which looks raised in the center and surrounded by white fibers. Also known as a Rib Leaf Lacuna. Indicates a strong predisposition to an ulcer, although this marking may be present for many years before the ulcers appear. Often seen in the duodenum. Prevention is best: avoid hot spicy foods and maintain digestive balance. Avoid 'bottling up' your feelings.



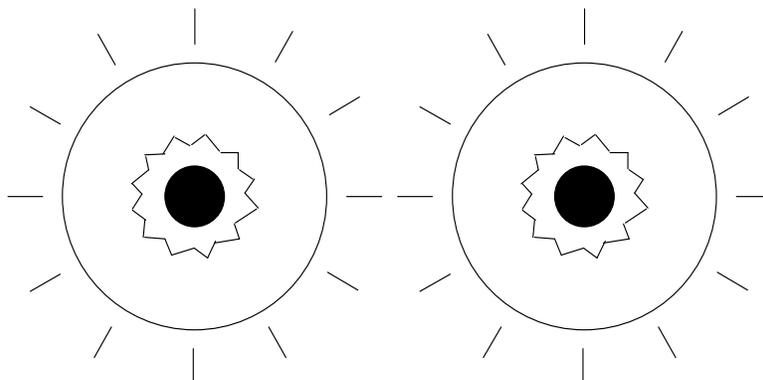
9. **Granular Pigment** - This iris looks as if it has been splattered with brown ink. There are hundreds of small dots of extra pigment. This iron pigment shows that the liver is not storing iron properly. Anemia may be present. Plenty of iron-rich foods like spinach, green leafy vegetables, and vitamin C is useful to assist iron absorption.



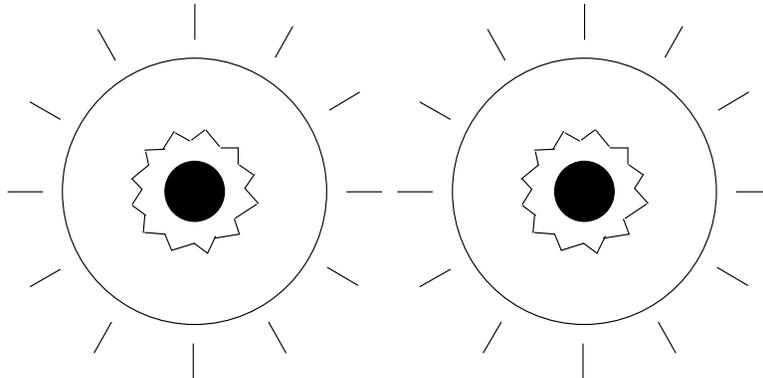
10. **Grape Lacuna** - Looks like a small bunch of dark grapes. Also known as a Honeycomb Lacuna. Often seen in the gland zones. Indicates a change to the fibrous tissue in the gland, particularly the thyroid gland. If seen in the thyroid, kelp is one of the best nutrients to take. Vitamin C should also be taken.



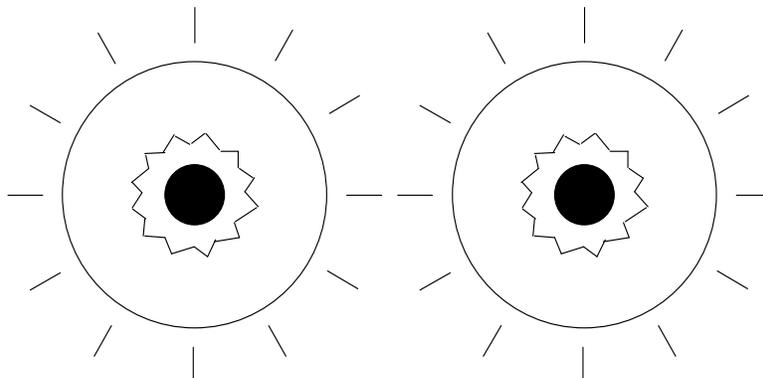
11. **Iodine Lacuna** - Unlike the common lacuna, this lacuna is wider at its base and not tear-drop shaped. It is usually a large marking. It shows that the thyroid has difficulty storing up iodine, the nutrient needed for its healthy function. As above, kelp is one of the best nutrients to take and should be taken in a low dose for several months. Vitamin C should also be taken.



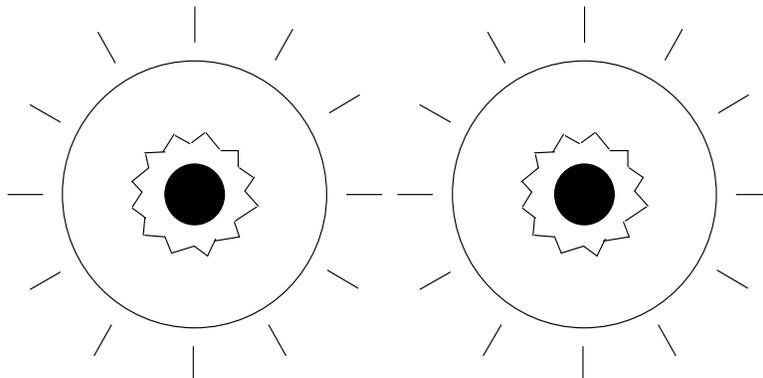
12. **Lacuna** - A tear-drop shaped iris marking. Can appear almost anywhere in the outer part of the iris. An inherited marking showing decreased function, usually of a gland. Give the gland in which the lacuna appears extra amounts of the nutrients known to help it.



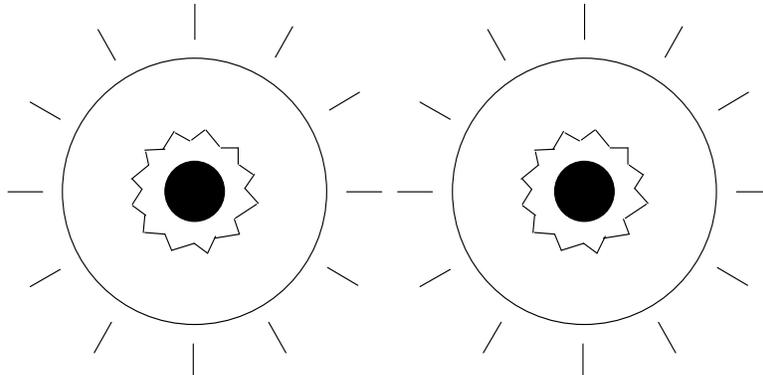
13. **Radial Plait** - Two iris fibers across each other at least once, forming a plaited appearance. This shows chronic irritation and, if left untreated once symptoms appear, can lead to more serious changes in the cells. Look carefully for an remove any external irritants, for example food or chemical allergies.



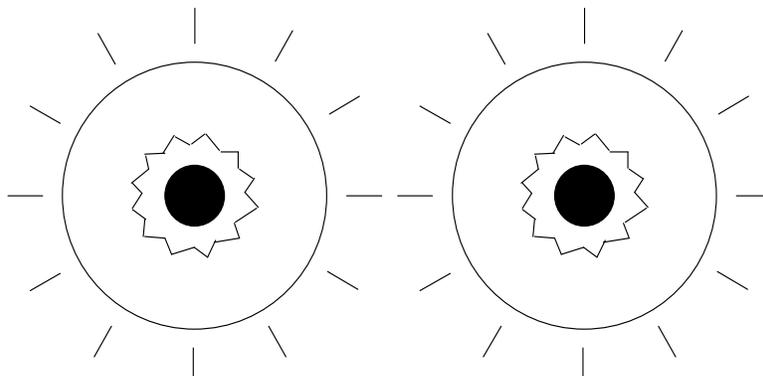
14. **Thyroxine Lacuna** - A large lacuna with a rounded end and a small base which can be seen anywhere in the iris but still indicates the thyroid gland. Definite thyroid marking indicating that the thyroid tends to be out of balance, either over-producing or, more likely, under-producing Thyroxine. Kelp is one of the best herbs to choose for getting the correct balance to the thyroid gland. If symptoms are present refer the client for further testing.



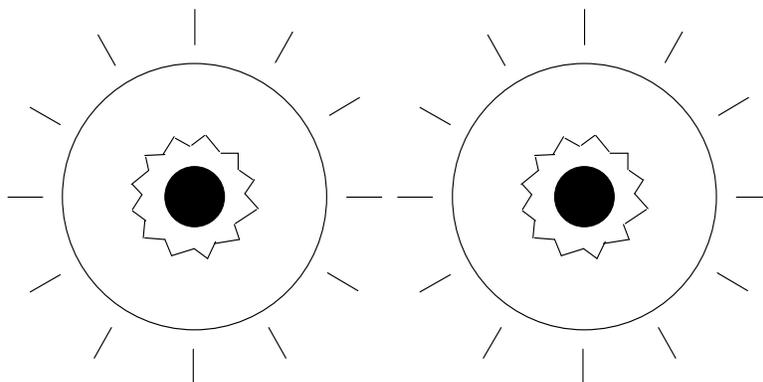
15. **Transversal** - A single fiber which runs the opposite way to the rest of the iris fibers. It may appear to be red. Indicates a change which occurs to the area in which the transversal appears. Often seen in the spinal or neck zones. If seen in the spinal zone consult a chiropractor or osteopath for a check up.



16. **Twin Lacunae** - Identical small lacunae appearing side by side in the iris fibers. Often seen in the adrenal zone. Sometimes seen where there is a non-malignant tumor of the adrenal gland. Vitamin B-complex, vitamin C and a stress management course will help to restore adrenal function as will other supplements noted in the glandular system information.



17. **Tulip** - Two fibers separating toward the outer edge of the iris. Usually seen in the head zones, particularly in the sinus zone. Indicates pressure in the head, usually in cases of chronic sinus problems. Treatment includes leaving out all dairy food from the diet as these foods produce more mucous in the body. Fresh fruit and vegetables and garlic help. During an attack inhale eucalyptus and menthol oil.



## **ADVANCED IRIDOLOGY - SESSION 5 - INTRODUCTION TO SCLEROLOGY, MIASMIC/MEDEIC/MURKY/SEWAGE EYES**

### **Definition of Sclerology**

Sclerology is defined as the science of the markings in the whites of the eyes describing conditions of health. It is the study of those markings and colorings in and on the scleral layers as differentiated from the signs within the conjunctive, which overlie the sclera.

The red lines and other markings and colorings in the whites of the eyes actually correspond to real conditions within the body. Their size and shape and various other aspects of configuration and shading describe health qualities. Sclerology is therefore a means of looking into a person's eyes to see what is happening with his/her health, to get a sense of what is most important, like exactly where the highest stress and congestion are located in the body, where such stress and congestion are coming from (originating cause), how much of the stress is emotional, how much physical, and how much both combined.

Sclerology is a way of viewing inherited tendencies to weakness, and of seeing various disease processes. It is a means of health evaluation that is accurate, its basics relatively easy to learn (although it has its degree of complexity), has important tissue information on systemic pathology, and can therefore be valuable to the healer/practitioner.

### **What is Shown and what is not Shown?**

The sclerae show more than just the temporary conditions of redness that we commonly see from local eye irritation (as from squinting or other improper use of the eyes, smog or cigarette smoke, from getting something caught in the eye, or even from a local eye infection). Because it is continuous with the dura matter of the brain, the sclera is capable of showing conditions of health and disease in the body. As it turns out, the sclera shows a wide range of these conditions. When health is well, the sclera is a bright, crisp white color. When we are unhealthy, the sclera color changes accordingly, and such changes remain for whatever period of time (usually years) it takes to restore health - if indeed health is restored at all. In other words, we're talking about chronic conditions, and we can see them coming via signs in the sclera years in advance of their appearance as symptoms.

The whites of the eyes show physical (purely sclera), emotional (purely conjunctiva), and combined physical and emotional/Oedipal (between sclera and conjunctiva) circumstances. Personality characteristics are not shown in the sclera, nor are etheric, psychic, or causal data, as seen in other Eyology maps. Name diseases, like "diabetes" and "cancer" and "arthritis" are not seen in the sclera. Instead, the actual tissue conditions are what is seen. Also seen is how these conditions developed, where they originated, if drugs were involved, and more, and, as noted above, usually long in advance of their appearance as symptoms.

The sclera proper shows physical circumstances only. Proper is a reference to the fact that when we look at the sclera we are actually looking at two maps in one. The sclera is overlain in its visible areas by a transparent membrane called the conjunctiva. The conjunctiva can also have lines in it - and almost always does in the case of adults, usually fewer in children. In fact, most of the lines we typically see in the whites of the eyes are actually conjunctiva lines, and not properly sclera lines at all. This fact reflects the essentially emotional nature of much of our pathology.

### **Sclerology Around the World**

Many countries have a long tradition of using the sclera to evaluate health. The Chinese have used the sclera markings for at least 1000 years, quite possibly many more. Chinese medical texts dating from 1000 BP show drawings of the sclera with some sclera signs. The American Indians have a long history of sclera use, also. Dr. Stuart Wheelright, a Natural Health Practitioner who used Sclerology in the 1960's '70's and '80's, apparently learned his first Sclerology from Nez Perce Indians and from Dr. Sundance Hathaway, a Blackfoot Indian. Medieval Europe knew Sclerology, as seen in drawings in medical manuals. In view of how easy it is in principle, it is hard for one to imagine why Sclerology would not be practiced more widely, especially by Natural Health Practitioners.

## **Structure of the Sclera**

The "sclera" is the white, tough visible outer coating surrounding and protecting the eyeball. It is a strong, fibrous, opaque membrane covering 5/6ths of the eyeball. In the front of the eye the sclera is continuous with (or in some real sense becomes) the transparent cornea, which occupies the front 1/6th of the eyeball covering. Moving toward the back of the eye, the sclera becomes continuous with the dura matter of the brain. The six muscles that control the movement of the eyeball attach to the sclera, the other ends of which attach to the bony orbit we call the eye socket.

## **The Conjunctiva**

Covering the underside of the eyelids, and then becoming visible and continuing in a reflected manner superficially over the visible parts of the eye (the cornea/pupil/iris and the sclera) is the conjunctiva. The conjunctiva is a mucous membrane having essentially three different thicknesses, and therefore for our purposes we can divide it into three "separate" yet continuous parts: (1) the palpebral conjunctiva, which covers the undersides of the eyelids, (2) the bulbar sclera conjunctiva, which covers the sclera, and (3) the bulbar corneal conjunctiva (or corneal epithelium), which covers the cornea.

## **MIASMIC/MEDEIC/MURKY/SEWAGE EYES**

Also called miasmatic, the murky eye signifies systemic drug accumulation. This accumulation can be due in part to conditions inherited from the parents. The murky eye also indicates a state in which catarrhal elimination has been suppressed. The body has been prevented from throwing off toxins and drug residues. If the practice of suppression continues, the body can become what we call medec: so polluted that it may not live long enough for a complete cleansing.

## **ADVANCED IRIDOLOGY - SESSION 6 - LEARN HOW TO DRAW THE EYES, LEARN HOW TO TAKE PHOTOS OF THE EYES, CASE STUDIES**

By the time you reach this session you should be able to complete a constitutional analysis fairly easily. Your goal should be to be able to complete a full constitutional analysis on a client within 30 minutes. This includes taking their pictures if necessary, looking into their iris with either a flashlight and magnifying glass or iridoscope or by using a picture that either you or someone else took. Once you've completed the analysis for the client you can then spend the next 1/2 hour or more if needed on nutritional consulting explaining to them which types of foods, supplements and lifestyle changes may be necessary for them to heal themselves of whatever ailment they have. Remember to speak to your client while you're analyzing their irises. They want to know what you see. Be sure to tell them both their strengths and weaknesses and not to overwhelm them with only their weaknesses. There has been many a student who has focused on weaknesses leaving the client negative and no longer believing in Iridology. It's imperative that you inform your client of which areas of his/her body are strong and which are weak. Be sure he/she knows that you are NOT diagnosing and are NOT practicing medicine without a license. This is EXTREMELY important to remember. Be sure to have your clients fill out a release form and be sure to keep a copy for your records. Always keep notes from telephone calls your client has made to you or you to your client. Keep any correspondence you've received and copies of those you've mailed your client. This is important "just in case" there is a problem of some sort later on. It's always good to document everything you say and suggest so there is absolutely no question in your client's mind what you are saying.

### **Learn How To Draw The Eyes**

Sometimes clients will want you to draw their irises for them rather than filling out a constitutional analysis form with x's and check marks. People typically learn in three different ways: visually, auditory, and kinesthetically. People who are visual learn by seeing. These people are the type who would be able to look at the constitutional form and remember what was said and what it meant. They tend to be more analytical and tend to use maps and telephone books. People who are auditory learn by hearing. They might ask you if they can tape record your session. That's up to you but we always recommend that if someone tapes your session that you have them make a duplicate for your file. Again, it's important that you have a copy of everything for your file in case you need to follow up. People who are kinesthetic tend to learn by feeling and they may learn better with images and drawings. These are the types of people who would rather have you draw their iris than fill out a constitutional form.

### **Learn How To Take Photos of the Eyes**

Visual, Auditory, and Kinesthetic learners all seem to prefer iris photos if possible. People want something they can take home with them. A photo of their iris right there at the time of their analysis is the best form of analysis you can provide them. Once you have a photo you don't have to worry about shining a bright light into your client's eyes or worrying whether you've been able to see everything or not. Good clear photos are the best way to go and digital cameras are even better. With a digital camera you can show your client their irises within a few minutes. You can freeze their irises on the monitor and use a grid to show them exactly where they need to work on their health. There is absolutely no guessing involved. The same is with a 35mm camera. The fiber optic lighting is important as it is a strong light and does not damage the eye. The cameras are an excellent investment if you plan to do iridology professionally. They will help you keep a record of your client's response to whatever treatment you suggest and they will bring you more business.

### **Case Studies**

Notes:

# CONSTITUTIONAL IRIDOLOGY ANALYSES WORKSHEET

*Iridology is the Study Of The Patterns And Markings In The Iris Of The Eye.* For over a hundred years, various Iridologists have studied these patterns and markings, correlating them with specific health problems, physical strengths and weaknesses and personality traits. Through these empirical observations, Iridologists have noted certain constitutional patterns. That is to say, people with similar eye patterns tend to have similar personality traits and health profiles. These observations are the basis for Constitutional Iridology Analysis.

Some people believe that the eye is a mirror of what is going on in the body right now and hence, have endeavored to use Iridology as a diagnostic tool to determine specific disease conditions. Constitutional Iridology is based on the premise that the patterns and markings in our eye are primarily genetically inherited. *Hence, in Constitutional Iridology, no attempt is made to diagnose any specific disease conditions.* Constitutional Iridology is used to help us understand our basic temperament so we can know how to balance our nutrition and lifestyle to obtain greater physical, mental and emotional fitness.

This purpose of this form is to inform you of the constitutional patterns and markings in your eye. *It is important to realize that the fact that you have a particular eye marking does not mean that you now have or that you ever will have the health problems Iridologists have traditionally associated with those markings.* This information is provided for your education and interest only. It is not intended as and must **NOT** be taken as a diagnosis for any disease condition. If you actually have any pre-existing medical conditions or suspect that you might, you should obtain the assistance of a licensed health practitioner for both diagnosis and treatment.

I have read and understand the above.

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Date E-mail

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Signature Printed Name

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Street Address City State Zip Code

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Home Telephone Work Telephone