

*Beginning Iridology
Correspondence
Course
Instruction Manual*

By:

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Beginning Iridology Rules & Conditions

1. Print your name and address at the top of the first page of **the Beginning 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. You must return the practice sessions 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 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 six practice sessions and the test, you must sign the statement at the bottom of the First Page of the Beginning 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.

BEGINNING IRIDOLOGY - SESSION 1 - INTRODUCTION

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.***

An Iridology analysis is for everyone, but not everyone is ready for it. It is a truth that health is not given but earned. There is no doctor in the world that can give health. When health is lost, or when one wishes to build a finer mind and body, there must first be education and knowledge and then comes an application of knowledge, which is doing. ***The greatest single thing the analysis can do is point out one's inherent weaknesses.*** We die from our weaknesses. Our weaknesses bring us down, lower our resistance to all diseases and leave us vulnerable to other problems.

BEGINNING IRIDOLOGY - SESSION 1 - HISTORY OF IRIDOLOGY

The true originator of Iridology was a Hungarian physician **named Ignatz von Peczely**.

At 11 years of age Dr. von Peczely noticed an owl in a tree in his backyard. He tried to catch the owl. He accidentally broke one of the owl's legs. He then noticed a dark stripe develop in the lower part of the owl's iris. Dr. von Peczely dressed the owl's leg and nursed it back to health and let it go. However, the owl stayed around and later he noticed the appearance of white and crooked lines in the part of the iris where the dark stripe had been.

Thus, **The Birth of Iridology was about 1861!**

At the same time Dr. von Peczely was involved with his owl, **Nils Liljequist** of Sweden, 14 years old, was vaccinated and became sick with enlargement of the lymph glands of the neck, coughing, malaria, influenza and pains in the limbs. He was treated with external applications of iodine and was finally prescribed Quinine. As years passed he observed his irises changing more and more and in 1871 he published a paper entitled: "**Quinine And Iodine Change The Color Of The Iris; I Formerly Had Blue Eyes, They Are Now A Greenish Color With Reddish Spots**". In 1864 he broke 2 ribs and noticed the changes in his iris. In 1893 he published an atlas with 258 black and white drawings and 12 colored double-iris drawings called "**Diagnosis From The Eye**".

Dr. Bernard Jensen was one of America's foremost pioneering nutritionists and Iridologists. Beginning his career in 1929 as a chiropractor, he soon turned to the art of nutrition in search of remedies for his own health problems. He later observed firsthand the cultural practices of people in over 55 countries. In 1955 he established the Hidden Valley Health Ranch in Escondido, California, as a retreat and learning center based upon the healing principles of nature. He has seen over 350,000 eyes.

Older Versions of Iridology Charts (available in Science & Practice of Iridology, Volume II)

- a. Nils Liljequist, 1886, from Sweden
- b. Peter Thiel, from Germany
- c. Heinrich Hense, from Germany
- d. Boris de Bardo, from France
- e. Dr. Manuel Lazaeta Acharan, from Chili
- f. Dr. Bernard Jensen's Version of Iridology Chart, 1981

BEGINNING IRIDOLOGY - SESSION 1 - TRUE EYE COLORS

Iridologists have said that there are only two basic colors for the iris, blue and brown. Perhaps this was so, but now there has been so much intermarriage of races in the world that we likely have a genetic mix of colors. Of course, we usually see the basically blue or brown iris, but there are irises, which we call "**mixed**" when it becomes obvious that in addition to the basic color there is a strong genetic influence of another color. There are instances where it becomes very difficult to determine exactly which color is the true basic color. Also, drug settlements in the body can make the iris appear a color, which is different than its true and basic color.

The following are the basic German Iridology types. They are based on eye color. They relate somewhat to the primary colors and to the three aspects of health (physical, mental and spiritual).

1. **Blue-Eyed Type** (German: Lymphatic)

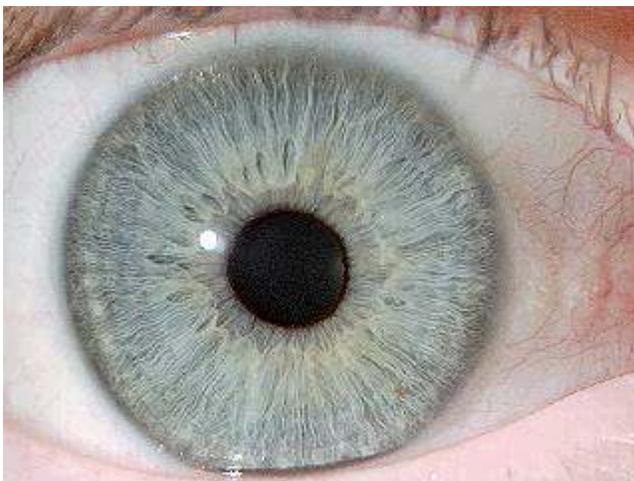
A. **Description**

White collaret (autonomic nerve wreath), solid blue or gray/blue color with no discoloration or psora (pigments). Related to the primary color blue and the spiritual aspect of health. Strong tendency towards Western phlegmatic (water) constitution and Chinese water, metal constitutions.

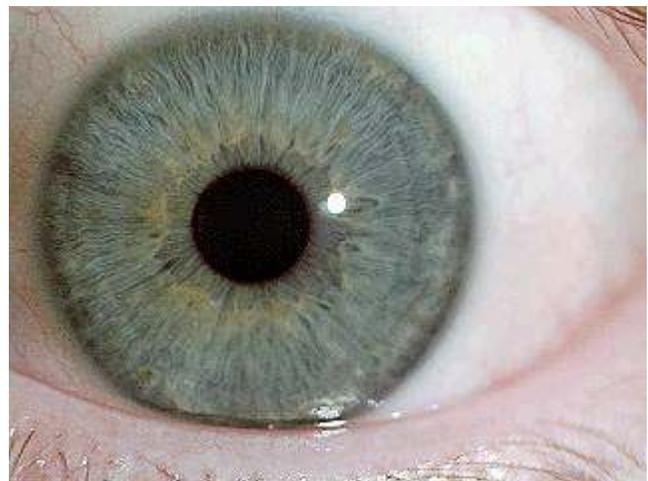
B. **Tendencies**

This is the "**pure**" blue eye that is found in people's of European descent. It usually accompanies a classic phlegmatic disposition, which means the person is prone to lymphatic disturbances and catarrh affections. This is probably due in part to the fact that people of European descent are frequently heavy consumers of dairy products. Blue-eyed people are also thought to have a greater tendency to accumulate uric acid in their bodies and to have kidney troubles. The body systems and parts that these people have to pay particular attention to are the following: Mucus membrane areas (upper respiratory tract, bronchioles, villi of lungs, digestive tract and the uro-genital tracts), lymphatic tissues (tonsils, appendix, spleen and lymph nodes) and membranes of the joints.

Health problems commonly found in people with the lymphatic constitution include the following: Sinus troubles, sore throats, tonsillitis, earaches, bronchitis, asthma, swollen lymph nodes, skin catarrh (eczema and dandruff), kidney weakness, arthritis and rheumatism.



Right Iris



Left Iris

2. **Mixed-Eyed Type** (German: Biliary)

A. **Description**

Discolorations or psora (drug spots) on top of a blue background (fiber structure is visible through color). Related to the primary color yellow and the mental aspect of health. Strong tendency towards Chinese wood, earth constitutions and the Western air constitution.

B. **Tendencies**

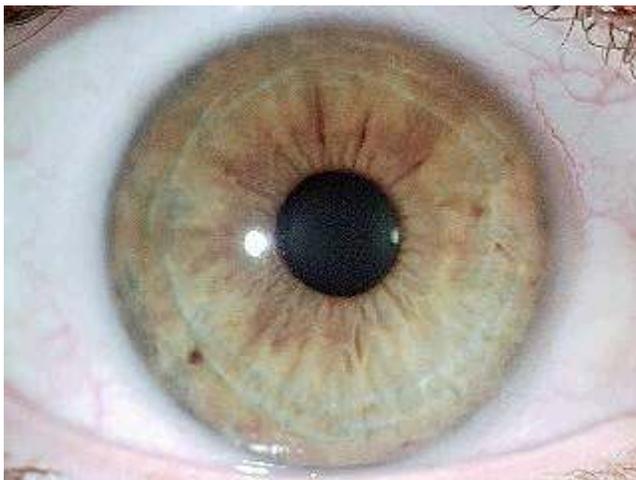
The blue/brown mixed eye has been linked by Iridologists with a disposition to biliary or hepatic (liver) troubles. It is believed that the colorations on top of the blue eye are a sign of toxicity in the body due to digestive problems. When the pigmentation is concentrated around the center of the eye, this is especially linked with digestive disturbances. Problems with the liver and other digestive organs can lead to further imbalances in the glandular and circulatory systems. Body systems and organs to pay particular attention to are as follows: The digestive system (stomach, pancreas, gall bladder and especially the liver) and the intestinal tract.

Common health problems Iridologists associate with this type are: Hypoglycemia, PMS, indigestion, gallstones, constipation, gas, toxicity of the digestive tract, anger and/or depression, difficulty getting to sleep followed by difficulty waking up in the morning, nausea, stiffness and achiness, headaches (especially migraines), food allergies, seasonal allergies and Candida.

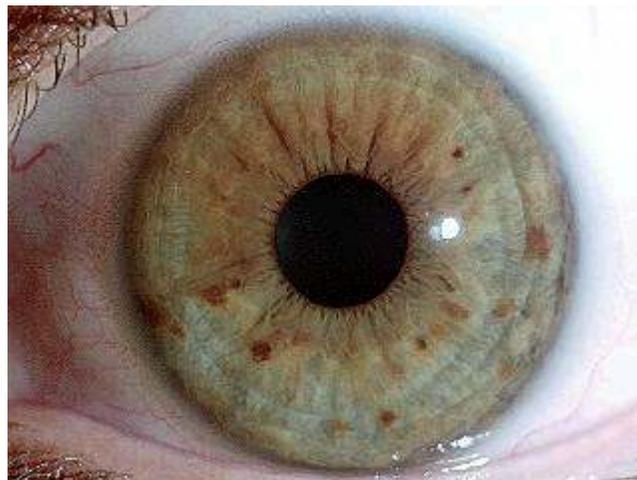
C. **Colors**

Colors have strong meaning in this eye type:

1. **Straw Yellow:** Relates to the kidneys and suggests poor kidney function.
2. **Neon Orange:** Relates to the pancreas and suggests a tendency to blood sugar imbalances and problems with digesting (metabolizing) carbohydrates.
3. **Dirty Orange:** May relate to either the pancreas or the gallbladder. Suggests some tendency as neon orange, but may also suggest gall bladder problems. Look for other signs of gall bladder problems (marks in gallbladder zone or fatty deposits in whites.)
4. **Dark Brown:** Related to liver function.
5. **Reddish Brown:** Suggests breakdown of the blood and a need to work with blood purification and building. Possible problems with liver, spleen, and bone marrow.



Right Iris



Left Iris

3. **Brown Eyed Type** (German: Hematogenic)

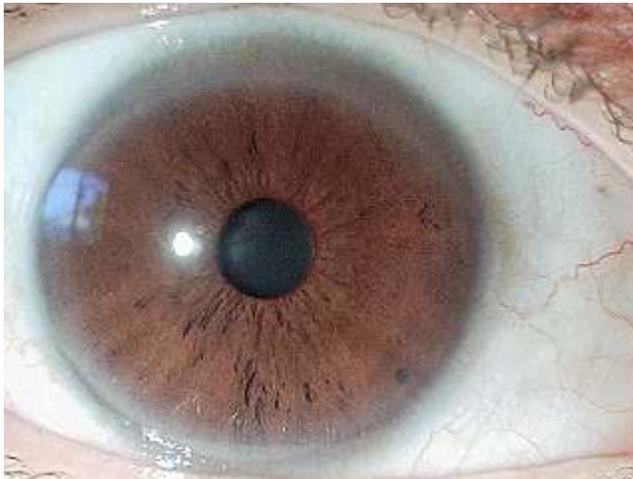
A. **Description**

Pure brown eye with pigments covering iris fiber structure. Related to the primary color red and the physical aspect of health. Probably Chinese constitutional types: fire and earth. Probability related to Western fire and earth constitutions as well.

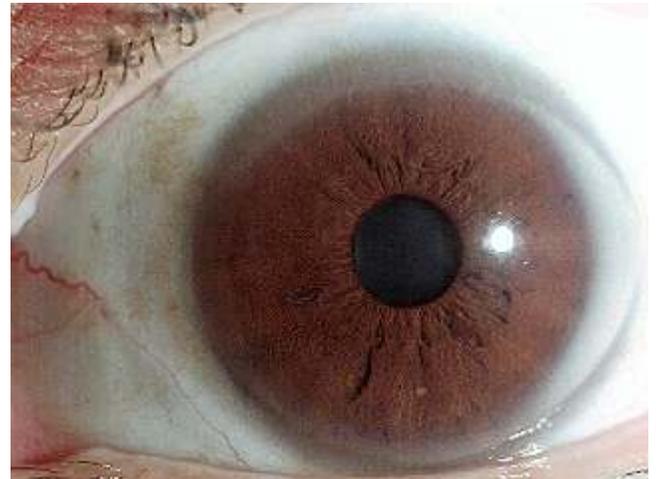
B. **Tendencies**

Pure brown eyes are difficult for Iridologists to read because a layer of pigment completely covers up the fiber structure of the eye. However, Iridologists have noted some general characteristics of brown-eyed people. First, they appear to be pre-disposed to imbalances in blood composition and hence to blood disorders. It has been suggested that they have a possible inherent inability to store adequate supplies of minerals. They may especially have problems with calcium metabolism. Specific systems and organs to pay particular attention to are: The circulatory system (heart, blood, blood vessels), the organs that make blood (liver, spleen, bone marrow), the digestive system and the endocrine glands.

Common health problems experienced by brown-eyed people include: Anemia, hardening of the arteries, all types of blood diseases, constriction and hardening of lymph tissue, possible reduced leukocytes in the blood, digestive troubles, mineral deficiencies and early breakdown of the endocrine glands.



Right Iris



Left Iris

BEGINNING IRIDOLOGY - SESSION 1 - HERING'S LAW OF CURE

Hering's Law of Cure is the basis of all healing. This is the way the body heals or cures itself. **"All cure starts from within out, from the head down and in reverse order as the symptoms have appeared or been suppressed"**. **"We don't catch diseases, we create them by breaking down the natural defenses according to the way we eat, drink, think and live"**. Hering's Law is a very important law to understand and remember. It is imperative to follow this law in order to allow the body to eliminate toxins created daily.

The definition of Hering's Law of Cure is as follows:

"We heal from the head down". This means that before we can even begin to heal we must believe we can heal. We must be mentally prepared and strong in order to allow the body to heal. We must not doubt the body's ability to heal itself.

"We heal from within out". This means we must allow the body to cleanse. In order for the body to eliminate toxins it must be allowed to do so by not suppressing any kind of discharge. Most over-the-counter medications and prescriptions do suppress discharges. This is not good as these toxins can go deeper into the body and create other weaknesses. The body must be allowed to cleanse itself in whatever manner it needs to without interruption by synthetic suppressive substances.

"We heal in reverse order as the symptoms have appeared or been suppressed". This means that most of the time the last problem someone has is the first problem to be dealt with by the body in the reversal process. For instance, let's say the last illness you had was a sinus infection and a suppressive medication was used to stop any sneezing, coughing, dripping nose or sinus drainage. In order for the body to heal itself it must eliminate these toxins and mucus that were suppressed at this time. Since this was the last illness it is the easiest for the body to heal. The body may stimulate the Immune System to create a fever to burn out the toxins, the toxins may be eliminated through the Lungs or Bronchioles causing a large amount of phlegm to exit these areas, it might eliminate them through the skin causing breakouts or it could eliminate them through the Colon in which case mucous, old feces and food that hasn't been eaten for quite a while may be eliminated. These are just a few ways the body heals itself.

Unfortunately, Hering's Law Of Cure is not used today in Orthodox medicine. Orthodox medicine generally believes that because the symptoms are suppressed the problem is cured, or by removing the organ, which is not functioning correctly, it can cure the problem. Perhaps this is why no one knows what a **"Cold"** is today. A **"Cold"** is the body's way of eliminating toxins, which it does by increasing the mucus from the mucous membranes in order to free the toxins. Toxin elimination is imperative in order for the body to stay healthy. Disease reversal is also imperative in order for the body to **"cure"** a disease.

BEGINNING IRIDOLOGY - SESSION 1 - WHAT IRIDOLOGY CAN AND CANNOT DO

Iridology is the only science that tells inherent weaknesses. We die from our inherent weaknesses. Disease migrates to our weaknesses. We become toxic laden because we cannot detoxify. Inherent weaknesses tell us where the minerals are needed.

Iridology Can Reveal:

- The primary nutritional needs of the body.
- Inherently weak organs, glands and tissues.
- Inherently strong organs, glands and tissues.
- Constitutional strength or weakness.
- What organ is in greatest need of repair and rebuilding.
- Relative amounts of toxic settlements in organs, glands and tissues.
- Stages of tissue inflammation and activity.
- Where inflammation is located in the body.
- Under activity or sluggishness of the bowel.
- Spastic conditions or ballooned conditions of the bowel.
- The need for acidophilus in the bowel.
- Prolapsus of the transverse colon.
- Nervous condition or inflammation of the bowel.
- High-risk tissue areas in the body that may be leading to a disease.
- Pressure on the heart.
- Circulation level in various organs.
- Nerve force and nerve depletion.
- Hyperactivity or hypo activity of organs, glands or tissues.
- Influence of one organ on another, contribution of one organ to a condition elsewhere in the body.
- Lymphatic system congestion.
- Poor assimilation of nutrients.
- Depletion of minerals in any organ, gland or tissue.
- Relative ability of an organ, gland or tissue to hold nutrients.
- Results of physical or mental fatigue on the body.
- Need for rest to build up immunity.
- Tissue areas contributing to suppressed or buried symptoms.
- High or low sex drive.
- A genetic pattern of inherent weaknesses and their influence on other organs, glands and tissues.
- Pre-clinical stages of potential diabetes, cardiovascular conditions and other diseases.
- Miasms.
- Recuperative ability and the health level of the body.
- Build up of toxic material before the materialization of disease.
- Genetic weaknesses affecting the nerves, blood supply and mineralization of bones.
- Genetic influence on any symptoms present.
- Healing signs indicating an increase in strength in an organ, gland or tissue.
- Bone marrow problems.
- Potential for varicose veins in legs as shown by inherent weakness.
- Positive and negative nutritional needs of the body.
- Probably allergy to wheat.
- Sources of infection.
- Acidity of the body or catarrh development, as indicated by acute signs in the iris.
- Suppression of catarrh, as indicated by sub acute or chronic signs in the iris.
- Condition of the tissue in any part of the body or all parts of the body at one time.
- Climate and altitude best for patient.
- Potential contributions to sterility.
- Effects of polluted environment.
- Adrenal suppression, which may indicate low blood pressure, lack of energy, slowed tissue repair, deficiencies of vitamin C and adrenaline.
- Resistance to disease, as shown by amount of toxic settlements in the body.
- Relationship or unity of symptoms with conditions in organs, glands and tissues.
- The difference between a healing crisis and a disease crisis.

- The workings of Hering's Law of Cure.
- Whether a particular program or therapy is working or not.
- The quality of nerve force in the body.
- Response to treatment; how well the body is healing itself and at what rate.
- The "whole" overall health level of the body as a unified structure.

Iridology Cannot Reveal:

- Predict or indicate blood pressure levels (abnormal or normal), blood sugar level or other specific diagnostic findings or laboratory test results.
- Identify what medication or drugs an individual is taking or has used in the past.
- Determine what surgical operations a person has had.
- Tell what foods a person does or does not eat.
- Find out how much uric acid is in the body.
- Indicate when an injury to the body occurred or what caused the injury.
- Determine whether a poisonous snake bit has occurred or whether snake venom has entered the bloodstream.
- Correlate tissue inflammation levels with specific diseases or symptoms of disease.
- Identify diseases by name.
- Tell whether a subject is male or female from the iris.
- Determine whether asbestos settlements or silicosis exists in the body but only the effects on tissue.
- Tell if hair is falling out or what may be causing hair loss.
- Determine the number of organs when a person has been born with 3 kidneys, a double uterus, etc.
- Verify the presence of fungal infections such as Candida Albicans, although it may indicate conditions supporting its possible presence in the body.
- Show which tooth may be causing trouble.
- Verify the presence of lead, cadmium, aluminum or many other metallic elements that may have settled in the tissues.
- Tell if someone is on birth control pills.
- Prove whether or not a woman is pregnant, either normal or entopic pregnancy.
- Indicate whether an operation may be necessary.
- Indicate reliably whether a tumor is present or what size it may be.
- Show whether hemorrhage exists in the body or where its location may be.
- The difference between drug side effect symptoms and symptoms of actual diseases.
- Show if the thyroid is causing irregular menstrual periods.
- Determine the presence of multiple sclerosis, Parkinson's disease or bubonic plague.
- Prove whether healing signs indicate a raising of the general health level.
- Indicate syphilis, gonorrhea or other sexually transmitted diseases.
- Identify homosexuality or AIDS.
- Show whether gallstones or kidney stones are present.
- Tell reliably whether a blockage exists in a cardiac artery.

BEGINNING IRIDOLOGY - SESSION 1 - HOW TO APPROACH A CLIENT

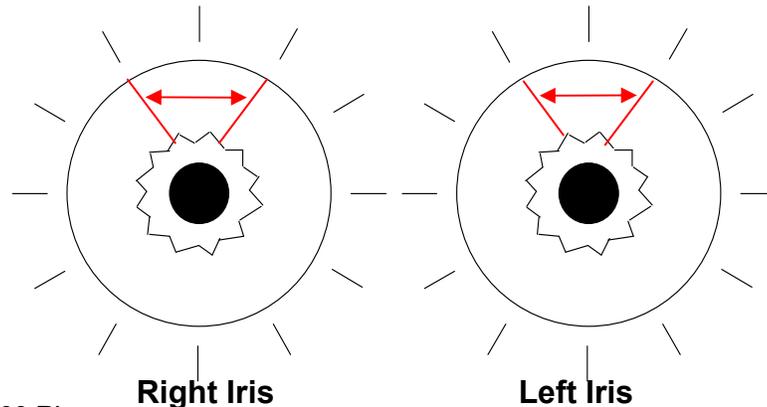
When you practice Iridology you need to be careful not to touch a person's face at all. If you need to look at a marking in your client's iris a little bit closer, you can ask the client if you can rest your fingers on the side of their face. Otherwise, do not touch your client. Also note that you will be in your client's "personal space". Most people are very uncomfortable if a stranger is in their personal space. You can determine your personal space by doing the following exercise:

1. Pick a partner to do this exercise with you. We recommend a friend, not a family member. Someone you know, but might not be completely comfortable with. Maybe even a colleague would be best. You can practice this exercise with as many people as you would like. The more, the better.
2. Stand at opposite ends of a room.
3. Walk towards each other very slowly, keeping eye contact at all times.
4. Stop when you each of you begins to feel uncomfortable. This is normally your public space, not your private/personal space. Note that this is where you normally can make eye contact with a person and where you would normally stand when you have a conversation.
5. Now, continue to move closer to each other, keeping eye contact. Notice when you become quite uncomfortable. You are not touching but you can. You are looking into each other's eyes and can actually see the color of the iris, and maybe even a few markings, depending on the lighting in the room. This is your personal/private space. Here you would feel very uncomfortable next to a stranger.
6. Now, both of you grab a chair and sit in front of each other. You need to sit close enough to almost touch each other's knees, but not quite touch. This is also in your personal space but you are far enough away as to not be able to hear each other breathing or feel each other's breath.
7. Now take your chairs and put them next to each other facing opposite directions so that the bottom of your chair is right next to the other. Again, you are almost touching but not quite touching. Turn your head towards each other and look into each other's eyes. Notice the color of the iris, some marks in the iris, the breathing of your partner, maybe the smell of their breath.
8. While you are sitting there notice how you feel. Are you uncomfortable? Are you holding your breath so the other person can't smell your breath? Are you self-conscious of yourself?
9. Now, one of you be the client and one of you be the iridologist. The one who is the iridologist needs to hold a magnifying glass in their right hand, and a flashlight in their left hand. Bring the magnifying glass up to the left iris of the client. Take a flashlight (preferably a pen light) and twist the end to make the light as strong as possible. Shine the light into the client's eye, without shining the light directly into the pupil. Notice what your client does. Is your client comfortable or moving away from the light? Be sure not to hold the light too closely or you can burn the eye. If your client is moving away from you then you are holding the light too closely. Is your client's eye watering? Then you are holding the light too closely. Move the light around the pupil over the iris and see if you can determine the color of the iris based on what you learned in session 1 last week. Be sure to constantly move the light around the pupil. If you see a marking you are curious about, look at the marking and move on. Do not keep the light on that spot for very long as you can hurt the client's eye. Now do just the opposite. Hold the magnifying glass in your left hand and the flash light in your right hand and look into the iris of your client.
10. Switch partners and the partner who was the client is now the iridologist. Go through step 9 again.
11. It is the iridologist's responsibility to not harm the eye of the client.

BEGINNING IRIDOLOGY - SESSION 2 - RECOGNITION OF THE EYE/STUDY OF THE IRIDOLOGY CHART

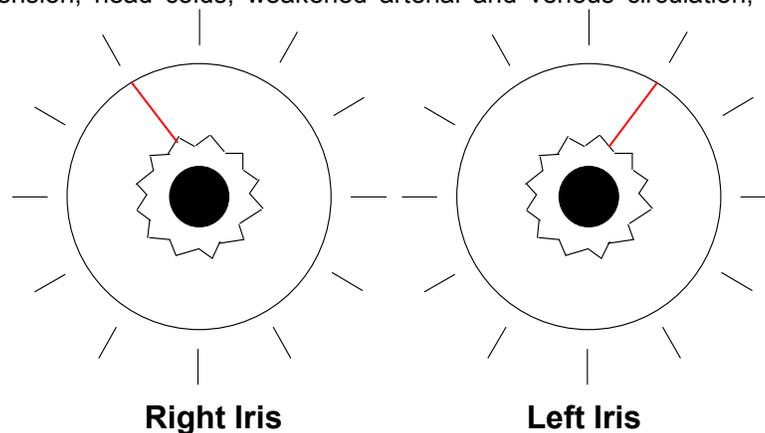
Brain Area (11:00-1:00 R, 11:00-1:00 L)

The brain areas on the iris chart are located at the top from 11:00 o'clock to 1:00 o'clock. Of all the areas of the chart the least is known about these. Orthodox medicine knows very little about the human brain and its function. Because so little is known with any degree of certainty about most of these brain areas I choose not to make comments about them. Much more research is needed with regard to these brain areas of the iris. Vitamins helpful for the Brain are B-Complex and B12. Beneficial minerals include Calcium, Copper, Fluorine, Iodine, Iron, Magnesium, Manganese, Phosphorus, Silicon and Sulfur. Herbs include Gotu Kola, Oat Straw, Red Clover, Valerian, Orange Blossom, Ginseng, Rosemary, Rue Sage, St. John's Wort and Walnuts.



Medulla (1:00 L, 11:00 R)

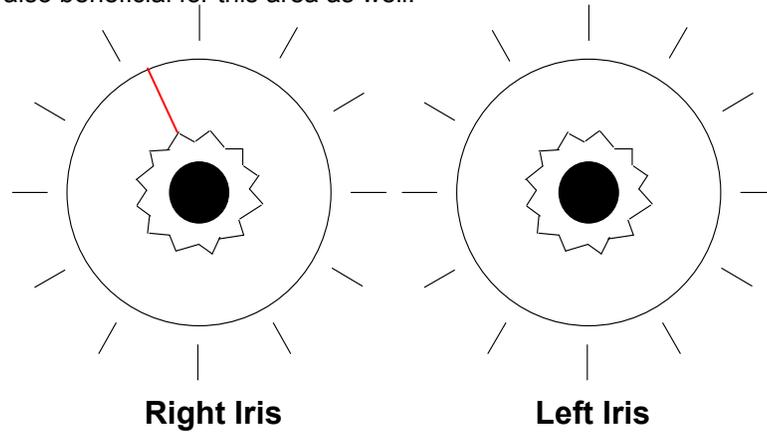
The Medulla is positioned on the iris chart near 1:00 o'clock in the left eye and near 11:00 o'clock in the right. This is sometimes referred to as the "**chest brain**". It is so called because it represents a portion of the brainstem where the nervous system automatically controls the breathing function. When is the last time you really gave breathing a conscious thought? We often see a weakness in the Medulla when the nervous supply to the Lungs is not inherently what it should be. In this situation the lungs usually do not develop as well as they otherwise could and are not as strong. Breathing exercises may help the lungs but it cannot do much for the inherited weakness in the Medulla. We need to concentrate more on building the brain areas to help this weakness improve. Therefore, all items related to the Brain area are also beneficial for this area as well. Normal function includes respiration, heart and vasomotor center, swallowing, hiccoughing, sneezing, vomiting, coughing, and salivation. Attributes or extensions of normal function include survival, and preservation of vital functions. Abnormal function or hypo/hyper activities include breathing tension, head colds, weakened arterial and venous circulation, catarrh, and shallow breathing.



Sex Impulse - Mental Sex Area (11:15 R)

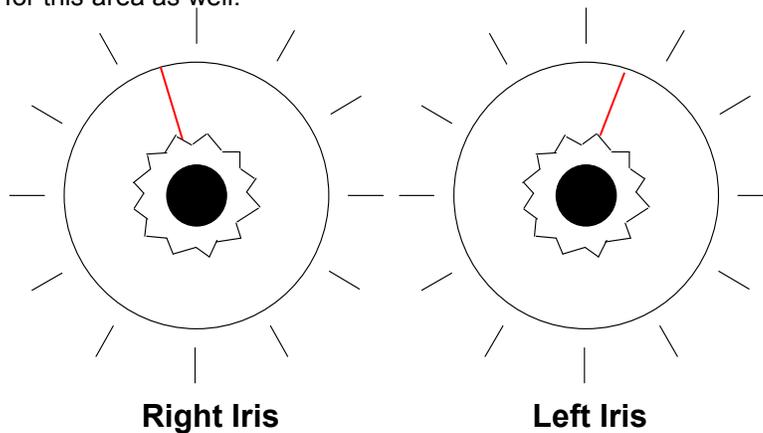
The Sex Impulse - Mental Sex Area is located near 11:15 in the right eye and is not included in the left. This area is located in the Cerebrum, Hypothalamus, Limbic System, and Pituitary Gland. Normal function of this area includes attraction, sexual responsiveness, and reproduction. Attributes or extensions of normal function include creativity, motivation, excitement, imagination, and exhilaration. Abnormal function or hypo/hyper activities include sexual apathy, perversion, violence, combativeness, irritation, competitiveness, lassitude, vanity, and self-centeredness. Again, we need to 12

concentrate more on building the brain areas to help this weakness improve. Therefore, all items related to the Brain area are also beneficial for this area as well.



Inherent Mental (12:30 L, 11:30 R)

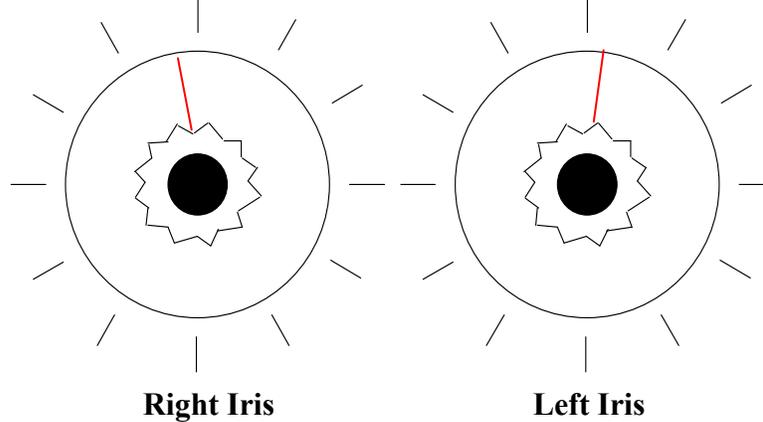
The Inherent Mental Area is located at 12:30 in the left eye and 11:30 in the right. This area is located in the Brain Stem in the Midbrain. Normal function of this area includes survival instincts, social instinct, stamina, emotions, will, social imitation, hallucinations, obsessions, and concentration. Attributes or extensions of normal function include optimism, courage, will, love, individuality, security, intuition, sensitivity, concentration, intensity of attention, imagination, independence, initiative, awareness of indwelling spirit, zest for life, confidence, originality, leadership, acquisitiveness, analytical ability, ambition, stability, identity, success, social acceptance, reproduction, and understanding. Abnormal function or hypo/hyper activities include impatience, hallucinations, obsessions, melancholy, ability to comprehend, vacant mindedness, habitual inattention, mental turbulence, dogmatic actions, submission, spinelessness, self-condemnation, recklessness, alienation, and suicide. We need to concentrate more on building the brain areas to help this weakness improve. Therefore, all items related to the Brain area are also beneficial for this area as well.



Sensory Locomotion (12:15 L, 11:45 R)

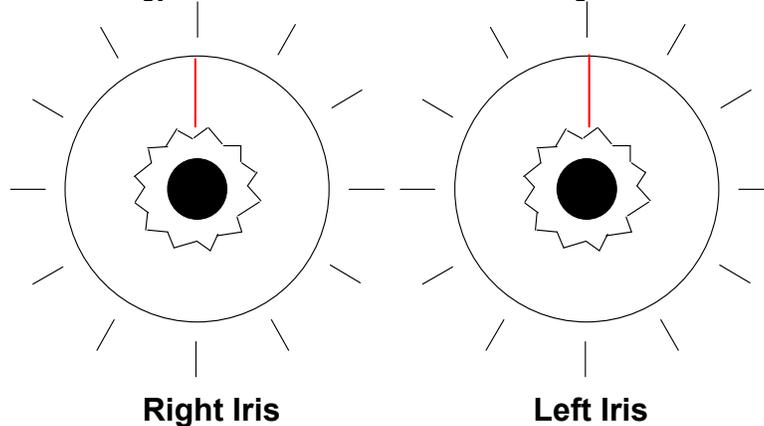
The Sensory Locomotion Area is located at 12:15 in the left eye and 11:45 in the right. This area is located in the Mid-cortex, kinesthetic, sensory motor area. Normal function includes muscle coordination, magnetism, sensations of heat, cold, pain, touch, pressure, tension, and movement. Attributes or extensions of normal function includes perception, motor or sensory type, reaction time to sound or light, limit of muscular exertion without fatigue, strength, physical fitness, and muscle and mental coordination. Abnormal function or hypo/hyper activities include uncoordination, lack of sensation, and exhaustion.

We need to concentrate more on building the brain areas to help this weakness improve. Therefore, all items related to the Brain area are also beneficial for this area as well.



Animation Life (12:00 L, 12:00 R)

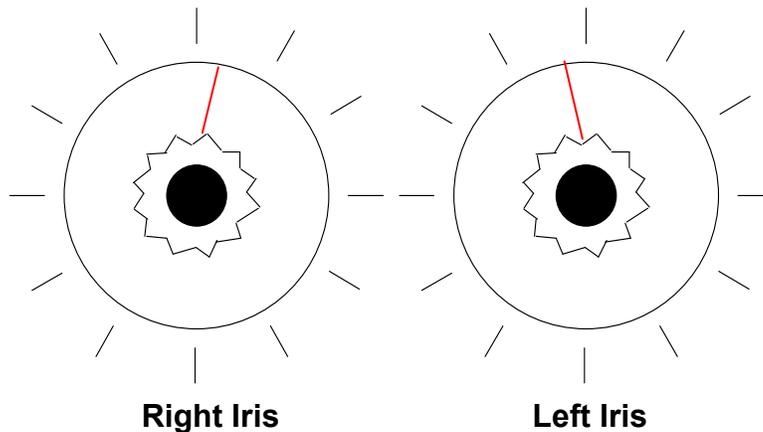
Iridologists know that the area at 12:00 o'clock named ANIMATION LIFE on the iris chart has to do with a "**Fatigue Center**" or "**Energy Center**". If this area is weak you may exhibit a tendency to be fatigued easier or faster than if you didn't have a weakness there. When both right and left sides are weak, you most likely are aware that your energy has never been quite up to the level that it should be. Rest, Minerals, Food Supplements and Herbs such as Gotu Kola, Capsicum and Ginseng are excellent at helping to increase energy. Also a change of diet from refined to unrefined foods can usually increase energy. Of course the Adrenal glands can play a part in the energy level as well. Location in the brain area includes the Cortex, psyche, soma energy center, and hypothalamus. Normal function includes vitality/fatigue balance, appetite, enervation, emotional energy, nerve/gland interaction, and psychosomatic center. Attributes or extensions of normal function include sense of life, excitement, exhilaration, vitality, and movement. Abnormal function or hypo/hyper activities include restlessness, hyperactivity, melancholy, laziness, dullness, despondency, inactivity, suicidal tendencies, depression, despair, weariness, lack of energy, exhaustion, indifference, and resignation.



Five Sense Area (smell, touch, sight, sound, taste) (11:45 L, 12:15 R)

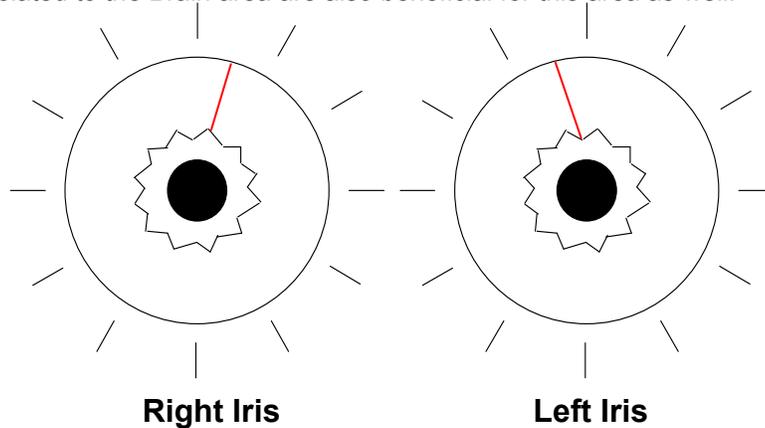
The Five Sense Area is located at 11:45 in the left eye and 12:15 in the right eye. It is located in the Cerebral cortex, gnostic area near the lateral sulcus of the left hemisphere. Normal function includes visual, tactile, auditory, olfactory, and gustatory functions. Attributes or extensions of normal function include for experience, sensuality, materialism, narcissism, and sensory stimulus. Abnormal function or hypo/hyper activities include hedonism, impaired sensation, sensory handicaps, and over stimulation. . We need to concentrate more on building the brain areas to help this weakness improve.

Therefore, all items related to the Brain area are also beneficial for this area as well.



Ego Pressure (11:30 L, 12:30 R)

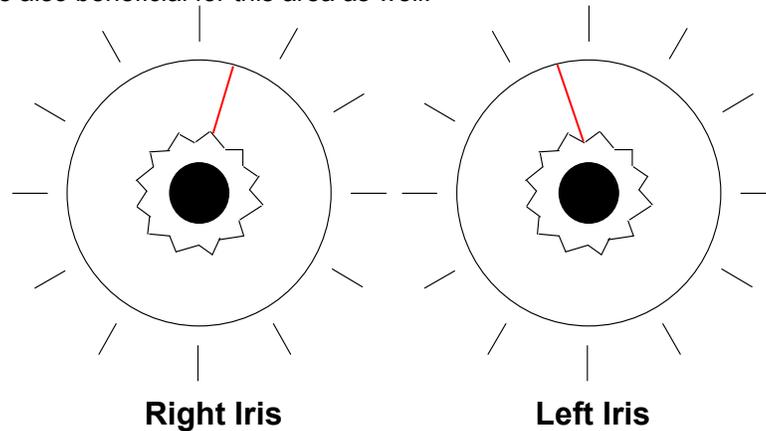
The Ego Pressure Area is located at 11:30 in the left eye and 12:30 in the right eye. It is located in the Cerebrum, Pituitary, and Hypothalamus. Normal functions include blood pressure regulation, decision making, physiological stress reactions, will power, psychological stress responses, anxiety, etc., tension, and sexual activity regulation. Attributed or extensions of normal functions include desire, power, assertiveness, domination, determination, individuality, self image, ideals, initiative, ego balance, ambition, leadership, self reliance, independence, acquisitiveness, survival instincts, self assurance, success, social prestige, competition, and acknowledgment. Abnormal function or hypo/hyper activities include envy, inferiority, pride, selfishness, fear, prejudice, self pity, criticism, jealousy, nasty temper, greed, hate, anger, bitterness, aggressiveness, dishonesty, sense of persecution, brutality, inordinate love of money, unfair use of power, impetuosity, impatience, stubbornness, exhibitionism, narcissism, exploitation, sarcasm, bossiness, rebelliousness, suspicion, obsequiousness, worry, delusions, and anxiety. We need to concentrate more on building the brain areas to help this weakness improve. Therefore, all items related to the Brain area are also beneficial for this area as well.



Acquired Mental Speech (11:30 L, 12:30 R)

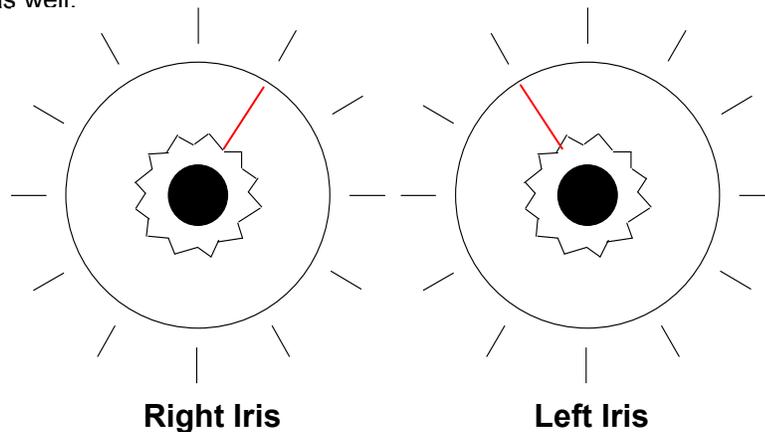
The Acquired Mental Speech Area is located at 11:30 in the left eye and 12:30 in the right eye. It is located in the Cerebrum, Thalamus, Forebrain, Pineal, and Pituitary. Normal function includes learning, speech, memory, experimental skill center, concentration, attitude center, language skills, reading, and writing. Attributes or extensions of normal function includes differentiation, conformity desire, obedience, cooperation, community, conservation, submission, subversion, rejection, respect, trust, faith, modesty, dependency, confidence, tension, competence, coordination, rejection, trust, leadership skills, joy of living, sociability, assertiveness, attentiveness, social attitudes, communication skills, amiability, courage, consistency, loyalty, temperament, self control, habits, art appreciation, imagination, truthfulness, self respect, altruism, self discipline, faithfulness, patience, contentment, love of cleanliness, religious reverence, determination, mannerliness, sensitivity, ideals, wisdom, thirst for knowledge, vocalization, communication, serenity, consideration, passiveness, sense of justice, fairness, stubbornness, sympathy, tolerance, honesty, patience, impetuosity, impatience, capriciousness, gratitude, religious appreciation, tact, ambition, grace, appreciation, generosity, affection, conservation, writing ability, sense of freedom, abundance, truth, brotherhood, love, humility, forgiveness, peace, and selflessness. Abnormal function or hypo/hyper activities include slow learning, forgetfulness, poor attitude, 15

stuttering, and stammering, lack of concentration, social maladjustment, and dyslexia. . We need to concentrate more on building the brain areas to help this weakness improve. Therefore, all items related to the Brain area are also beneficial for this area as well.



Mental Ability (11:00 L, 1:00 R)

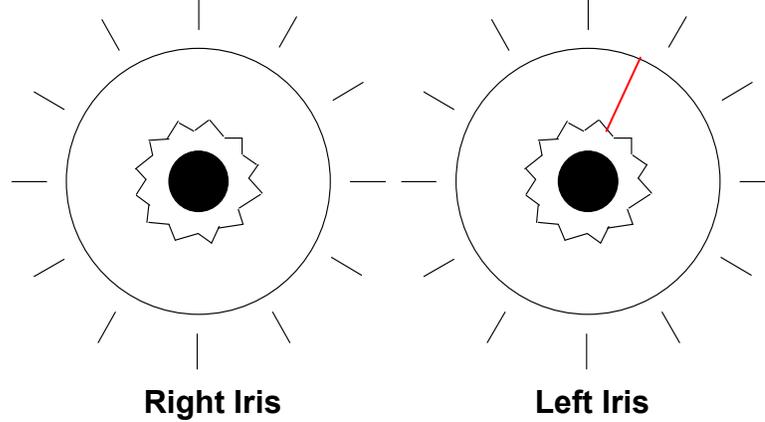
The Mental Ability Area is at 11:00 in the left eye and 1:00 in the right eye. It is located in the Prefrontal and Frontal lobes. Normal function includes intelligence, logical thinking, personality, reasoning, voluntary movement, memory and will power. Attributes or extensions of normal function includes confidence, independence, competence, assertiveness, realistic attitude, skepticism, cooperation, ability to reach a compromise, discrimination, divergent/convergent thinking, rationality, consistency, firmness, self confirmation, individuality, resilience, adaptability, objectivity, willfulness, reliability, creativity, initiative ability, reasoning ability, assimilative ability, curiosity, types of memory, cleverness, intellectual bent, capability of repentance, fearlessness, leadership, self reliance, thoroughness, criticalness, resoluteness, methodicalness, originality, analytical ability, exactness, attentiveness, tolerance, dominance, adventurousness, detail appreciation, oral and visual memory, carefulness, leadership, mathematical ability, judgment, responsiveness, sensitivity, accomplishment, fidelity, ruthlessness, self expression, and self awareness. Abnormal function or hypo/hyper activities include cunning, confusion, suspicious, recklessness, hopelessness, neglect, poisoning thoughts, mental blocks, lack of control, sense of futility, mental chatter, tension, dominance, aggressiveness, withdrawal, heartlessness, cruelty, melancholy, pessimism, touchiness, moral cowardice, and depression. . We need to concentrate more on building the brain areas to help this weakness improve. Therefore, all items related to the Brain area are also beneficial for this area as well.



Equilibrium/Dizziness Center (12:45 L)

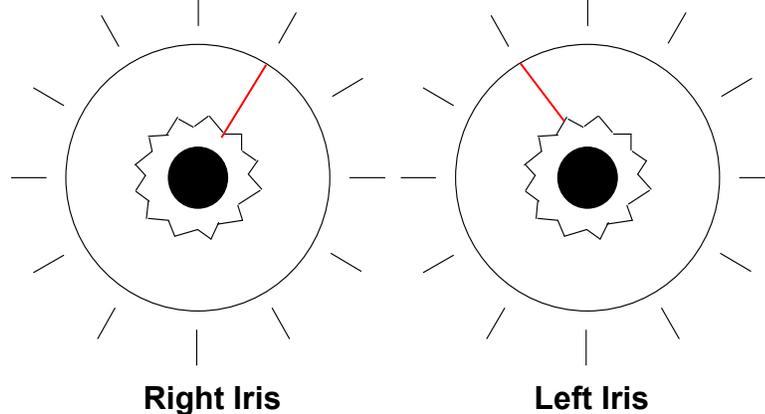
The Equilibrium/Dizziness Center is located at 12:45 in the left eye and is not in the right. It is located in the Cerebellum. Normal function is equilibrium, autonomic muscle coordination, dynamic energy center, and sexual activity. Attributes or extensions of normal function include discrimination, sense of balance, stability, and security. Abnormal function or hypo/hyper activities include epilepsy, faintness, dizziness, and impaired muscular response. We need to concentrate more on building the brain areas to help this weakness improve.

Therefore, all items related to the Brain area are also beneficial for this area as well.



Temple/Forehead (11:00 L, 1:00 R)

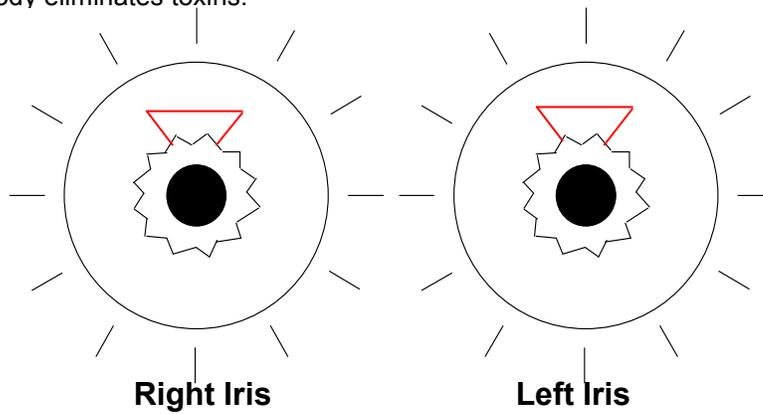
The Temple/Forehead Area is located at 11:00 in the left eye and 1:00 in the right eye. Note inherent weaknesses will show up in this area when there are large amounts of daily stress. This can be the cause of tension and migraine headaches. Also note that psora can deposit in this area causing further pain and weakness. . We need to concentrate more on building the brain areas to help this weakness improve. Therefore, all items related to the Brain area are also beneficial for this area as well. Feverfew has been known to benefit migraine sufferers as well as bowel cleansing, calming herbs, and building up the nervous system.



Sinus (11:00-1:00 L, 11:00-1:00 R)

The sinus is the second elimination channel for mucus. When the bowel is not eliminating properly it cannot eliminate the mucus either. The body then sends the mucus to be eliminated through the sinus area. Mucus is also called Catarrh. Catarrh is the word from the Greek meaning "*I Flow*". It is another name for mucous. Catarrh is formed by the mucous membranes as a way of getting rid of toxic wastes in the body. When the diet is near correct and the mind is at peace we find that there is no excess catarrh being formed. When things are not as they should be in the body, catarrh is formed. We should not attempt to stop the flow of catarrh using drugs or other suppressive measures. If we do, we only drive the catarrh and toxic wastes deeper into the body to cause more serious problems later. We deal with excess catarrh by "*Letting It Flow*" and at the same time making the necessary changes in the diet. We also must cleanse the body properly.

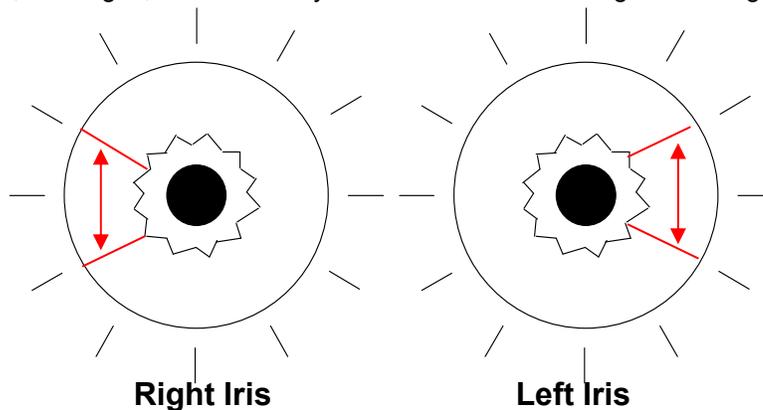
This is possibly by getting a "cold", burning diarrhea, phlegm from the lungs, breakout of the skin and other ways the body eliminates toxins.



**Lungs (8:00-10:00 R, 2:00-4:00 L), Bronchioles (8:00-10:00 R, 2:00-4:00 L)
Bronchus (2:00-3:30 R, 8:30-10:00 L)**

This is one of the primary elimination systems in the body. The respiratory system via its exchange of gases oxygenates the blood, but also in the course of expiration removes potential acidic waste products in their gaseous form thus helping to maintain the body's acid/alkaline balance. When we do not get enough gas exchange due to poor lung development, mucous congestion or destruction of the lung tissues, we are forcing the other elimination systems to carry an additional burden. Whenever an elimination system fails to do its job efficiently, the whole body suffers. Toxic waste build-up in the tissues lowers vitality, diminishes resistance to disease, hastens the aging process and generally leaves the door open to many other problems. You can take care of the Lungs and Bronchioles by first avoiding the long-term use of over-the-counter drugs such as bronchial dilators, nasal sprays, decongestants and other drugs. These destroy the sensitive mucous tissues and are habit-forming substances and do nothing to correct the real problems, which still exist. You might think of helping yourself, if necessary, naturally in the following ways: Seek a climate, if possible, which is most helpful to these areas. Usually this is a dry climate with lower humidity and not too cold. Elevated altitude usually is helpful, 1,500 - 2,500 feet above sea level is best. Bowel care is almost always needed in cases where respiratory problems are involved. Of course, changes in the diet are essential especially eliminating all processed dairy products, whole wheat products and refined foods. Vitamins A, B, C and D are needed in adequate supply as are the minerals Calcium, Copper, Fluorine, Iron, Oxygen and Silicon.

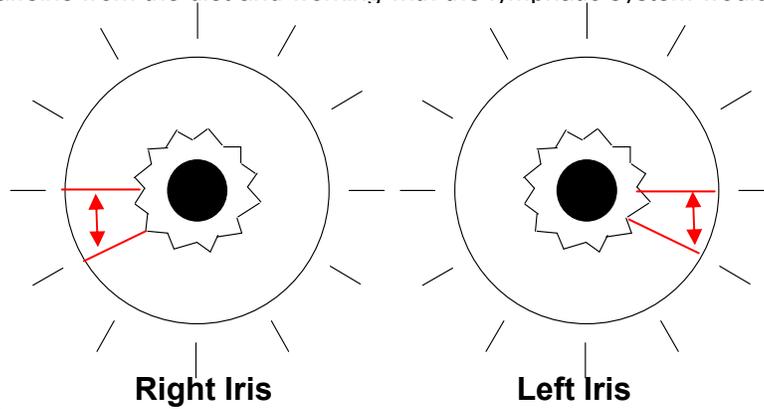
Helpful herbs are Comfrey, Lungwort, Angelica, Elecampane, Eucalyptus, Fenugreek, Licorice, Marshmallow, Mullein, Sage and Thyme. Of course there is exercise. Sniff breathing exercises and any work or play in the outdoors, which causes you to breathe deeper, would be beneficial. Try to stay away from heavy smog areas and drive with the car windows up to avoid breathing the exhaust. Don't suppress sneezes, or coughs, as these are your Bronchioles and Lungs cleansing themselves.



Ribs (8:00-9:00 R, 3:00-4:00 L) Breast (8:00-9:00 R, 3:00-4:00 L)

Note that the Ribs and Breast are both located from 8-9 in the right eye and from 3-4 in the left eye. The rib area will show inherent weakness when there is a deficiency of calcium. If someone has fallen and broken a rib or been in a fight and broken a rib there will be a marking in this area. If a woman has lumps in her breast she will show inherent weakness in the lymphatic system and tissue areas of the

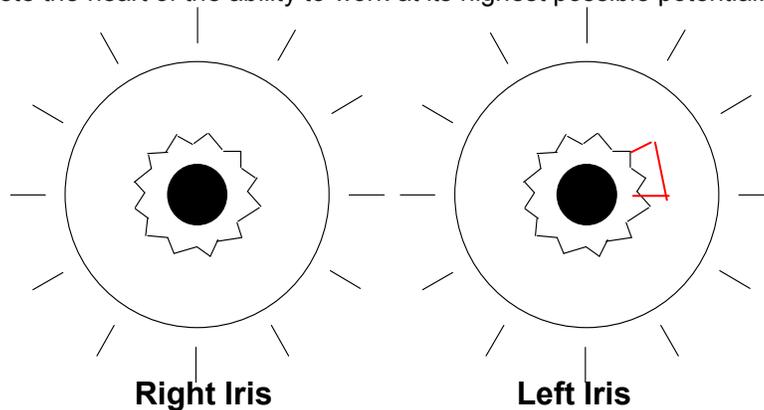
breast area. Vitamins, minerals, and herbs for the back and spine would be also beneficial for the rib area. Eliminating caffeine from the diet and working with the lymphatic system would be beneficial for the breast areas.



Heart (2:00-3:00 L)

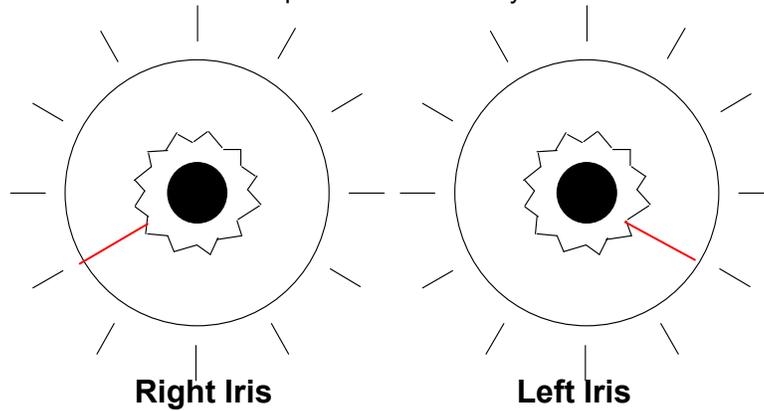
On the Iridology Chart the Heart area is located in the left iris at 3:00 o'clock in Zone 3, usually on the Autonomic Nerve Wreath line. At times, it appears enclosed within the Autonomic Nerve Wreath, and in other cases, it may be moved slightly to one side. The area of the Aorta is directly above the Heart within the Autonomic Nerve Wreath, which may seem to be split. When we examine the Heart area of the iris, we look for inherent weakness, nerve strength, toxic conditions and reflex effects from other organs. There are many factors that can cause Heart disturbances. We have to consider that there are inherent weaknesses, lack of fresh air, too much fat on the Heart walls, disharmony in the home, disappointments in love, strong passions, over excitement, a weak Medulla; too much pressure on the heart caused by gases in the blood or in the Stomach. The Heart walls can become over stressed with excessive physical exertion. Bacteria ferments in the body, using up the blood salt, which is essential to Heart function. Other harmful effects are overeating, excessive drinking of tea, coffee and alcohol; tobacco smoking; and sexual overexertion. The Heart is affected by sunstroke because the nerves do not transmit proper circulatory impulses to the Heart, causing it to overwork. Chlorosis, an anemic condition, can produce a Systolic Heart Murmur. The leukocytes may die in too great numbers, filling the system with leukocytic poisons. These poisons clog the venous system, which weaken the Liver and give the Heart too much work to do. Some of the Heart structures weaken and thus leave the Heart diseased.

The Heart nerves may lack nerve force, because it has been spent too freely on brain effort. The Brain may be too large for the body; in which case, nerve-building material is not supplied sufficiently to sustain the chest brain and the cardiac nerve with the essential nerve stimuli. We must make sure Chlorine and Iodine foods are included in the diet as well as Iron, Calcium, Magnesium, Lecithin, Vitamin E, Phosphorus foods, nerve fats and salts. Excessive use of beef in the diet and the indiscriminate use of drugs can also deplete the heart of the ability to work at its highest possible potential.



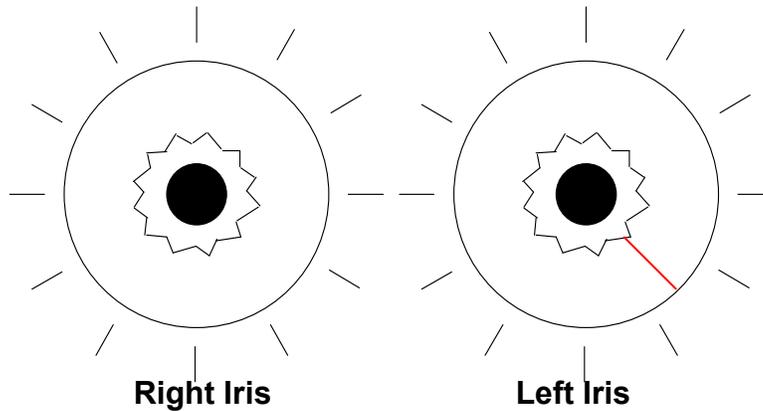
Arm Hand (8:00 R, 4:00 L)

Note that the Arm and Hand Areas are at 8:00 in the right eye and 4:00 in the left eye. Vitamins, minerals, and herbs used for the back and spine and nervous system are beneficial for this area.



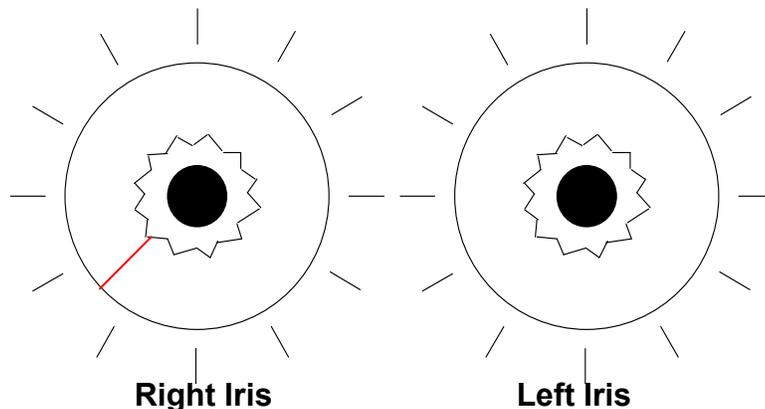
Spleen (4:30 L)

The Spleen performs five functions. These are (1) Filtration of old or damaged red blood cells, (2) Filtration of bacteria and blood debris, (3) Production of antibodies, (4) Production of lymph cells and plasma cells and (5) Storage of about 1/3 quart of blood in case of hemorrhage. The Spleen contains much lymphoid tissue and is known to enlarge when infection is present in the body. In the left iris, the spleen is located immediately after 4:00 o'clock and is noted to extend from the autonomic nerve wreath to the perimeter of the iris. To take care of the Spleen you need to take care of the lymphatic system as previously described.



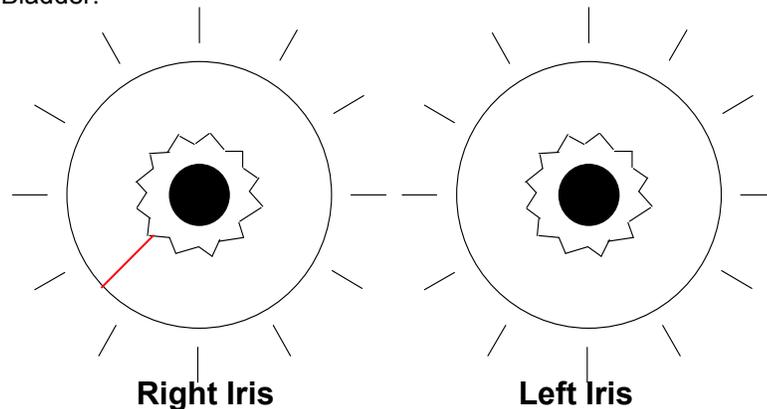
Liver (7:30 R)

The Liver has six functions which include five Non digestive Functions and one Digestive Function. The Non digestive functions are (1) Production of plasma proteins (antibody production and anticoagulant production), (2) Destruction of worn-out red blood cells and bacteria, (3) Detoxification of body acids and metabolic wastes, (4) Glucose balance in blood through ability to store or release sugar into the blood and (5) Storage of Vitamins A, D, E and K along with Copper, Iron and any poisons found in the body. The Digestive Function is to manufacture bile, which is used in the small intestines for digestion and absorption of fats. General care of the Liver would include those of the Gall Bladder. Care of the Bowel is imperative and Liver flushes are beneficial.



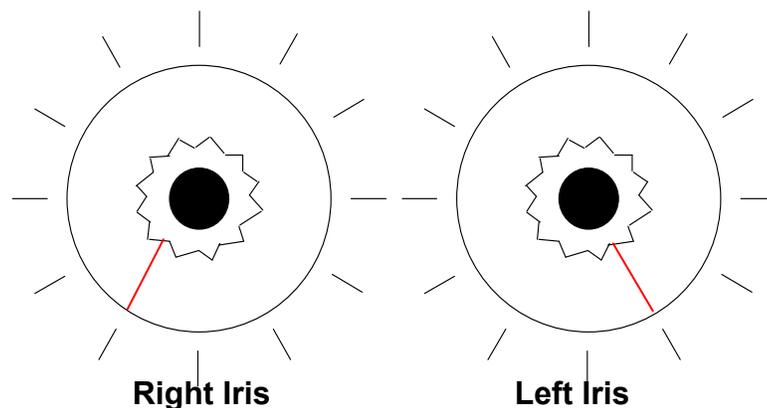
Gallbladder (7:30 R)

The Gall Bladder is a little sac on the right side near the Liver. It's function is to store and concentrate bile. Bile is created by the liver, and it is a very toxic and noxious waste product which must be gotten rid of. It does have a useful function. Through the bile duct bile is carried to the upper portion of the small intestine where it helps emulsify fats we have ingested. The Gall Bladder contracts as fatty meals are eaten to provide a shot of concentrated bile for fat emulsification. People who have Gall Bladder dysfunction, or have had their Gall Bladder removed, find that ingestion of fats in quantity causes them to suffer indigestion because these fats cannot be fully emulsified. Bile also stimulates peristaltic action of the intestines, which promotes the excretion of this and other toxic waste material from the body. We can take care of the Gall Bladder by making sure we have adequate amounts of Vitamins A, C and E. Minerals include Iodine Sulfur, Chlorine, Iron, Potassium and Sodium. Herbs include Dandelion, Cascara Sagrada, Chicory, Golden Seal, Marigold, Rosemary, Yellow Dock and Comfrey. Chiropractic manipulations are also helpful in chronic congestive states of this organ. Specific Gal Bladder cleanses using Epsom salts, lemon juice and olive oil can cause the gall bladder to forcefully contract, thus helping to relieve congestion. Raw and steamed red beets eaten on a daily basis are extremely beneficial and can stimulate the Gall Bladder.



Ovary Testes (7:00 R, 5:00 L)

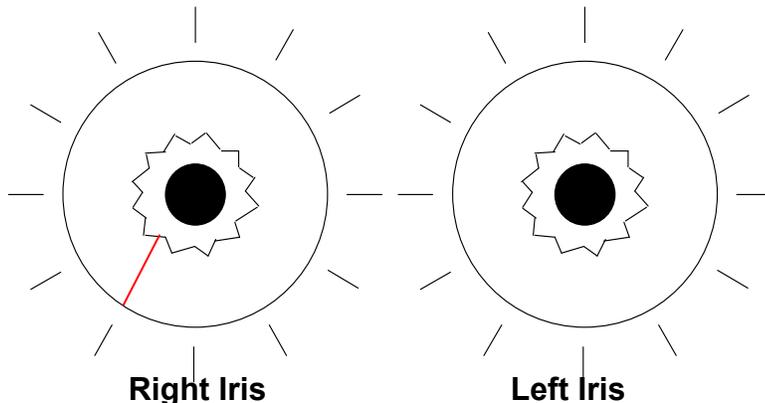
The Sex Glands - the Testes and Ovaries - produce steroid hormones: Estrogen and Progesterone in females and Testosterone in males. Testosterone assists in the development and upkeep of the Prostate gland, seminal vesicles, secondary sexual characteristics and sexual behavior. It stimulates the more extensive muscle development characteristic of men, helps regulate fluids and electrolytes and controls the Pituitary release of gonadotropins. In females, the interaction of hormones secreted by the anterior Pituitary and those secreted by the Ovaries control the cycles of ovulation and menstruation. The Testes and Ovaries benefit from foods containing Iodine, Calcium, Silicon and Zinc and from Vitamins C, B12 and E. Supplements beneficial to the glands are Sarsaparilla, Red Raspberries, Black Cohosh, Kelp and Gotu Kola.



Pancreas (7:00 R)

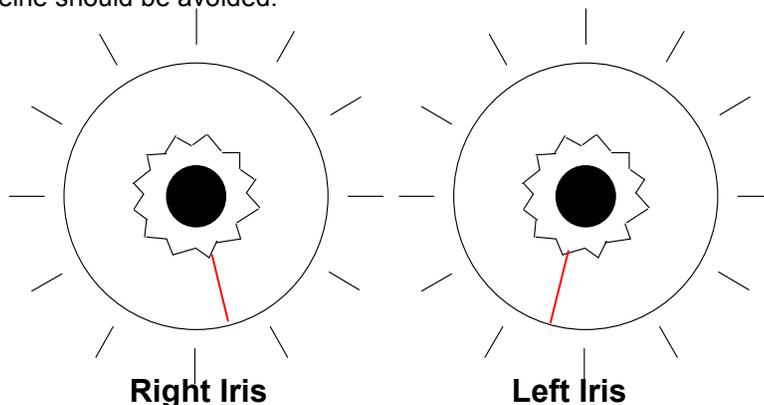
The Pancreas is located at 7:00 in the right eye and not in the left eye. It's functions are regulation of blood sugar levels through secretion of glucagon which increases the blood sugar level by acceleration of the liver's rate of release. Decrease of blood sugar level is accomplished by secretion of insulin, which accelerates the transport of glucose into the cells of the body, particularly the muscles. Insulin also stimulates the liver to convert glucose into glycogen and to store it in its cells. The following symptoms can occur when the pancreas is acute: low blood sugar, anxiety, sweating, increased heart 21

rate, mental disorientation, bruises that don't heal, fatigue, thirst; dry mouth, frequent urination, itching in pelvic/genital area, sudden weight change, and easily bruised. The following symptoms can occur when the pancreas is chronic: water not reabsorbed by kidneys causing excessive urination and dehydration, loss of body sodium, excessive thirst, acidosis, weight gain or loss, loss of memory, circulatory problems, sweet apple breath odor, and easily bruised. Vitamins beneficial to the pancreas include B-complex, B-1, and B-12. Minerals include sodium, chlorine, copper, iron, magnesium, potassium, silicon, zinc, and chromium. Herbs include dandelion, Elecampane root, yellow dock, juniper berries, and golden seal.



Adrenal Glands (5:30-R, 6:30-L)

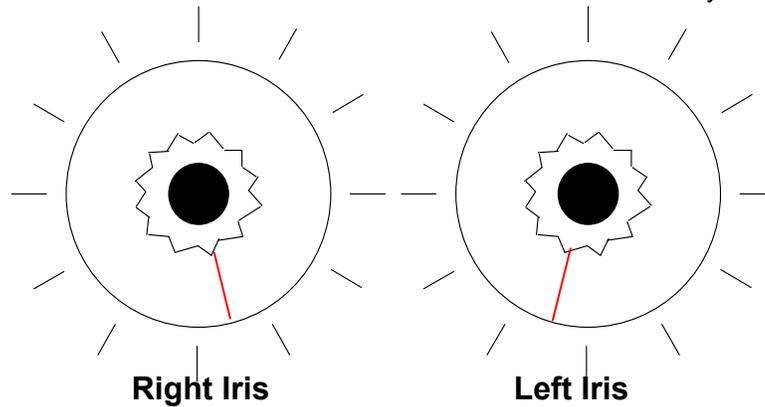
The Adrenal glands are little glands situated atop the Kidneys. They are very important glands. We cannot live without them. It is here that Corticosteroids are made which protect us from disease and infection. ***If the adrenal hormones are not in adequate supply upon demand, we suffer weakness, loss of stamina, become fearful and feel unequal to the tasks of life. We become open to diseases and infections.*** The best way to take care of this is with rest. This rest must include rest of the mind and spirit as well as of the physical body. We cannot be full of mental tension and think that by merely getting more physical rest we are going to help the Adrenals. We can help the Adrenal glands by proper diet, correct bowel care, proper living and good attitudes. In addition we can take adequate amounts of Vitamin C. The Adrenals have a great store of this vitamin. It's best to take some at night before bed so the gland(s) can be replenished as they are being rested. Adequate amounts of Vitamins E and F (essential fatty acids) as well as Pantothenic Acid are helpful. Adrenals need Calcium, Phosphorus, Manganese, Silicon, Sulfur, Tin and Zinc. Helpful herbs are Juniper, Licorice Root, Blood Root, Gotu Kola, Borage, Ginseng, Kelp and Parsley. Caffeine weakens the Adrenal glands by forcing them to release adrenaline and this is why there usually is a sudden surge of energy once caffeine is taken. Needless to say, caffeine should be avoided.



Kidneys (5:30-R, 6:30-L)

The Kidneys serve as filters to remove waste products from the blood and maintain proper blood levels of necessary constituents. Without them you would die in your own toxic waste. The kidneys are an important member of the four main elimination channels. Since you have to consider the kidney(s) especially, it is suggested that adequate pure (not tap) water be ingested. Water is necessary to flush the Kidneys and prevent them from having to unduly concentrate waste materials. You know that you are ingesting enough water when the urine is of a straw color, not too light and not too dark and concentrated. An exception is that some foods, medications and also B-Complex Vitamins can cause the urine to be yellow. If the urine is too dark and concentrated, it usually is an indicator that you should drink more water. Eating heavy meals at night, especially proteins, can cause the Kidneys to work hard

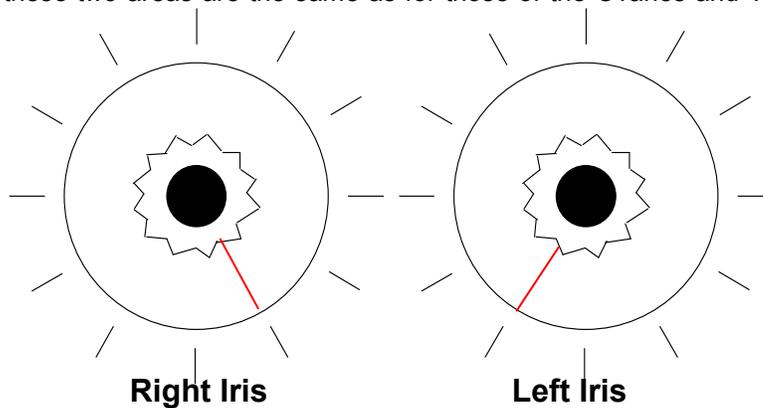
during the night when your body should be resting and operating at a slower metabolic rate. This is not the time to ask the Kidneys to do extra duty. The heavier meal should be taken at noon when the body is most active. Too much protein in the diet is tough on the Kidneys. Excess protein should be avoided. Skin brushing is also a good way to bring relief to the Kidneys. Alfalfa, Uva Ursi, Juniper Berries, Oat Straw, Parsley, Dandelion and Chamomile are all herbs beneficial to the Kidneys.



Uterus Prostate (5:00 R, 7:00 L)

The uterus assumes a major role in menstruation and is the location of the developing fetus. If the Transverse Colon is prolapsed it can cause many problems. Acute symptoms include painful periods, non-bloody discharge, excessive menstrual flow and cervix inflammation. Chronic symptoms include constipation, boggy uterus, prolapsed uterus, menstrual difficulties, backache, bladder/rectal pressure, PAP test failure and irregular cells. The Prostate gland produces and secretes an alkaline fluid, which helps protect sperm from destruction in the acid environment of the Vagina.

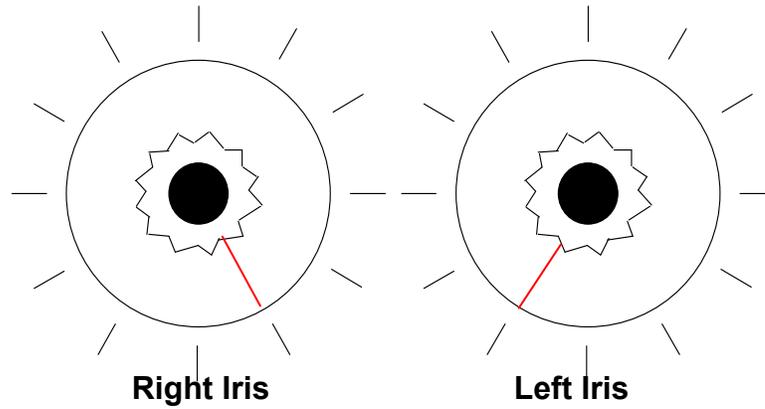
Many older men experience enlargement of the Prostate. Shaped like a donut, the Prostate surrounds the Urethra, and as it enlarges, the Urethra can become so constricted that urination is difficult or impossible. Any of the above symptoms require the use of a slanting board and immediate attention to the bowel, especially the Transverse Colon using cleansing techniques and possibly a Colema Board. Supplements for these two areas are the same as for those of the Ovaries and Testes as well as for the bowel.



Vagina/Penis (5:00 R, 7:00 L)

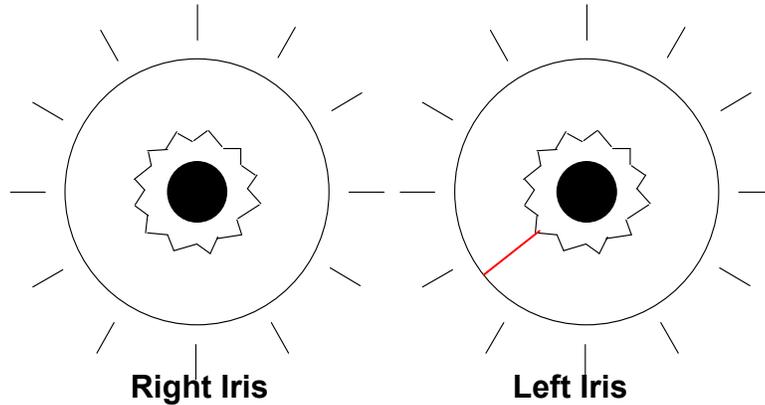
Note that the Vagina Area is located at 5:00 in the right eye and at 7:00 in the left eye. The penis, although not marked on the chart, is located in the same area. Inherent weaknesses can show up in this area relating to sexual inabilities and diseases.

Vitamins, minerals, and herbs for the glandular system are beneficial here.



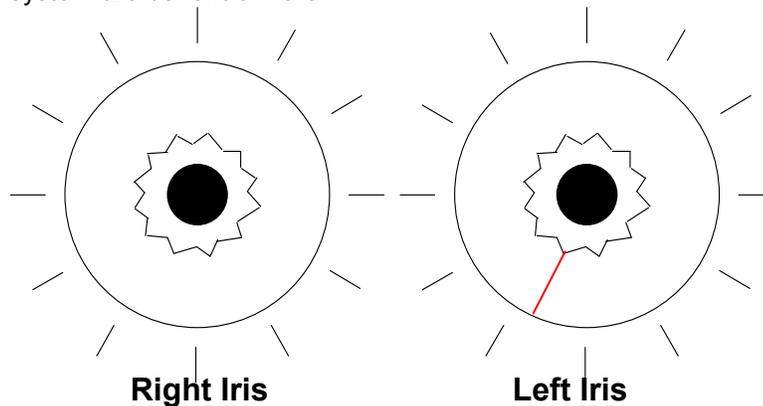
Anus Rectum (6:45 L)

The Anus Rectum Area is located at 6:45 in the left eye and not in the right eye. This area seems to have quite a bit of inherent weakness. With the number of people with chronic constipation and hemorrhoids and the inability to eliminate as they should, this area becomes weakened very quickly. Vitamins, minerals, and herbs for the colon and circulatory system are beneficial for this area.



Scrotum Perineum (6:45 L)

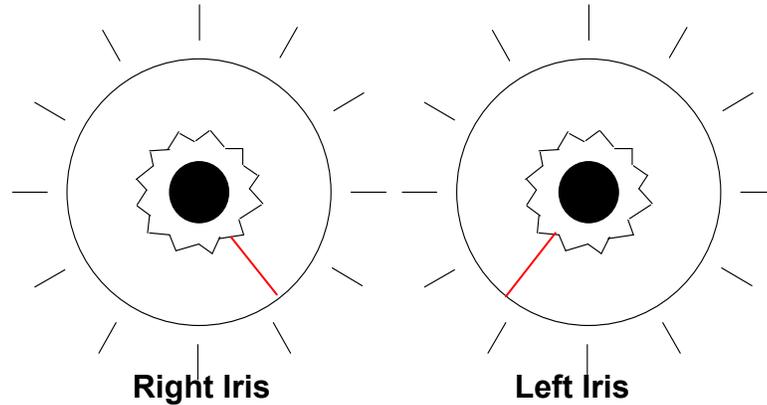
Note that the Scrotum Perineum is located at 6:45 in the left eye and not in the right eye. Inherent weaknesses can show up in this area relating to sexual inabilities and diseases. Vitamins, minerals, and herbs for the glandular system are beneficial here.



Bladder (4:45 R, 7:15 L)

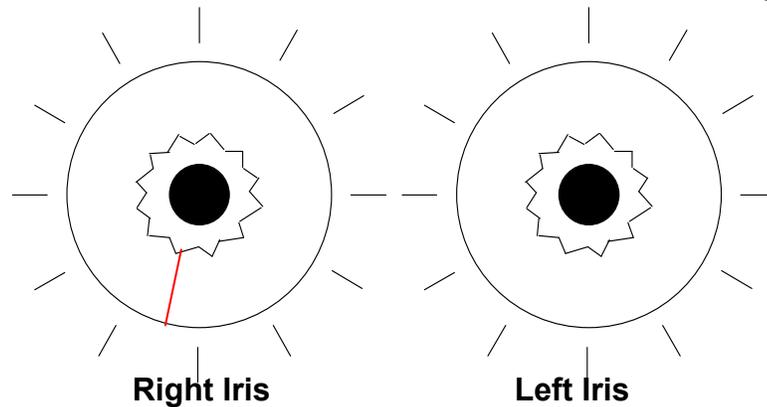
Note that the bladder is located at 4:45 in the right eye and 7:15 in the left eye. Urine trickles down the ureters from the kidneys to the bladder. The bladder has elastic, flexible walls, which allow it to expand as it fills and then contract to expel urine when you urinate. Valves between the ureters and bladder prevent urine from flowing back up into the ureters.

Vitamins beneficial for the bladder include B-complex, B-6, pantothenic acid, C, D, and E. Minerals include calcium, manganese, silicon, potassium, iron, chlorine, and magnesium. Herbs include juniper berries, elder flowers, parsley, Buchu, and Uva Ursi.



Appendix (6:30 R)

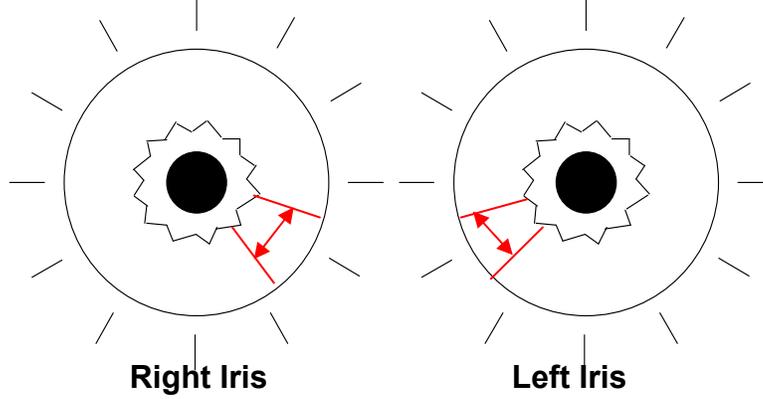
The Appendix area is located at 6:30 in the right eye and not in the left eye. The appendix (like the tonsils) is made of lymphoid tissue once thought to be useless and infection-prone. In Western medicine, this organ is removed surgically at the appearance of serious inflammation or infection. The Appendix can become inflamed from picking up excess toxins in its area of the lymphatic system, a function that helps prevent the lymph system from overloading to the point where lymph nodes become seriously infected. As toxins are removed from the lymphatic system, the inflammation of the appendix generally disappears. The appendix normally ejects its accumulated toxins into the adjoining Cecum. When the appendix is inflamed, the area extends into or through the abdominal wall. Vitamins, minerals, and herbs for the lymphatic system are beneficial for this area as well as colon and blood cleansing.



Back & Spine (3:30-4:45 R, 7:30-8:30 L)

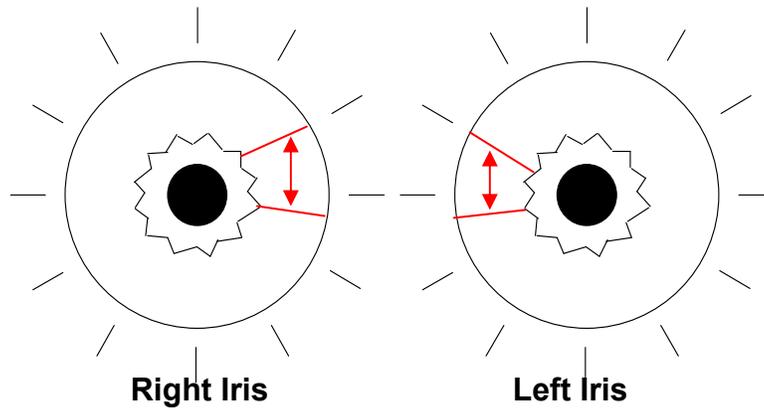
Back problems and the resulting pain is the leading cause for workdays missed in the United States according to Dr. Bernard Jensen. One out of every four persons either has or can have experienced back pain of moderate to severe nature in their lifetime. The kinds of back problems experienced by many, apart from any injuries received are the Curvatures (scoliosis, hyper and hypo lordosis and kyphosis), degenerating disks and the various forms of Arthritis. Injuries may cause other problems in addition to the common muscular strains of overexertion. Many back problems are associated indirectly with an inherited weakness in the spinal areas which do not allow the body to retain enough of the mineral elements. Medical science now is just beginning to clearly recognize the need for increased and adequate Calcium in the diet to prevent Osteoporosis and the "**Dowager Hump**". Natural health care providers have long recognized this need for Calcium. Iridology is the only science that I know of which can reveal inherent weaknesses and these weaknesses. If present in the spinal areas, these indicate that this person does not hold Calcium well. This person needs a greater and more consistent intake of dietary Calcium than do others. The Spine and the long bones of the Legs and Arms are the body's greatest stores of Calcium. The foods high in Calcium are greens, the green tops of vegetables, dairy products (especially if not pasteurized) and some meat. In addition, Calcium supplements are available in many forms and can be quite inexpensive. Dr. Bernard Jensen believes bone meal is the best way to take Calcium. Calcium supplements, which have been chelated with Magnesium, is another excellent way to take Calcium in supplement form.

Be sure to not eat sugar with meals as this robs the body of Calcium as does caffeine, carbonated beverages and alcohol. An Extreme Slanting Board may be beneficial for any of these back problems.



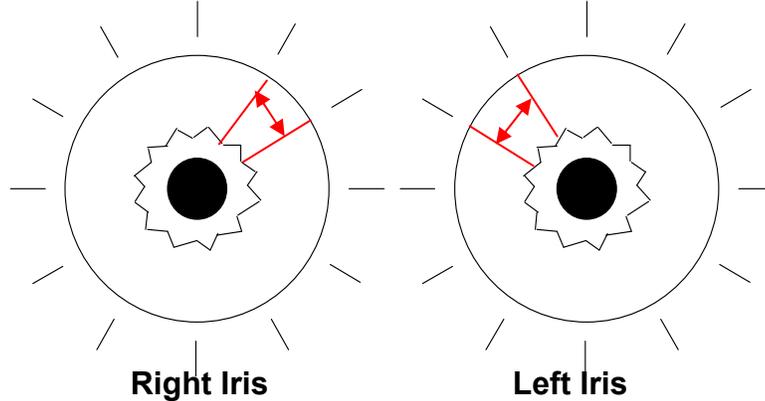
Throat (2:00-3:15 R, 8:45-10:00 L)

The Throat area is from 2-3:15 in the right eye and 8:45 to 10 in the left eye. The throat area includes the esophagus, vocal cords, trachea, thyroid, tonsils, larynx, and pharynx. Vitamins, minerals, and herbs for each of these areas will benefit the whole throat area. See the thyroid specifically for information on that area. See the appendix specifically for information on the tonsils.



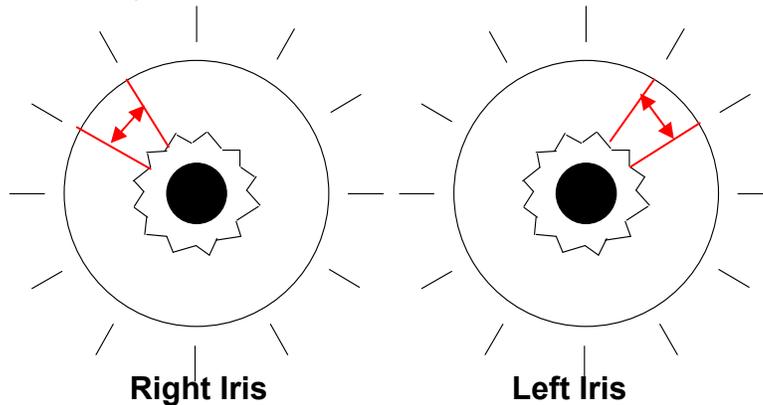
Face (1:00-2:00 R, 10:00-11:00 L)

The Face area is located between 1 and 2 in the right eye and 10 to 11 in the left eye. The face area includes the tongue mouth lower jaw, nose, upper jaw, and eye areas. Note that vitamins, minerals, and herbs used for the back and spine, as well as the five sense area will be beneficial for the face.



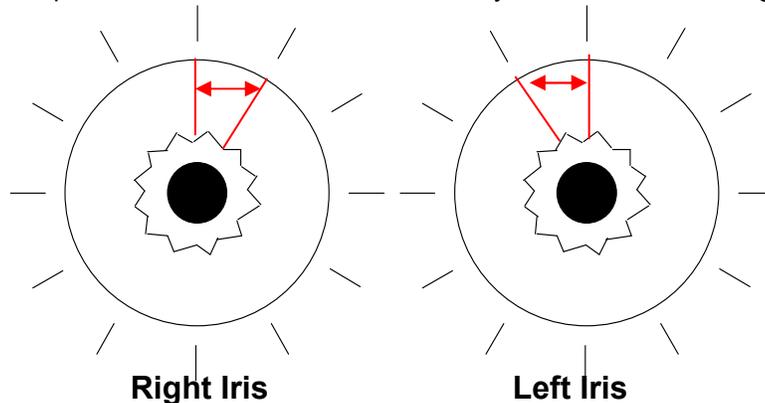
Neck & Shoulder (10:00-11:00 R, 1:00-2:00 L)

The Neck and Shoulder areas are located between 10 and 11 in the right eye and between 1 and 2 in the left eye. When working with these areas be sure to consider the type of occupation the person has. Note that a lot of stress is held in these areas causing a lot of pain and discomfort. Vitamins, minerals and herbs used for the back and spine areas are beneficial here as well as those for the nervous system.



Pineal, Pituitary, Hypothalamus Gland (12:00-1:00 R, 11:00-12:00 L)

The Pituitary Gland has been often referred to as the Master Gland. Nearly all, if not all, glandular actions affect all other glands. This gland can be a major factor in growth, our weight, fluid retention, physical appearance, etc. Toxic material can settle there causing problems just as in other parts of the body. Vitamins helpful in association with the Pituitary Gland are B complex and E. Minerals include Bromine, Iodine, Manganese, Phosphorus, Silicon and Sulfur. Herbs may include Mistletoe, Sage and Veronica.

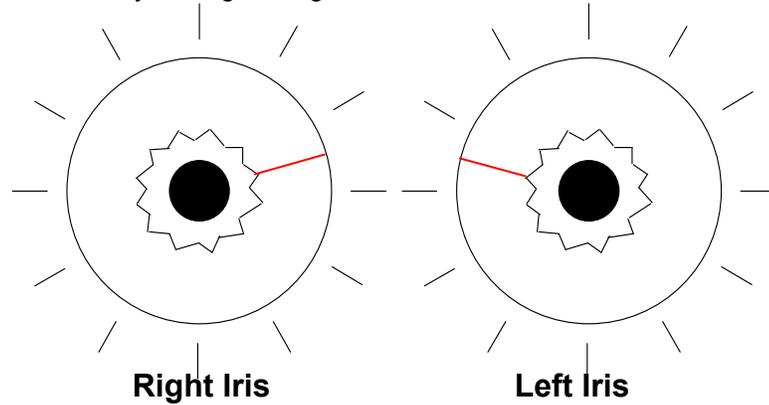


Thyroid (2:30 R, 9:30 L)

The Thyroid gland, which plays a vital role in regulating the body's metabolism, is located between 2:00 and 3:00 o'clock in the right iris and 9:00 and 10:00 o'clock in the left iris. Thyroid hormone, in addition to helping control the metabolic rate, works to regulate growth and tissue differentiation. Another hormone called Calcitonin released by the Thyroid controls the amount of Calcium in the blood. Hyperthyroid condition, an over activity, is caused by the release of too much Thyroid hormone, which can result in Goiter but which is generally marked by nervousness, weight loss, increased appetite and exophthalmia. Under activity of the Thyroid in the early years can produce mental retardation, dwarfism, stunted growth and sexual development. Among adults, hypothyroidism produces loss of hair, thickened skin, weight gain, dry mouth, moodiness, irritability, paranoia, excessive concern over problems, inability to cope with problems and lowered energy and vitality. The fastest way to stimulate healing under these circumstances according to Dr. Bernard Jensen is to utilize Protomorphogens to increase the metabolic rate. To take care of this condition through diet would require a lengthy period of time; the same holds true for a cleansing program. In addition to Protomorphogens, it is necessary to ensure adequate levels of Vitamins A, B6, B12, C, D, E and Iodine for the Thyroid. Kelp and Parsley are excellent supplements. Pineapple, Green Onions and Fish are all high in organic Sodium which the Thyroid gland needs to function properly.

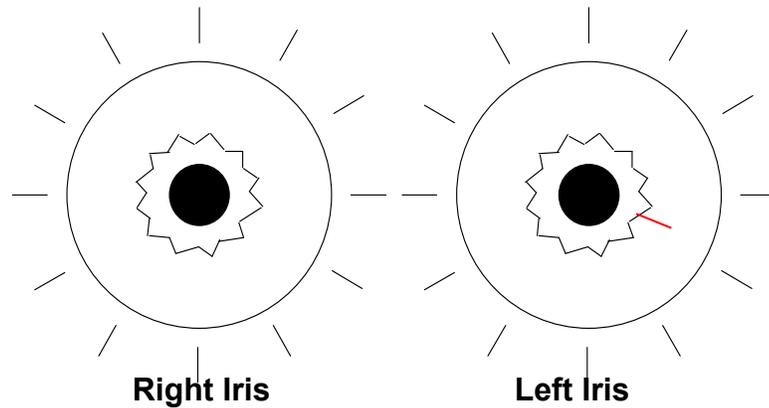
This area means that someone may have certain glandular conditions and/or a temperament which allows more easily evoked emotions. This situation is usually aided as the body is cleansed and the diet is changed for the better. This allows the system to return to a balance. Also, when it is 27

noticed that nerve rings are passing through the Thyroid gland area in the iris, we know that the nervous system is affecting this gland which is linked so closely with the emotions. All herbs beneficial to the nervous system are beneficial here as well. Also Kelp, Pineapple, Fish and Green Onions are excellent for the Thyroid gland because they are high in organic iodine.



Solar Plexus (3:45 L)

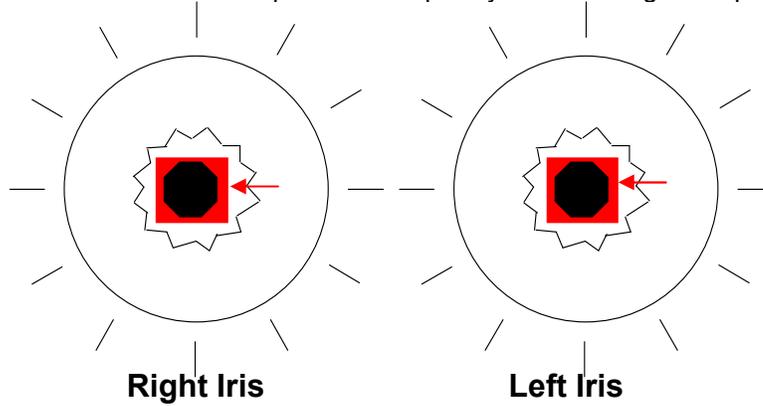
Note that the Solar Plexus area is at 3:45 in the left eye and not in the right. See the Hiatal Hernia handout for further information.



Stomach (Center) - Upper=Cardiac, Lower=Pylorus

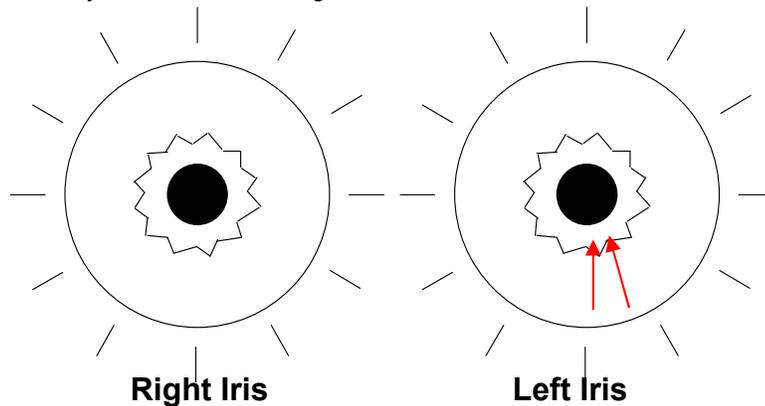
If the stomach does not perform its job well it is hard to be happy. The stomach wall has a very high concentration of organic sodium, a mineral essential to its proper function. Sodium is very alkaline and this helps prevent the very acidic stomach hydrochloric acid from eating its way into the Stomach wall and causing ulcerations. When other parts of the body need sodium they "rob" it from the stores in the Stomach wall. When the body ages it decreases its production of hydrochloric acid in the Stomach. As this happens food is not able to be prepared like it should for entrance into the Duodenum, the first portion of the small intestine. This creates indigestion or improper digestion and gastric distress. Many find it uncomfortable to eat heavy protein meals with this condition. In severe cases there is discomfort after eating almost anything. The highest natural food in sodium content, which is practical to get and take, is whey. Whey is a milk constituent and a by-product of the cheese-making process. Concentrated goat whey is the highest in sodium but cow whey is also suitable. Also for the stomach we find that we should have an adequate amount of celery everyday. An intake of vitamins A, B1, B2, C, D, G, Folic Acid and Niacin are also necessary. In addition there should be adequate amounts of Chlorine, Iron, Magnesium, Potassium and Sulfur.

A good diet supplies these elements. Herbs helpful for the stomach are Comfrey, Fenugreek, Peppermint, Archangelica, Ginger, Papaya, Raspberry, Slippery Elm and Alfalfa. Sometimes a hydrochloric acid tablet with meals is helpful as a temporary aid in the digestive process.



Intestines, Sigmoid (Center)

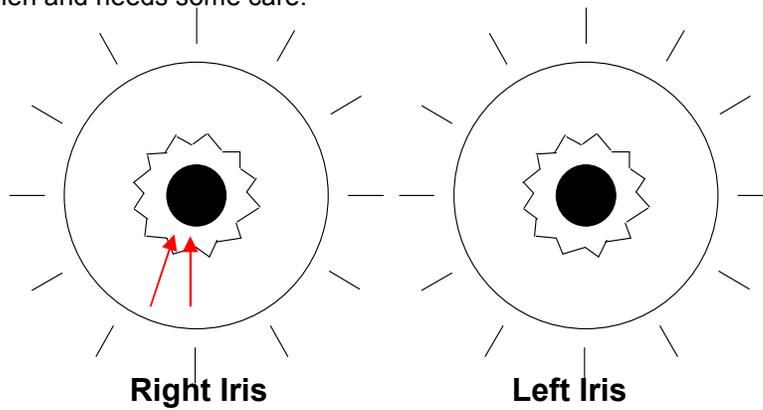
I am often asked why is there a need for bowel cleansing and care. I have stated repeatedly that I have never seen a Client who did not have a bowel problem. They all do. Many persons say they have no problem with the bowel. It is true that many of these same people may be unaware of their problem. This is to say, they have no symptoms which they immediately associate with a bowel condition. One reason people think this way is because they, and so many others these days, have never known what constitutes a properly functioning bowel. Iridology tells us that the Bowel, and particularly the lower bowel or colon, is the king of the elimination systems. ***It is the key to improving nearly all aspects of one's health.*** All other health aids can have less than their maximal benefit if the bowel is in need and is neglected. There are some who would rather not speak of the Bowel and its functioning. They think of it as a "***dirty***" subject. Be sure and know that the Bowel is no less an organ than the Liver or Kidneys, both of which have a similar function to the bowel in that these are all organs of cleansing and detoxification. We should clean internally. Remember, it does very little good to be clean on the outside while remaining filthy on the inside. If you are serious about improving your health, it is essential to consider the Bowel first among the elimination systems. The finest way to take care of the Bowel is by use of the Colema Board in conjunction with a cleansing program using Psyllium Hulls and Cascara Sagrada. Foods beneficial to the bowel are all yellow fruits and vegetables as well as cornmeal.



Cecum

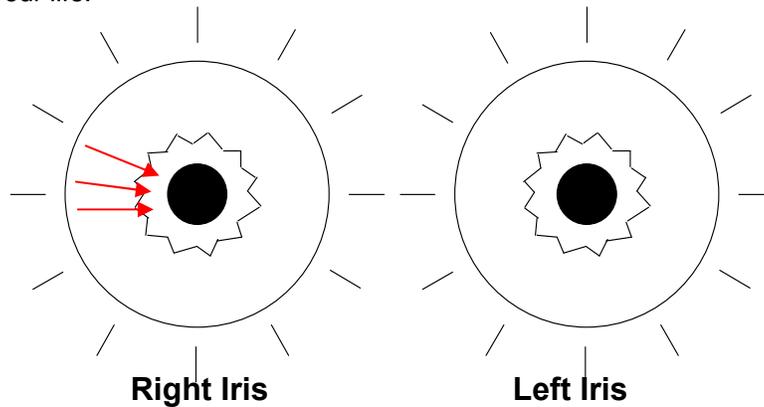
This area of the small intestines at its lower end marks the end of the small intestine and the beginning of the large bowel, or colon. In addition, there is also a very important valve named, the Ileocecal Valve. Bowel problems, more often than not, are associated with a dysfunction in this valve. It is not common knowledge that the Appendix serves as an "***oil can***" to lubricate this valve. Surgical removal of the Appendix always causes dysfunction in this valve. The valve functions to emit contents from the Ileum into the Cecum at the proper time and in the proper quantity. In addition, it prevents reflex action of the Cecum contents back into the Ileum. Proper dietary habits are essential for the restoration and proper maintenance of function of this valve. Constipation problems must also be corrected to relieve this valve and restore proper function. Massaging to the left of the right hipbone in circular motion can help stimulate this valve so it can remain closed.

When massaging, the area should not be tender. If it's tender or hurts it is quite possible that the valve is open and/or swollen and needs some care.



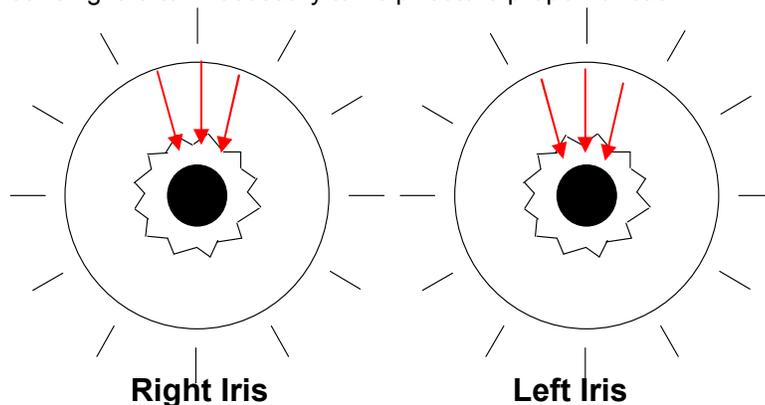
Ascending Colon

Many conditions apply here which are evident to the Iridologist. The most common are: lack of tone, prolapsus, pocketed conditions (Diverticula) and spastic as well as ballooned areas. Pockets can be associated with gas formation (flatus). Spasm conditions are often associated with nervous system weaknesses or mental problems and perhaps tensions in life. Weaknesses in the colon wall can produce the ballooned conditions and the area with lack of tone can cause the bowel to be sluggish in moving along its contents. If you have these conditions, bowel care is in order, and this means some permanent dietary changes in your life.



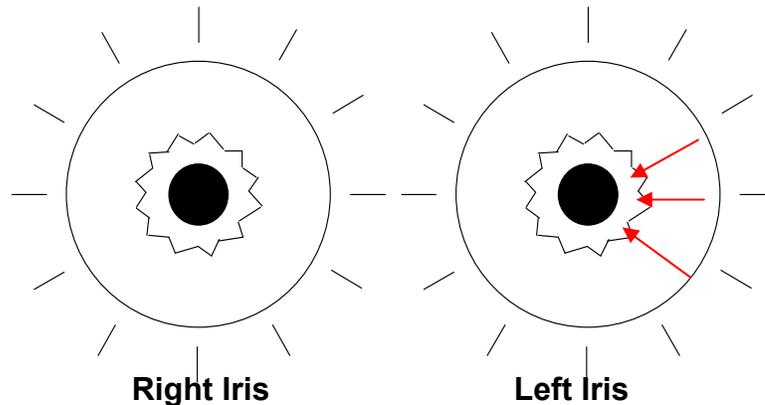
Transverse Colon

This is an area of the large bowel. It can be, and often is, responsible for considerable trouble in the body if not in good functional condition. Sinus conditions are most often associated with problems in this area of the bowel. In addition, a dropped Transverse Colon can cause pressure problems on the internal organs, especially the Prostate in men and the Ovaries, Uterus and urinary Bladder in women. Also, many Rectal problems are associated with a dropped Transverse Colon as is the condition of the Stomach known as "*Fish-Hook Stomach*". A correction of this condition involves diet changes, special exercises and the use of the slanting board as well as bowel care that insures proper bowel movements. A program of bowel cleansing is often necessary to help restore proper function.



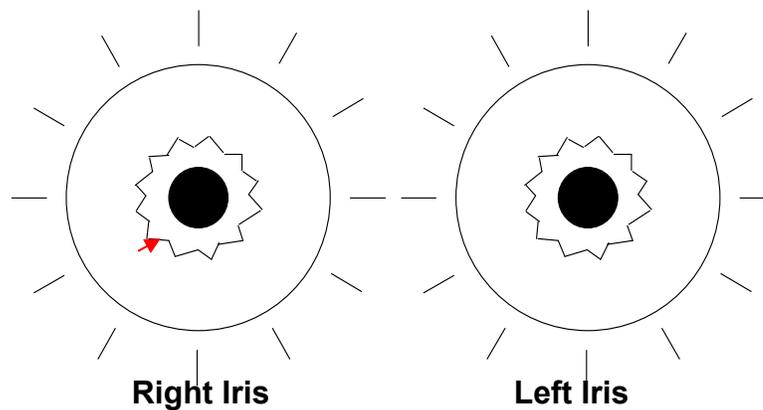
Descending Colon

Conditions discussed for the Ascending and the Transverse Colon apply to the Descending Colon. This area of the colon is most strongly affected by toxic conditions. It is the most toxic part of the bowel and can be the site of much bowel distress, especially in chronic constipation cases. The care of this portion of the colon is covered in the area of bowel care in general. Diet, exercise, adequate pure water and colon cleansing are the keys.



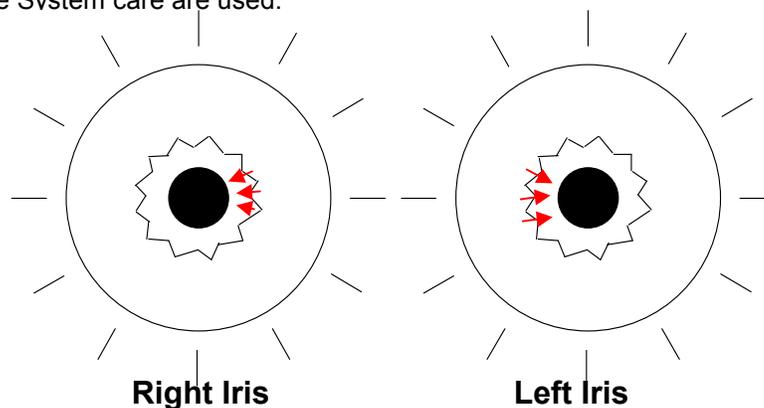
Duodenum (Center 7:45 R)

The Duodenum is just at the exit of the Stomach. Ulcerous conditions may develop in this area, i.e., duodenal ulcers. In a chronic stage the condition is seldom painful and the symptoms may be few and exist below the person's level of awareness. Many people are in this chronic stage. A long-term chronic condition may eventually progress to a degenerative stage where tissue destruction is on-going if proper reversal methods are not instituted.



Peyers Patches (2-3:30 R, 8:30-10 L)

The Peyers Patches are located between 2:00 and 3:00 o'clock in the right iris and between 9:00 and 10:00 o'clock in the left iris. These are important Lymph Follicles and when they are congested, extreme fevers often follow, as well as interference with assimilation of nutrients. It is Dr. Bernard Jensen's belief that this portion of the small intestine is the most important in the process of digestion and assimilation, because when weaknesses are found in this area, invariably the individual shows signs of insufficient assimilation. In order to take care of the Peyers Patches, techniques used for general bowel care and Lymphatic/Immune System care are used.



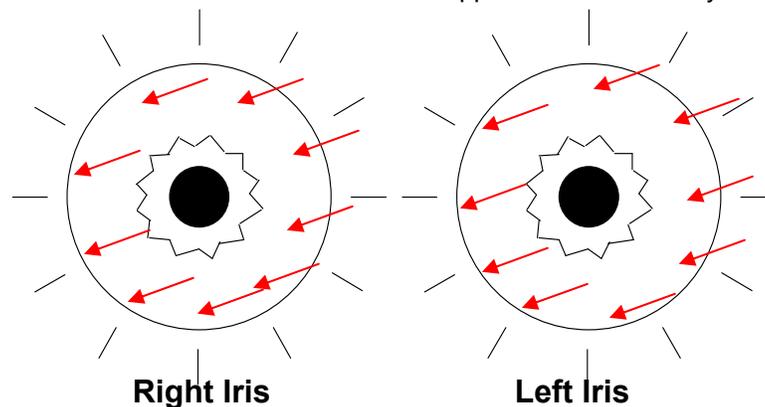
Lymphatic & Circulatory Systems (Outer)

The Lymph Glands have eight functions. These functions are (1) Neutralizing toxins and poisons, (2) Returning water from tissues to the blood, (3) Returning leaked protein to the blood, (4) Transporting fats in the body, (5) Transporting hormones by the Lymph System, (6) Destroys foreign bacteria (7) Produces antibodies and (8) Makes up the largest content of fluid in the body; carries more waste than the blood.

In chemical characteristics, the Lymph resembles blood plasma. In fact, it has been described as blood without its red corpuscles. Lymph is necessary as an intermediary substance between blood and tissue. It bathes every active tissue of the body and it is believed to have its origin partly in the blood and partly in the tissues. Lymph may be considered the middleman in the transactions between blood and tissues. The Lymphatic System, in contrast to the blood circulatory system, follows a "**one-way**" network of vessels and arteries that empty eventually into ducts in the internal jugular and subclavian veins. Lymph fluid and lymphocytes are constantly being moved into the bloodstream to carry out their functions. The lymph returns fluid and proteins to the blood, while lymphocytes take part in the formation of antibodies and play an important role in the body's natural Immune System. In particular, Lymph Nodes, ranging from the size of a ballpoint pen tip to the size of a bean, filter pathogenic microorganisms and foreign particles from the Lymph and eject them as waste matter from the body.

The Lymph System has no pumping mechanism. Movement of Lymph Fluids that return liquid and wastes to the blood is carried out by the following six different forms (1) Respiratory movement which creates pressure differences in the body cavities moves the lymph; (2) Muscle movement in the body which squeezes the Lymph along the vessels. Each vessel contains valves that allow the flow to go in one direction only; (3) the Lymph vessels themselves have thin muscle fibers in their composition that move in peristaltic movements; (4) Intestinal movement; (5) Continuous production of Lymph and the pressure behind it forces movement of Lymph Fluids in the system and (6) Difference in pressure in the Lymph Vessels at the tissue end and at the emptying end of the blood vessels in the Thoracic area.

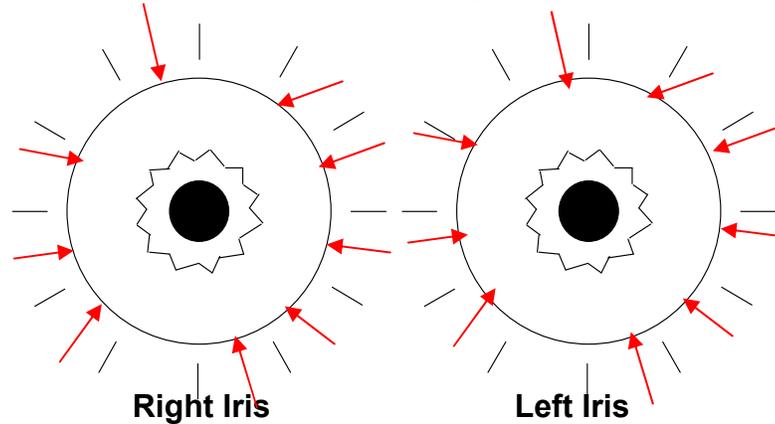
Herbs such as Garlic, Onion, Pau d'Arco, Golden Seal, Echinacea and other foods containing organic sulfur are beneficial to the Immune/Lymphatic System. Vitamin C is also important to this system. The best way to keep the Immune/Lymphatic System clean is to not suppress any discharge out of the body or any fever the body may develop. A "**Fever**" is the body's Immune System burning out toxins. By using medication to lower a fever we suppress the Immune System. Chlorinated drinking water and chlorinated swimming pools should be avoided as chlorine can also suppress the immune system.



The skin is a most important elimination system in the body. It is the largest of all the organs of elimination. Dr. Jensen says the skin is the "**third Kidney**". He says this is because the skin eliminates about two pounds of toxic waste materials through its pores each day. These are often the same type of waste acids eliminated by the Kidneys. If the skin does not function well in its elimination, the Kidneys must carry an increased load. In fact, the skin elimination is so vital that if blocked a person can die within minutes or hours. They can die of ureic poisoning. In other words, they can be poisoned by their own waste materials, which can accumulate in the blood more rapidly than the kidneys can remove them.

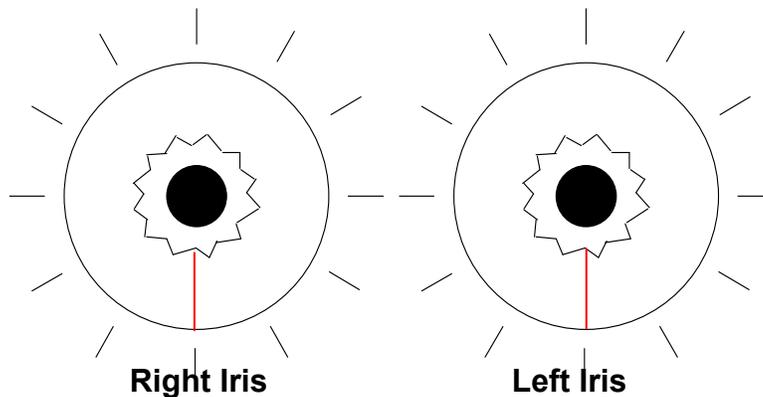
Taking care of the skin is best accomplished by brushing it daily with a natural vegetable bristle skin brush. It is best to brush all over except for the face and other sensitive areas of the body. A softer face brush may be used if desired. The skin is brushed dry before dressing every morning and before bathing. The skin brush should not be used with water. A wonderful "**afterglow**" can be experienced following skin brushing and a softer lovelier skin can result, "**the skin you love to touch**", as they say. Wearing garments made from natural fibers next to the skin is also important. Synthetic 32

materials are usually not absorbent, are often made from coal tar products and serve only to irritate the skin. Cotton, wool and other naturals are best. Also, clothing is best worn loosely against the skin, if possible, to allow the skin to "**breathe**". Please do not use any powders, creams or oils on the skin that your doctor has not specifically advised. Also avoid the use of harsh soaps and detergents to cleanse the skin. If cosmetics are truly desired, please keep them to a minimum. Most dry skin, dandruff, acne and eliminations through the skin can be taken care of by using a skin brush daily and taking care of the bowel.



Leg/Knee/Foot (6:00 R, 6:00 L)

The legs are important because they indicate to some degree the condition of the brain. Dr. Paul Dudley White, the late President Eisenhower's Cardiac Physician, said that **flabby leg muscles meant a flabby brain**. What he means is that the condition of the muscles in the legs is an indicator of the muscular tone of the body. Since it is muscular action which forces the venous blood back to the Heart and causes the lymphatic fluid to flow in the body, these leg muscles are important. You can see that walking, cycling and other exercises to keep the leg pumps going is most important to our general well-being. Inherited weaknesses in the legs need special attention to build this area. Sometimes a lack of Calcium in the legs can cause weaknesses also. Be sure to eat foods high in Calcium such as dark green leafy vegetables, raw goat milk products and other unprocessed dairy products.



BEGINNING IRIDOLOGY - SESSION 3 - THE DISEASE STAGES/LEVELS OF INFLAMMATION

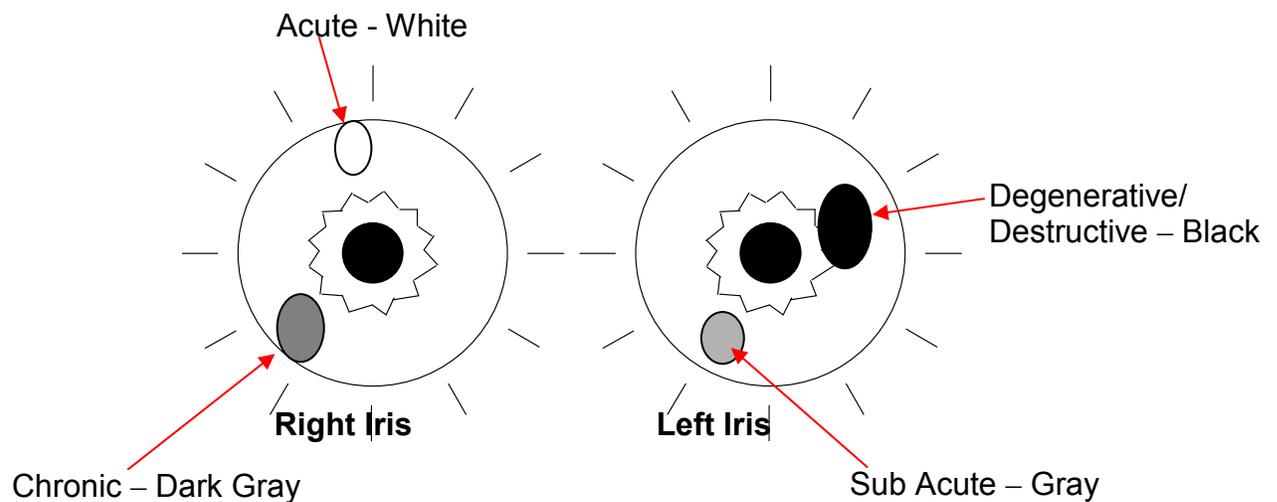
1. Acute - White
2. Sub Acute - Gray
3. Chronic - Dark Gray
4. Degenerative/Destructive - Black

An **Acute** or overactive condition in the body is seen by the Iridologist as white in the iris. An acute condition is a condition that is active meaning there might be discharge or pain as occurring during cleansing (a Cold) or Arthritis (pain in the joints).

A **Sub Acute** condition in the body would be seen as an area slightly darker than the normal color of the iris. This would be a light gray color in the iris which denotes a slightly sluggish area.

A **Chronic** condition in the body would be seen as a darkened area in the iris such as a medium brown color. This would denote a chronic condition in the body or a condition that has been a problem for quite some time. Most individuals do not realize symptoms before they are in the chronic condition. This is when most conditions surface and cause the most problems.

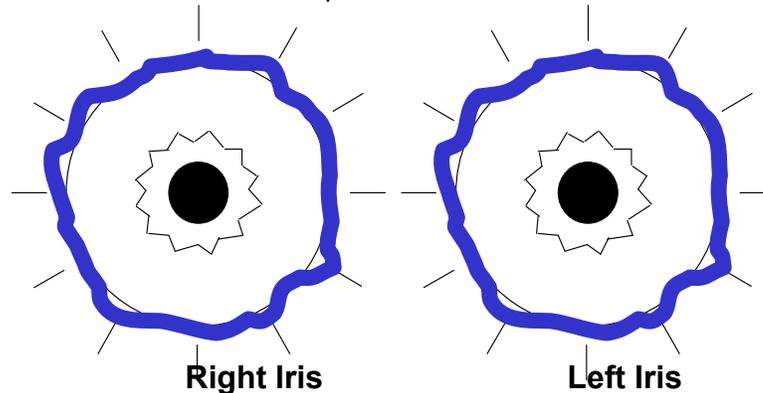
Lastly, a **Degenerative/Destructive** condition in the body would appear as a blackened area in the iris. This is when the cells do not repair themselves and can lead to the end of life if not taken care of properly. Many of the fatal diseases are found in the degenerative area.



BEGINNING IRIDOLOGY - SESSION 3 - SPECIFIC IRIDOLOGY SIGNS

Anemia in the Extremities (Venus Congestion-Blue Ring)

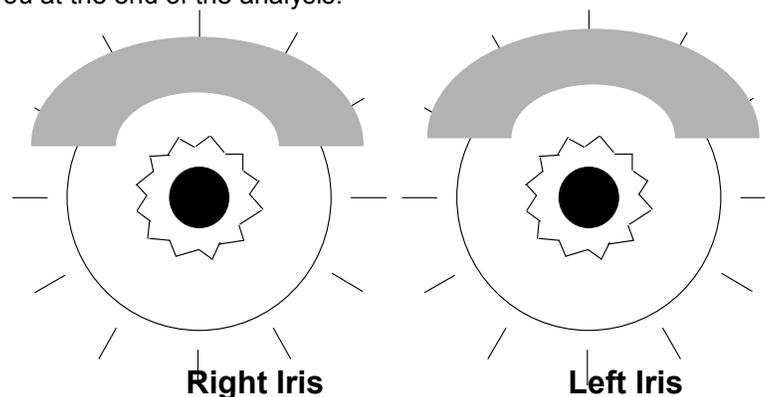
This is a term used by the Iridologist to indicate a lack of circulation to the arms and legs. The legs and feet are the farthest away from the heart. Thus the blood must be returned from the legs against the force of gravity. This is why circulatory problems usually manifest first in the feet and legs. Vitamins helpful are A, B, B1, C, D, G and Niacin. Minerals include Magnesium, Phosphorus, Silicon, Fluorine, Iodine, Iron, Manganese and Sulfur. Herbs include Capsicum, Butchers Broom and Hawthorn Berries. Cold water leg baths and grass and sand walking as taught by Fr. Sebastian Kneipp are very helpful as is exercise in general. Capsicum can also be rubbed on the hands and legs to be absorbed through the skin and a bath can be taken as well with Capsicum.



Arcus Sinilis (Brain Anemia-White Cap)

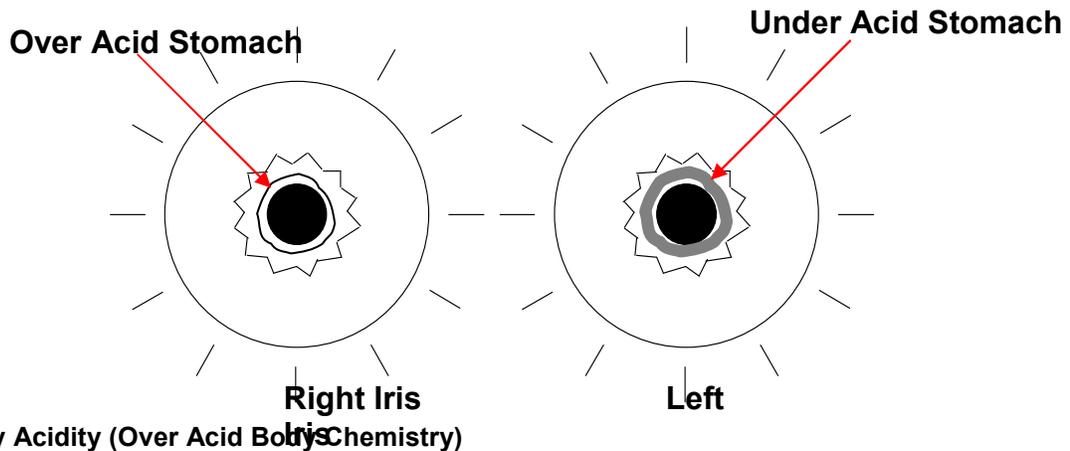
Virtually all life activities of the body are directed by the Brain. Dr. Bernard Jensen has found anemia of the Brain to be the most serious result of impaired circulation, low blood count, inadequate nutrients in the blood or any combination of these factors. The joy of life seems to diminish to a sluggish trickle, while thinking slows, memory dulls and a curtain drops over many activities and abilities which were formerly taken for granted. This condition, commonly associated with senility and old age, has less to do with chronological age than it does with our way of life. If a low blood count is suspected, Dr. Jensen advises obtaining confirmation through a lab analysis. You can build up the blood with iron-rich foods such as green vegetables, beets, black cherries, black raspberries, liquid chlorophyll and other supplements. Moving to a higher altitude can help. To improve circulation Dr. Jensen recommends slanting board exercises, early morning barefoot walks in dewy grass or on a sandy beach, Kneipp baths, alternate hot and cold footbaths and physical exercises appropriate to the persons age. Physical exercise stimulates increased adrenaline secretion which in turn stimulates faster, deeper respirations, faster heart action and greater oxygenation of body tissues

Cerebral Anemia means there is a lack of adequate blood supply to the brain areas for one reason or another. Dietary modifications, exercise, herbs, vitamins, minerals, food supplements and use of a slanting board on a regular basis are very helpful in these cases. Herbs such as Gotu Kola, Capsicum and Ginseng are also very helpful. The vitamin necessary is Niacin. I have provided information on the Slanting Board for you at the end of the analysis.

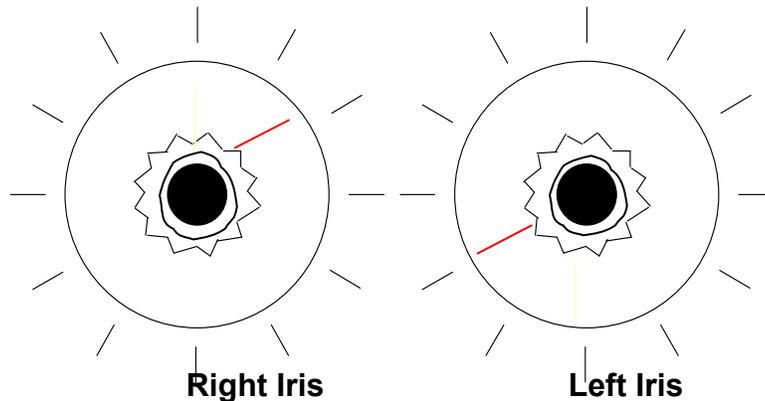


Assimilation Ring (Over Acid Stomach), Assimilation Ring (Under Acid Stomach)

Assimilation is how well you absorb the food you eat. ***It is not what you eat that counts, it's what you assimilate that your body can use that makes the difference.*** We absorb mainly in the small intestine, through the small villi which compose the intestinal walls. The absorptive function of these villi may be hampered by certain diets. Some persons may also have an inherent weakness in this area which does not allow them to utilize their foods as well as others. A proper diet is the best way to aid in assimilation. Also adequate rest is needed as a fatigued system cannot absorb well. Herbs such as Alfalfa, Peppermint, Papaya and Ginger are also beneficial. Should the villi become unable to absorb nutrients properly, cleansing may be encouraged using the herb Comfrey and the digestive aid Pepsin as well as a bulk former such as Psyllium Hulls along with Cascara Sagrada.



Acids may come from the diet, from the state of mind of the person or from under functioning elimination systems. Often all three are involved to some extent. Thoughts can drive the body to an over acid condition faster than the worst diet. This places a strain on the organs whose job it is to eliminate these acids. Therefore, under functioning organs compound the problem. The way to overcome the over acid condition is to take care of the under functioning organs, make the necessary changes in the diet and alter the thinking. Organic sodium foods and high potassium foods are a help in alkalizing the system. The best way to alkalize the system is to eat only alkaline foods for a period of time such as fruits and vegetables and to avoid proteins and starches which are acidic foods.

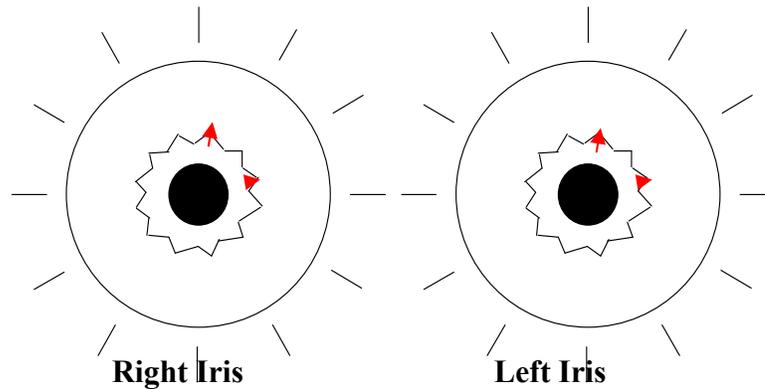


Bowel Pockets

Medically these are called "***Diverticula***". We refer to them as "***Pockets***" because it more accurately depicts what they are, an out pouching of the colon wall associated with an inherent weakness in the colon and perhaps also with increased colon gas developed by improper dietary habits (improper food combining). Bowel pockets can usually cause no problems if kept clean. Bowel pockets frequently can be the spawning-ground for localized sub-clinical infections. When colon debris are allowed to accumulate in them and putrefy, these pockets can become infected and inflamed. If this occurs it is called "***Diverticulitis***". This is a serious condition. Even when not acutely infected, there is frequently a "***low-grade***" infection present producing an irritation of the nerves in the colon wall. It is not uncommon for bowel pockets to be responsible for more enervation and conditions of ill health than is generally recognized. It is best to take care of them by keeping them clean, first using the Colema Board then following up with proper diet, consistent use of intestinal bulk formers such as Psyllium Hulls 36

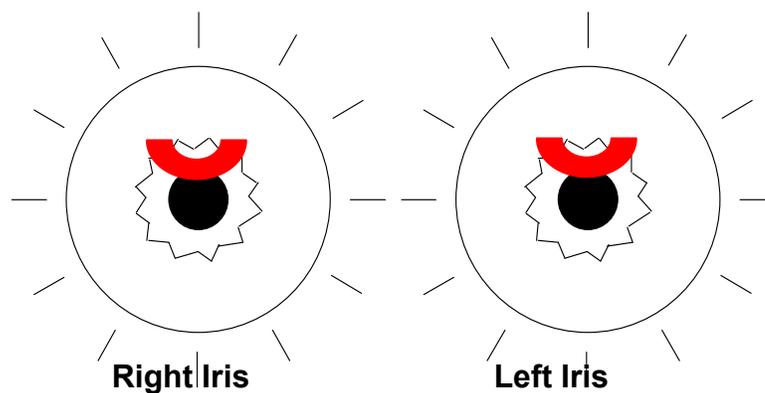
and adequate intake of Acidophilus bacteria. Chlorophyll containing products also can be a great help with this. Avoiding granola, individual nuts unless ground into a butter and popcorn.

This is very important as these foods can become trapped in the pockets and can cause pain. Adequate intake of pure water as previously explained in the Kidney area is vital to proper colon health. Many conditions in the body are associated with the neglect of these bowel pockets. Moderate to severe contamination of these pockets is common and the best way to get them cleaned up quickly is with the Colema Board.



Bowel Prolapses

Gravity is one of the most difficult forces to overcome, because of our continual exposure to it. As a result, we have to exert a great deal of preventive care to reduce the development of Spinal problems, Brain Anemia or Prolapses of the Transverse Colon. Man is a creature who walks erect. His internal organs are held in place by connective tissue and membranes, which generally resist the downward pull of gravity upon those organs, but the combination of enervation and gravity, sometimes together with inherent weakness or chemical depletion, can cause the dropping of the Transverse Colon. Prolapses of the Transverse Colon, is one of the most commonly encountered effects of gravity, and its consequent pressure effects upon the organs of the pelvic region can cause serious problems if not properly counteracted. Among women, the first thing we find is pressure on the Ovaries, Uterus and the blood vessels of the pelvic region. Cysts on the Ovaries may form which do not drain adequately for healing to take place. This is probably responsible for many of the surgeries performed on women these days. Blockage of one or both Fallopian Tubes may occur, hindering or preventing passage of the ovum and contributing to irregular menstrual cycles. Blockage of both Fallopian Tubes would, of course, result in sterility. Prolapses of the Transverse Colon among men, is frequently accompanied by Prostate trouble due to visceral pressure. In general, the pressure due to Prolapses can cause distortions, contractions and irritation to the Sigmoid Colon, which interfere with bowel elimination. If there is enough pressure on the pelvic organs, we may find urinary disturbances and pain in the lower abdomen. Interference with the blood supply to this area may lead to adhesions, bowel distortions, ballooned conditions in the bowel wall, strictures and Diverticula due to restrictions of the passage of wastes and consequent buildup of gas. One of the most troublesome problems in the abdominal areas is that of Hemorrhoids caused by rectal pressure. The veins are forced out of the rectal area because of pressure at the stool. Use of a slanting board, regular exercise, controlling weight, use of herbs, vitamins and foods mentioned earlier in the bowel area are all beneficial to the Transverse Colon.

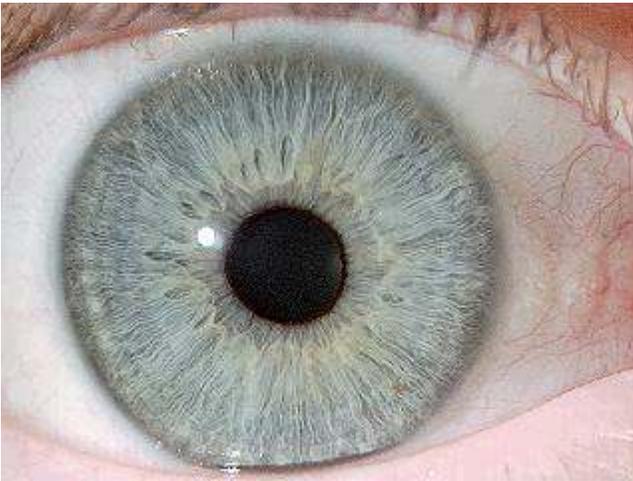


Constitution (Strong), Constitution (Medium), Constitution (Weak)

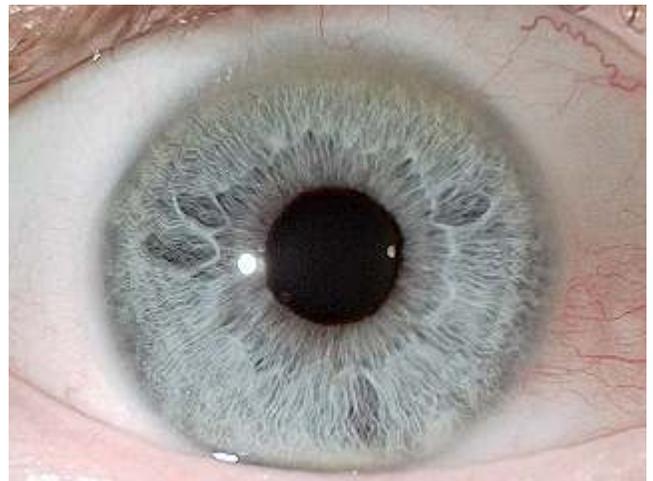
Constitution is important because it gives an indication of the overall "**strength**" of the body. Persons with poorer constitutions have a greater amount and degree of inherent weakness in their body. Generally speaking, they need to care for themselves more than others do with stronger constitutions in order to stay well. They find that they cannot abuse themselves and get away with it. They have to pay more attention to what they eat, perhaps what they wear, the climate in which they work and live, etc. Usually, the poorer the constitution, the more difficult it is to get well and stay well.

People with a very strong constitution often grow up abusing themselves physically because they find they can get away with it and suffer no ill consequences. They don't think about their health very much because they aren't forced to do so by feeling badly. When they do become ill, they usually have little patience with their problem and they tend to recover rapidly. Sometimes they are not always too considerate of the health problems of others with weaker constitutions who perhaps are ill more frequently or take longer to recover.

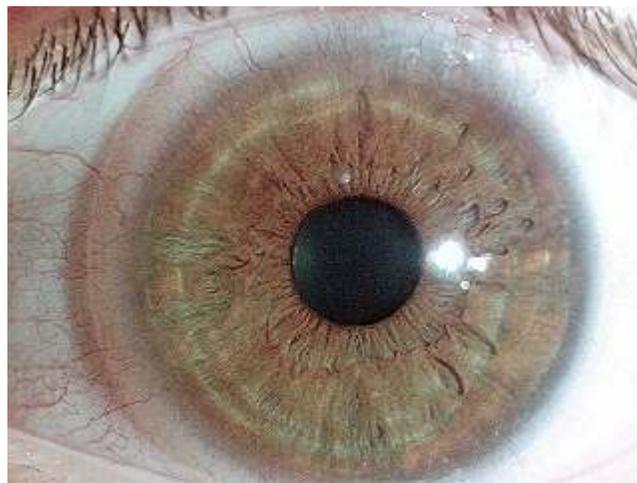
Persons with the weaker constitutions are frequently more sensitive. They know what it is like to be ill and not to recover so quickly and thus tend to have a greater sympathy with others who are not well. They are often the people found in jobs where they care for the ill. Both those with strong and those with weaker constitutions can be well and stay well. A person with a weaker constitution just needs to take a little extra care. Most people, of course, have a constitution which falls somewhere in between these extremes.



Constitution (Strong)



Constitution (Medium)

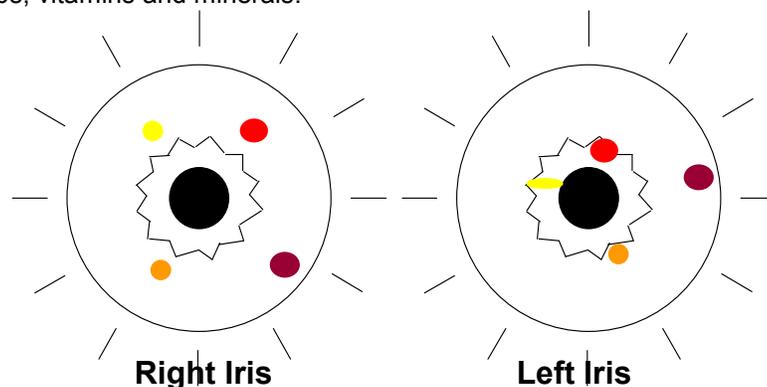


Constitution (Weak)

Drug Spots/Deposits/Psoric Itch Spots (Chemical Deposit)

The word "**Drug**" refers to any elements absorbed into the tissues of the body which the body is unable to utilize as it would natural constituents, which include over-the-counter medications, prescription medications, inorganic sulfurs (sulfur dioxide) added to foods and other chemicals. Another example might be that in some well water there is sulfur present. This is not too uncommon. Persons who drink this water over an extended period of time may find a yellowish coloration appearing in the iris. Drug settlements in the iris are not limited to drugs as we commonly think of them. Drug settlements can sometimes be enough to cause the iris to appear a different color from a distance or under various lighting conditions in a room. They may make a basically blue iris appear to be hazel colored or even brown. Settlements are usually more intense around the Autonomic Nerve Wreath, which is closer to the pupil and in the bowel areas of the iris. Drug residues always settle greatest in the weakest parts of our body. These areas have less vitality to eliminate these wastes. Drug settlements may be relatively harmless, but also may be an irritant to the tissues and cause chronic problems. It's best if there are no drug settlements. Colorations associated with drug settlements may be removed from the iris through careful and steadfast attention to cleansing procedures. It usually involves the use of Bentonite Clay Water, the herb Algin and proper Colon Cleansing by using Psyllium Hulls and Cascara Sagrada. It can be a difficult thing to do in that it often takes quite a long while to accomplish. Even then, sometimes not all the color can be removed. People who do this cleansing most often do report that their eyes become closer to their natural basic color over a period of time.

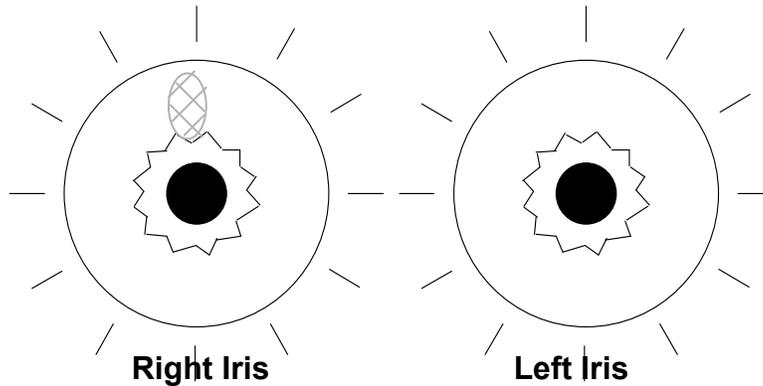
The trained Iridologist can observe spots or colors randomly distributed about the iris. If these spots or colors are inside the actual tissue of the iris it is known as a Psora, Psoric Itch Spot or Hyper pigmentation. Psora are areas of tissue weakness due to toxic settlement and encumbrance from drugs, body waste, etc. and is an inherited sign. Psora can be inherited from generation to generation. For instance, if someone has a Psora in one of their organs it may be traced back to a relative who might have had a weakness in that organ at one time and possibly took a synthetic drug. This drug could deposit in this area and be genetically passed through generations. It takes many years for the body to eliminate drugs from the tissues. As a matter of fact, it has been proven that it takes seven years for the body to eliminate the chemicals from one aspirin from its bone marrow. This is very frightening considering the number of synthetic medications used today. The best way to eliminate these Psora is by cleansing the colon as previously described and by strengthening the areas where these Psora are deposited through dietary changes, herbs, vitamins and minerals.



Healing Signs (Program Showing Results)

Changes in the iris indicate gradual purification of the system, the elimination of morbid matter and poisons, and readjustment of the system to normal conditions under the regenerating influence of natural living and treatment. When a person has been treated successfully for a chronic ailment, delicate white intermeshed lines (fibrillar tissue) begin filling in the formerly dark gray area.

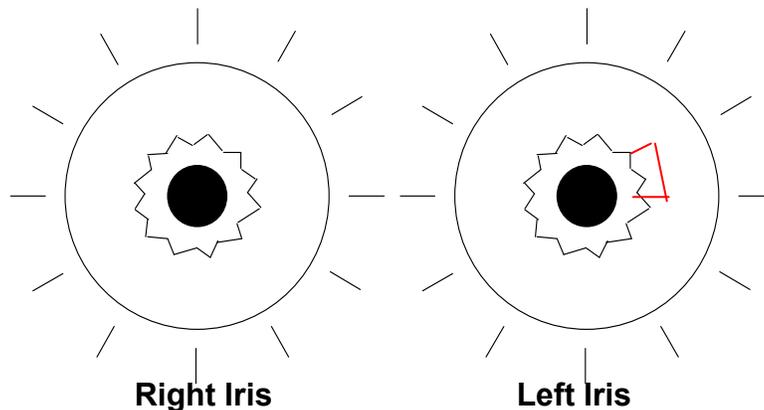
If the course of therapy is effective, healing lines may be expected to begin appearing in about three weeks.



Heart Trouble

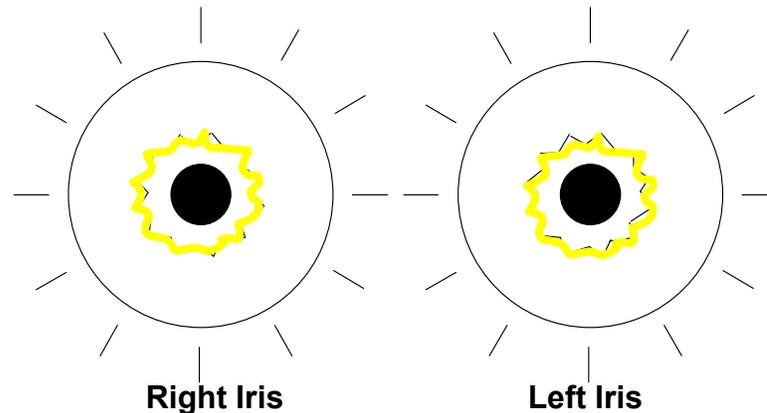
On the Iridology Chart the Heart area is located in the left iris at 3:00 o'clock in Zone 3, usually on the Autonomic Nerve Wreath line. At times, it appears enclosed within the Autonomic Nerve Wreath, and in other cases, it may be moved slightly to one side. The area of the Aorta is directly above the Heart within the Autonomic Nerve Wreath, which may seem to be split. When we examine the Heart area of the iris, we look for inherent weakness, nerve strength, toxic conditions and reflex effects from other organs. There are many factors that can cause Heart disturbances. We have to consider that there are inherent weaknesses, lack of fresh air, too much fat on the Heart walls, disharmony in the home, disappointments in love, strong passions, over excitement, a weak Medulla; too much pressure on the heart caused by gases in the blood or in the Stomach. The Heart walls can become over stressed with excessive physical exertion. Bacteria ferments in the body, using up the blood salt, which is essential to Heart function. Other harmful effects are overeating, excessive drinking of tea, coffee and alcohol; tobacco smoking; and sexual overexertion. The Heart is affected by sunstroke because the nerves do not transmit proper circulatory impulses to the Heart, causing it to overwork. Chlorosis, an anemic condition, can produce a Systolic Heart Murmur. The leukocytes may die in too great numbers, filling the system with leukocytic poisons. These poisons clog the venous system, which weaken the Liver and give the Heart too much work to do. Some of the Heart structures weaken and thus leave the Heart diseased.

The Heart nerves may lack nerve force, because it has been spent too freely on brain effort. The Brain may be too large for the body; in which case, nerve-building material is not supplied sufficiently to sustain the chest brain and the cardiac nerve with the essential nerve stimuli. We must make sure Chlorine and Iodine foods are included in the diet as well as Iron, Calcium, Magnesium, Lecithin, Vitamin E, Phosphorus foods, nerve fats and salts. Excessive use of beef in the diet and the indiscriminate use of drugs can also deplete the heart of the ability to work at its highest possible potential.



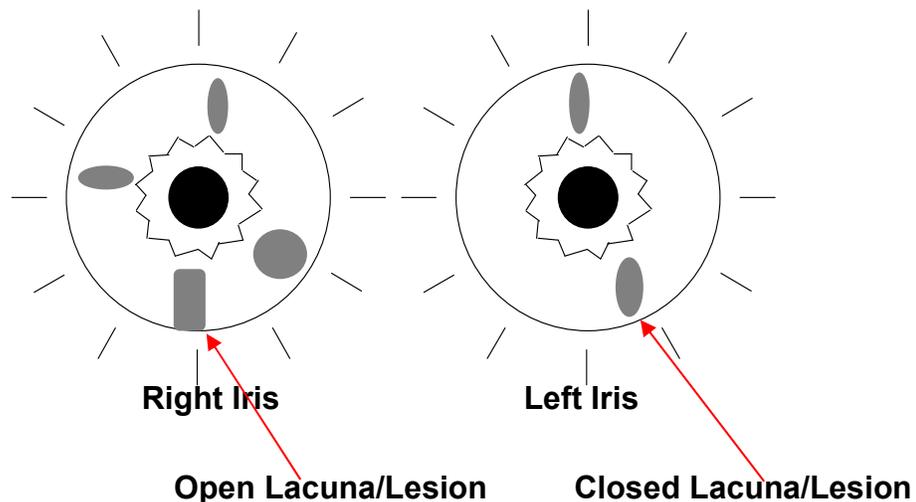
Irritation of Nervous System (Stressed Out)

When the nervous system becomes irritated it shows up in the iris of the eye as bright white or covered with pigmentation. Irritation of the nervous system can occur due to injury or stress. Vitamins, minerals, and herbs for the nervous system are beneficial for irritation.



Lesions/Lacunae (Open or Closed) (Inherent Weaknesses)

These are the iris signs that represent acquired or inherited weaknesses in the body. They can be recognized by their shapes, although they vary in size and degree of darkness. Lesions are open-ended "holes" enclosed on three sides by trabeculae. The open-endedness of a lesion indicates that metabolic activities are still taking place although at a reduced rate. Lacunae are clustered lesions (two or more) closed at both ends. Crypts are small, closed single lesions, usually very dark. Both lacunae and crypts indicate encapsulated areas of toxic material in which metabolic function has apparently ceased. A white line around the outside of any crypt or lacunae indicates calcification of tissue surrounded the encapsulated area.



Lymphatic Rosary (Allergies, Hay Fever, Weakened Immune System)

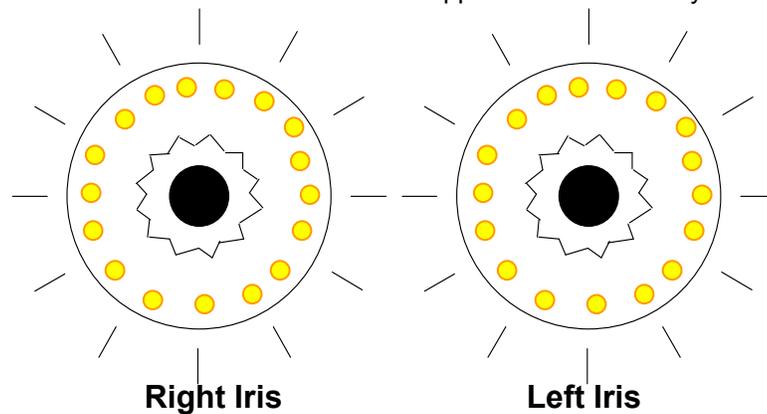
The Lymph Glands have eight functions. These functions are (1) Neutralizing toxins and poisons, (2) Returning water from tissues to the blood, (3) Returning leaked protein to the blood, (4) Transporting fats in the body, (5) Transporting hormones by the Lymph System, (6) Destroys foreign bacteria (7) Produces antibodies and (8) Makes up the largest content of fluid in the body; carries more waste than the blood.

In chemical characteristics, the Lymph resembles blood plasma. In fact, it has been described as blood without its red corpuscles. Lymph is necessary as an intermediary substance between blood and tissue. It bathes every active tissue of the body and it is believed to have its origin partly in the blood and partly in the tissues. Lymph may be considered the middleman in the transactions between blood and tissues. The Lymphatic System, in contrast to the blood circulatory system, follows a "one-way" network of vessels and arteries that empty eventually into ducts in the internal jugular and subclavian veins. Lymph fluid and lymphocytes are constantly being moved into the bloodstream to carry out their

functions. The lymph returns fluid and proteins to the blood, while lymphocytes take part in the formation of antibodies and play an important role in the body's natural Immune System. In particular, Lymph Nodes, ranging from the size of a ballpoint pen tip to the size of a bean, filter pathogenic microorganisms and foreign particles from the Lymph and eject them as waste matter from the body.

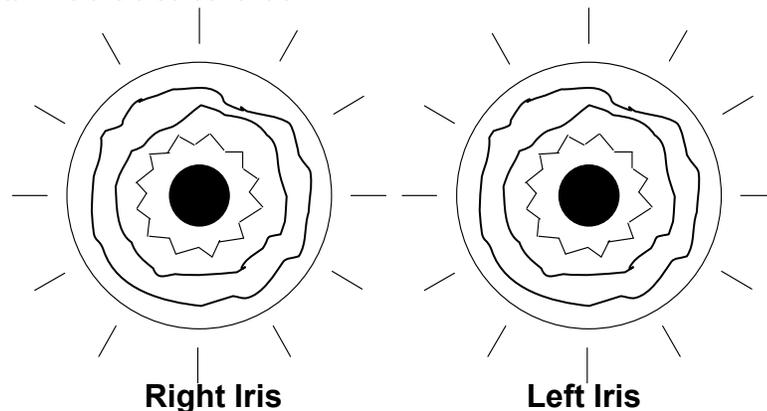
The Lymph System has no pumping mechanism. Movement of Lymph Fluids that return liquid and wastes to the blood is carried out by the following six different forms (1) Respiratory movement which creates pressure differences in the body cavities moves the lymph; (2) Muscle movement in the body which squeezes the Lymph along the vessels. Each vessel contains valves that allow the flow to go in one direction only; (3) the Lymph vessels themselves have thin muscle fibers in their composition that move in peristaltic movements; (4) Intestinal movement; (5) Continuous production of Lymph and the pressure behind it forces movement of Lymph Fluids in the system and (6) Difference in pressure in the Lymph Vessels at the tissue end and at the emptying end of the blood vessels in the Thoracic area.

Herbs such as Garlic, Onion, Pau d'Arco, Golden Seal, Echinacea and other foods containing organic sulfur are beneficial to the Immune/Lymphatic System. Vitamin C is also important to this system. The best way to keep the Immune/Lymphatic System clean is to not suppress any discharge out of the body or any fever the body may develop. A "**Fever**" is the body's Immune System burning out toxins. By using medication to lower a fever we suppress the Immune System. Chlorinated drinking water and chlorinated swimming pools should be avoided as chlorine can also suppress the immune system.



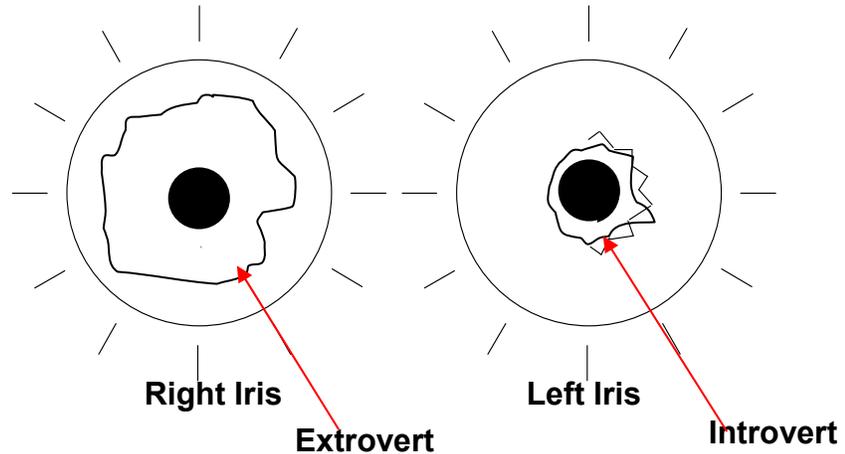
Nerve/Stress/Sensitivity Rings (Stress Affecting Body)

The presence of nerve rings in the iris, indicate a tense condition in the person. The lifestyle of today is conducive to the formation of nerve rings. These rings can also be called sensitivity rings, which can indicate a highly sensitive individual. Nearly all persons have some nerve rings. 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 of nerve rings. If your nerve rings 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.



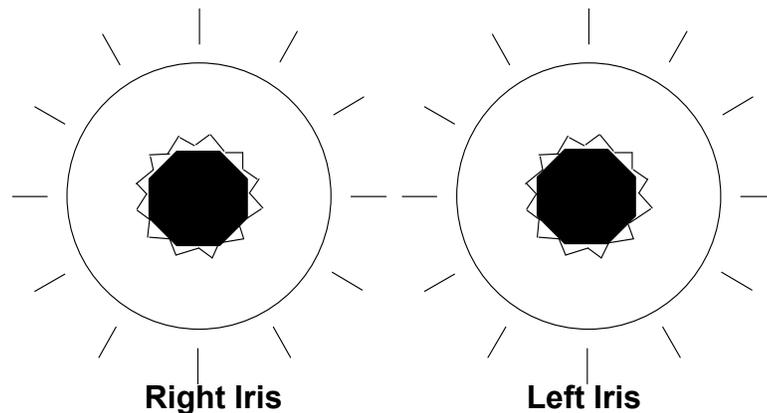
Personality Typing (Introvert and Extrovert)

Normally, personality is determined by the autonomic nerve wreath and how small or large the colon is. The smaller and tighter the autonomic nerve wreath is to the pupil, the more introvert and/or private the individual. The larger and more expended the autonomic nerve wreath becomes, the more extrovert and public the individual. Introverts tend to be analytical/thinking, extremist/innovators, and active/kinesthetic. They tend to have strong constitutions. They can be cleansed and can fast. Extroverts tend to be emotional/spontaneous and Polyglandular. They tend to have weak constitutions. They need to be built up before they can be cleansed or be on a fast.



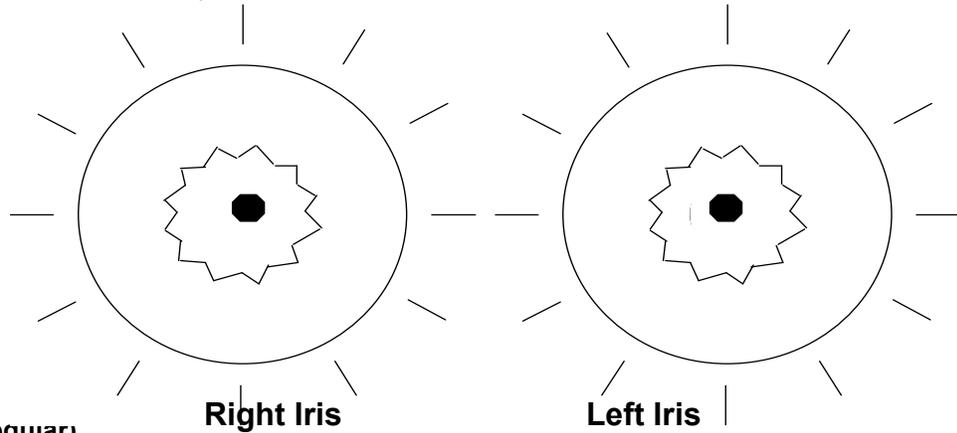
Pupil (Enlarged)

The pupil normally closes down in size when strong light is directed into the eye. The light necessary to take the iris slides is fairly bright and should constrict the pupil accordingly. When it doesn't, it usually is an indicator that chronic fatigue is a problem. Certain drugs or medications can also account for this as can the presence of certain disease conditions. Usually it's simply an indication of chronic fatigue. Taking care of the body and following through with a good health building program will restore vigor and diminish fatigue. An enlarged pupil is indicative of enervation or adrenal fatigue. It suggests that the inner, spiritual self is driving the physical body to exhaustion. Suggests a need for energy-producing herbs and rest.



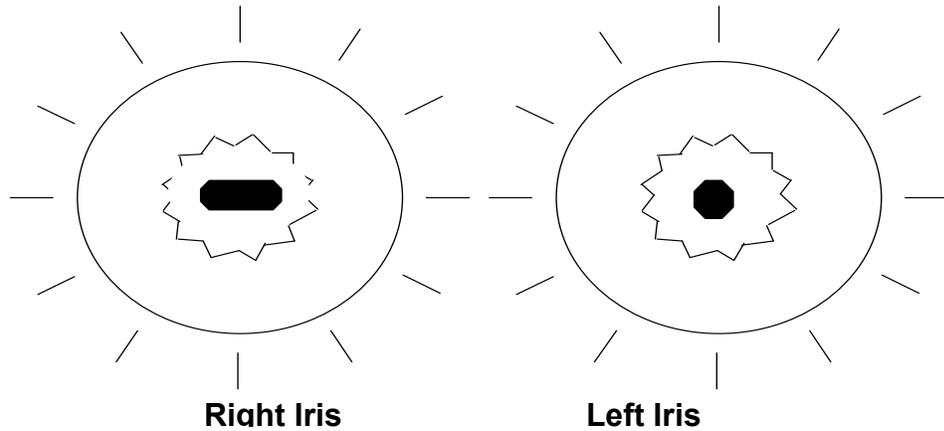
Pupil (Small)

A smaller sized pupil may be caused by anything from eye drops to food poisoning. A tight pupil is also indicative of being "**up tight**" inside. Suggests a highly tense individual and a need to relax. Individual may suppress their inner, spiritual self.



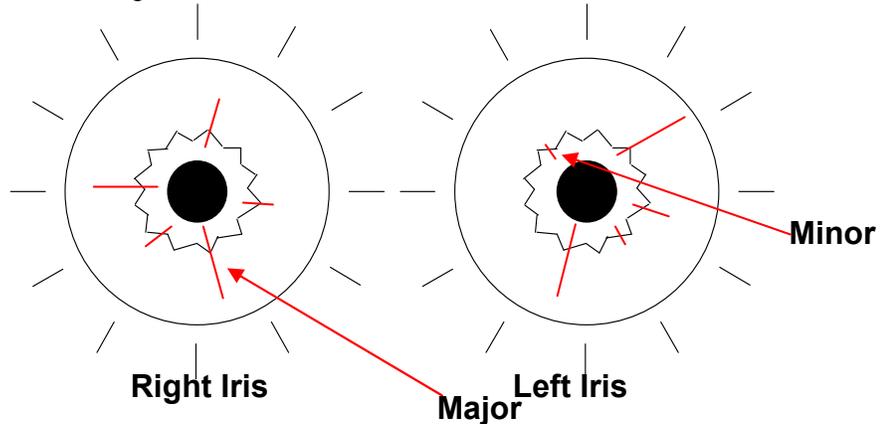
Pupil (Irregular)

All pupil irregularities suggest problems with the central nervous system and tendencies towards nervous disorders. Flattened areas on the pupil suggest pressure on the spinal nerves and a need for chiropractic adjustments. Pupil tonus charts showing the meaning of specific pupil shapes are available from several sources.



Radii Solaris (Minor & Major) - (Toxic Lines, Parasites, Liver Lines)

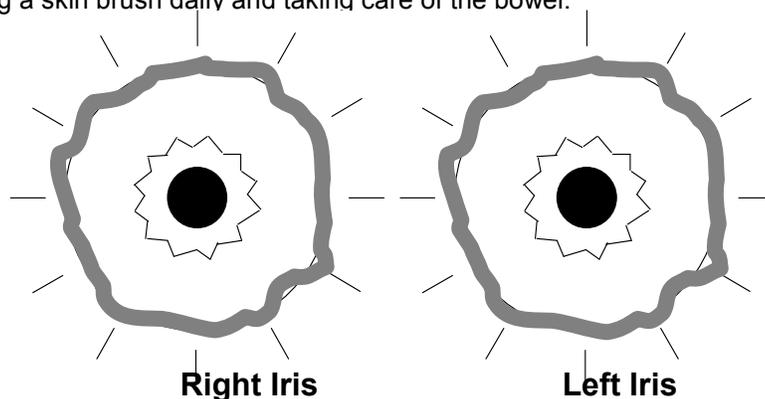
"**Radii Solaris**" resemble rays of the sun when visualized in the iris. When these are present in the iris, it is an indication of an inherent weakness in the bowel area. This type of weakness allows toxins from the bowel to more easily influence the tissues into which the radii solaris extend. When these are seen in the iris, it means that extra care needs to be taken by the person to keep the bowel clean by proper diet and colon care. People who have these "**rays of the sun**" often are prone to sinus problems, toxic headache and other toxic symptoms. The use of the Colema Board and Bentonite Clay Water with the herbs Psyllium Hulls and Cascara Sagrada are often needed in these cases.



Scurf Rim (Poor Skin Elimination)

The skin is a most important elimination system in the body. It is the largest of all the organs of elimination. Dr. Jensen says the skin is the "**third Kidney**". He says this is because the skin eliminates about two pounds of toxic waste materials through its pores each day. These are often the same type of waste acids eliminated by the Kidneys. If the skin does not function well in its elimination, the Kidneys must carry an increased load. In fact, the skin elimination is so vital that if blocked a person can die within minutes or hours. They can die of ureic poisoning. In other words, they can be poisoned by their own waste materials, which can accumulate in the blood more rapidly than the kidneys can remove them. Taking care of the skin is best accomplished by brushing it daily with a natural vegetable bristle skin brush. It is best to brush all over except for the face and other sensitive areas of the body. A softer face brush may be used if desired. The skin is brushed dry before dressing every morning and before bathing. The skin brush should not be used with water. A wonderful "**afterglow**" can be experienced following skin brushing and a softer lovelier skin can result, "**the skin you love to touch**", as they say. Wearing garments made from natural fibers next to the skin is also important. Synthetic materials are usually not absorbent, are often made from coal tar products and serve only to irritate the skin. Cotton, wool and other naturals are best. Also, clothing is best worn loosely against the skin, if possible, to allow the skin to "**breathe**".

Please do not use any powders, creams or oils on the skin that your doctor has not specifically advised. Also avoid the use of harsh soaps and detergents to cleanse the skin. If cosmetics are truly desired, please keep them to a minimum. Most dry skin, dandruff, acne and eliminations through the skin can be taken care of by using a skin brush daily and taking care of the bowel.



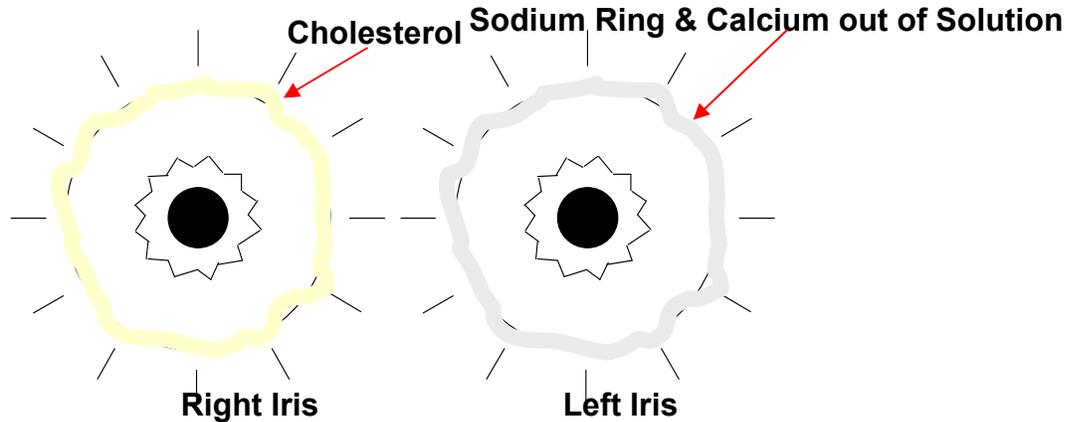
Sodium/Cholesterol/Calcium out of Solution Ring

This unusual marking, a translucent-to-opaque ring found in various shades of white starting in Zone 7, seems not to touch the iris but rather to be a deposit or settlement around the circumference of the portion of the cornea visible in front of the iris. That is, it is over the iris without being connected to the iris trabeculae. Its width varies, depending on the severity of the condition. This sign results from chemical imbalances in the body due to an excessive intake of salt or bicarbonate of soda, drugs such as sodium salicylate, calcium out of solution and high cholesterol or triglycerides in the blood. It may be associated with hardening of the arteries, calcium spurs and deposits, joint troubles, and so on.

As a consequence of poor eating habits, heart disease has become the number two health problem in this nation. When Hardening of the Arteries, particularly arteriosclerosis, sets in, many problems result. One approach to reducing these problems has been chelation, a process in which a solvent such as EDTA, a derivative of acetic acid, is introduced intravenously to dissolve the coating of lipids and minerals from the blood vessels.

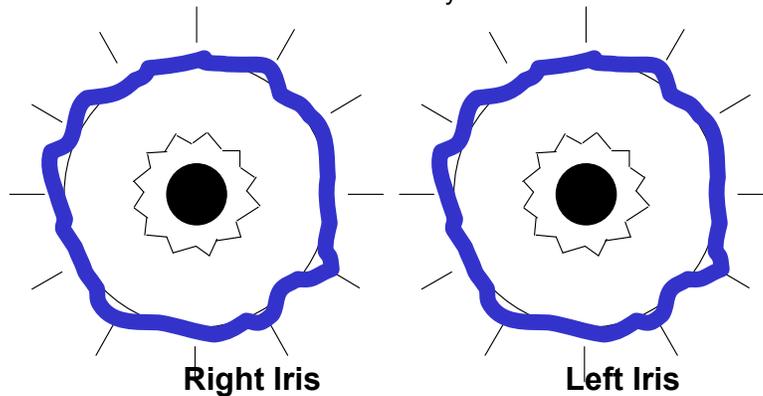
There is also oral chelation where herbs, vitamins and minerals are taken in large quantity to help dissolve the deposits in the blood vessels. This takes longer than intravenous chelation but is very beneficial. In the iris, we find what we call a Cholesterol Ring. This iris sign indicates that Cholesterol, Calcium and Sodium have come out of the solution in the blood to deposit on the arterial walls. We can take care of this problem by bowel cleansing and dietary changes, but Dr. Jensen believes chelation is an effective means of speeding up the cleansing process. Herbs such as Garlic and Capsicum are excellent for dissolving cholesterol buildup in the veins. Foods high in Magnesium such as all yellow fruits and vegetables are also important in this case.

If you have anemia in parts of your body or extremities and high cholesterol it is imperative that you change your dietary habits and begin to understand the way your body responds to stress.



Venus Congestion

Everyone knows what poor circulation means. For many it means cold hands and feet. It may also mean poor memory if the brain circulation is involved. It can mean Varicose Veins in the legs. Circulation is aided by vitamins A, B, B1, C, D, G and Niacin. Minerals, which may help are Magnesium, Phosphorus, Silicon, Fluorine, Iodine, Iron, Manganese and Sulfur. Herbs include Hawthorn Berries, Oat Straw, Sprouts, Prickly Nettle, Cayenne and Butchers Broom. Kneipp Baths and Cayenne Pepper Baths as previously explained are also beneficial to the entire body.



BEGINNING IRIDOLOGY - SESSION 4 - CONCLUSION/GOAL

Heal inherent weaknesses, cleanse body of impurities, and strengthen body systems.

Notes: