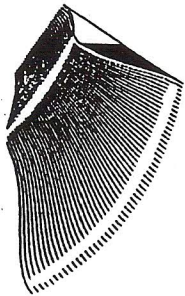
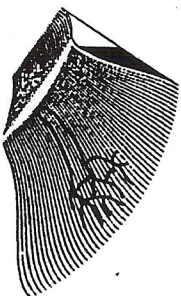
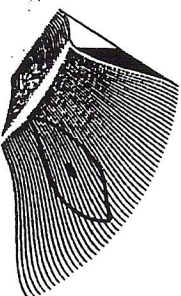
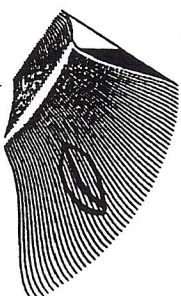


Iridology

Iris Marking	Name	Description	Meaning	Treatment
	Cholesterol ring	An opaque white ring seen around the outside of the iris. Can be seen with the naked eye, often in elderly people and recognized by orthodox medicine.	A non-specific liver marking indicating lipid imbalance. High blood cholesterols or gall stones may be present.	Omit animal fats from the diet, but include marine lipid oils. Take lecithin and garlic as supplements.
	Coral formation	Wispy coral shaped markings, most often seen in the lung zones.	Indicates bronchitis, asthma and tuberculosis.	Give up smoking. Avoid smoky environments and practise deep yoga breathing exercises.
	Cryptiform lacuna	A large lacuna marking with a large defect enclosed within it.	Indicates cervical poly-pus and dropping of the genital tract, the uterus and cervix.	Pelvic floor exercises including stopping urine in mid flow. This will strengthen pelvic muscles and avoid dropping.
	Encapsulated lacuna	A lacuna shaped like a grain of wheat which looks raised in the centre and surrounded by white fibres.	Indicates a predisposition to an ulcer, although this marking may present for many years before the ulcers appear. Often seen in the duodenum.	Prevention is best: avoid hot spicy foods and maintain digestive balance. Avoid 'bottling up' your feelings.