

*Intermediate Iridology
Correspondence Course
Instruction
Manual*

By:

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Certified Iridologist
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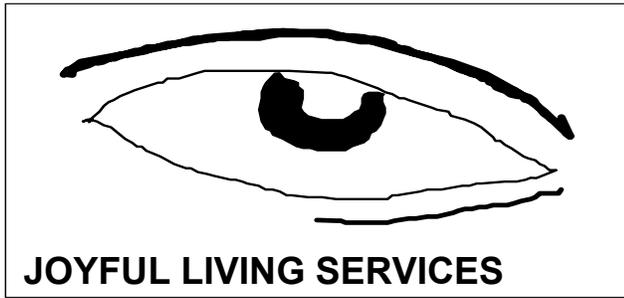
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Intermediate Iridology Rules & Conditions

Print your name and address at the top of the first page of the **Intermediate Practice Sessions and Test Packet**.

1. 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.
2. 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.
3. You must not disassemble the practice sessions and test assignment. You must return the practice sessions, photos, and test intact where it is maintained as part of your permanent file.
4. 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.
5. In the event of failure: If the candidate should fail the test, he or she may repeat the test after a wait of 30 days. There will be a re-examination fee of \$15.00 to cover the costs of new materials, regrading and filing. Should the candidate fail on this second attempt, he or she must then wait 60 days before making a third attempt. These mandatory delays are for the purpose of continuing study and preparation on the part of the candidate.
6. When you have completed all 10 practice sessions and the test, you must sign the statement at the bottom of the First Page of the Intermediate Iridology Practice Sessions and Test Packet and have it notarized. There is a notarization form provided.
7. 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.
8. The iris drawings in this manual are for your use. You may draw on them if you choose to do so.

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

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

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

INTERMEDIATE IRIDOLOGY - SESSION 1 - INTRODUCTION

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

- The history of iridology.
- How to locate specific iridology signs.
- The difference between blue, mixed, and brown irises.
- What Herring's Law of Cure is and how it affects you and those around you.
- What iridology can and cannot do.
- Recognition of the Eye
- Study of the Iridology Chart
- Seven Zones of the Body
- Four Disease Stages
- Four Levels of Inflammation
- Four Elimination Channels
- The Reversal Process
- Herbs, Vitamins, Minerals for areas of the iris and specific iridology signs.

You have also been able to practice on 10 different photos looking for specific signs in each iris and have passed the beginning iridology test with 80% accuracy.

The Intermediate course begins with review of the iridology signs, the disease stages/levels of inflammation, five elimination channels, pupil tonus and reflex signs. After that it continues with "constitutional" iridology.

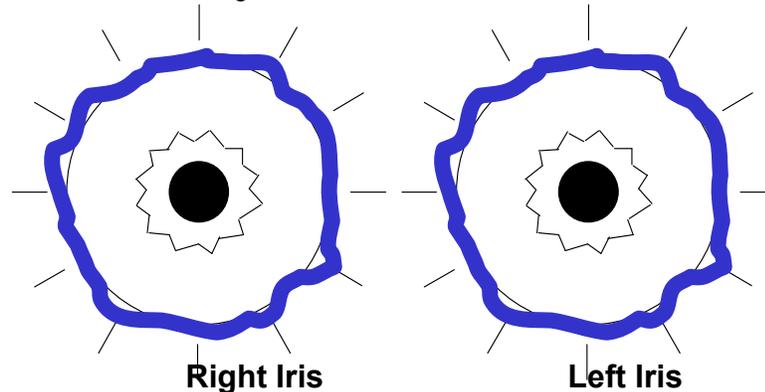
Constitutional iridology is based on the premise that the patterns and markings in our eye are primarily genetically inherited. Hence, in Constitutional Iridology, no attempt is made to diagnose any specific disease conditions. Constitutional Iridology is used to help us understand our basic temperament so we can know how to balance our nutrition and lifestyle to obtain greater physical, mental and emotional fitness. It's important to realize that the fact that a client of yours may have a particular eye marking does not mean that they have or that they ever will have the health problems Iridologists have traditionally associated with those markings. The information should be provided for your client's education and interest only. It is not intended as and must **NOT** be taken as a diagnosis for any disease condition

It's imperative that you do not diagnose a client in any way. Leave diagnosis to licensed health practitioners. It's also very important that you don't prescribe supplements as that is considered "practicing medicine without a license". Iridologists are not doctors. They are an alternative health practitioner who seeks out information about a client's specific health problems, physical strengths and weaknesses, and personality traits.

INTERMEDIATE IRIDOLOGY - SESSION 1 - REVIEW OF IRIDOLOGY SIGNS

Anemia in the Extremities (Venus Congestion-Blue Ring)

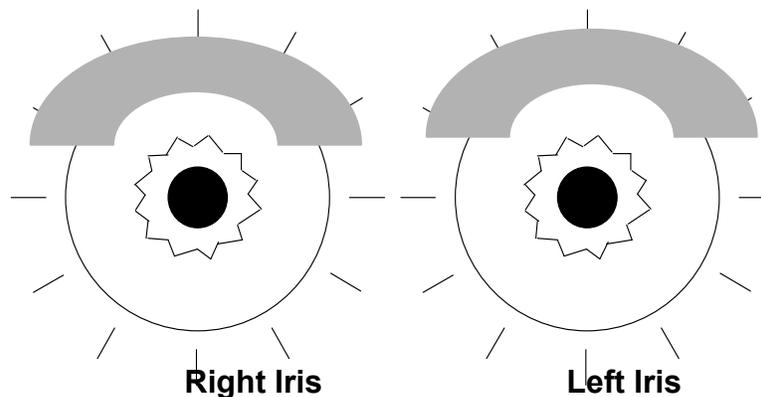
This is a term used by the Iridologist to indicate a lack of circulation to the arms and legs. The legs and feet are the farthest away from the heart. Thus the blood must be returned from the legs against the force of gravity. This is why circulatory problems usually manifest first in the feet and legs. 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)

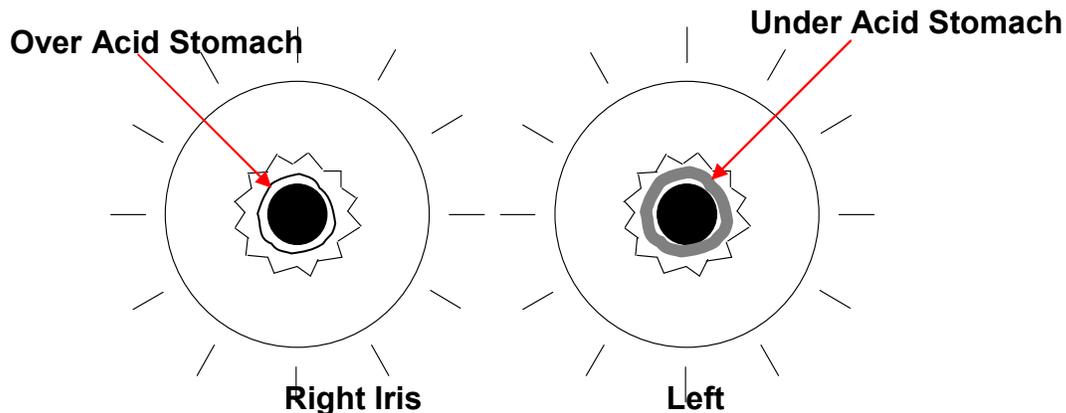
Virtually all life activities of the body are directed by the Brain, and Dr. Bernard Jensen has found anemia of the Brain to be the most serious result of impaired circulation, low blood count, inadequate nutrients in the blood or any combination of these factors. The joy of life seems to diminish to 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 foot baths 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.



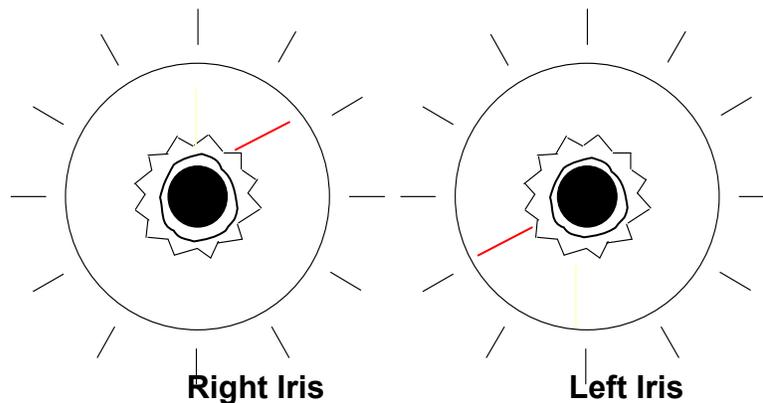
Assimilation Ring (Over Acid Stomach), Assimilation Ring (Under Acid Stomach)

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.



Body Acidity (Over Acid Body Chemistry)

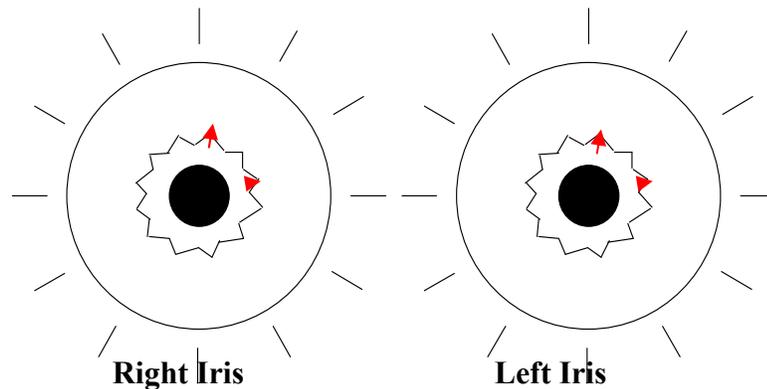
Acids may come from the diet, from the state of mind of the person or from under functioning elimination systems. Often all three are involved to some extent. Thoughts can drive the body to an over acid condition faster than the worst diet. This places a strain on the organs whose job it is to eliminate 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 alkalinizing the system. The best way to alkalinize 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

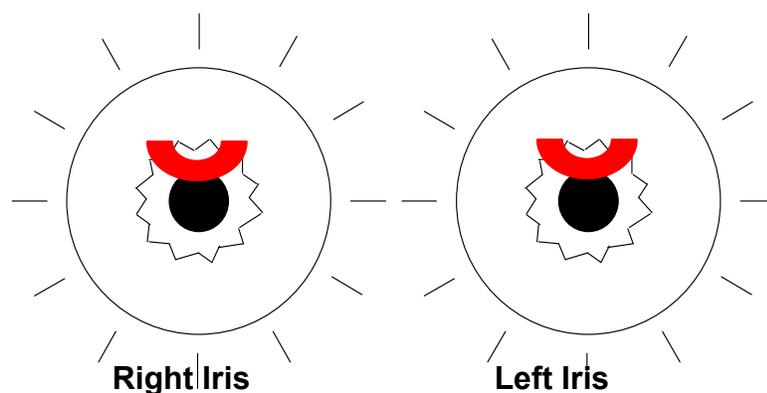
Medically these are called "**Diverticula**". We refer to them as "**Pockets**" because it more accurately depicts what they are, an out pouching of the colon wall associated with an inherent weakness in the colon and perhaps also with increased colon gas developed by improper dietary habits (improper 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 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.

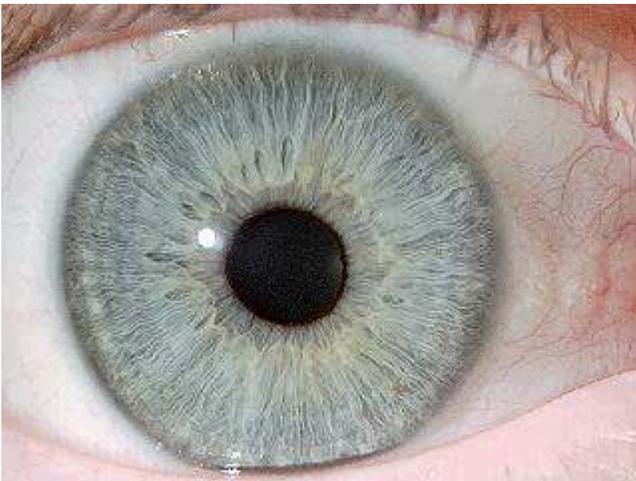


Constitution (Strong), Constitution (Medium), Constitution (Weak)

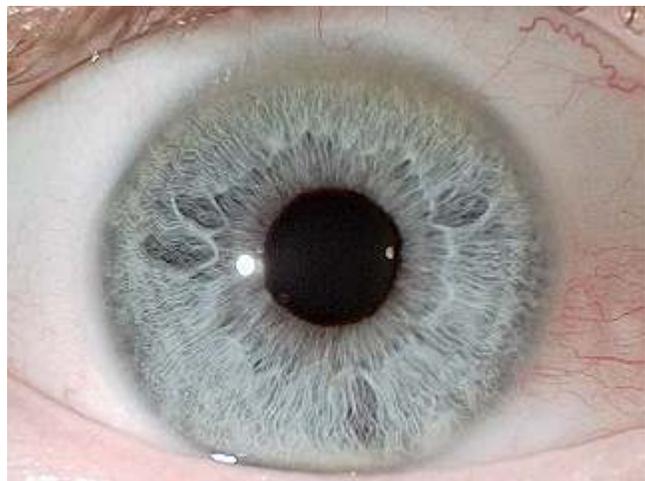
Constitution is important because it gives an indication of the overall "**strength**" of the body. Persons with poorer constitutions have a greater amount and degree of inherent weakness in their body. Generally speaking, they need to care for themselves more than others do with stronger constitutions 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.

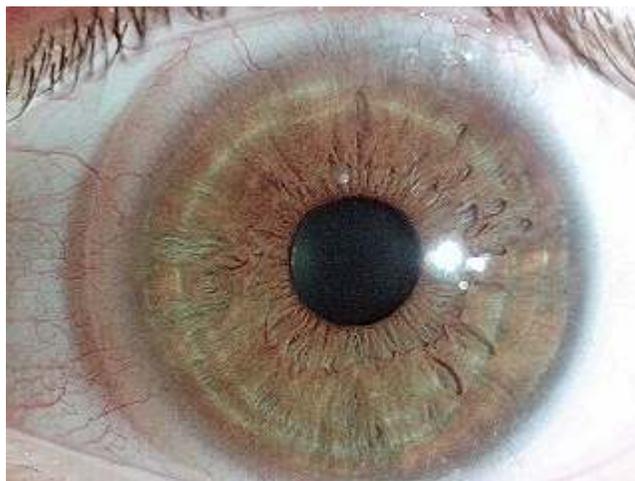
Persons with the weaker constitutions are frequently more sensitive. They know what it is like to be ill and not to recover so quickly and thus tend to have a greater sympathy with others who are not well. They are often the people found in jobs where they care for the ill. Both those with strong and 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)

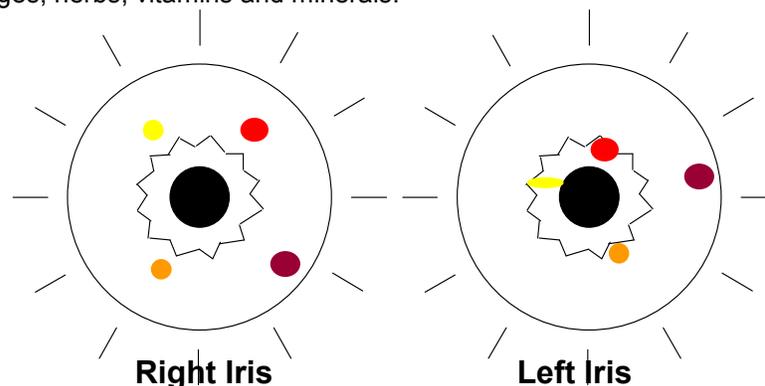


Constitution (Weak)

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

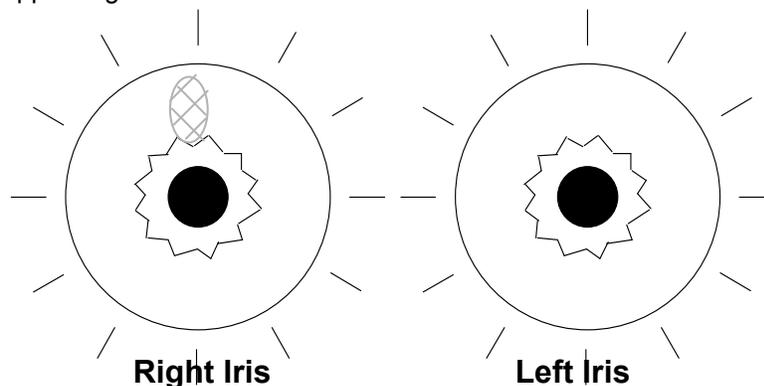
The word "**Drug**" refers to any elements absorbed into the tissues of the body which the body is unable to utilize as it would natural constituents, which include over-the-counter medications, prescription medications, inorganic sulfurs (sulfur dioxide) added to foods and other chemicals. Another example 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 know 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)

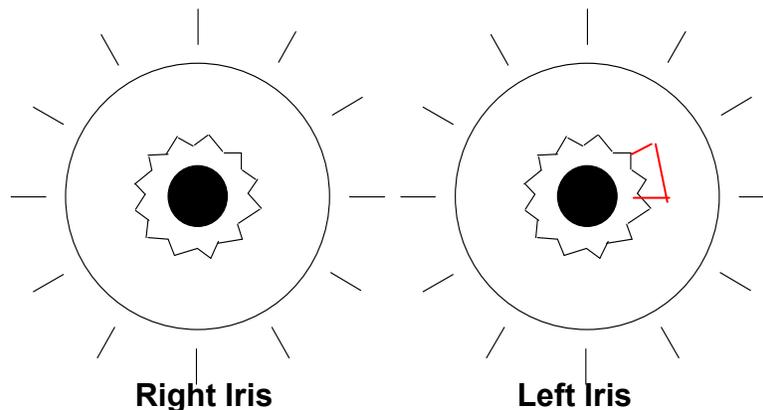
Changes in the iris indicate gradual purification of the system, the elimination of morbid matter and poisons, and readjustment of the system to normal conditions under the regenerating influence of natural living and treatment. When a person has been treated successfully for a chronic ailment, delicate 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

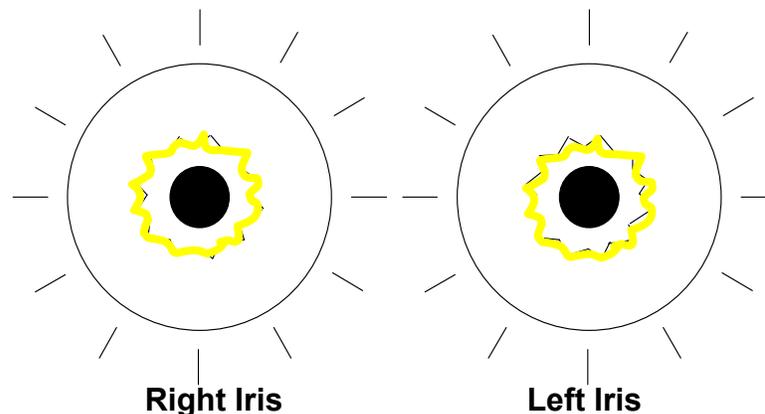
On the Iridology Chart the Heart area is located in the left iris at 3:00 o'clock in Zone 3, usually on the Autonomic Nerve Wreath line. At times, it appears enclosed within the Autonomic Nerve Wreath, and in other cases, it may be moved slightly to one side. The area of the Aorta is directly above the 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 leukocyte 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)

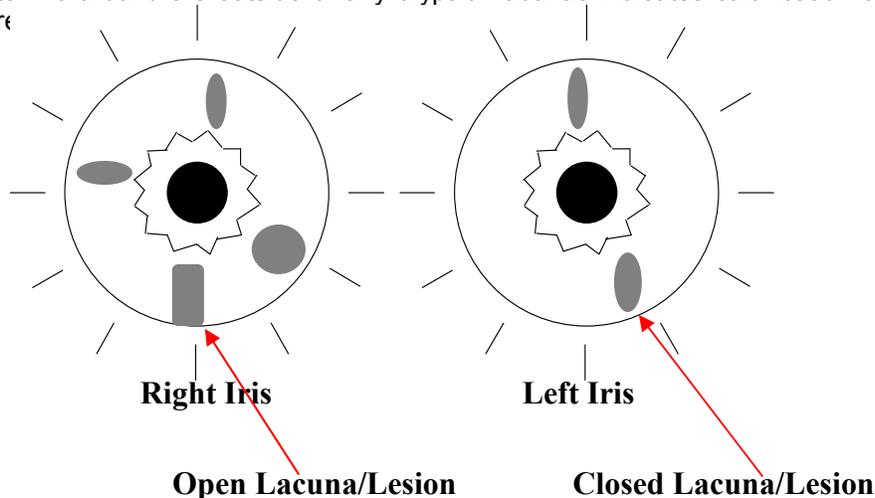
When the nervous system becomes irritated it shows up in the iris of the eye as bright white or covered with pigmentation. Irritation of the nervous system can occur due to injury or stress. Vitamins, minerals, and herbs for the nervous system are beneficial for irritation.



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 surrounding the encapsulated area.



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

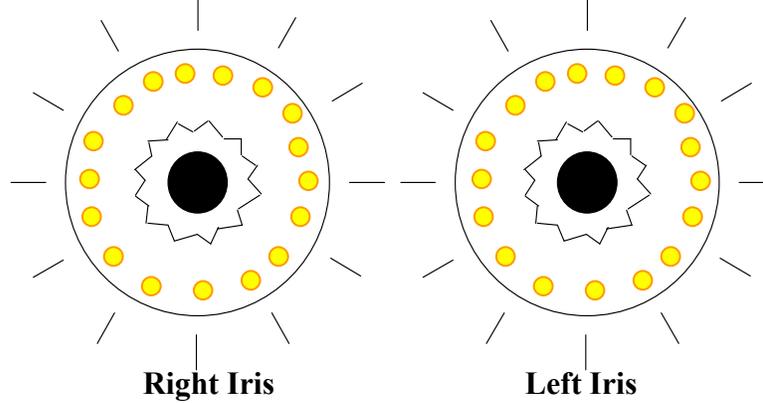
The Lymph Glands have eight functions. These functions are (1) Neutralizing toxins and poisons, (2) Returning water from tissues to the blood, (3) Returning leaked protein to the blood, (4) Transporting fats in the body, (5) Transporting hormones by the Lymph System, (6) Destroys foreign bacteria (7) 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.

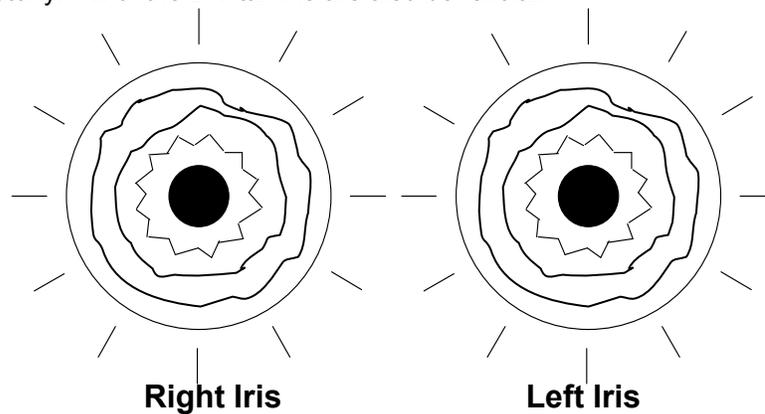
Herbs such as Garlic, Onion, Pau d'Arco, Golden Seal, Echinacea and other foods containing organic sulfur are beneficial to the Immune/Lymphatic System. Vitamin C is also important to this system. The best way to keep the Immune/Lymphatic System clean is to not suppress any discharge out of the body 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.



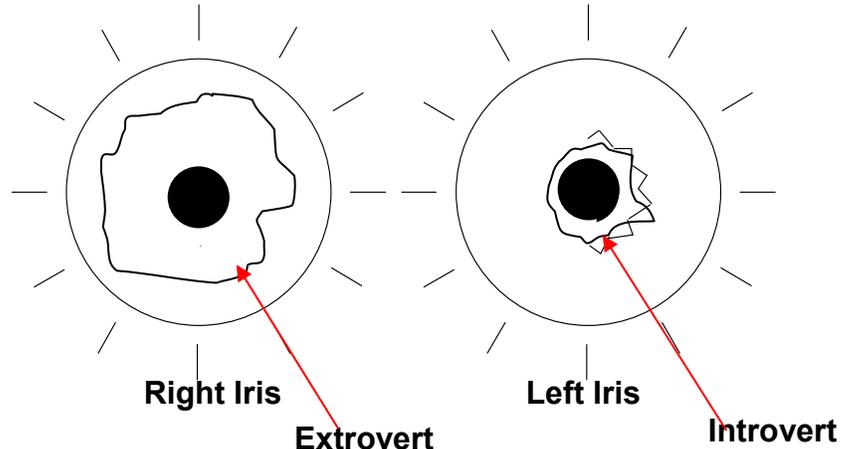
Nerve/Stress/Sensitivity Rings (Stress Affecting Body)

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 which 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.



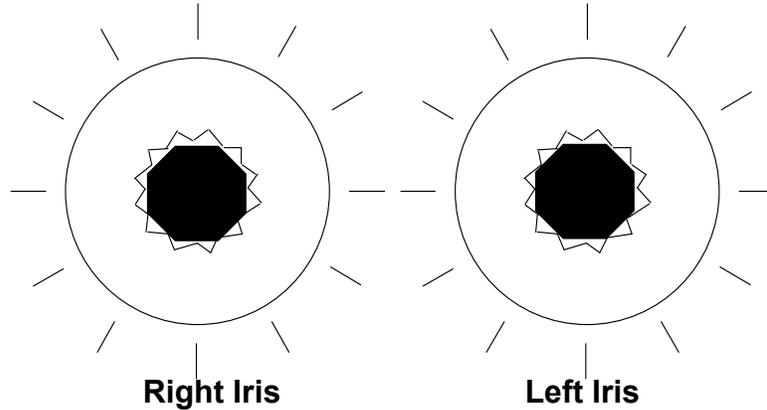
Personality Typing (Introvert and Extrovert)

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 Polyglanular. They tend to have weak constitutions. They need to be built up before they can be cleansed or be on a fast.



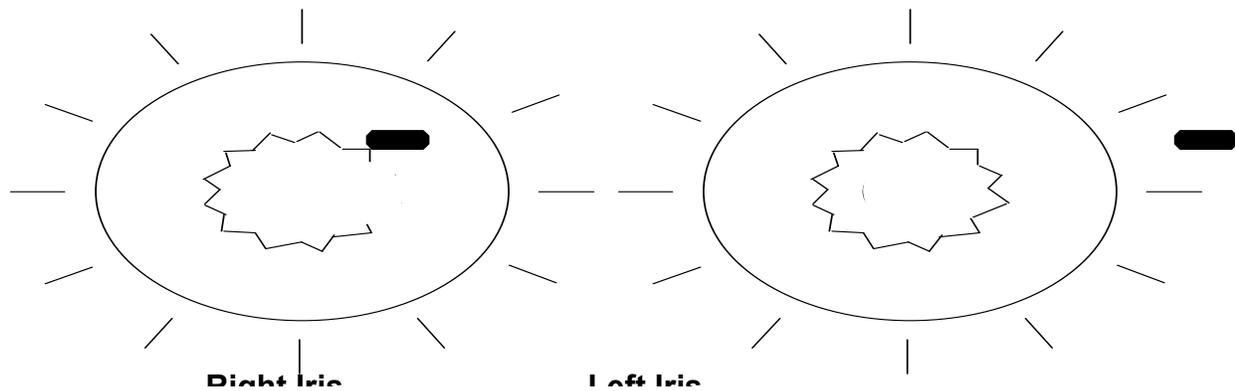
Pupil (Enlarged)

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.



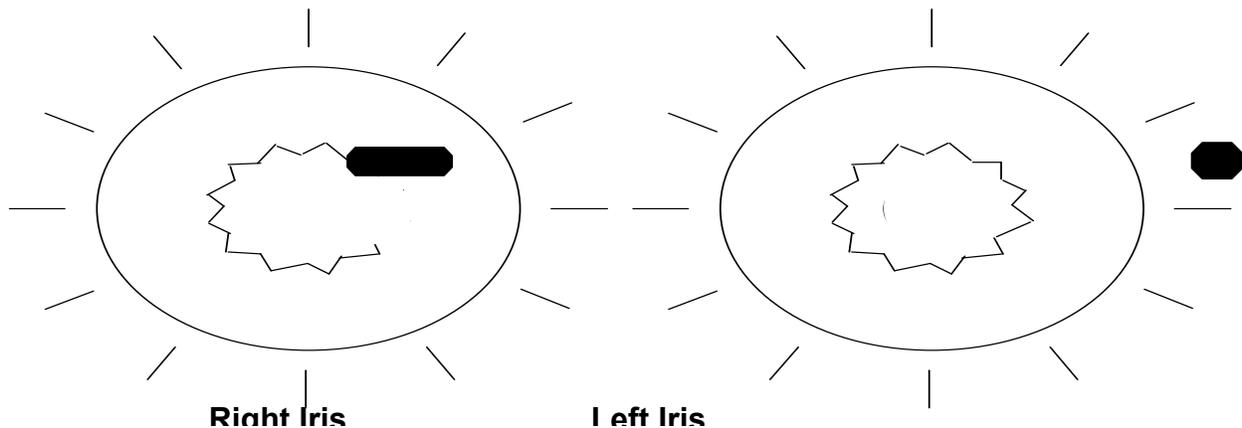
Pupil (Small)

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)

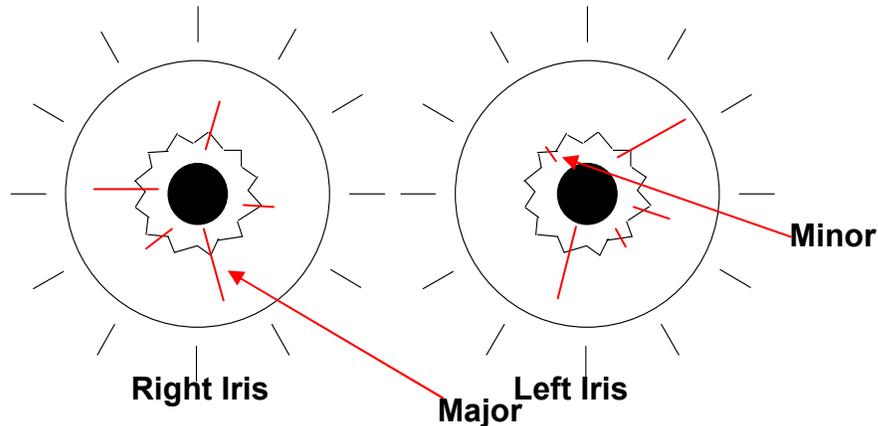
All pupil irregularities suggest problems with the central nervous system and tendencies towards nervous disorders. Flattened areas on the pupil suggest pressure on the spinal nerves and a need for chiropractic adjustments. Pupil tonus charts showing the meaning of specific pupil shapes are available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

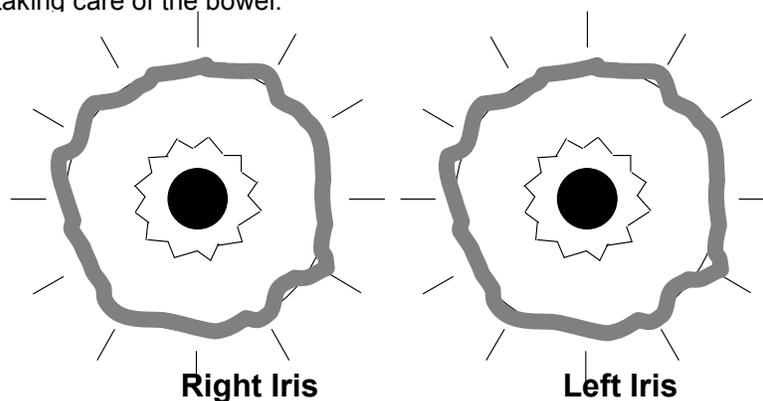
The use of the Colema Board and Bentonite Clay Water with the herbs Psyllium Hulls and Cascara Sagrada are often needed in these cases.



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, which is to say 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.



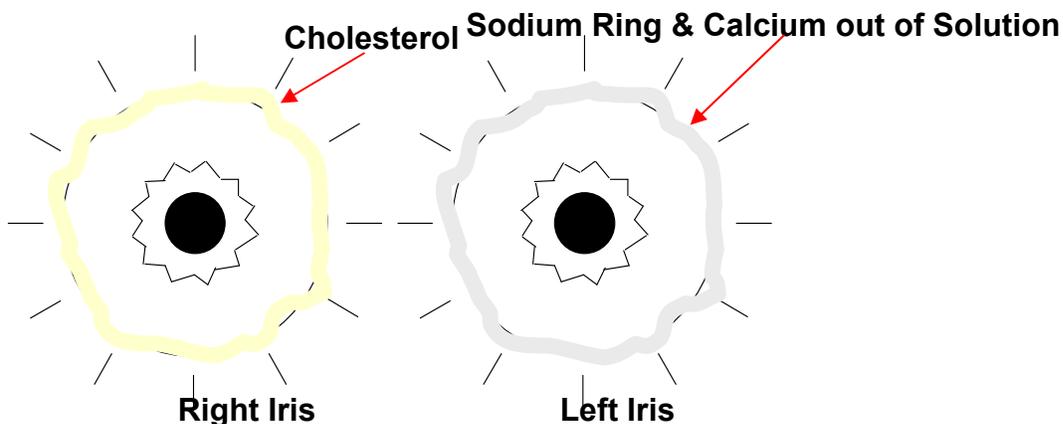
Sodium/Cholesterol/Calcium out of Solution Ring

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.

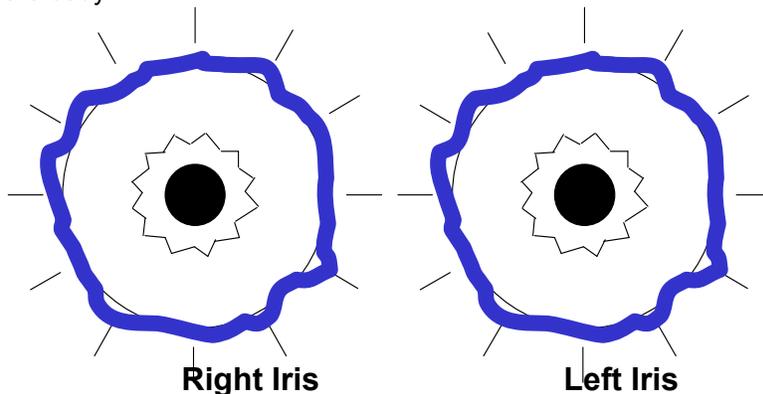
There is also oral chelation where herbs, vitamins and minerals are taken in large quantity to help dissolve the deposits in the blood vessels. This takes longer than intravenous chelation but is very beneficial. In the iris, we find what we call a Cholesterol Ring. This iris sign indicates that Cholesterol, 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.



INTERMEDIATE IRIDOLOGY - SESSION 2 - REVIEW OF THE DISEASE STAGES/LEVELS OF INFLAMMATION

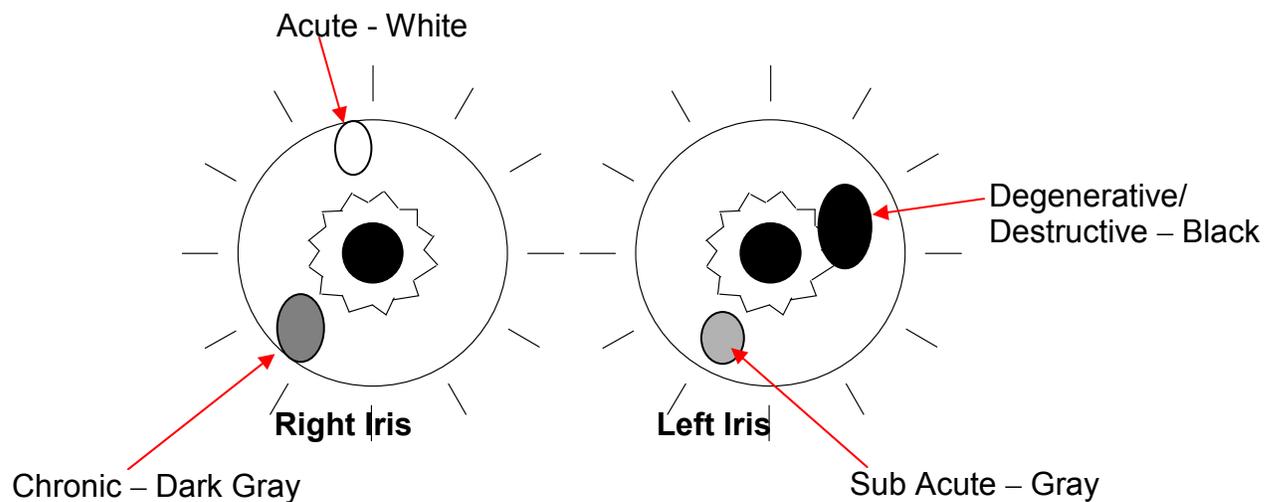
1. Acute - White
2. Sub Acute - Gray
3. Chronic - Dark Gray
4. Degenerative/Destructive - Black

An **Acute** or over active condition in the body would be 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.

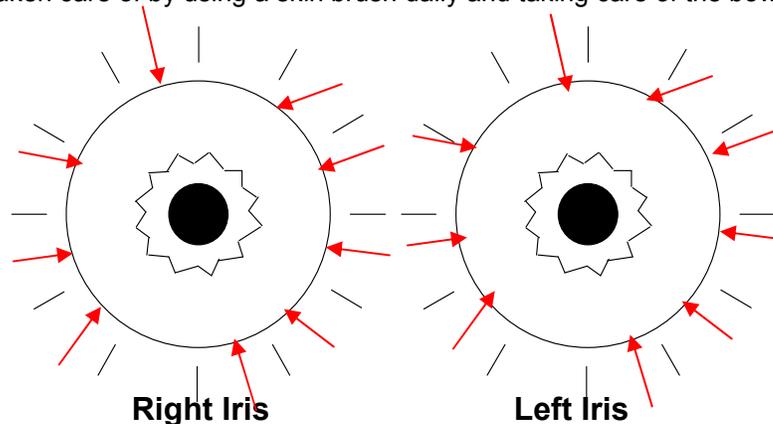


INTERMEDIATE IRIDOLOGY - SESSION 2 - 5 ELIMINATION CHANNELS

1. Skin (Outer)

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, which is to say 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.



2. Lymphatic & Circulatory Systems (Outer)

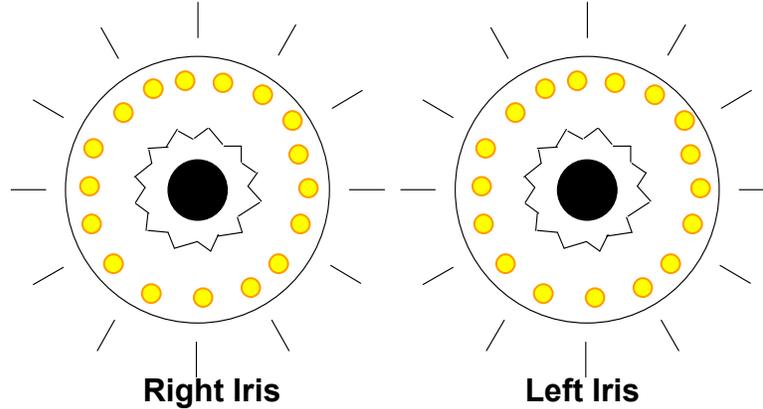
The Lymph Glands have eight functions. These functions are (1) Neutralizing toxins and poisons, (2) Returning water from tissues to the blood, (3) Returning leaked protein to the blood, (4) Transporting fats in the body, (5) Transporting hormones by the Lymph System, (6) Destroys foreign bacteria (7) 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

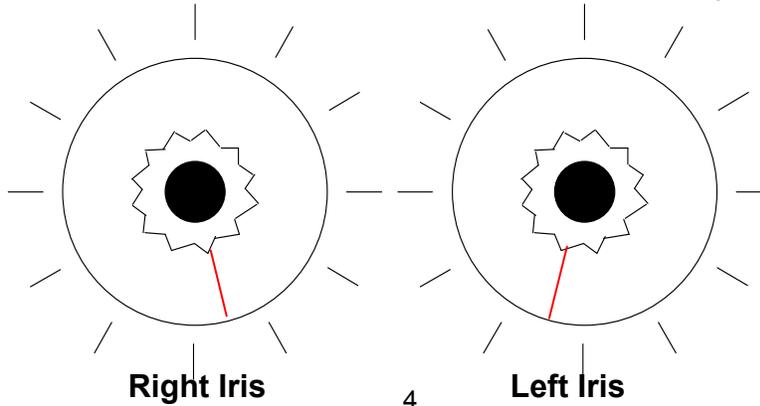
to go in one direction only; (3) the Lymph vessels themselves have thin muscle fibers in their composition that move in peristaltic movements; (4) Intestinal movement; (5) Continuous production of Lymph and the pressure behind it forces movement of Lymph Fluids in the system and (6) Difference in pressure 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.



3. **Kidneys (5:30-R, 6:30-L)**

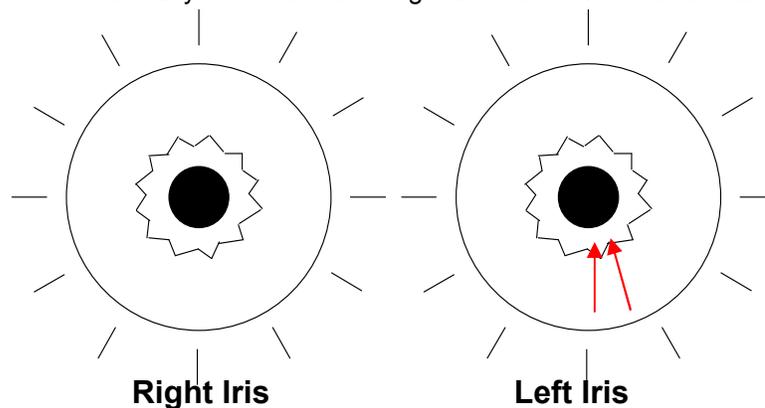
The Kidneys serve as filters to remove waste products from the blood and maintain proper blood levels of necessary constituents. Without them you would die in your own toxic waste. The Kidneys are an important member of the four main elimination channels. Since you have to consider the Kidney(s) especially, 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.



4.

5. Bowel (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.

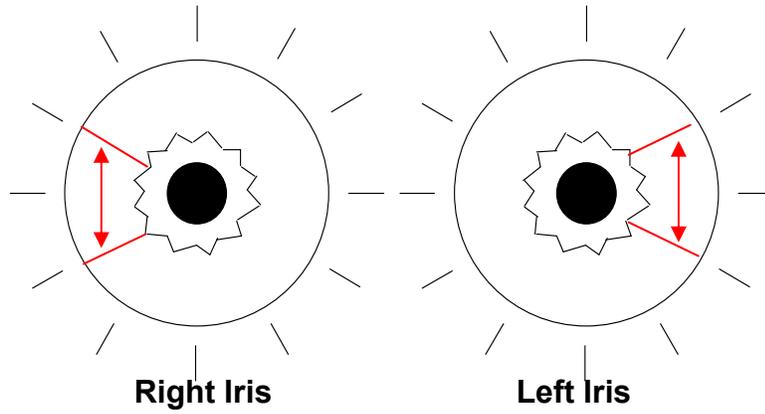


6. Lungs (8:00-10:00 R, 2:00-4:00 L)

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 a help, 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.

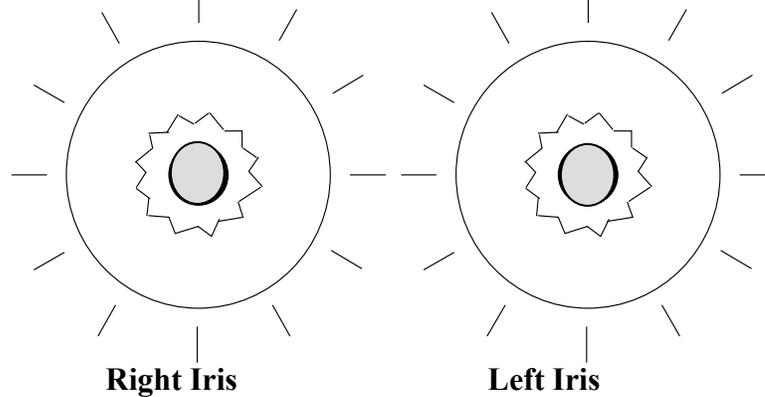
Try to stay away from heavy smog areas and drive with the car windows up to avoid breathing the exhaust. Don't suppress sneezes or coughs as these are your Bronchioles and Lungs cleansing themselves.



INTERMEDIATE IRIDOLOGY - SESSION 2 - PUPIL TONUS

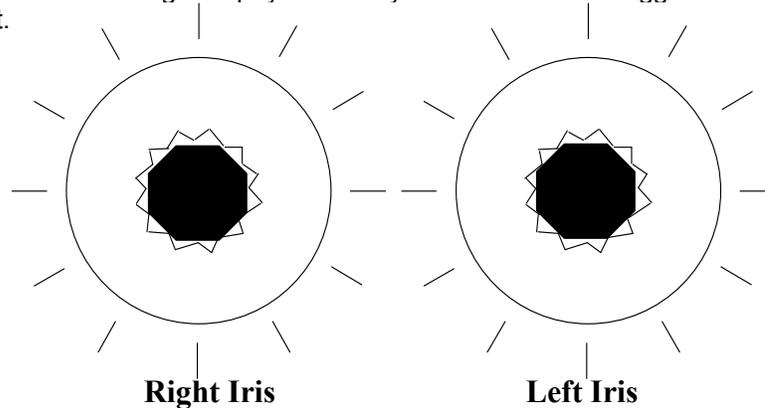
1. Hazy Pupil (Vision Difficulties and/or Beginnings of Cataracts)

The pupil should be a "jet black" color. If it is hazy it usually indicates difficulties with vision and/or the beginnings of cataracts. Determine if the client wears contacts or glasses. Herbs such as eyebright and bayberry are beneficial to restoring vision as are natural vision courses, slant boards, and proper nutrition. Many time people will have hazy pupils if they wear sunglasses a lot. Check for a Calcium out of Solution ring as well and follow the treatments for that particular marking if found.



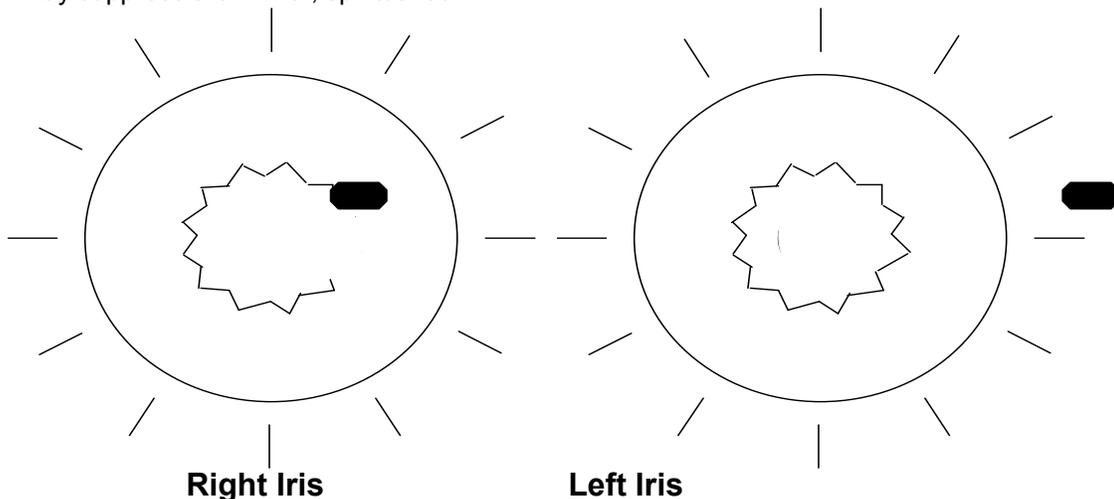
2. Enlarged Pupil (Adrenal Fatigue)

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.



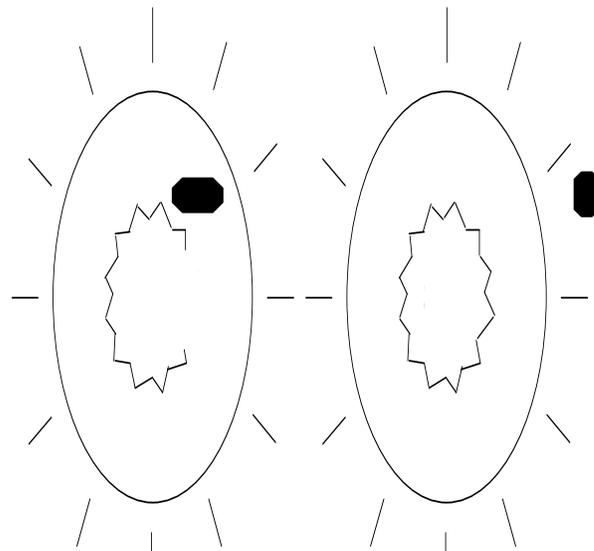
3. Tense Pupil (Uptight Inside)

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.



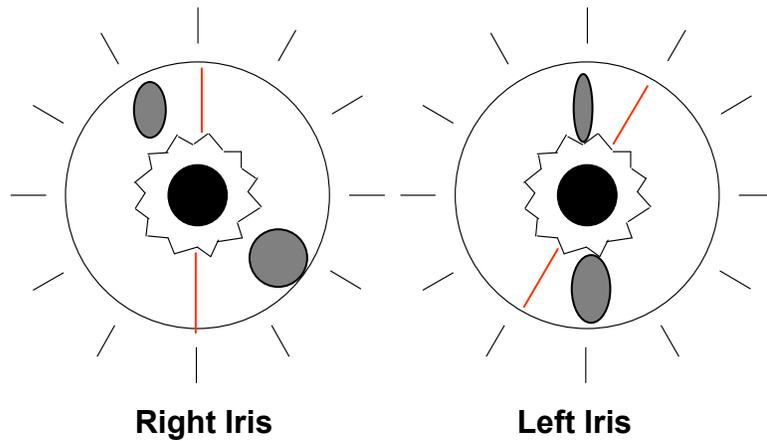
4. **Irregular Pupil (Chiropractic Care - Central Nervous System)**

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.



INTERMEDIATE IRIDOLOGY - SESSION 2 - REFLEX SIGNS

Reflex Signs are important to learn and understand. They are markings in the iris that show up on opposite sides of the iris. For instance, someone may have a lacuna in the sex impulse/mental sex area of their brain. They may have problems with their libido and a male may have difficulties with impotence. If you notice a marking in this area of the brain, be sure to look directly across the iris. Notice that the sexual organs are located directly across. Normally you will find corresponding markings there. Another example would be someone with markings in their shoulder area. Look directly across the iris at the upper back area. Generally there will be marking in both areas. These markings which are across from each other in the iris are considered reflex signs. One can affect the other and both should be taken care of.



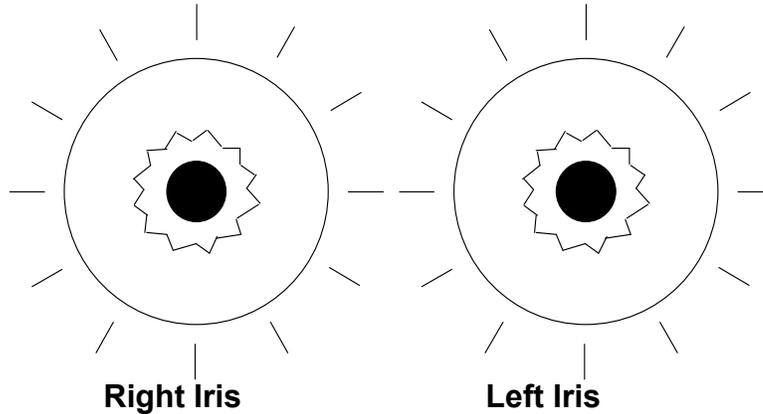
INTERMEDIATE IRIDOLOGY - SESSION 3 - CONSTITUTIONAL IRIDOLOGY - BASIC PATTERNS

Structure

The structure of the iris is another way of thinking of the constitution of the iris. A strong constitution would be considered a very tight or a tight structure. A medium constitution would be considered a moderate structure. A weak constitution would be considered a loose or very loose structure. When looking at the structure of the iris we are trying to determine how close the fibers of the iris of the eye are to each other or how far apart they are due to lacuna, radii and other inherent weaknesses.

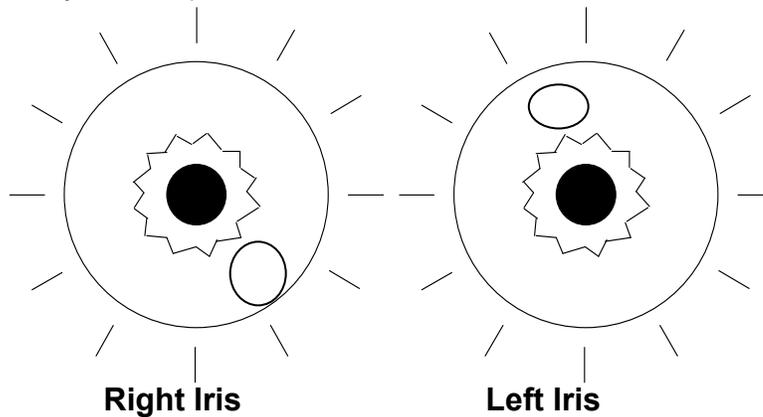
Very Tight - Strong Constitution

Fibers are tight and straight without spaces in between.



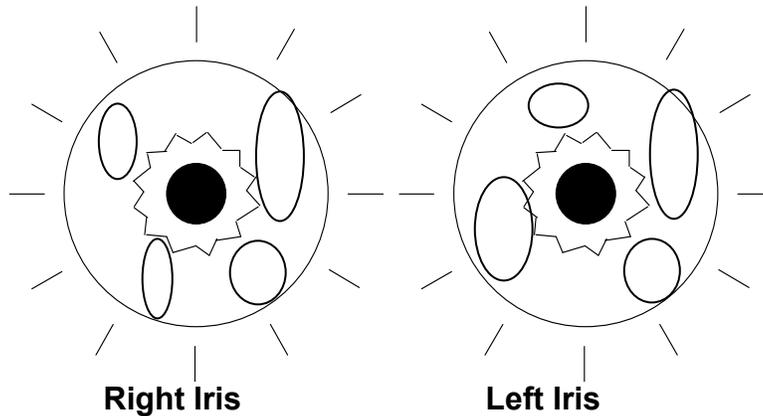
Tight - Strong Constitution

Fibers are tight and a little wavy without spaces in between.



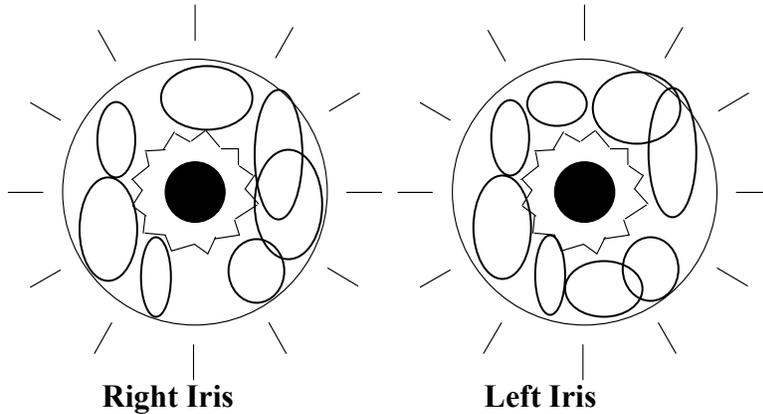
Moderate - Medium Constitution

Fibers are mostly straight but have some spaces in between.



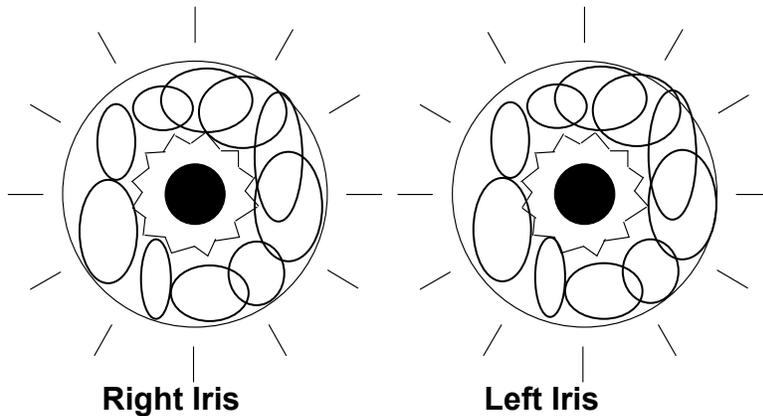
Loose - Weak Constitution

Fibers are very wavy with a lot of spaces in between. Autonomic nerve wreath can be more than half way away from the pupil.



Very Loose - Weak Constitution

Fibers are extremely wavy. In this iris it is difficult to tell the difference between the actual fibers of the iris and the inherent weaknesses. Tissue integrity is very low and there is a lot of structural weakness.

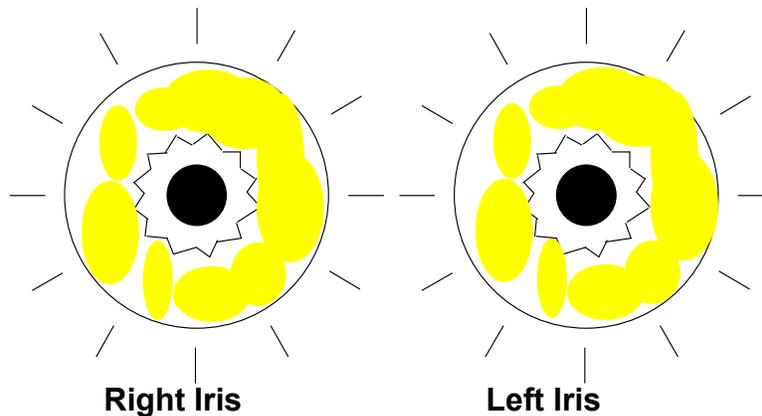


Function

The function in the iris is the level of inflammation. We have learned that the levels of inflammation are acute, sub acute, chronic, and degenerative. Now we will break these down further and look at them as colors and shades rather than diagnostic terms.

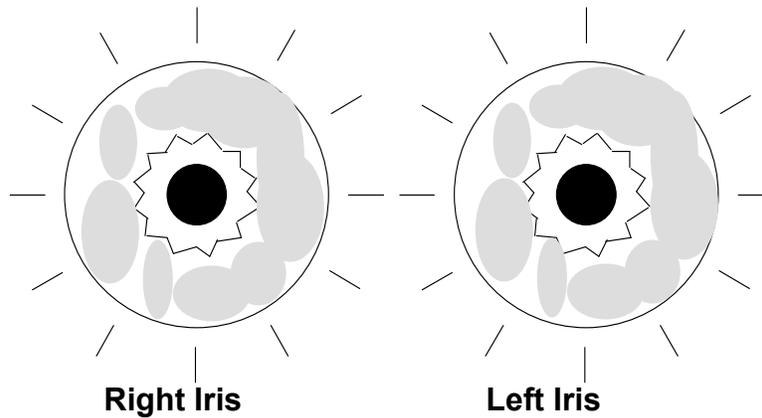
Hot – Acute

When the fibers are white and raised they are considered acute or “hot”. They are considered to be hot because there generally is a lot of inflammation in the body where the fibers are raised and white. We consider an iris to be hot when there is inflammation everywhere in the iris. We also can call this an “acid” eye.



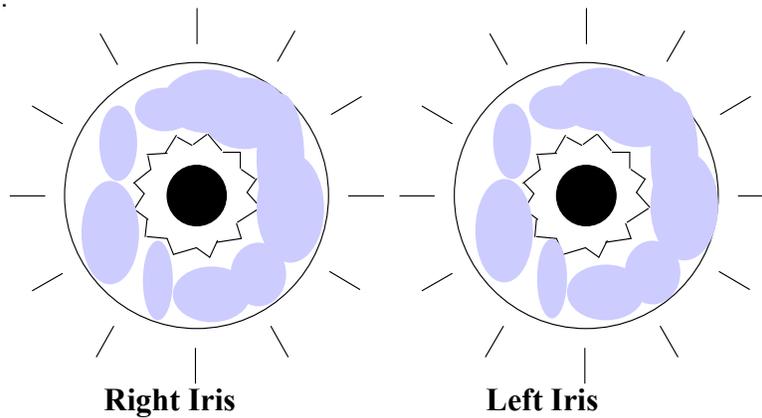
Warm – Sub Acute

When some of the fibers of the iris are white and raised they are considered sub acute or “warm”. The body is considered to be warm because there is some inflammation throughout the body. Some areas of the body are normal and some are warm.



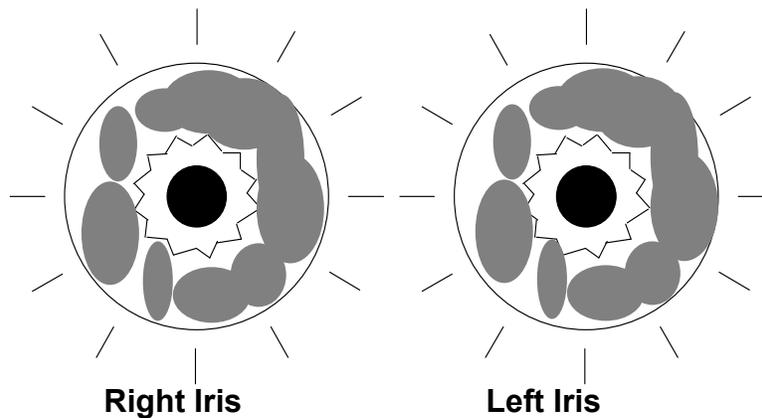
Moderate – Normal

When the iris of the eye is the color it should be and the fiber are not particularly white and not particularly darker than they should be we consider the iris to be moderate. This person tends to be in generally good health with very few complaints.



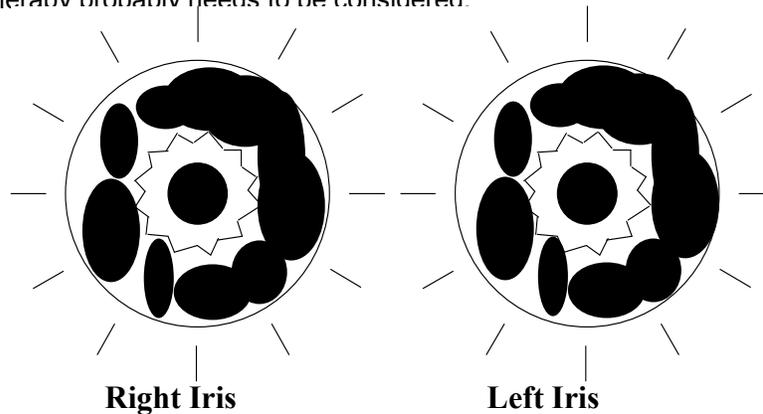
Cool – Chronic

When the iris of the eye is darker than it should be and looks sluggish we would consider the body to be cool. A lot of times you would see venous congestion and anemia in extremities as well as weakened adrenals and fatigue. This person needs to be built and areas need stimulation and attention. Circulation needs to be improved throughout the body.



Cold – Degenerative/Destructive

When the iris of the eye looks very dark and areas look almost black we consider the body to be cold. Normally there would be anemia in extremities, Arcus Sinilis, venous congestion and possibly a sodium/cholesterol/calcium out of solution ring. The person would be very sluggish needing caffeine to wake up and get moving in the mornings. Circulation would be slow and the person would probably not be getting enough exercise. This person needs to be built and areas need to be stimulated immediately. Circulation needs to be improved throughout the body and chelation therapy probably needs to be considered.



True Eye Color

When looking at the iris of the eye we note there are many colors in the iris fibers. These colors generally sit on top of the fibers of the eye changing the color of the eye when viewed from far away. When looking at the iris with an iriscope or magnifying lens we can see these deposits are not within the iris fibers and are not meant to be there.

Pure Blue - Blue-Eyed Type (German: Lymphatic)

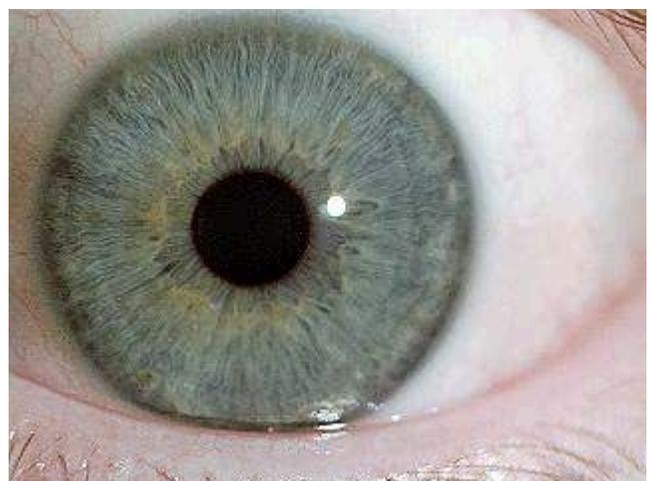
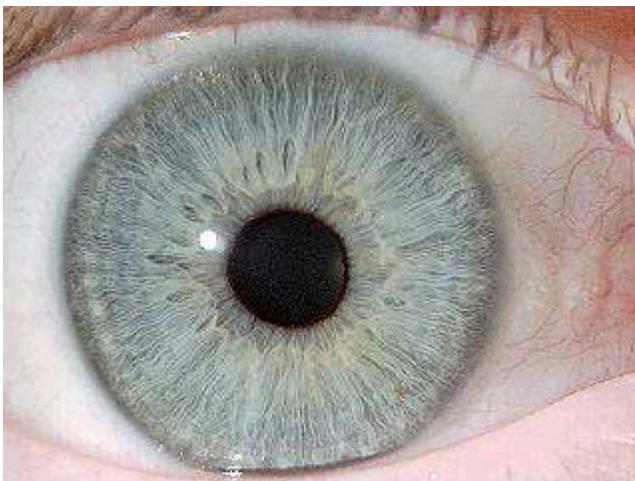
A. Description

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 afflictions. 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

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.

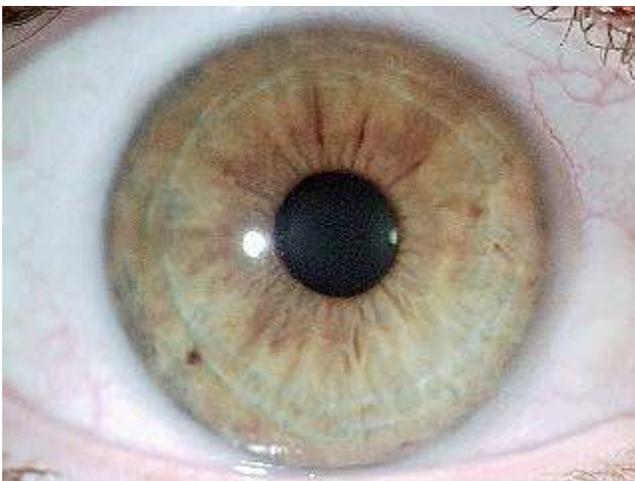
B. **Tendencies**

The blue/brown mix 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.

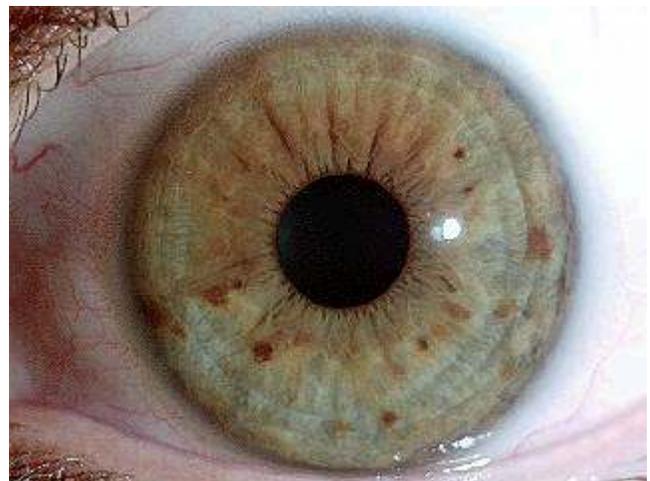
Common health problems Iridologists associate with this type are: Hypoglycemia, PMS, indigestion, gallstones, constipation, gas, toxicity of the digestive tract, anger and/or depression, difficulty getting to sleep followed by difficulty waking up in the morning, nausea, stiffness and achiness, headaches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

Brown Eyed Type (German: Hematogenic)

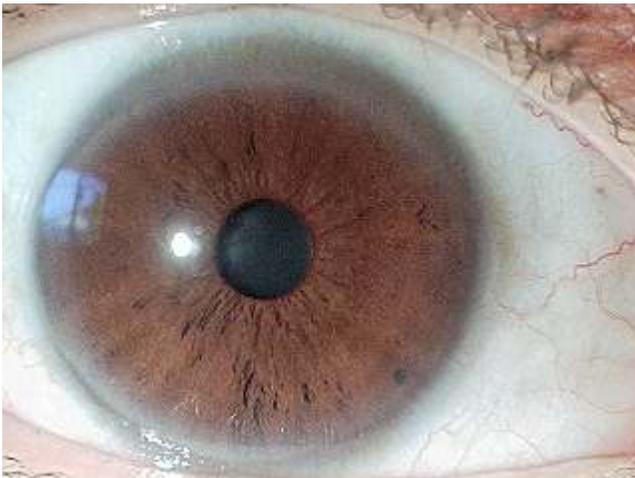
A. Description

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.

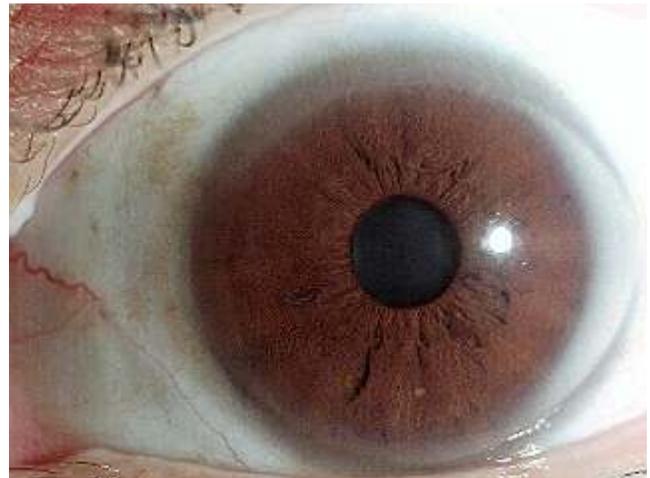
B. Tendencies

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

INTERMEDIATE IRIDOLOGY - SESSION 4 - CONSTITUTIONAL IRIDOLOGY - PERSONALITY (FIBER STRUCTURAL) TYPING

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

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

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

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

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

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

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

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

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

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

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

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

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

Problems: Prone to liver, blood sugar problems, toxic accumulation and stagnation of energy. Psora represent "hot spots" that tend to build energy and heat.

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

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

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

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

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

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

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

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

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

Problems: Prone to nervous system problems.

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

Emotions: Able to let some things "fall through the cracks" so they don't burn themselves out with stress.

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

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

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

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

Emotions: Tend to be very sensitive.

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

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

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

Therapy: Use therapies explained for the dominant pattern.

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

Mixed Types

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

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

2. **Analytical/Kinesthetic** - 1 or 2 Psora Otherwise Straight Fibers

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

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

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

4. **Analytical/Extremist** - Lot of Psora Few Lacuna

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

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

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

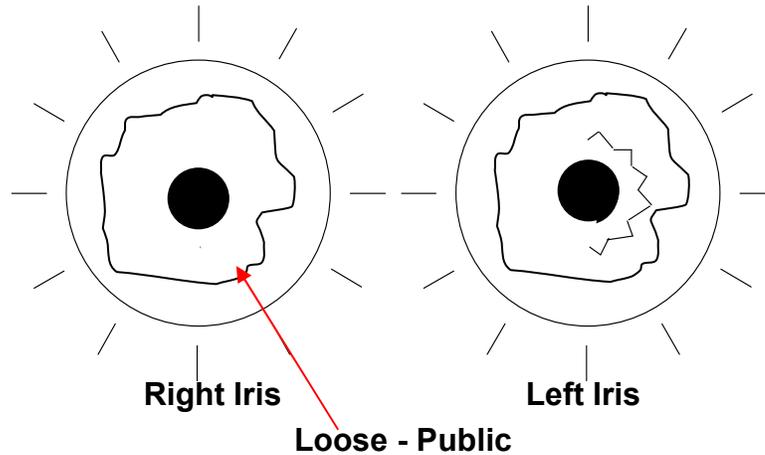
INTERMEDIATE IRIDOLOGY - SESSION 4 - CONSTITUTIONAL IRIDOLOGY - NERVE WREATH SIGNS

This section describes the way the autonomic nerve wreath looks in the iris.

1. **Closeness to Pupil** - Determines how close the nerve wreath is to the pupil area.

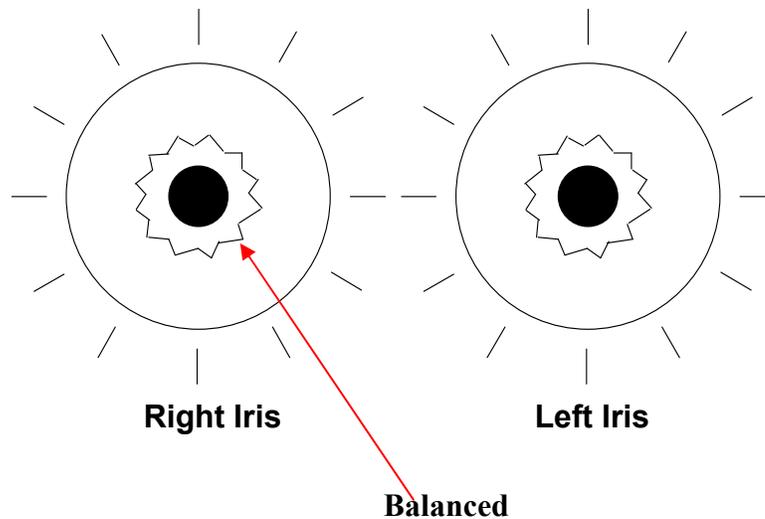
a. **Flaccid/Atonic (Loose - Public)**

If the intestinal area is large and the nerve wreath is more than halfway across the iris of the eye then it is considered flaccid. This person would be extrovert and/or very public. They would be the type of person who would love to sing in front of a group of people and who want a lot of attention. They would be fun to invite to a party and would be the "life of the party".



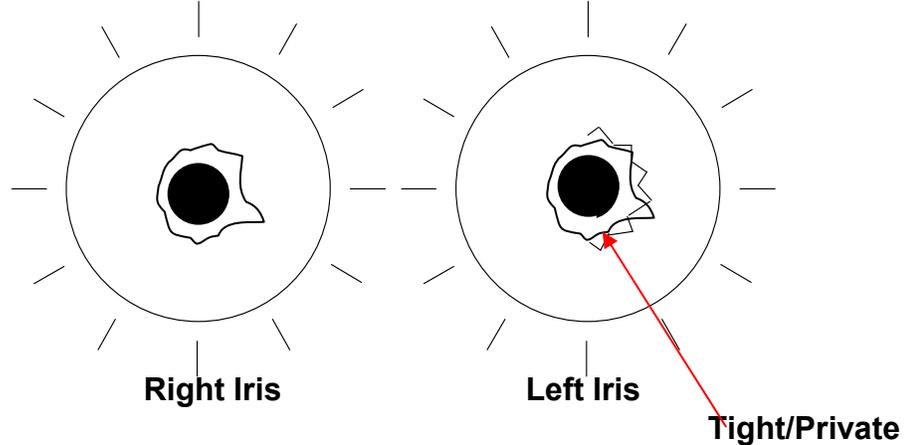
b. **Balanced**

If the intestinal area is fairly balanced and the nerve wreath is in the center of the iris of the eye then it is considered balanced. This person enjoys being home alone reading a book and needs time in the public. This person would be a good friend and would be fun to invite to a party.



c. **Constricted/Spastic (Tight - Private)**

If the intestinal area is very tight and constricted and looks spastic and the nerve wreath is very close to the pupil it is considered constricted/spastic. This person would tend to be introvert and private. They need a lot of time at home alone and to themselves. They would not be fun to invite to a party but would be a "wall flower" and stand next to the punch bowl.



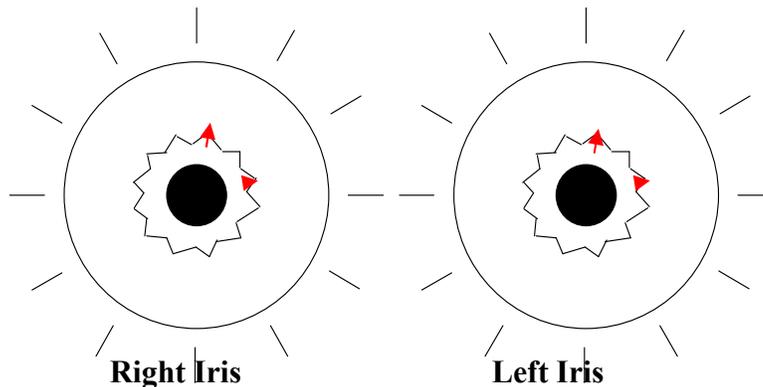
2. **Colon Line**

Here we are merely looking at the autonomic nerve wreath and determining if the colon is pocketed or spastic, indented possibly causing cramping, collapsed or prolapsed possibly putting pressure on the lower organs, or double touching due to adhesions.

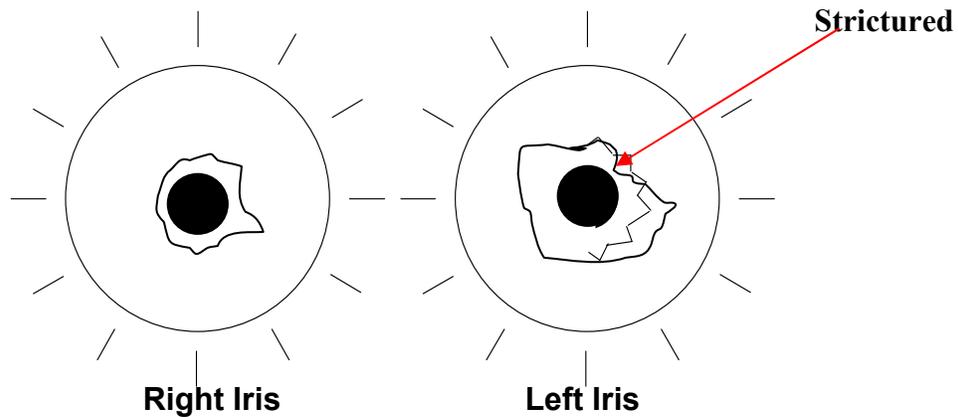
a. **Pocketed (Spastic)**

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 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.

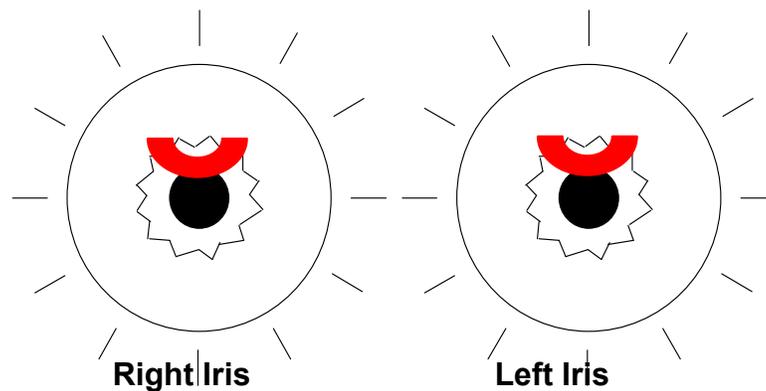


b. **Indented (Strictured)**



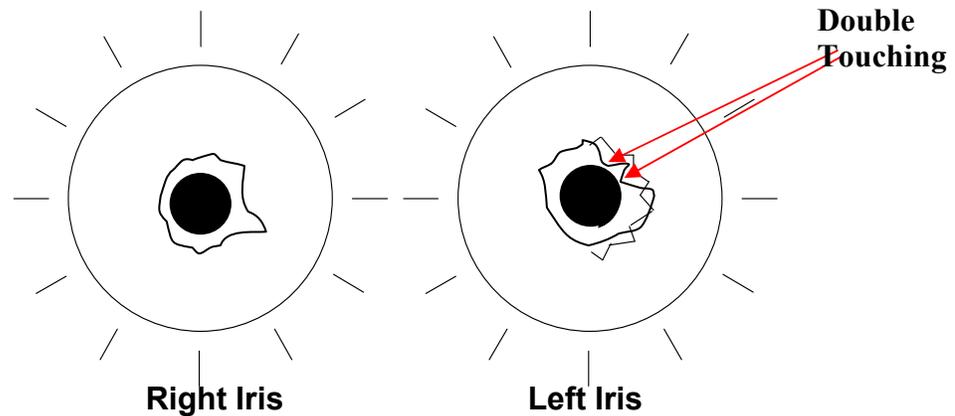
c. **Collapsed (Prolapsed)**

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.



d. **Double Touching (Touching/Adhesions)**

Due to surgery or illness causing adhesions in the colon area.

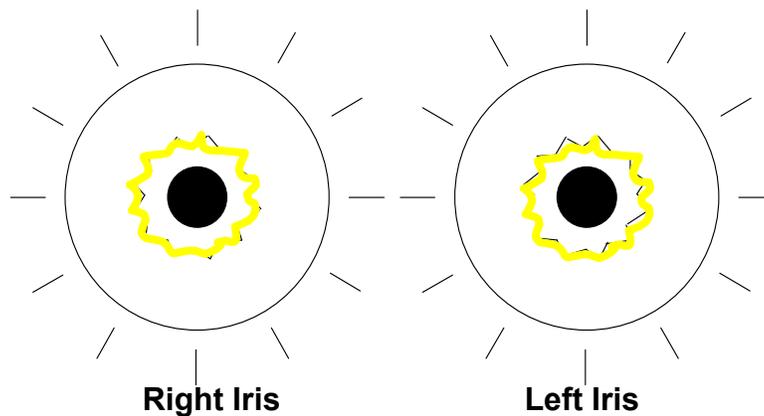


3. **Special Signs**

These signs are those which describe the autonomic nerve wreath. When looking at the nerve wreath it's important to be able to describe the way it looks. This will tell you an enormous amount about a person's lifestyle and the health of their overall nervous system. The autonomic nerve wreath should look like a ridge in the iris. It should be the same color as the iris. If it is thick, white, discolored, or washed out then the nervous system need attention and the adrenal glands need building. The lifestyle should also be altered.

a. **Thick/Pronounced (Over activity/Irritation)**

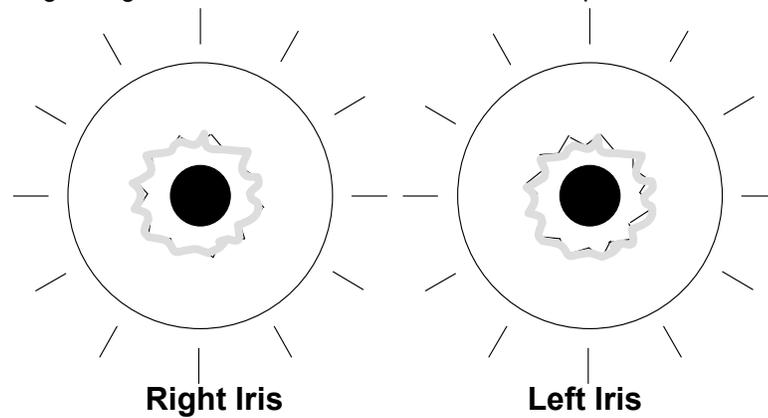
If the autonomic nerve wreath is thick and pronounced it generally means it is irritated and overactive. This person is usually "burning the candle at both ends" and has a lot of nervous energy. The person needs to calm down and can benefit from Nervine herbs or supplements to support the nervous system including building up the adrenal glands. This person may also have pain within their body and may have had an automobile accident at one time.



a. **Thin/Washed Out (Low Vitality)**

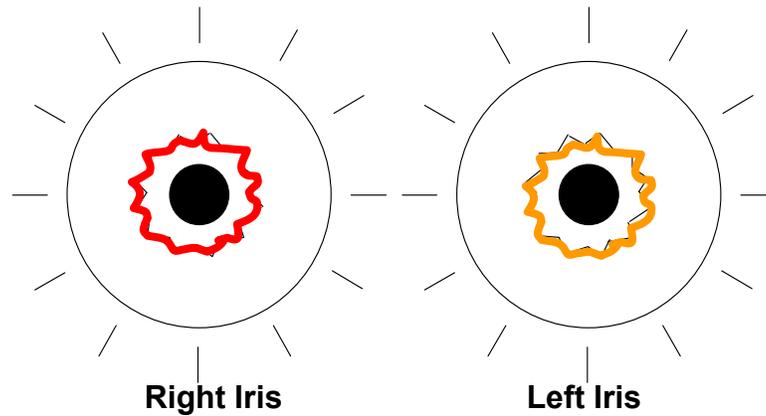
If the autonomic nerve wreath is thin and washed out it generally means the person has "burnt the candle at both ends" for too long. The person has worked too hard, stayed up too late, gotten too little sleep, and is in general poor health. The person is generally fatigued and cannot begin the morning without a cup of coffee or some form of caffeine. This person needs to rebuild the nervous system and focus on the adrenal glands.

Plenty of rest and relaxation are a must along with supplementing with vitamin B complex, pantothenic acid, ginseng, licorice root and Nerve herbs to help with restless sleep.



b. **Discolored (Overactive - Irritation)**

If the autonomic nerve wreath is discolored it generally means the nervous system is overactive due to irritation. Sometimes this can be caused by toxic settlements that have deposited in the nervous system but other times it's due to over activity and not enough sleep. Treatment can be a combination of those for thick/pronounced and thin/washed out as well as cleansing the blood if the person is not too enervated.



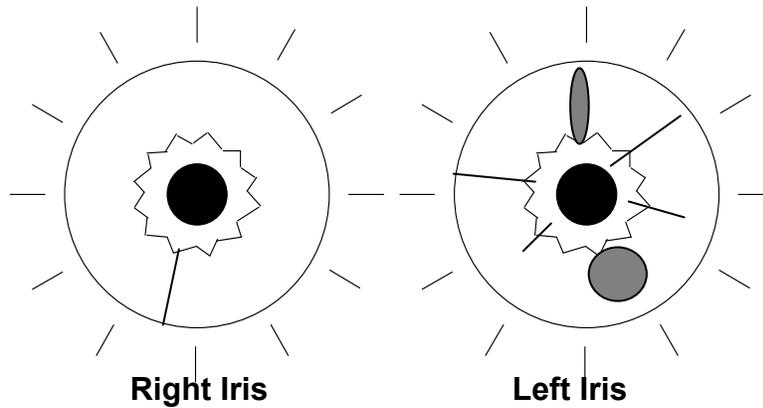
INTERMEDIATE IRIDOLOGY - SESSION 4 - CONSTITUTIONAL IRIDOLOGY - DOMINANT SIDE

Dominant Side

The dominant side means the side of the body that is stronger and has less inherent weakness. When we compare the left iris to the right iris we can determine which side is stronger by the straightness or waviness of the fibers, by the number of psora that are present, and by the number of open and/or closed lacuna that are within the iris fibers.

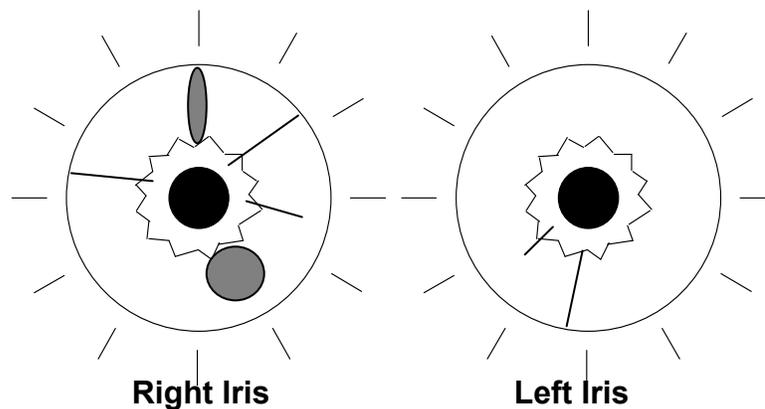
Right Side/Left Brain/Yang (Analytical/Male)

A person would be right side dominant when the right side of the body is stronger than the left side of the body. This type of person would be yang dominant and would be more analytical with more male energy



Left Side/Right Brain/Yin (Intuitive/Feminine)

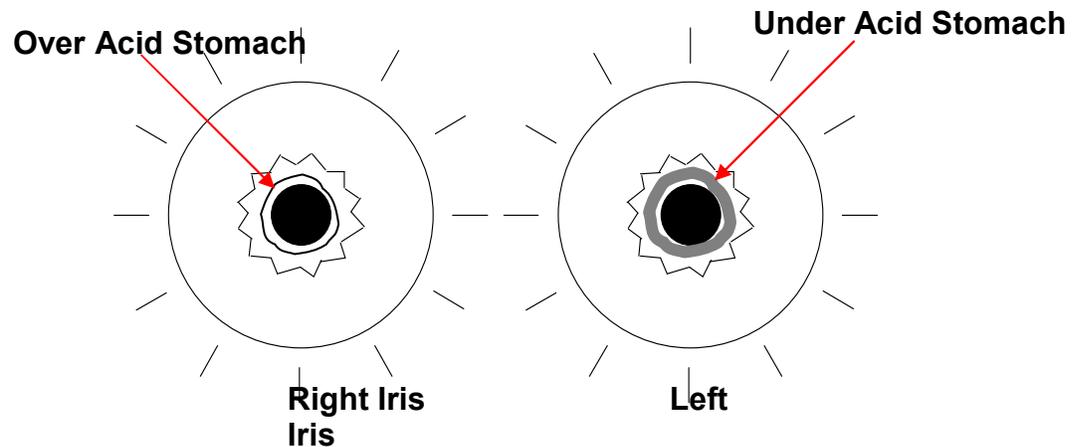
A person would be left side dominant when the left side of the body is stronger than the right side of the body. This type of person would be yin dominant and would be more intuitive with more female energy.



INTERMEDIATE IRIDOLOGY - SESSION 5 - CONSTITUTIONAL IRIDOLOGY - MAJOR SIGNS/CONSTITUTIONAL SUBTYPES

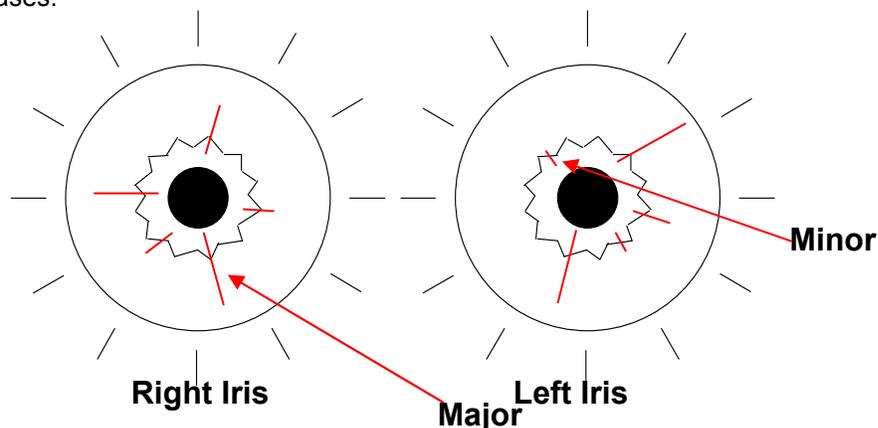
1. Stomach Halo (Poor Digestive Function)

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.



2. Radii Solaris (Toxic Leakage, Parasite Activity)

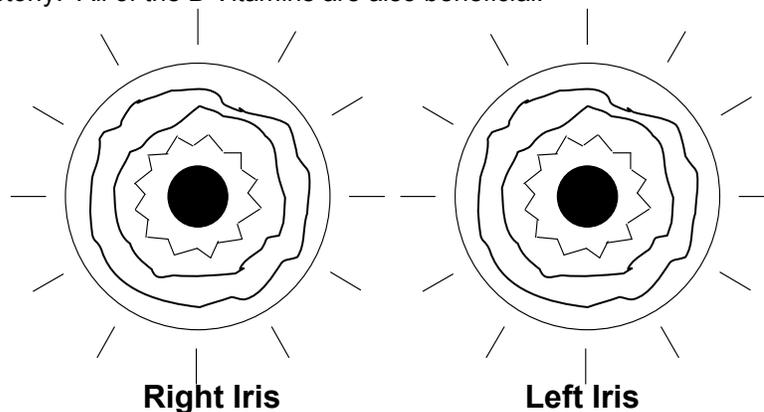
"**Radii Solaris**" resemble rays of the sun when visualized in the iris. When these are present in the iris, it is an indication of an inherent weakness in the bowel area. This type of weakness allows toxins from the bowel to more easily influence the tissues into which the radii solaris extend. When 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.



3. Anxiety/Tetanic (Nerve/Stress/Sensitivity Rings - Tension & Stress)

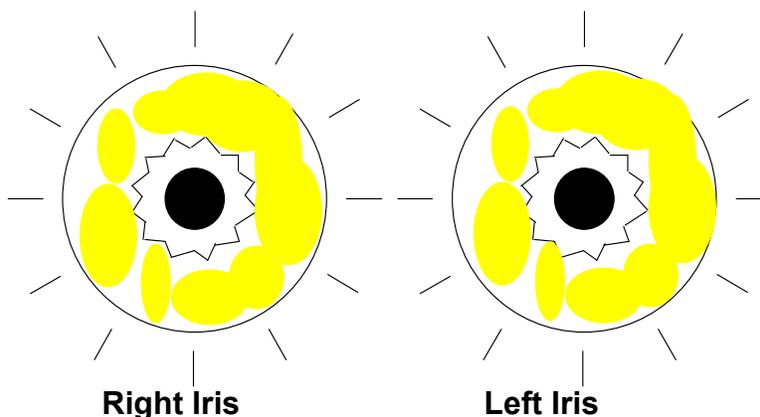
The presence of nerve rings in the iris indicate a tense condition in the person. The lifestyle of today is conducive to the formation of nerve rings. These rings can also be called sensitivity rings which can indicate a highly sensitive individual. Nearly all persons have some nerve rings. A job or a boss that is not to one's satisfaction, a spouse which 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. 37

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.



3. Uric Acid Type (Acid Eye) (Febrile - Everywhere)

When the fibers are white and raised they are considered acute or "hot". They are considered to be hot because there generally is a lot of inflammation in the body where the fibers are raised and white. We consider an iris to be hot when there is inflammation everywhere in the iris. We also can call this an "acid" eye.



5. Lymphatic Rosary (Hydrogenoid - Lymphatic Disturbances)

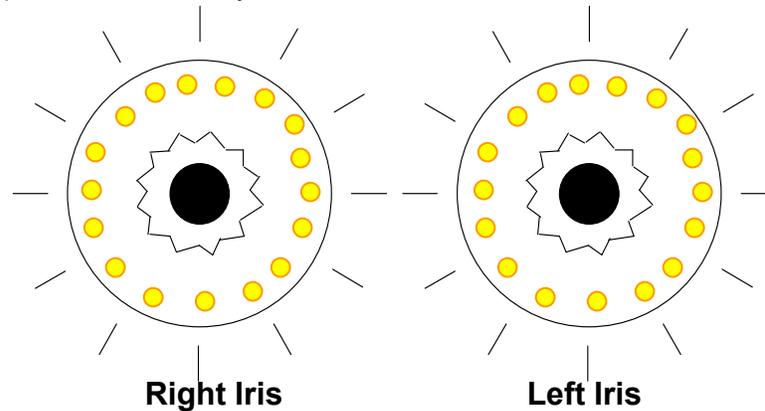
The Lymph Glands have eight functions. These functions are (1) Neutralizing toxins and poisons, (2) Returning water from tissues to the blood, (3) Returning leaked protein to the blood, (4) Transporting fats in the body, (5) Transporting hormones by the Lymph System, (6) Destroys foreign bacteria (7) 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 middle man 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 ball-point 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.



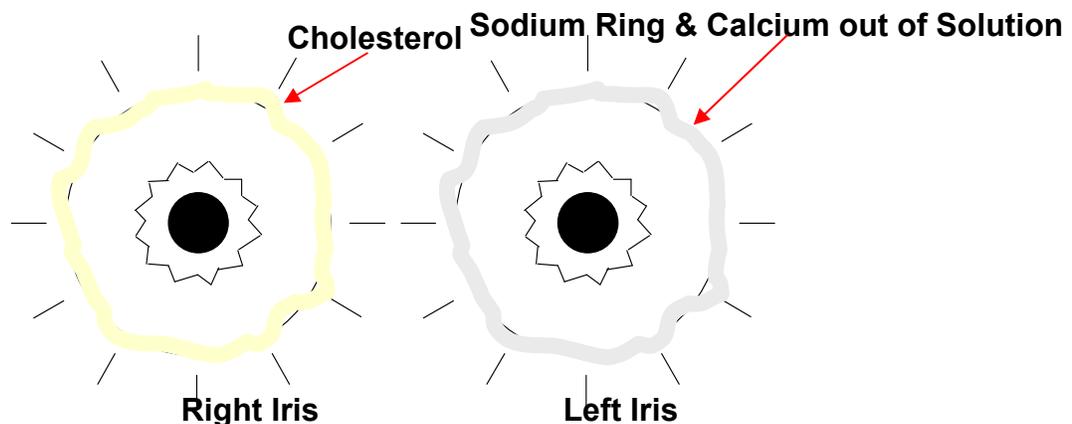
6. Lipemic (Sodium Ring - Calcium/Cholesterol/Fatty Deposits)

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.

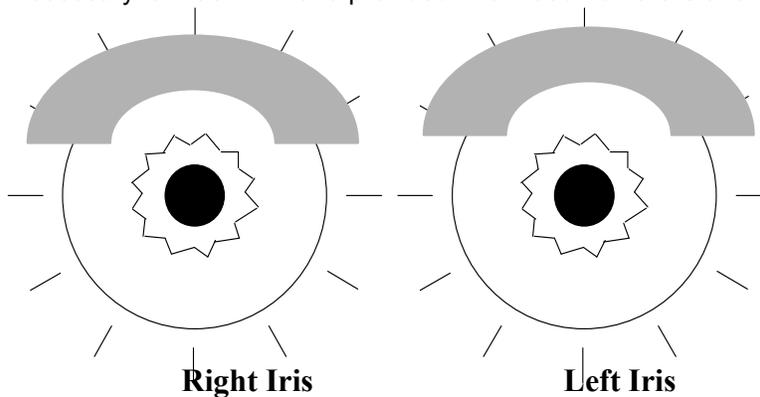
If you have anemia in parts of your body or extremities and high cholesterol it is imperative that you change your dietary habits and begin to understand the way your body responds to stress.



7. Arcus Sinilis (Lack of Brain Circulation)

Virtually all life activities of the body are directed by the Brain, and 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 foot baths 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.

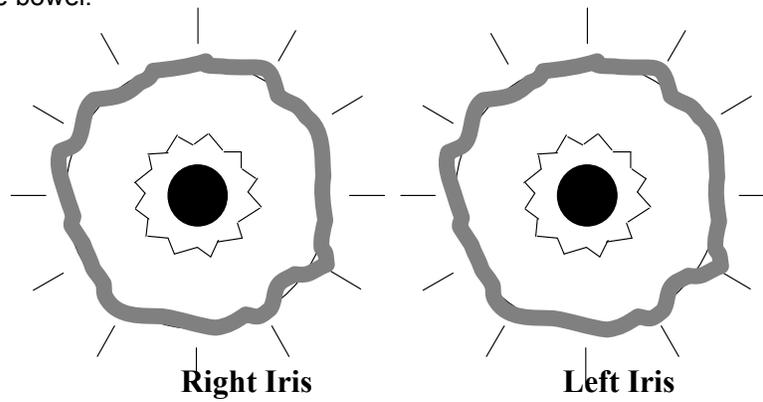


8. Scurf Rim (Under active/Weakened Skin)

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, which is to say 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**".

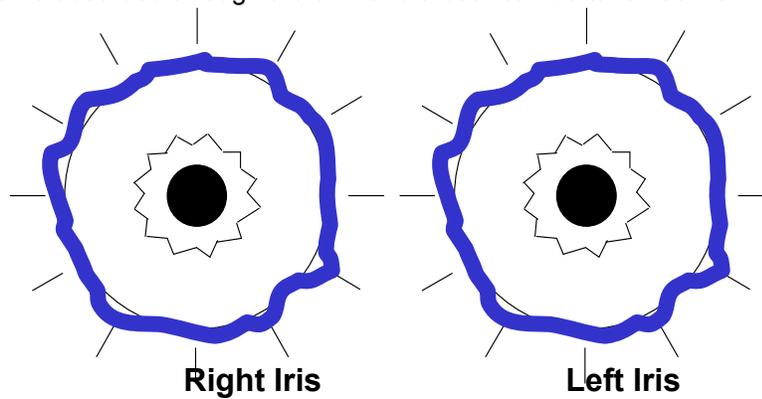
Please do not use any powders, creams or oils on the skin that your doctor has not specifically advised. Also avoid the use of harsh soaps and detergents to cleanse the skin. If cosmetics are truly desired, please keep them to a minimum.

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.



9. Fuzzy Blue Edge (Anemia in Extremities)

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.

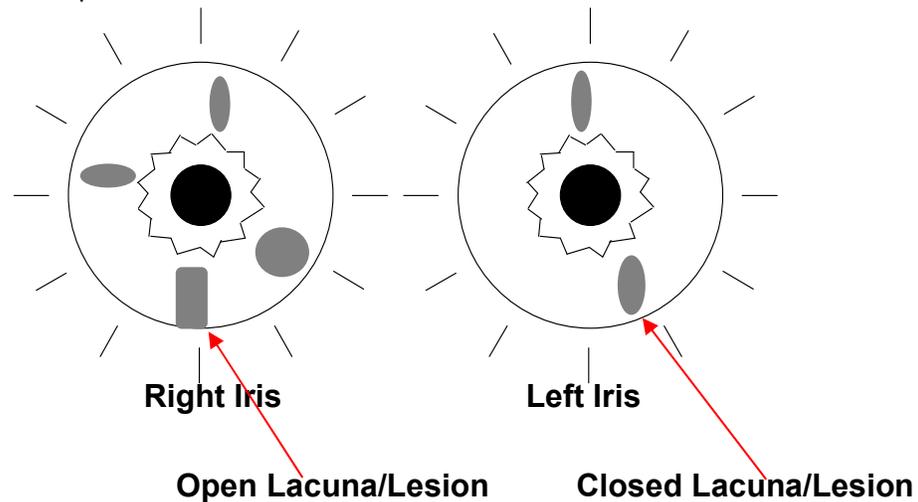


INTERMEDIATE IRIDOLOGY - SESSION 5 - CONSTITUTIONAL IRIDOLOGY - SPECIFIC SIGNS

1. Open Lacuna

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.

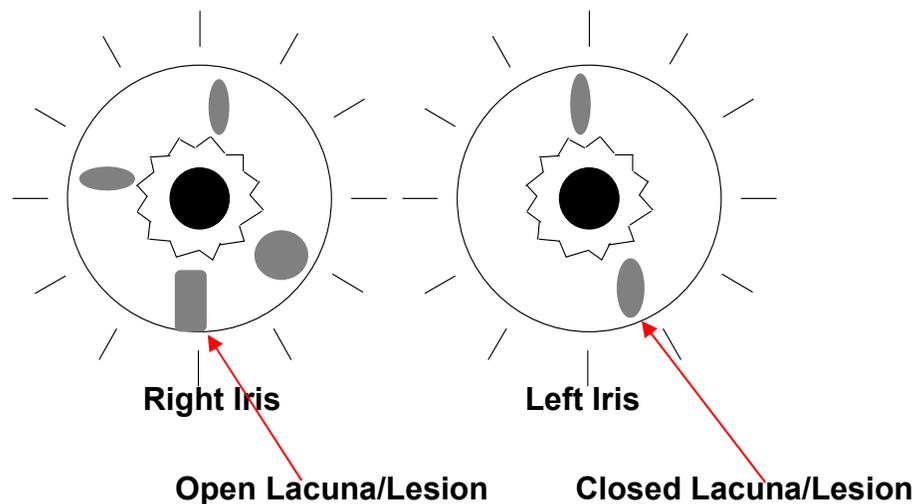
Both lacunae and crypts indicate encapsulated areas of toxic material in which metabolic function has apparently ceased. A white line around the outside of any crypt or lacunae indicates calcification of tissue surrounded the encapsulated area.



2. Closed Lacuna

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.

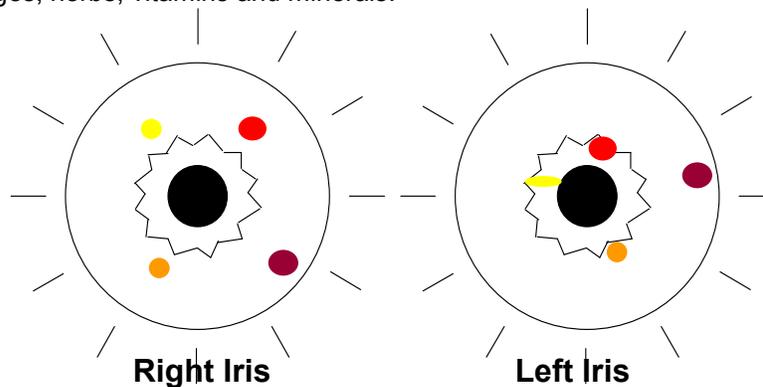
Both lacunae and crypts indicate encapsulated areas of toxic material in which metabolic function has apparently ceased. A white line around the outside of any crypt or lacunae indicates calcification of tissue surrounded the encapsulated area



3. Psora

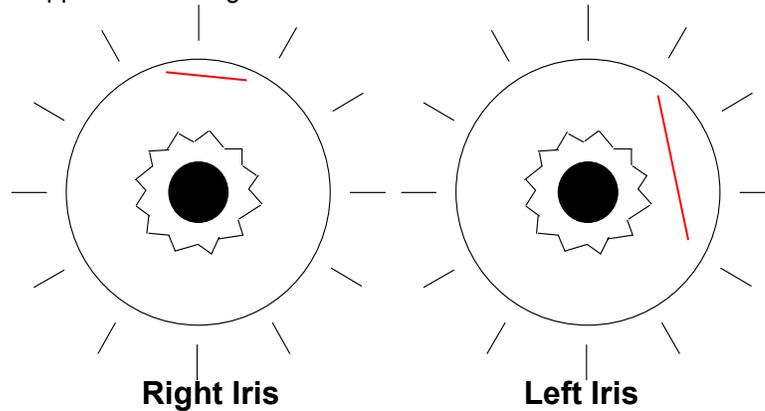
The word "**Drug**" refers to any elements absorbed into the tissues of the body which the body is unable to utilize as it would natural constituents, which include over-the-counter medications, prescription medications, inorganic sulfurs (sulfur dioxide) added to foods and other chemicals. Another example 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.



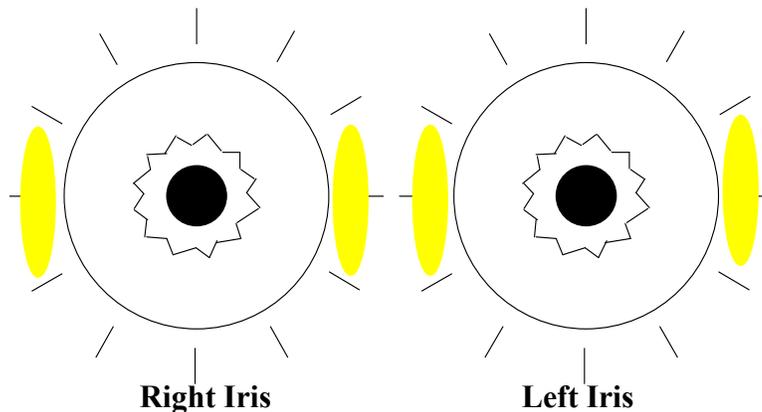
4. **Transversals (Injury)**

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



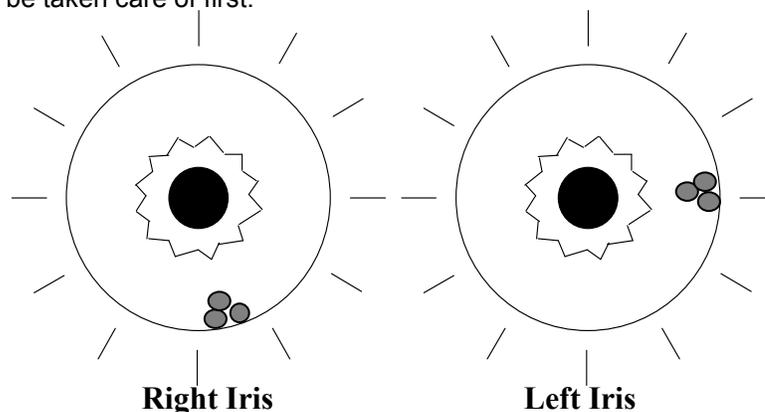
5. **Fatty Deposits in Whites (Poor Fat Digestion)**

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



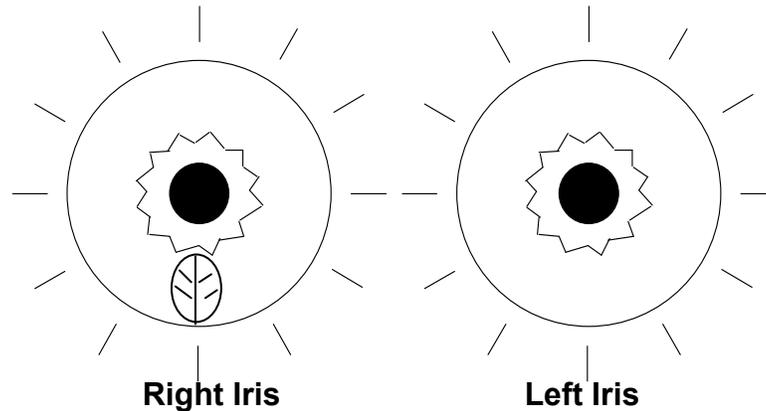
6. **Honeycomb Lacuna (Severe Deficiency)**

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



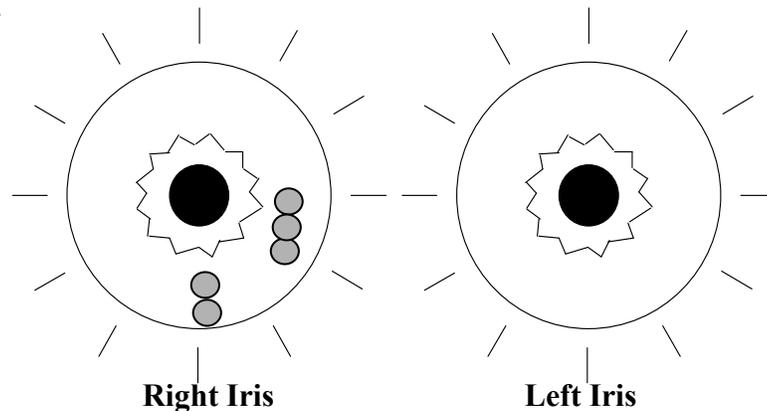
7. **Leaf Rib Lacuna (Glandular Imbalance/Trouble)**

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



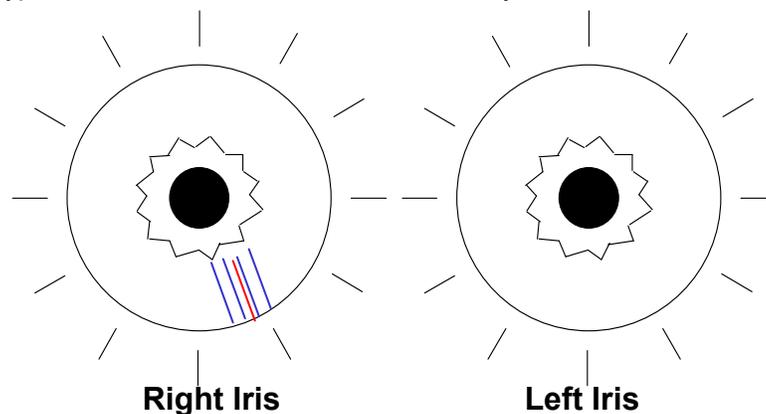
8. **Stair Step Lacuna (Severe Deficiency)**

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



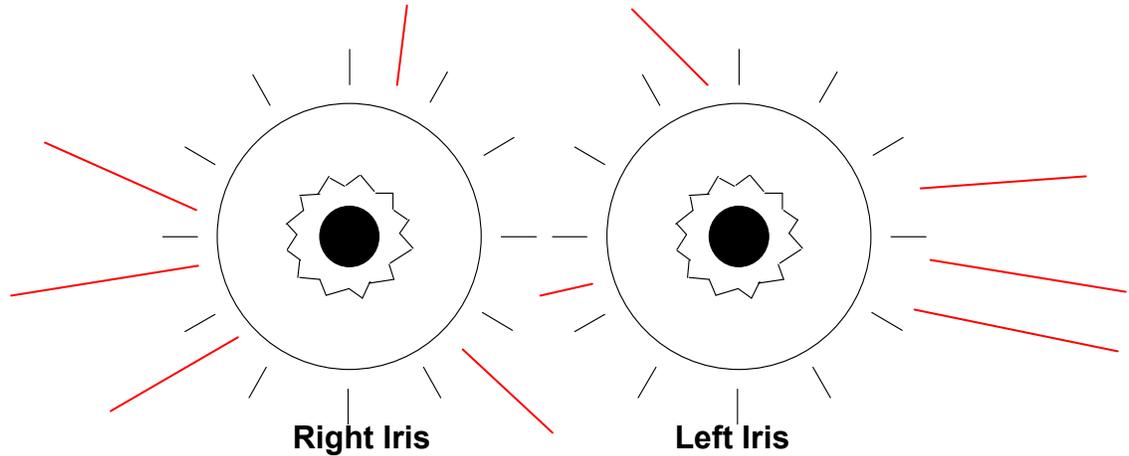
9. **Red Lines In Iris (Extreme Hot Spots - Hyperactive)**

Very seldom do you find a red line in the iris of the eye. By red line we mean a blood vessel. If a blood vessel is traveling from the sclera to the iris of the eye this tells us that the area in which the blood vessel lands is extremely hyperactive and needs attention immediately.



10. **Red Lines In Whites (Mental/Environmental Stress)**

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



INTERMEDIATE IRIDOLOGY - SESSION 6 - GENERAL NUTRITION

Most of the listed products are from Nature's Sunshine. Call JLS Educational Services if you have questions about these and other products. The list does not include homeopathic remedies, children's products, or certain personal care items.

1. **Addictions** - Kudzu/St. John's Wort (Alcohol); Lobelia/St. John's Wort (Smoking); Noni Juice.
2. **Amino Acids** - L-Carnatine; L-Glutamine; L-Lysine; Life Protex; Prime Form Free Amino Acids
3. **Acidophilus** - Bifodophilus; Flora Force; L. Acidophilus.
4. **Dissolvers** - AG-C; Grapine; Hydrangea; Morinda Combination; Noni Juice; Wild Yam.
5. **Essential Fatty Acids** - Black Currant Oil; Evening Primrose Oil; Flax Seed Oil; Lecithin; Omega-3 EPA.
6. **Energy** - Energ-V (Capsules & Vegitabs); Energ-V Pack; Korean Ginseng (Male); Siberian Ginseng (Balance); Wild American Ginseng; Nature's Chi; Suma; Spriulina; Super Algae.
7. **Eyes** - Beta Carotene; Bilberry; Bowel Build; Eyebright; Eyebright Plus; EW; Guggal Lipid (Pressure); Guggal Advantage (Pressure).
8. **General Nutrition** - Alfalfa (Capsules/ATC); Barley Juice Powder; Bee Pollen; Everybody's Formula; Garden Essentials; Juice Plus; Nature's Prenatal; Orchard Essentials; Rose Hips; Spirulina; Super Algae; Super Supplemental; Super Supplemental without Iron; Timed-Release Multiple Vitamins & Minerals; Children's Chewable or Liquid Vitamins and Minerals; SynerProtein (Cocoa/Vanilla).
9. **Minerals** - Aromin Nite; Aromin Day; CoQ10 Plus; Coral Calcium; GTF Chromium; Germanium; Iron, Chelated; Magnesium; Mineral Maintenance; Potassium Combination; Calcium with Magnesium and Vitamin D; SynerPro Calcium with Magnesium; SKL Formula; Zinc.
10. **Vitamins** - Vitamin A&D; B-Complex; Balanced B-Complex; CoQ10-30; CoQ10 Plus; SynerPro B-Complex; Vitamin B-6; Vitamin B-12; Beta-Carotene w/Mixed Carotenoids; Timed-Release Vitamin C; Vitamin C Ascorbates; Vitamin C Chewable; Vitamin C with Citrus Bioflavonoids; SynerPro Vitamin C with Citrus Bioflavonoids; Vitamin E; Vitamin E with Selenium; Niacin; Pantothenic Acid; Rose Hips.
11. **Weight Loss** - AS (with Gymnema) (Anti-Sugar); Chickweed (Capsules/Vegitabs); Collatrim; Fat Grabbers; Fasting Plus; Fen-Chi; Garcinia-Chi; Garcinia Combination; Glandiet A, G, P, T; Hi-Lipase (Digest Fat); Nature's Chi; Pyruvate - 800; SF Tea with Garcinia; SF (Capsules/Vegitabs/ATC); Thermo-Chi; Thermo-Max; Thermo-Meal (Chocolate/Vanilla);

INTERMEDIATE IRIDOLOGY - SESSION 6 - VITAMINS, HERBS, AND MINERALS BY SYSTEM

Circulatory - Heart, Blood Vessels

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

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

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

Intestinal - Ascending, Transverse, Descending, Sigmoid, Cecum

1. **Blood Cleaners** - Aloe Vera Juice; Whole Leaf Aloe Vera Juice; BP-C; BP-X (Capsules/ATC); Burdock Root; Morinda Capsules; Noni Juice; Yellow Dock; Red Clover (Capsules/Liquid); Special Formula #1; Yucca.
2. **Calming** - (These can be considered "herbal Pept Bismos") - Aloe Vera; CLTX - Lower; Marshmallow; Slippery Elm (Capsules/Bulk); UC3J - Upper.
3. **Detoxifiers** - Activated Charcoal; AL-C; Algin; Hydrated Bentonite; Chamomile; Chickweed (Capsules/Vegitabs); Enviro-Detox; Kelp; Three.
4. **Fungus** - Milk Free Acidophilus; Flora Force Acidophilus; Flora Force Bifodophilus; Black Currant Oil; Black Walnut (Capsules/Liquid); Hydrated Bentonite; Caprylic Acid; Children's Bifodophilus; Elecampane; False Unicorn; Garlic (Capsules); High Potency Garlic; Herbal Pumpkin; Horsetail; Morinda Capsules; Noni Juice; Pau d'Arco (Capsules/Liquid/Bulk).
5. **General Supplements** - AG-C; AG-X; Aloe Vera; Charcoal; Chickweed; Chinese Tiao He Cleanse; Chlorophyll (Capsules/Liquid); CLT-X; Experience; High Potency Garlic; Psyllium Seed; Cascara Sagrada (Flusher) (Capsules/Vegitabs); Psyllium Hulls (flusher) (Capsules/Bulk); Bowel Build; Lobelia (Capsules/Liquid); LOCLO High Fiber Supplement; Marshmallow; Nature's Three; Nopal; LB-X; LBS II; LB Extract; 48

Sage - Stops diarrhea. Too much can constipate); Senna Combination (always check potassium); SF (Capsules/ATC/Liquid/Vegitabs); Slippery Elm (Capsules/Bulk); Special Formula #1 (Capsules/Vegitabs); Tiao He Cleanse.

6. **Parasite** - Artemisia Combination; Black Currant Oil; Black Walnut (Capsules/Liquid); Clear; Elecampane; False Unicorn; Garlic (Capsules); Herbal Pumpkin; High Potency Garlic; Morinda Capsules; Noni Juice; Para-Cleanse; Yarrow.

Nervous - Brain, Nerves, Spinal Cord

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

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

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

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

1. **Fungus** - Milk Free Acidophilus; Flora Force Acidophilus; Flora Force Bifodophilus; Black Currant Oil; Black Walnut (Capsules/Liquid); Hydrated Bentonite; Caprylic Acid; Children's Bifodophilus; Elecampane; False Unicorn; Garlic (Capsules); High Potency Garlic; Herbal Pumpkin; Horsetail; Morinda Capsules; Noni Juice; Pau d'Arco (Capsules/Liquid/Bulk).
2. **General Supplements** - Antioxidant Arsenal with Grapine; Chinese Mineral Chi Tonic; Defense Maintenance (Capsules/Vegitabs); Defense Shield; E-Tea; Elderberry Combination; Germanium Combination; Grapine with Protectors; High Potency Grapine; HCP-X; IMM-C (Capsules/Vegitabs); Life Protex; Lymphostim (Homeopathic); Minerals (See above); Morinda Capsules; Noni Juice; Pau d'Arco (prevents some mutations) (Capsules/Liquid/Bulk); Pau d'Arco Power Pack; PHYTO-Soy; Rose Hips; SC Formula (Shark Cartilage); Slippery Elm; Sports Antioxidants; Target Endurance; THIM-J; Thymus Formula; UC-C (Rebuild T Cells); Una de Gato (Cat's Claw) (Capsules/Liquid); VS-C (Capsules/Vegitabs/Liquid); Yarrow.
3. **Infection Fighters (Bacterial)** - Black Walnut (Capsules/Liquid); Blue Vervain (Liquid) - Strep; BON-C (replaces Comfrey); Capsicum (Capsules/Liquid); CBG Extract; CC-A (Capsules/Vegitabs/Liquid with Yerba Santa); CC-A Relief; Colloidal Silver; Echinacea Purpurea; Echinacea/Goldenseal (Liquid); Ultimate Echinacea; FV (Flu and Vomiting); Garlic; Garlic Oil (Ear Infections); High Potency Garlic; Golden Seal; Golden Seal/Parthenium Liquid; HIGS II; IN-X; IGS II (Capsules/Vegitabs); IF-C (Inflammation); Lobelia (Intelligent Herb) (Capsules/Liquid); Morinda Capsules; Noni Juice; Oregon Grape Liquid; Parthenium; Rose Hips; Senaga & Yerba Santa; STR-C (Fever); Yarrow; Zinc-Ease.
4. **Joints** - B-6 (see Vitamins); Burdock (Capsules/Vegitabs); Chondroitin; Glucosamine Sulfate; IF-C (Inflammation); JNT-A (Capsules/Vegitabs/ATC); JNT-A with Devil's Claw (Liquid); JNT-AV; JNT-Ease; Morinda Capsules; Noni Juice; Yucca.

5. **Lymph System** - Epsom Salt Bath; Feverfew (flush); Ginger Bath (flush); High Potency Feverfew (headaches); KC-X; Lymphostim; Lymphomax (support); Minerals (See above); Oregon Grape; Yarrow.
6. **Parasite** - Artemisia Combination; Black Currant Oil; Black Walnut (Capsules/Liquid); Clear; Elecampane; False Unicorn; Garlic (Capsules); Herbal Pumpkin; High Potency Garlic; Morinda Capsules; Noni Juice; Para-Cleanse; Yarrow.
7. **Virus** - Pau d' Arco (Capsules/Liquid/Bulk); FV (Flu & Vomiting); Golden Seal; L-Lysine; Morinda Capsules; Noni Juice; Oregon Grape; VS-C (Capsules/Vegitabs/Liquid); Yarrow.

Respiratory - Lungs, Bronchioles, Nose, Bronchus, Pharynx, Trachea, Diaphragm

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

Urinary - Kidneys, Bladder

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

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

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

CONSTITUTIONAL IRIDOLOGY ANALYSES WORKSHEET

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

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

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

I have read and understand the above.

Date E-mail

Signature Printed Name

Street Address City State Zip Code

Home Telephone Work Telephone