

Lymphatic Iris Constitutional Subtype Based on Color – Overacid

This iris will be blue like the lymphatic iris but the fibers overall will be lighter.

Characteristics

Blue iris with whitish fibers

- Blue, blue-gray, or blue-green iris
- White collarette
- Fibers may be tightly woven or loose with many lacunae.
- Various colors or pigments may be seen within a lymphatic iris.
- Indicates a Lymphatic Constitution.
- Variations are considered sub-types.

Tendencies

- Acidic body
- Arthritic tendencies
- Kidneys may require extra support
- Allergies
- Fibromyalgia

Suggestions for Improving Health

- Avoid over acid foods such as red meat, pork, dairy products, sugar, caffeine, alcohol, white flour, and citrus.
- Drink plenty of good quality water.
- Eat foods rich in natural sodium such as celery, strawberries, and okra.
- Drink apple cider vinegar in water.
- Vigorous exercises, including jumping on a mini-trampoline, walking and swinging the arms, and deep breathing.
- Drink lots of purified water, at least half your weight in ounces per day.
- Eliminate foods believed to be mucus-forming such as dairy products, wheat, and sugar.
- Assist the lymph system by opening the lymph channels; colon cleansing, sweating, skin brushing, breathing exercises, drinking fluids.
- Lymphatic massage helps move the lymph.
- Increase intake of vegetables and raw vegetable juices especially those high in organic sodium such as celery beet tops, and kale.
- Fasting on raw juices one day per week can be helpful.
- Digestive enzymes can help to improve digestion.
- Cleanse the kidneys with water, parsley juice, watermelon juice (if no candida overgrowth), watermelon seed tea, pomegranate juice, lemon juice, and raw apple cider vinegar in water.
- Live (raw) foods high in enzymes can promote lymphatic cleansing.
- Mullein tea helps to clean mucus from the lungs. Echinacea and fenugreek teas are great for the cleansing of lymph fluids.
- Marshmallow root helps to soften and release hardened mucus.
- Goat whey nourishes the lymph system with natural sodium.
- The predominant mineral element of the lymph fluid is organic sodium. Organic sodium in the lymph fluid helps to hold calcium in the bone and keep the joints limber and pliable. Avoid table salt that is not organic and natural.

Lymphatic Iris Constitutional Subtype Based on Color – Febrile

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

Characteristics

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

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- Various colors or pigments may be seen within a lymphatic iris.
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Tendencies

- Acute, exudative conditions
- Tendency to have fevers, especially as a child
- Tendency for arthritis
- Tendency for respiratory infections

Suggestions for Improving Health

- Drink lots of water
- Eliminate acidic foods as described under over-acid subtype
- Practice being calm and peaceful
- Yoga, walking in fresh air and sunshine, hiking and swimming.
- White willow bark helps reduce fevers
- Olive oil can help neutralize an acidic body.
- Vigorous exercises, including jumping on a mini-trampoline, walking and swinging the arms, and deep breathing.
- Drink lots of purified water, at least half your weight in ounces per day.
- Eliminate foods believed to be mucus-forming such as dairy products, wheat, and sugar.
- Assist the lymph system by opening the lymph channels; colon cleansing, sweating, skin brushing, breathing exercises, drinking fluids.
- Lymphatic massage helps move the lymph.
- Increase intake of vegetables and raw vegetable juices especially those high in organic sodium such as celery beet tops, and kale.
- Fasting on raw juices one day per week can be helpful.
- Digestive enzymes can help to improve digestion.
- Cleanse the kidneys with water, parsley juice, watermelon juice (if no candida overgrowth), watermelon seed tea, pomegranate juice, lemon juice, and raw apple cider vinegar in water.
- Live (raw) foods high in enzymes can promote lymphatic cleansing.
- Mullein tea helps to clean mucus from the lungs. Echinacea and fenugreek teas are great for the cleansing of lymph fluids.
- Marshmallow root helps to soften and release hardened mucus.
- Goat whey nourishes the lymph system with natural sodium.
- The predominant mineral element of the lymph fluid is organic sodium. Organic sodium in the lymph fluid helps to hold calcium in the bone and keep the joints limber and pliable. Avoid table salt that is not organic and natural.

Lymphatic Iris Constitutional Subtype Based on Color – Hydrogenoid

Characteristics

Blue or blue gray iris with small, white to off-white flocculations in the outer zone parallel to the iris edge. These are called tophi and commonly appear in the areas of the lungs, breast, neck, groin, diaphragm, head, and nasal areas which are specific areas of possible lymph congestion. Tophi may also appear around the collarette. When tophi are yellow or brown/yellow in color, this may indicate chronic congestion. Two or more of these tophi in the lung reaction field suggest a family history of tuberculosis. (Originally this sign was called the lymphatic rosary.) If you just have one or two tophi in the iris, it is not significant enough to be called a subtype. These would be called iris signs. The flocculations must be surrounding at least one fourth of the iris in order to be called a subtype.

Tendencies

- Lymphatic congestion throughout the body or in certain areas
- Tendency to retain fluids
- Two or more tophi in the lung area may indicate an ancestral history of tuberculosis, which taints the vital force of the person, who may have respiratory congestion
- Allergies: digestion weak; proteins difficult to break down
- Rheumatoid arthritis may be in family history
- Overactive immune system – may have allergies to certain foods, dusts, pollens and may react with eczema, asthma, diarrhea, arthritis, bronchitis and others
- Consider all of the characteristics of the lymphatic constitution.

Suggestions for Improving Health

- Drink lots of water
- Skin brushing is important
- Exercise daily to move the lymph
- Avoid all mucus-forming foods, such as wheat, pasteurized cow's milk, and sugar.
- If tophi appear in particular reaction fields such as those of the armpits, lymphatic massage in those areas has been suggested
- Vigorous exercises, including jumping on a mini-trampoline, walking and swinging the arms, and deep breathing.
- Drink lots of purified water, at least half your weight in ounces per day.
- Eliminate foods believed to be mucus-forming such as dairy products, wheat, and sugar.
- Assist the lymph system by opening the lymph channels; colon cleansing, sweating, skin brushing, breathing exercises, drinking fluids.
- Lymphatic massage helps move the lymph.
- Increase intake of vegetables and raw vegetable juices especially those high in organic sodium such as celery beet tops, and kale.
- Fasting on raw juices one day per week can be helpful.
- Digestive enzymes can help to improve digestion.
- Cleanse the kidneys with water, parsley juice, watermelon juice (if no candida overgrowth), watermelon seed tea, pomegranate juice, lemon juice, and raw apple cider vinegar in water.
- Live (raw) foods high in enzymes can promote lymphatic cleansing.
- Mullein tea helps to clean mucus from the lungs. Echinacea and fenugreek teas are great for the cleansing of lymph fluids.
- Marshmallow root helps to soften and release hardened mucus.
- Goat whey nourishes the lymph system with natural sodium.
- The predominant mineral element of the lymph fluid is organic sodium. Organic sodium in the lymph fluid helps to hold calcium in the bone and keep the joints limber and pliable. Avoid table salt that is not organic and natural.

Lymphatic Iris Constitutional Subtype Based on Color – Uric Acid Diathesis

Characteristics

Thick white, yellowish white, or grayish white plaques interspersed around the mid-zone (ciliary zone) of the iris. Primarily in blue eyes.

- Blue, blue-gray, or blue-green iris
- White collarette
- Fibers may be tightly woven or loose with many lacunae.
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Tendencies

- Rheumatic or arthritis conditions
- Gout or gouty arthritis
- Kidney inflammation, possible stones
- High levels of uric acid, tendency to reabsorb and retain excessive amounts of uric acid; inherent structural weakness makes for inability to tolerate uric acid buildup, therefore kidneys inflame easily

Suggestions for Improving Health

- Eliminate all red meat and pork from the diet
- Dolomite or intake of any inorganic minerals (minerals not from plants) should be avoided.
- Juices high in organic sodium such as celery and greens can assist in keeping inorganic minerals flushed from the body. Small amounts of parsley juice can benefit the urinary tract.
- Avoid dairy and processed flour products.
- Avoid brewer's yeast, organ meats, coffee.
- Drink lots of purified water.
- Vigorous exercises, including jumping on a mini-trampoline, walking and swinging the arms, and deep breathing.
- Drink lots of purified water, at least half your weight in ounces per day.
- Eliminate foods believed to be mucus-forming such as dairy products, wheat, and sugar.
- Assist the lymph system by opening the lymph channels; colon cleansing, sweating, skin brushing, breathing exercises, drinking fluids.
- Lymphatic massage helps move the lymph.
- Increase intake of vegetables and raw vegetable juices especially those high in organic sodium such as celery beet tops, and kale.
- Fasting on raw juices one day per week can be helpful.
- Digestive enzymes can help to improve digestion.
- Cleanse the kidneys with water, parsley juice, watermelon juice (if no candida overgrowth), watermelon seed tea, pomegranate juice, lemon juice, and raw apple cider vinegar in water.
- Live (raw) foods high in enzymes can promote lymphatic cleansing.
- Mullein tea helps to clean mucus from the lungs. Echinacea and fenugreek teas are great for the cleansing of lymph fluids.
- Marshmallow root helps to soften and release hardened mucus.
- Goat whey nourishes the lymph system with natural sodium.
- The predominant mineral element of the lymph fluid is organic sodium. Organic sodium in the lymph fluid helps to hold calcium in the bone and keep the joints limber and pliable. Avoid table salt that is not organic and natural.

Lymphatic Iris Constitutional Subtype Based on Color – Scurf Rim

Characteristics

Dark distinct ring in the outer ciliary zone just inside the iris edge showing a thinning of iris fibers.

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- White collarette
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Tendencies

- Suppressed skin elimination
- Skin disorders such as acne, psoriasis, and eczema
- Kidneys over-stressed
- Tendency for poor circulation and cold hands and feet

Suggestions for Improving Health

- Consume foods high in silicon such as oat straw tea, horsetail herb, ripe bell peppers
- Oils rich in essential fatty acids such as flax oil and borage oil
- Skin brushing
- Bowel cleansing
- Herbs that support the kidneys such as juniper berries, parsley, and cornsilk
- Wear cotton clothing that allows the skin to “breathe”
- Vigorous exercises, including jumping on a mini-trampoline, walking and swinging the arms, and deep breathing.
- Drink lots of purified water, at least half your weight in ounces per day.
- Eliminate foods believed to be mucus-forming such as dairy products, wheat, and sugar.
- Assist the lymph system by opening the lymph channels; colon cleansing, sweating, skin brushing, breathing exercises, drinking fluids.
- Lymphatic massage helps move the lymph.
- Increase intake of vegetables and raw vegetable juices especially those high in organic sodium such as celery beet tops, and kale.
- Fasting on raw juices one day per week can be helpful.
- Digestive enzymes can help to improve digestion.
- Cleanse the kidneys with water, parsley juice, watermelon juice (if no candida overgrowth), watermelon seed tea, pomegranate juice, lemon juice, and raw apple cider vinegar in water.
- Live (raw) foods high in enzymes can promote lymphatic cleansing.
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Biliary Iris Constitutional Subtype Based on Color – Ferrum Chromatose/Tiger Striping

Iris Characteristics:

- An accumulation of tiny pigments that look like little dots of rust-colored or brown snuff tobacco that has been sprinkled on the iris.
- Snuff tobacco-like pigments forming bands of color in the hematogenic iris, sometimes called “Tiger Striping”

Potential Tendencies:

- Liver insufficiencies
- Digestive errors
- Possible difficulty with fat metabolism
- Possible difficulty with iron absorption
- Liver wear and tear
- Possible difficulty with iron absorption or anemia

Suggestions for Improving Health

- Avoid fried foods and heated oils
- Eat lots of bitter greens such as kale, beet tops, cilantro, and arugula
- Drink raw juices, such as wheat grass, parsley, spinach and beet. Black cherry juice helps to elevate the iron.
- Lemon juice and olive oil salad dressing can be beneficial to the liver
- Take digestive enzymes with meals
- Use herbs such as milk thistle, yellow dock and burdock.

Biliary Iris Constitutional Subtype Based on Color – Hydrogenoid

Iris Characteristics:

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

Potential Tendencies:

- Lymphatic congestion
- Fluid retention
- Allergies
- Arthritis

Suggestions for Improving Health

- Drink lots of water
- Skin brushing is important
- Exercise daily to move the lymph
- Avoid all mucus-forming foods, such as wheat, pasteurized cow's milk, and sugar
- If tophi appear in particular reaction fields, such as those of the armpits, lymphatic massage in those areas is particularly beneficial.
- Vigorous exercises, including jumping on a mini-trampoline, walking and swinging the arms, and deep breathing.
- Drink lots of purified water, at least half your weight in ounces per day.
- Eliminate foods believed to be mucus-forming such as dairy products, wheat, and sugar.
- Assist the lymph system by opening the lymph channels; colon cleansing, sweating, skin brushing, breathing exercises, drinking fluids.
- Lymphatic massage helps move the lymph.
- Increase intake of vegetables and raw vegetable juices especially those high in organic sodium such as celery beet tops, and kale.
- Fasting on raw juices one day per week can be helpful.
- Digestive enzymes can help to improve digestion.
- Cleanse the kidneys with water, parsley juice, watermelon juice (if no candida overgrowth), watermelon seed tea, pomegranate juice, lemon juice, and raw apple cider vinegar in water.
- Live (raw) foods high in enzymes can promote lymphatic cleansing.
- Mullein tea helps to clean mucus from the lungs. Echinacea and fenugreek teas are great for the cleansing of lymph fluids.
- Marshmallow root helps to soften and release hardened mucus.
- Goat whey nourishes the lymph system with natural sodium.
- The predominant mineral element of the lymph fluid is organic sodium. Organic sodium in the lymph fluid helps to hold calcium in the bone and keep the joints limber and pliable. Avoid table salt that is not organic and natural.

Hematogenic Iris Constitutional Subtype Based on Color – Ferrum Chromatose/Tiger Striping

Iris Characteristics:

Snuff tobacco-like pigments forming bands of color in the hematogenic iris, sometimes called “Tiger Striping”

Potential Tendencies:

- Liver insufficiencies
- Digestive errors
- Possible difficulty with fat metabolism
- Possible difficulty with iron absorption

Suggestions for Improving Health

- Avoid fried foods and heated oils
- Eat lots of bitter greens such as kale, beet tops, cilantro, and arugala
- Drink raw juices, such as wheat grass, parsley, spinach, and beet.
- Black cherry juice helps to elevate the iron.
- Lemon juice and olive oil salad dressing can be beneficial to the liver.
- Take digestive enzymes with meals.
- Use herbs such as milk thistle, yellow dock and burdock.
- Support the blood with greens, beets, blackberries, black cherries, red cabbage, concord grapes, spinach, alfalfa, and watercress.
- Drink raw vegetables juices made of carrot, beet, greens, and wheat grass.
- Use foods high in fiber such as vegetables, whole grains, legumes, fruit, nuts, seeds, rice bran, and oat bran. Do not eat processed foods.
- Avoid fried foods, heated oils, and junk foods. Eat fresh fruits and vegetables, whole grains, legumes, soaked nuts, and seeds.
- Do not drink ice-cold beverages or extremely hot liquids. Do not drink with meals or sip small amounts.
- Eat a diet rich in live enzymes.
- To clean the blood use pau d’arco, red clover teas. Cleanse the colon and liver.
- Use chlorophyll and wheat grass juice to cleanse the blood.
- To cleanse the lymphatics use mullein, echinacea teas, and celery juice.
- Get lots of minerals and liquid trace minerals into your diet. Foods high in minerals are all vegetables juices and nut-seed milks.

Neurogenic Subtype Based on Iris Structure in Lymphatic Eye

Characteristics

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

Tendencies

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

Personality Type

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

Suggestions for Improving Health

- Avoid stimulants such as coffee, black tea, sugar, soft drinks, cigarettes, junk foods. Avoid alcohol.
- Eat foods high in B vitamins to support the nervous system such as whole grains, legumes, brewer's yeast, rice bran syrup, lecithin, black walnuts, soaked nuts and seeds, rice bran syrup, and egg yolks.
- Mineral support is essential from liquid trace minerals, green vegetables, soaked nuts and seeds.
- Stress reduction therapy, music, massage, emotional rest.
- Exercise and deep breathing are important.
- Avoid loud noise
- Skin brush daily, have warm baths, drink chamomile tea.
- Avoid eating late.
- Learn how to live with change. Release negative emotions. Keep a positive attitude.

Anxiety Tetanic Subtype Based on Iris Structure in Lymphatic Eye

Characteristics

Circular arcs or portions of arcs are spread throughout the iris. Also called cramp rings, stress rings, contraction furrows, sensitivity rings, or accomplishment rings. Caused by a buckling of the fibers due to prolonged excessive stress and can be seen in any color iris. Furrows that go out radially (radial furrows) will also often be seen in this subtype. If there is only a slight arc in a small sector of the iris, it is not enough to be called the subtype. The arc would need to go around at least one third of the iris to be called the subtype.

Tendencies

- Neuromuscular cramping, tense muscles, jaw clenching
- Tension may aggravate colitis, tachycardia, angina pectoris, circulatory disorders, spinal subluxation, temporal mandibular joint (TMJ) disorder, blood sugar metabolism errors
- Tend to create lots of stress, feel victimized by stress. Inclined to “Type A” behavior. Often highly diversified, motivated, ambitious. They have many things going on at once. They feel they are under a great deal of tension in life – usually of psychosomatic origin.
- Possible headaches, heart stress, thyroid deficiency, muscle tension

Personality Type

Tend to be anxious, with lots of irons in the fire and lots of projects to accomplish. Tend to multi-task more than any other type often driving through a drive-in for food while talking on the phone or eating while driving. Nervous systems and adrenal glands are pushed to the limit. Hardly take time to relax or even sit down while eating. Major accomplishers and achievers. Plan times to rest and always need to sit down and focus on their chewing and eating.

Suggestions for Improving Health

- Eat foods that nourish the nervous system: foods high in B vitamins: brown rice, wheat germ, brewer’s yeast.
- Sit down to eat your meals every day and chew your food slowly.
- Do not watch violence on television especially while eating.
- Drink chamomile tea.
- Avoid stimulants including caffeinated beverages and cigarettes.
- Get a good night’s rest each night. Pause throughout the day and breathe deeply.
- Rescue Remedy is a Bach Flower Remedy that can be helpful.
- Practice stillness, meditation, and yoga.
- Listen to soothing music, go for walks, get massages. Learn to say “No” and prioritize areas of most importance and let go of the rest. You don’t have to do it all.

Polyglandular Subtype Based on Iris Structure in Lymphatic Eye

Characteristics

Lacunae and honeycombs positioned in a “daisy petal” or geometric pattern around the collarette. You will see tight fibers underneath and a pattern more symmetrical than the Connective Tissue subtype. If the person has only one or two lacunae around the collarette, it is not enough to be called the subtype. There must be three or more to constitute the subtype.

Tendencies

- Deficiencies and weakness in glandular system overall
- Weakness in the gastrointestinal system and irregularity of the bowels
- Glandular function insufficiency: digestive, pancreas, gallbladder, adrenals, pituitary, pineal, thyroid, parathyroid, and gonads. Decreased hormonal or endocrine glandular function.
- Possible weakness in the heart, liver, kidneys
- These people usually crave sweets and have a tendency to be hypoglycemic
- May have hypoglycemia and/or diabetes in the family.

Personality Type

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

Suggestions for Improving Health

- Eat foods that nourish the glands such as soaked nuts and seeds (these act as the glands of the plants and feed the glands of the body), legumes, sea vegetables high in iodine, bee pollen, royal jelly, blue-green algae, chlorella.
- Avoid sugar and processed foods.
- Eat small meals throughout the day to keep blood sugar balanced, eat nut and seed butters, whole grains, salads, steamed and baked vegetables, fish, chicken and turkey.
- Bowel cleanses are helpful.
- Digestive enzymes are helpful.
- Support the glands with herbs, vitamins, minerals, and nutrients as needed.
- Adrenals: chlorella, licorice root
- Thyroid: dulse, kelp
- Pancreas: chromium picolinate, gymnema sylvestre, cinnamon

Connective Tissue Subtype Based on Iris Structure in Lymphatic Eye

Characteristics

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

Tendencies

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

Personality Type

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

Suggestions for Improving Health

- Eliminate devitalized foods and avoid caffeine, sugar, alcohol, and tobacco.
- Eat cabbage and drink cabbage juice to strengthen connective tissue.
- Eat lots of fruits and vegetables, whole grains, soaked nuts, seeds and legumes.
- Take bioflavonoids found in vitamin C, especially rutin.
- Drink oat straw tea and use horsetail herb. The silicon will strengthen connective tissue.
- Vegetable broth, potassium broth.
- Get plenty of rest at night.
- Take breaks during the day. It is best not to have a job where you have to stand all day.
- Cleanse the colon.
- Lie on a slanting board 15 minutes twice a day to help prolapsed organs go back into position.

Neurogenic Subtype Based on Iris Structure in Biliary Eye

Characteristics

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

Tendencies

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

Personality Type

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

Suggestions for Improving Health

- Avoid stimulants such as coffee, black tea, sugar, soft drinks, cigarettes, junk foods. Avoid alcohol.
- Eat foods high in B vitamins to support the nervous system such as whole grains, legumes, brewer's yeast, rice bran syrup, lecithin, black walnuts, soaked nuts and seeds, rice bran syrup, and egg yolks.
- Mineral support is essential from liquid trace minerals, green vegetables, soaked nuts and seeds.
- Stress reduction therapy, music, massage, emotional rest.
- Exercise and deep breathing are important.
- Avoid loud noise
- Skin brush daily, have warm baths, drink chamomile tea.
- Avoid eating late.
- Learn how to live with change. Release negative emotions. Keep a positive attitude.

Anxiety Tetanic Subtype Based on Iris Structure in Biliary Eye

Characteristics

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Tendencies

- Neuromuscular cramping, tense muscles, jaw clenching
- Tension may aggravate colitis, tachycardia, angina pectoris, circulatory disorders, spinal subluxation, temporal mandibular joint (TMJ) disorder, blood sugar metabolism errors
- Tend to create lots of stress, feel victimized by stress. Inclined to “Type A” behavior. Often highly diversified, motivated, ambitious. They have many things going on at once. They feel they are under a great deal of tension in life – usually of psychosomatic origin.
- Possible headaches, heart stress, thyroid deficiency, muscle tension

Personality Type

Tend to be anxious, with lots of irons in the fire and lots of projects to accomplish. Tend to multi-task more than any other type often driving through a drive-in for food while talking on the phone or eating while driving. Nervous systems and adrenal glands are pushed to the limit. Hardly take time to relax or even sit down while eating. Major accomplishers and achievers. Plan times to rest and always need to sit down and focus on their chewing and eating.

Suggestions for Improving Health

- Eat foods that nourish the nervous system: foods high in B vitamins: brown rice, wheat germ, brewer’s yeast.
- Sit down to eat your meals every day and chew your food slowly.
- Do not watch violence on television especially while eating.
- Drink chamomile tea.
- Avoid stimulants including caffeinated beverages and cigarettes.
- Get a good night’s rest each night. Pause throughout the day and breathe deeply.
- Rescue Remedy is a Bach Flower Remedy that can be helpful.
- Practice stillness, meditation, and yoga.
- Listen to soothing music, go for walks, get massages. Learn to say “No” and prioritize areas of most importance and let go of the rest. You don’t have to do it all.

Polyglandular Subtype Based on Iris Structure in Biliary Eye

Characteristics

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Tendencies

- Deficiencies and weakness in glandular system overall
- Weakness in the gastrointestinal system and irregularity of the bowels
- Glandular function insufficiency: digestive, pancreas, gallbladder, adrenals, pituitary, pineal, thyroid, parathyroid, and gonads. Decreased hormonal or endocrine glandular function.
- Possible weakness in the heart, liver, kidneys
- These people usually crave sweets and have a tendency to be hypoglycemic
- May have hypoglycemia and/or diabetes in the family.

Personality Type

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

Suggestions for Improving Health

- Eat foods that nourish the glands such as soaked nuts and seeds (these act as the glands of the plants and feed the glands of the body), legumes, sea vegetables high in iodine, bee pollen, royal jelly, blue-green algae, chlorella.
- Avoid sugar and processed foods.
- Eat small meals throughout the day to keep blood sugar balanced, eat nut and seed butters, whole grains, salads, steamed and baked vegetables, fish, chicken and turkey.
- Bowel cleanses are helpful.
- Digestive enzymes are helpful.
- Support the glands with herbs, vitamins, minerals, and nutrients as needed.
- Adrenals: chlorella, licorice root
- Thyroid: dulse, kelp
- Pancreas: chromium picolinate, gymnema sylvestre, cinnamon

Connective Tissue Subtype Based on Iris Structure in Biliary Eye

Characteristics

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

Tendencies

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

Personality Type

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

Suggestions for Improving Health

- Eliminate devitalized foods and avoid caffeine, sugar, alcohol, and tobacco.
- Eat cabbage and drink cabbage juice to strengthen connective tissue.
- Eat lots of fruits and vegetables, whole grains, soaked nuts, seeds and legumes.
- Take bioflavonoids found in vitamin C, especially rutin.
- Drink oat straw tea and use horsetail herb. The silicon will strengthen connective tissue.
- Vegetable broth, potassium broth.
- Get plenty of rest at night.
- Take breaks during the day. It is best not to have a job where you have to stand all day.
- Cleanse the colon.
- Lie on a slanting board 15 minutes twice a day to help prolapsed organs go back into position.

Neurogenic Subtype Based on Iris Structure in Hematogenic Eye

Characteristics

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

Tendencies

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

Personality Type

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

Suggestions for Improving Health

- Avoid stimulants such as coffee, black tea, sugar, soft drinks, cigarettes, junk foods. Avoid alcohol.
- Eat foods high in B vitamins to support the nervous system such as whole grains, legumes, brewer's yeast, rice bran syrup, lecithin, black walnuts, soaked nuts and seeds, rice bran syrup, and egg yolks.
- Mineral support is essential from liquid trace minerals, green vegetables, soaked nuts and seeds.
- Stress reduction therapy, music, massage, emotional rest.
- Exercise and deep breathing are important.
- Avoid loud noise
- Skin brush daily, have warm baths, drink chamomile tea.
- Avoid eating late.
- Learn how to live with change. Release negative emotions. Keep a positive attitude.

Anxiety Tetanic Subtype Based on Iris Structure in Hematogenic Eye

Characteristics

Circular arcs or portions of arcs are spread throughout the iris. Also called cramp rings, stress rings, contraction furrows, sensitivity rings, or accomplishment rings. Caused by a buckling of the fibers due to prolonged excessive stress and can be seen in any color iris. Furrows that go out radially (radial furrows) will also often be seen in this subtype. If there is only a slight arc in a small sector of the iris, it is not enough to be called the subtype. The arc would need to go around at least one third of the iris to be called the subtype.

Tendencies

- Neuromuscular cramping, tense muscles, jaw clenching
- Tension may aggravate colitis, tachycardia, angina pectoris, circulatory disorders, spinal subluxation, temporal mandibular joint (TMJ) disorder, blood sugar metabolism errors
- Tend to create lots of stress, feel victimized by stress. Inclined to “Type A” behavior. Often highly diversified, motivated, ambitious. They have many things going on at once. They feel they are under a great deal of tension in life – usually of psychosomatic origin.
- Possible headaches, heart stress, thyroid deficiency, muscle tension

Personality Type

Tend to be anxious, with lots of irons in the fire and lots of projects to accomplish. Tend to multi-task more than any other type often driving through a drive-in for food while talking on the phone or eating while driving. Nervous systems and adrenal glands are pushed to the limit. Hardly take time to relax or even sit down while eating. Major accomplishers and achievers. Plan times to rest and always need to sit down and focus on their chewing and eating.

Suggestions for Improving Health

- Eat foods that nourish the nervous system: foods high in B vitamins: brown rice, wheat germ, brewer’s yeast.
- Sit down to eat your meals every day and chew your food slowly.
- Do not watch violence on television especially while eating.
- Drink chamomile tea.
- Avoid stimulants including caffeinated beverages and cigarettes.
- Get a good night’s rest each night. Pause throughout the day and breathe deeply.
- Rescue Remedy is a Bach Flower Remedy that can be helpful.
- Practice stillness, meditation, and yoga.
- Listen to soothing music, go for walks, get massages. Learn to say “No” and prioritize areas of most importance and let go of the rest. You don’t have to do it all.

Polyglandular Subtype Based on Iris Structure in Hematogenic Eye

Characteristics

Lacunae and honeycombs positioned in a “daisy petal” or geometric pattern around the collarette. You will see tight fibers underneath and a pattern more symmetrical than the Connective Tissue subtype. If the person has only one or two lacunae around the collarette, it is not enough to be called the subtype. There must be three or more to constitute the subtype.

Tendencies

- Deficiencies and weakness in glandular system overall
- Weakness in the gastrointestinal system and irregularity of the bowels
- Glandular function insufficiency: digestive, pancreas, gallbladder, adrenals, pituitary, pineal, thyroid, parathyroid, and gonads. Decreased hormonal or endocrine glandular function.
- Possible weakness in the heart, liver, kidneys
- These people usually crave sweets and have a tendency to be hypoglycemic
- May have hypoglycemia and/or diabetes in the family.

Personality Type

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

Suggestions for Improving Health

- Eat foods that nourish the glands such as soaked nuts and seeds (these act as the glands of the plants and feed the glands of the body), legumes, sea vegetables high in iodine, bee pollen, royal jelly, blue-green algae, chlorella.
- Avoid sugar and processed foods.
- Eat small meals throughout the day to keep blood sugar balanced, eat nut and seed butters, whole grains, salads, steamed and baked vegetables, fish, chicken and turkey.
- Bowel cleanses are helpful.
- Digestive enzymes are helpful.
- Support the glands with herbs, vitamins, minerals, and nutrients as needed.
- Adrenals: chlorella, licorice root
- Thyroid: dulse, kelp
- Pancreas: chromium picolinate, gymnema sylvestre, cinnamon

Connective Tissue Subtype Based on Iris Structure in Hematogenic Eye

Characteristics

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

Tendencies

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

Personality Type

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

Suggestions for Improving Health

- Eliminate devitalized foods and avoid caffeine, sugar, alcohol, and tobacco.
- Eat cabbage and drink cabbage juice to strengthen connective tissue.
- Eat lots of fruits and vegetables, whole grains, soaked nuts, seeds and legumes.
- Take bioflavonoids found in vitamin C, especially rutin.
- Drink oat straw tea and use horsetail herb. The silicon will strengthen connective tissue.
- Vegetable broth, potassium broth.
- Get plenty of rest at night.
- Take breaks during the day. It is best not to have a job where you have to stand all day.
- Cleanse the colon.
- Lie on a slanting board 15 minutes twice a day to help prolapsed organs go back into position.

Lipemic Diathesis in a Lymphatic Eye

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

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

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

Potential Tendencies:

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

Suggestions for Improving Health

- Avoid inorganic minerals such as table salt, dolomite, oyster shell calcium
- Eliminate red meats high in fat, pork, fried foods, dairy products, coffee, alcohol, non-dairy creamers, processed foods, white bread, black tea, tobacco.
- Increase green vegetables. Use supplements high in chlorophyll such as chlorella, blue-green algae, wheat grass juice.
- Eat fiber-rich foods to help reduce serum cholesterol such as barley, beans, brown rice, oats, oat bran, rice bran, glucomannan.
- Pure virgin olive oil helps to lower serum cholesterol. Use as a salad dressing with lemon juice. Add cayenne as it improves circulation. Liquefy parsley, alfalfa sprouts and fresh pineapple juice and sip slowly.
- To improve circulation, drink tea made with Elder flowers. Drink potassium broths made with potato peelings. Garlic and lecithin are excellent for lower cholesterol.
- Policosanol made from the sugar cane plant helps to lower cholesterol.
- Liver cleanse, bowel cleanse, and exercise are all important.

Lipemic Diathesis in a Biliary Eye

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

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

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

Potential Tendencies:

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

Suggestions for Improving Health

- Avoid inorganic minerals such as table salt, dolomite, oyster shell calcium
- Eliminate red meats high in fat, pork, fried foods, dairy products, coffee, alcohol, non-dairy creamers, processed foods, white bread, black tea, tobacco.
- Increase green vegetables. Use supplements high in chlorophyll such as chlorella, blue-green algae, wheat grass juice.
- Eat fiber-rich foods to help reduce serum cholesterol such as barley, beans, brown rice, oats, oat bran, rice bran, glucomannan.
- Pure virgin olive oil helps to lower serum cholesterol. Use as a salad dressing with lemon juice. Add cayenne as it improves circulation. Liquefy parsley, alfalfa sprouts and fresh pineapple juice and sip slowly.
- To improve circulation, drink tea made with Elder flowers. Drink potassium broths made with potato peelings. Garlic and lecithin are excellent for lower cholesterol.
- Policosanol made from the sugar cane plant helps to lower cholesterol.
- Liver cleanse, bowel cleanse, and exercise are all important.

Lipemic Diathesis in a Hematogenic Eye

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

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

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

Potential Tendencies:

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

Suggestions for Improving Health

- Avoid inorganic minerals such as table salt, dolomite, oyster shell calcium
- Eliminate red meats high in fat, pork, fried foods, dairy products, coffee, alcohol, non-dairy creamers, processed foods, white bread, black tea, tobacco.
- Increase green vegetables. Use supplements high in chlorophyll such as chlorella, blue-green algae, wheat grass juice.
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- Liver cleanse, bowel cleanse, and exercise are all important.