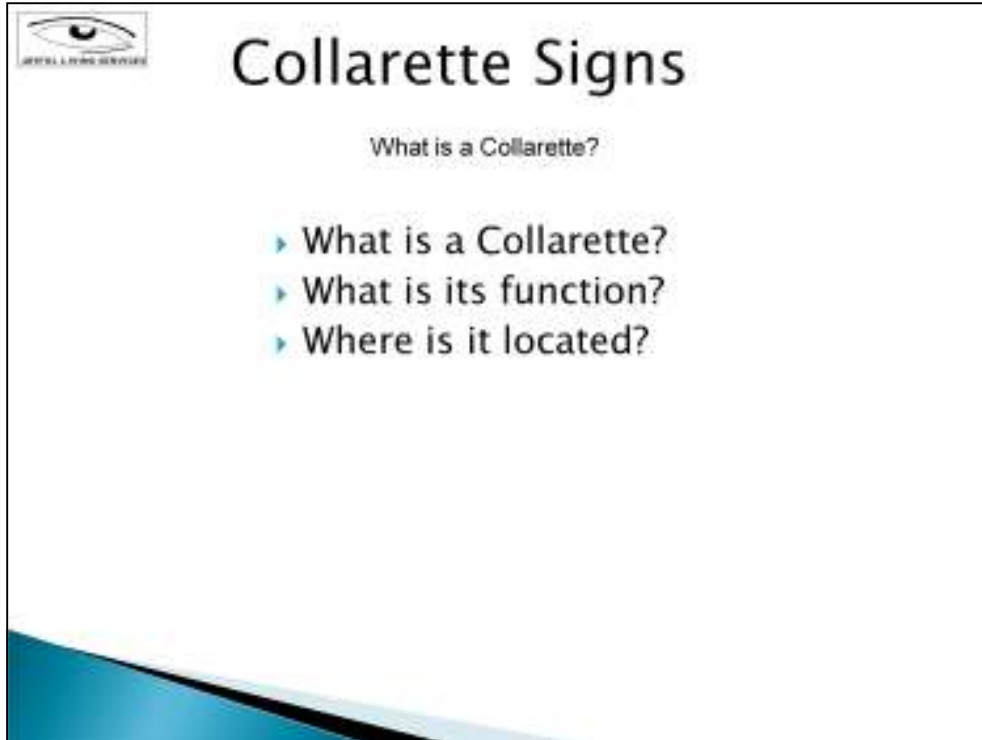




Welcome everyone!



### **What is a Collarette?**

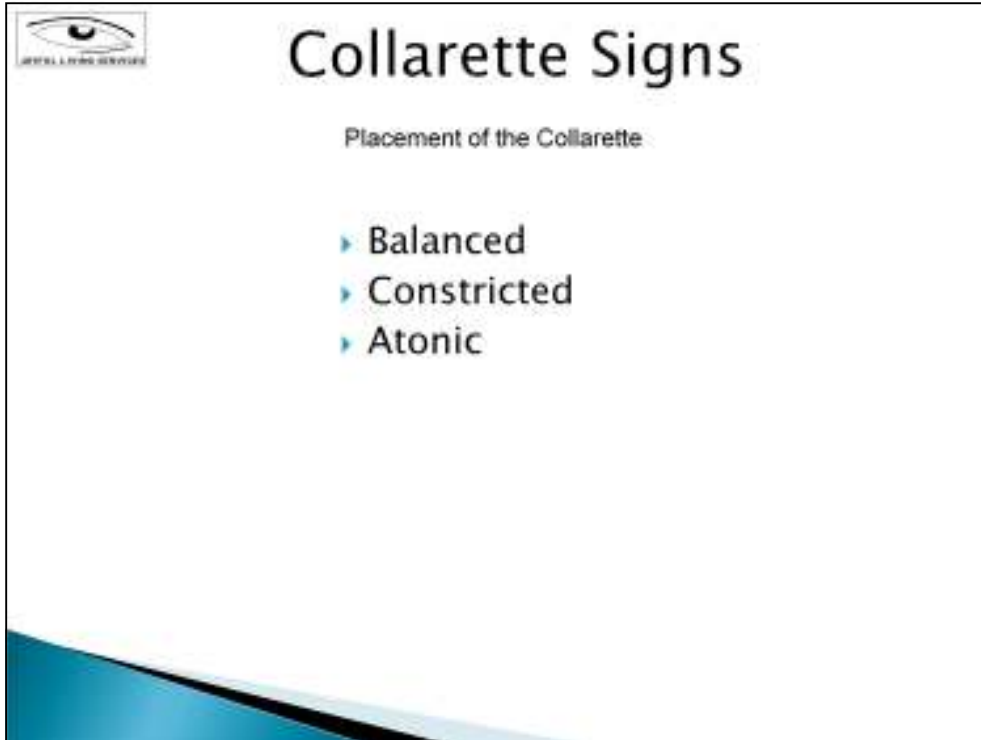
A collarette serves as a landmark between the two nervous systems in the body; the sympathetic and parasympathetic. It is also known as the Autonomic Nerve Wreath (ANW).

### **What is its Function?**

The collarette contains and separates digestion and absorption from the other bodily processes. If the collarette is “balanced,” it will sit about 1/3 the distance between the pupil edge and the limbus (outer edge of the cornea).

### **Where is it Located?**

The collarette surrounds the digestive areas, so it is involved in the process and reveals information about the intestinal tract. We check to see if it is very close to the pupil or expansive and far away; in either case, it would not be balanced.



**Placement of the Collarette**

- Balanced/Normal Wreath
- Constricted/Tight Wreath
- Atonic/Floppy Distended Wreath



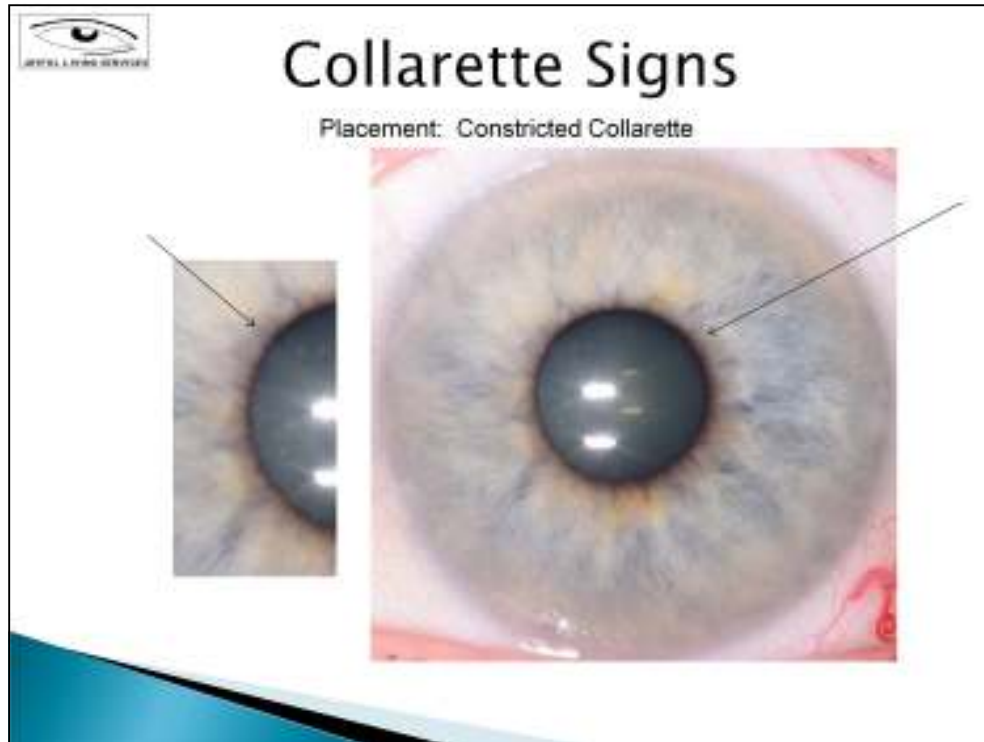
### **Balanced Collarette**

- The balanced collarette/wreath is located about one third of the way out from the pupil.
- When it is not too thin or too thick, it will have very little to no negative effect on bowel activity.
- This is the most desirable collarette placement to have been born with.
- These people have usually inherited calm, emotional balance as well as the ability to have healthy normal bowel movement patterns.



### **Balanced Collarette**

- The balanced collarette/wreath is located about one third of the way out from the pupil.
- When it is not too thin or too thick, it will have very little to no negative effect on bowel activity.
- This is the most desirable collarette placement to have been born with.
- These people have usually inherited calm, emotional balance as well as the ability to have healthy normal bowel movement patterns.



### **Constricted Collarette**

- The constricted collarette/wreath is very close to the pupil with little space between the pupil and the collarette.
- These people tend to hold in their feelings and never talk about them.
- They prefer to be alone rather than with people and often work at home.
- When they are with other people they are introverted with little to talk about.
- When having to express themselves, the person with a constricted wreath may suffer from inner tension.
- Physically these people tend to have bowel strictures or tight narrow areas of the colon that constrict bowel flow, causing constipation.
- The constricted collarette is usually found in the neurogenic iris subtype with very tightly woven fibers.
- These people are very sensitive.
- Foods such as the whole grains that are high in the B vitamins are most helpful. Yellow foods high in magnesium such as the yellow squashes are very helpful in calming the body and promoting good peristalsis. Constipation is often a magnesium deficiency. Foods high in soluble fiber such as raw vegetable salads and fresh fruits are excellent for promoting peristalsis.



### **Constricted Collarette**

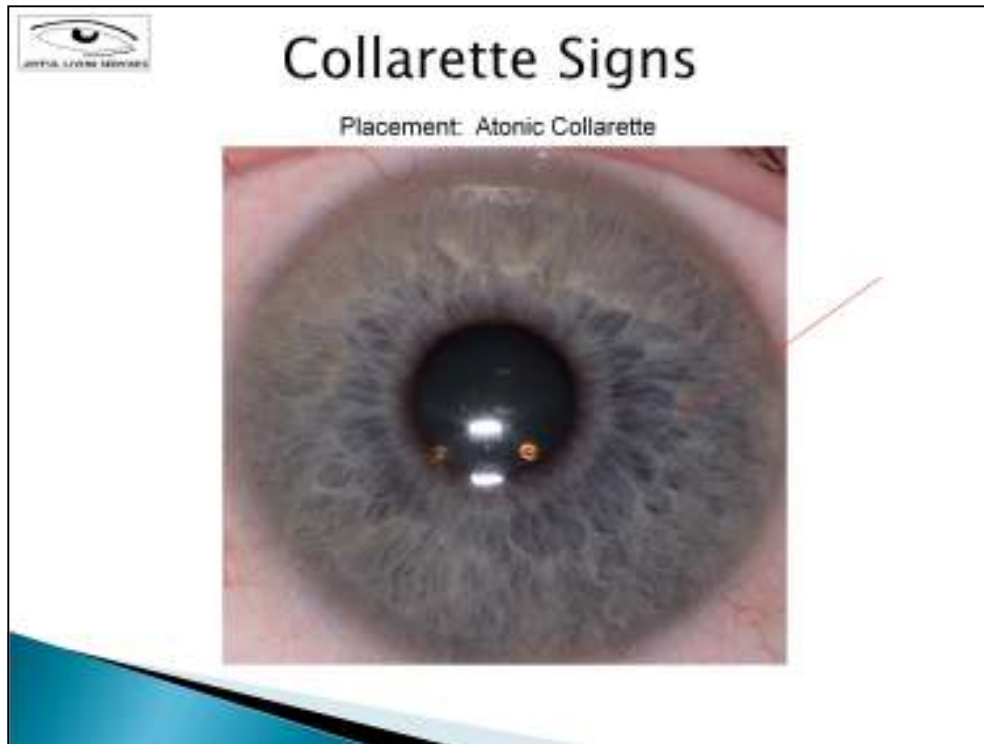
- The constricted collarette/wreath is very close to the pupil with little space between the pupil and the collarette.
- These people tend to hold in their feelings and never talk about them.
- They prefer to be alone rather than with people and often work at home.
- When they are with other people they are introverted with little to talk about.
- When having to express themselves, the person with a constricted wreath may suffer from inner tension.
- Physically these people tend to have bowel strictures or tight narrow areas of the colon that constrict bowel flow, causing constipation.
- The constricted collarette is usually found in the neurogenic iris subtype with very tightly woven fibers.
- These people are very sensitive.
- Foods such as the whole grains that are high in the B vitamins are most helpful. Yellow foods high in magnesium such as the yellow squashes are very helpful in calming the body and promoting good peristalsis. Constipation is often a magnesium deficiency. Foods high in soluble fiber such as raw vegetable salads and fresh fruits are excellent for promoting peristalsis.



### **Constricted Collarette**

- The constricted collarette/wreath is very close to the pupil with little space between the pupil and the collarette.
- These people tend to hold in their feelings and never talk about them.
- They prefer to be alone rather than with people and often work at home.
- When they are with other people they are introverted with little to talk about.
- When having to express themselves, the person with a constricted wreath may suffer from inner tension.
- Physically these people tend to have bowel strictures or tight narrow areas of the colon that constrict bowel flow, causing constipation.
- The constricted collarette is usually found in the neurogenic iris subtype with very tightly woven fibers.
- These people are very sensitive.
- Foods such as the whole grains that are high in the B vitamins are most helpful. Yellow foods high in magnesium such as the yellow squashes are very helpful in calming the body and promoting good peristalsis. Constipation is often a magnesium deficiency. Foods high in soluble fiber such as raw vegetable salads and fresh fruits are excellent for promoting peristalsis.






### **Atonic Collarette**

- The atonic collarette/wreath lacks tone. It is distended far out from the pupil and appears quite huge compared to the constricted wreath.
- These people are usually outgoing and very expressive. They are often called extroverts because they like to talk about everything.
- They enjoy standing up before a crowd and speaking publically. They make great actors, speakers, singers, or story tellers.
- Physically the person with a distended collarette is often constipated because the colon tends to lack tone and hold a lot of waste. Peristalsis or bowel movement is very sluggish.
- Many times are a polyglandular subtype. May have hormonal imbalances in the thyroid, pancreas, and adrenals and crave sweet foods or copious amounts of food without any discernment for quality in what they consume.
- Without proper diet their abdomens can become distended and may even appear swollen. Because the colon lacks tone, it can become ballooned in areas. Ballooned areas of the colon are like cesspools of stagnant old toxic material where parasites, bacteria, yeast, and fungal forms colonize.
- It's best if these people get on a diet of highly nutritious food and to eat smaller meals more often than to eat large meals at one time. If they take a lot of psyllium without drinking a lot of water, the gut can feel extremely bloated without the strength to push it through. Exercising the colon by massaging it regularly with a tennis ball starting from the lower right hand side of the pelvis and moving up along the ascending colon, across the transverse colon, and down the descending colon on the left is helpful in promoting good peristalsis and proper bowel flow. Yoga, Tai Chi, Qi Gong, and abdominal tightening exercises are also very beneficial.



### **Atonic Collarette**

- The atonic collarette/wreath lacks tone. It is distended far out from the pupil and appears quite huge compared to the constricted wreath.
- These people are usually outgoing and very expressive. They are often called extroverts because they like to talk about everything.
- They enjoy standing up before a crowd and speaking publically. They make great actors, speakers, singers, or story tellers.
- Physically the person with a distended collarette is often constipated because the colon tends to lack tone and hold a lot of waste. Peristalsis or bowel movement is very sluggish.
- Many times are a polyglandular subtype. May have hormonal imbalances in the thyroid, pancreas, and adrenals and crave sweet foods or copious amounts of food without any discernment for quality in what they consume.
- Without proper diet their abdomens can become distended and may even appear swollen. Because the colon lacks tone, it can become ballooned in areas. Ballooned areas of the colon are like cesspools of stagnant old toxic material where parasites, bacteria, yeast, and fungal forms colonize.
- It's best if these people get on a diet of highly nutritious food and to eat smaller meals more often than to eat large meals at one time. If they take a lot of psyllium without drinking a lot of water, the gut can feel extremely bloated without the strength to push it through. Exercising the colon by massaging it regularly with a tennis ball starting from the lower right hand side of the pelvis and moving up along the ascending colon, across the transverse colon, and down the descending colon on the left is helpful in promoting good peristalsis and proper bowel flow. Yoga, Tai Chi, Qi Gong, and abdominal tightening exercises are also very beneficial.



# Collarette Signs

Quality/Appearance of the Collarette

- ▶ Absent
- ▶ Thin and Wispy
- ▶ Thick and Ropey

### Quality/Appearance of the Collarette

- Absent (not visible) Wreath
- Thin and Wispy Wreath
- Thick and Ropey Wreath



### **Absent Collarette**

- The absent wreath is so thin that it will appear invisible to the viewer.
- May also be covered by the pigmentation of central heterochromia which will make the wreath invisible.
- Emotionally and in personality these individuals are very similar to people with a thin and wispy wreath. They may be more shy and timid.
- They may even be anxious and fearful of all types of situations in life.
- Have little digestive strength and tend to have stomach spasms.
- Because of their poor ability to digest and absorb their food, they become depleted in enzymes and nutritionally important vitamins and minerals.
- Depletion in vital nutrients causes exhaustion and fatigue. They may have little interest in food because they fear it will not digest well and cause discomfort.
- This can lead to eating disorders.
- In the classroom and in jobs, they need lots of kindness and encouragement.
- People with an absent wreath will benefit from all the foods, nutrients, and exercises of those with a thin wreath.



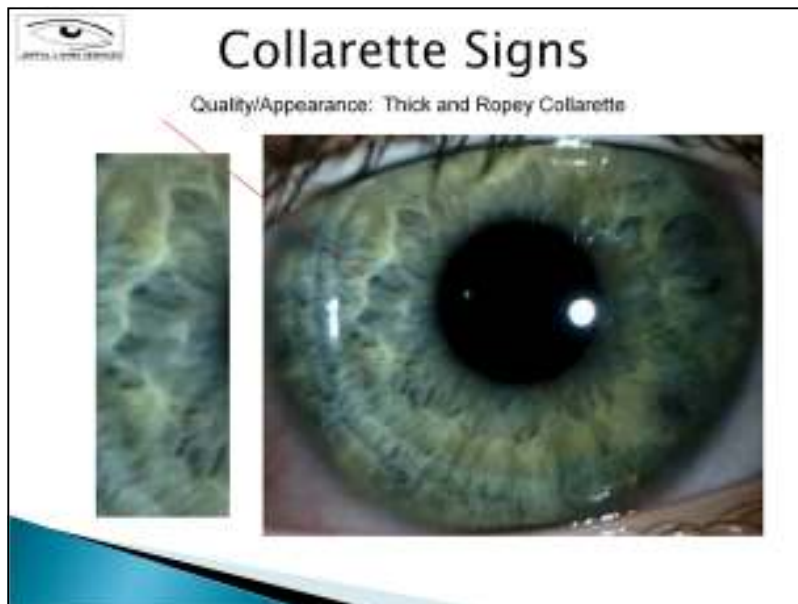
### **Absent Collarette**

- The absent wreath is so thin that it will appear invisible to the viewer.
- May also be covered by the pigmentation of central heterochromia which will make the wreath invisible.
- Emotionally and in personality these individuals are very similar to people with a thin and wispy wreath. They may be more shy and timid.
- They may even be anxious and fearful of all types of situations in life.
- Have little digestive strength and tend to have stomach spasms.
- Because of their poor ability to digest and absorb their food, they become depleted in enzymes and nutritionally important vitamins and minerals.
- Depletion in vital nutrients causes exhaustion and fatigue. They may have little interest in food because they fear it will not digest well and cause discomfort.
- This can lead to eating disorders.
- In the classroom and in jobs, they need lots of kindness and encouragement.
- People with an absent wreath will benefit from all the foods, nutrients, and exercises of those with a thin wreath.



### **Thin and Wispy Collarette**

- Thin and wispy collarette wreath appears very thin and almost wispy in the iris.
- Lack of nerve energy and are often timid and shy.
- Very sensitive and desire lots of peace in their lives.
- Physically they lack stamina and have difficulty enduring long hours of work without periods for rest.
- Digestive systems are very sensitive and tend to cause irritation. They have poor peristalsis with little energy to push food through and out of their bodies.
- Exercises such as walking, dancing, and jumping on a mini-trampoline can help these people to strengthen nerve tone in the digestive tract and throughout the body. Small meals of highly nutritious foods should be taken. Blended soups and salads are also well tolerated. B vitamins strengthen the nervous system. Oat straw tea and horsetail herb are high in silicon that is believed to strengthen the nervous system. Exercises in singing or public speaking can bring these people out of their shyness and help them to gain confidence.



### **Thick and Ropey Collarette**

- This collarette is ropey and appears raised can demonstrate a tendency for excessive nerve energy to the intestinal tract.
- These people may often come across as being quite strong with louder voices and a commanding presence. They seem to have lots of energy and are quite active. Children with this type may be loud and boisterous in school or at play and have excessive energy.
- Physically they tend to have excessive nerve energy in the bowel causing an over active digestive tract with cramping and diarrhea. Children complain of stomach cramps and babies often suffer from colic.
- Signifies excessive nerve energy which can consume the minerals that buffer acids.
- Lymph fluids are often acidic. Lymph nodes on the wall of the mesentery or covering the intestinal tract can become inflamed and cause severe abdominal pain.
- Inflammatory fluids in the intestinal lymph can harbor micro-organisms, cause fermentation, and may result in food allergies and sensitivities.
- These people may also have chemical sensitivities, be sensitive to changes in weather, or allergic reactions to pollens and dust.
- May suffer from arthritis and other rheumatic conditions.
- Pay attention to the areas of the collarette that are thicker than the rest of the wreath. Where the wreath is thicker the extra nerve energy can have an effect on the organ field just adjacent such as the heart or the adrenal gland and could cause heart palpitations or adrenal stress.
- People with a thickened collarette should be taught about the potential predispositions they have inherited. They should adhere to the nutritional plan that includes lots of alkalinizing vegetables and raw vegetable juices. Ground flax seeds or psyllium combined with bentonite clay in water will help to lessen the diarrhea and absorb toxicity. Slippery elm bark, marshmallow root, and fax seed tea are most soothing to over acidic, inflamed digestive tracts. Catnip and chamomile teas have been used for generations to calm the stomachs of babies with colic. Lady's Slipper (also known as nerve root) is a natural herbal remedy known to calm and soothe those that suffer from stomach cramps caused by nervous tension. Peaceful music, practicing meditation, and spending time alone in quiet can calm excessive nerve energy.





### **Thick and Ropey Collarette**

- This collarette is ropey and appears raised can demonstrate a tendency for excessive nerve energy to the intestinal tract.
- These people may often come across as being quite strong with louder voices and a commanding presence. They seem to have lots of energy and are quite active. Children with this type may be loud and boisterous in school or at play and have excessive energy.
- Physically they tend to have excessive nerve energy in the bowel causing an over active digestive tract with cramping and diarrhea. Children complain of stomach cramps and babies often suffer from colic.
- Signifies excessive nerve energy which can consume the minerals that buffer acids.
- Lymph fluids are often acidic. Lymph nodes on the wall of the mesentery or covering the intestinal tract can become inflamed and cause severe abdominal pain.
- Inflammatory fluids in the intestinal lymph can harbor micro-organisms, cause fermentation, and may result in food allergies and sensitivities.
- These people may also have chemical sensitivities, be sensitive to changes in weather, or allergic reactions to pollens and dust.
- May suffer from arthritis and other rheumatic conditions.
- Pay attention to the areas of the collarette that are thicker than the rest of the wreath. Where the wreath is thicker the extra nerve energy can have an effect on the organ field just adjacent such as the heart or the adrenal gland and could cause heart palpitations or adrenal stress.
- People with a thickened collarette should be taught about the potential predispositions they have inherited. They should adhere to the nutritional plan that includes lots of alkalinizing vegetables and raw vegetable juices. Ground flax seeds or psyllium combined with bentonite clay in water will help to lessen the diarrhea and absorb toxicity. Slippery elm bark, marshmallow root, and fax seed tea are most soothing to over acidic, inflamed digestive tracts. Catnip and chamomile teas have been used for generations to calm the stomachs of babies with colic. Lady's Slipper (also known as nerve root) is a natural herbal remedy known to calm and soothe those that suffer from stomach cramps caused by nervous tension. Peaceful music, practicing meditation, and spending time alone in quiet can calm excessive nerve energy.





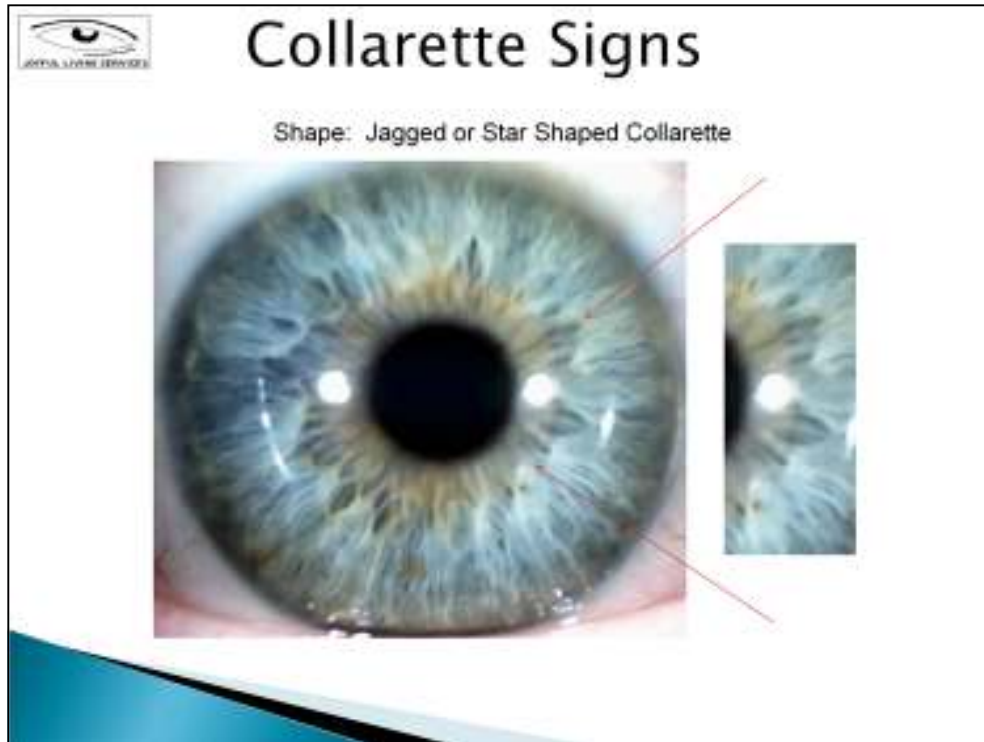
# Collarette Signs

Shape of the Collarette

- ▶ Jagged or Star Shaped
- ▶ Double
- ▶ Intermittent
- ▶ Square
- ▶ Raised Gateway Arch or Bridge
- ▶ Collarette w/Frontal Indentation
- ▶ Meerschaum
- ▶ V-line/Parallel Tracks
- ▶ Angle of Fuch's

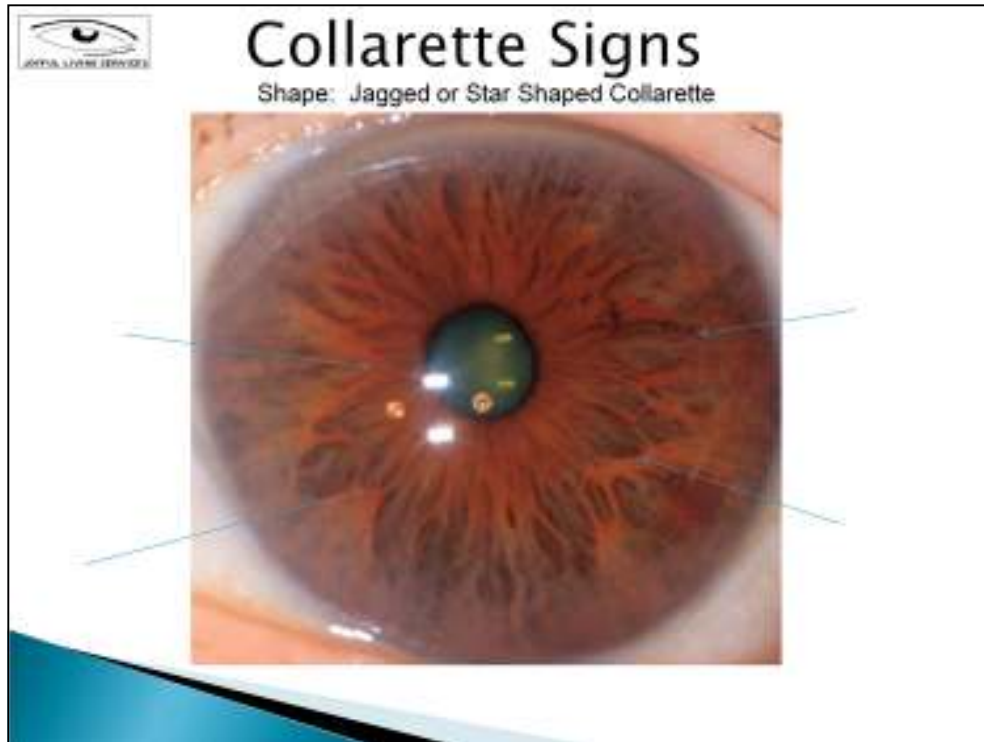
### Shape of the Collarette

- Jagged or Star Shaped
- Double
- Intermittant
- Square
- Raised Gateway Arch or Bridge
- Collarette w/Frontal Indentation
- Meerschaum
- V-Line/Parallel Tracks
- Angle of Fuch's



### **Jagged or Star Shaped Collarette**

- Tend to have swings from lots of energy to very low energy levels. Life can be super exciting when the energy levels are high and totally exhausting when energy levels are low.
- May seem happy and on top of the world one day and down and depressed on another day.
- Mood swings are apparently caused by blood sugar highs and lows and imbalance in nerve energy to the organs and glands.
- May become frustrated and have erratic or explosive behavior.
- We need to pay close attention to where the points and indentations are located. In both areas there will be a compromise in nerve energy to the organs or glands adjacent.
- Colon activity is often unpredictable with swings from constipation to diarrhea, which may be irritable bowel syndrome.
- Diarrhea may often worsen under extreme stress because there are often strictures in the bowel with tendencies for inflammation throughout the intestinal tract.
- Tend to have a lot of intestinal cramping and flatulence.
- This seems to be a genetic tendency.
- Diet should include a highly alkaline diet. They should avoid sugar, stimulants, alcohol, gluten, and pasteurized cow's milk. They should eat no more than two fruits per day, no fruit juice, lots of vegetables, and soaked blended nuts and seeds. Smaller beans, such as lentils and adzuki beans that have been soaked in water are often easier to digest. Proper food combining should be adhered to. Flax seed tea, slippery elm bark, and marshmallow root are very soothing for the digestive tract. B vitamins and minerals calm the nervous system. Chamomile tea calms and soothes the nerves.



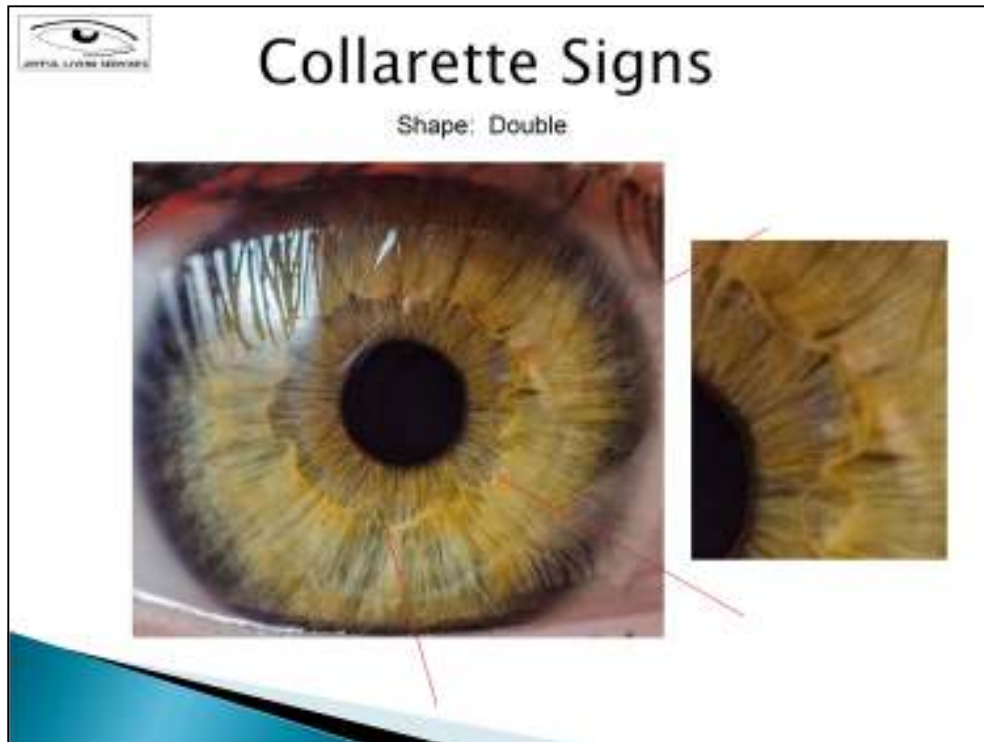
### **Jagged or Star Shaped Collarette**

- Tend to have swings from lots of energy to very low energy levels. Life can be super exciting when the energy levels are high and totally exhausting when energy levels are low.
- May seem happy and on top of the world one day and down and depressed on another day.
- Mood swings are apparently caused by blood sugar highs and lows and imbalance in nerve energy to the organs and glands.
- May become frustrated and have erratic or explosive behavior.
- We need to pay close attention to where the points and indentations are located. In both areas there will be a compromise in nerve energy to the organs or glands adjacent.
- Colon activity is often unpredictable with swings from constipation to diarrhea, which may be irritable bowel syndrome.
- Diarrhea may often worsen under extreme stress because there are often strictures in the bowel with tendencies for inflammation throughout the intestinal tract.
- Tend to have a lot of intestinal cramping and flatulence.
- This seems to be a genetic tendency.
- Diet should include a highly alkaline diet. They should avoid sugar, stimulants, alcohol, gluten, and pasteurized cow's milk. They should eat no more than two fruits per day, no fruit juice, lots of vegetables, and soaked blended nuts and seeds. Smaller beans, such as lentils and adzuki beans that have been soaked in water are often easier to digest. Proper food combining should be adhered to. Flax seed tea, slippery elm bark, and marshmallow root are very soothing for the digestive tract. B vitamins and minerals calm the nervous system. Chamomile tea calms and soothes the nerves.



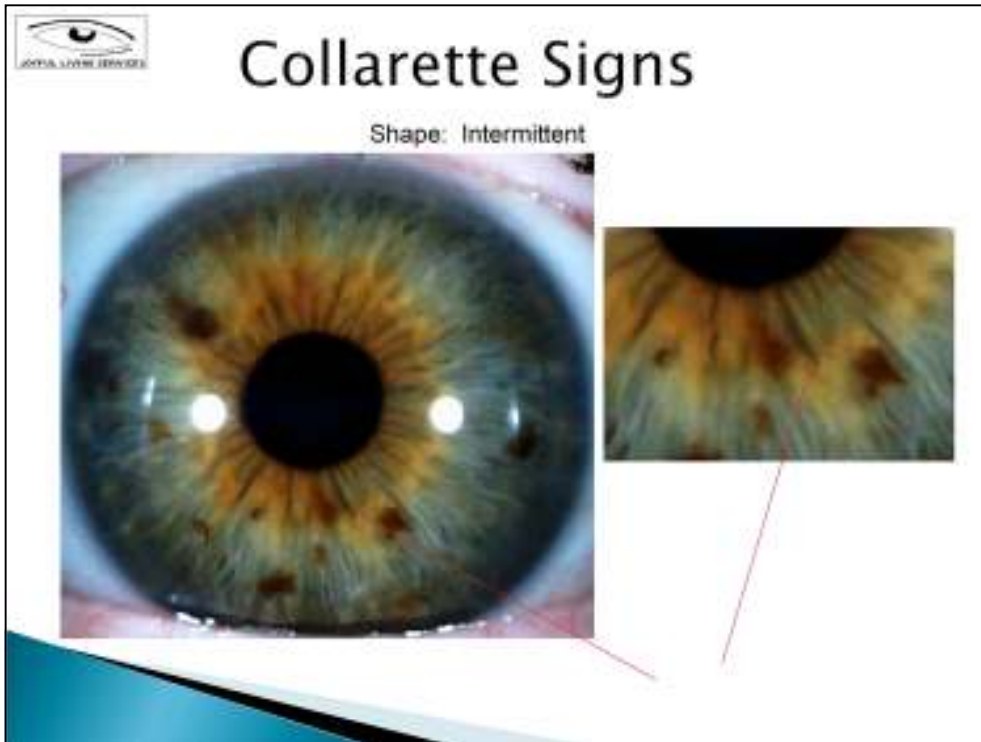
### **Jagged or Star Shaped Collarette**

- Tend to have swings from lots of energy to very low energy levels. Life can be super exciting when the energy levels are high and totally exhausting when energy levels are low.
- May seem happy and on top of the world one day and down and depressed on another day.
- Mood swings are apparently caused by blood sugar highs and lows and imbalance in nerve energy to the organs and glands.
- May become frustrated and have erratic or explosive behavior.
- We need to pay close attention to where the points and indentations are located. In both areas there will be a compromise in nerve energy to the organs or glands adjacent.
- Colon activity is often unpredictable with swings from constipation to diarrhea, which may be irritable bowel syndrome.
- Diarrhea may often worsen under extreme stress because there are often strictures in the bowel with tendencies for inflammation throughout the intestinal tract.
- Tend to have a lot of intestinal cramping and flatulence.
- This seems to be a genetic tendency.
- Diet should include a highly alkaline diet. They should avoid sugar, stimulants, alcohol, gluten, and pasteurized cow's milk. They should eat no more than two fruits per day, no fruit juice, lots of vegetables, and soaked blended nuts and seeds. Smaller beans, such as lentils and adzuki beans that have been soaked in water are often easier to digest. Proper food combining should be adhered to. Flax seed tea, slippery elm bark, and marshmallow root are very soothing for the digestive tract. B vitamins and minerals calm the nervous system. Chamomile tea calms and soothes the nerves.



### Double Collarette

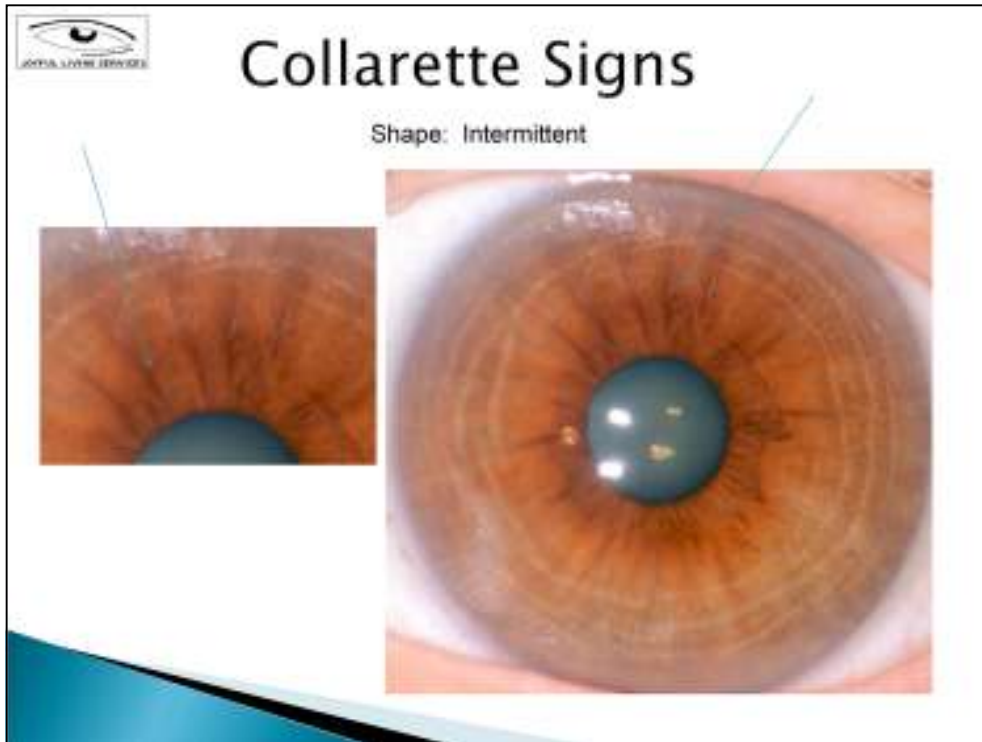
- Some people are born with a double collarette – two wreaths, one inside the other, running very close together.
- This may be all the way around, but in most cases it will be doubled only in some areas.
- These people are highly sensitive and usually very active.
- If the wreath is double across the transverse colon area they may suffer from feelings of irritability or anxiety as this area connects directly to the brain through nerve pathways and meridians.
- Physically these people are prone to abdominal spasms, hyper-motility in the intestinal tract, and diarrhea.
- If the wreath is doubled adjacent to the heart reaction field, it can cause rapid heartbeat (tachycardia).
- If the wreath is doubled adjacent to the adrenal gland area it can cause an over production of cortisol levels under stress.
- Next to the pancreas area, it may reflect the overproduction of insulin producing blood sugar highs and lows.
- Next to the thyroid field, it might reflect hyperactivity in the thyroid gland and all the symptoms that go with it such as weight loss, nervousness, and irritability.
- Sign is genetic.
- Ground flax or chia seeds can help to slow peristalsis and produce normal bowel movements. Psyllium if taken with lots of water can do the same. B vitamins and the omega oils will fortify the nervous system. Vegetables and whole grains high in fiber are most helpful. Lemon Balm and Motherwort are used by herbalists to soothe and calm the nerves, a hyperactive thyroid, and overactive adrenal glands. St. John's Wort or Klamath Weed is used in cases of anxiety and depression with wonderful calming results.



### Intermittent Collarette

- Appears broken in areas. Where it is broken the organ outside the wreath and adjacent will have a tendency to be deficient in nerve energy.
- People will usually feel lethargic with very little energy. Difficult for them to feel enthusiastic about beginning projects and then when they do, they lack the strength to complete them.
- Physically these people lack energy in the digestive tract.
- Very sensitive digestive system and possibly have enzyme deficiencies.
- Poor absorption of vitamins and minerals.
- Peristalsis is sluggish and bowel movements are difficult. This can cause abdominal bloating, cramping, and spasms after eating.
- They can feel a loss of appetite and become fearful of eating.
- Check to see which organs are being affected by the breaks in the collarette.
- A broken area adjacent to the gallbladder and liver reaction fields can further impede digestive ability. The liver produces bile that helps with the digestion of fats and the absorption of fat soluble vitamins such as A, D, E, and K. Bile is stored by the gallbladder and secreted as needed into the small intestine. The pancreas secretes digestive enzymes into the duodenum and sugars.
- Digestive enzymes are helpful to these people. Taking enzymes together with fatty foods is important to help with the utilization of fats and fat soluble vitamins. High quality oils such as flax seed oil and borage oils are very beneficial if taken with enzymes. Drinking raw vegetable juices high in enzymatic activity is very beneficial. Combining foods properly and chewing them well is important for proper digestion and absorption of nutrients. Blended soups and salads will assist with proper absorption of nutrients. Exercise that focuses on strength building is important and will improve energy levels if they are on a good nutritional program.





### Intermittent Collarette

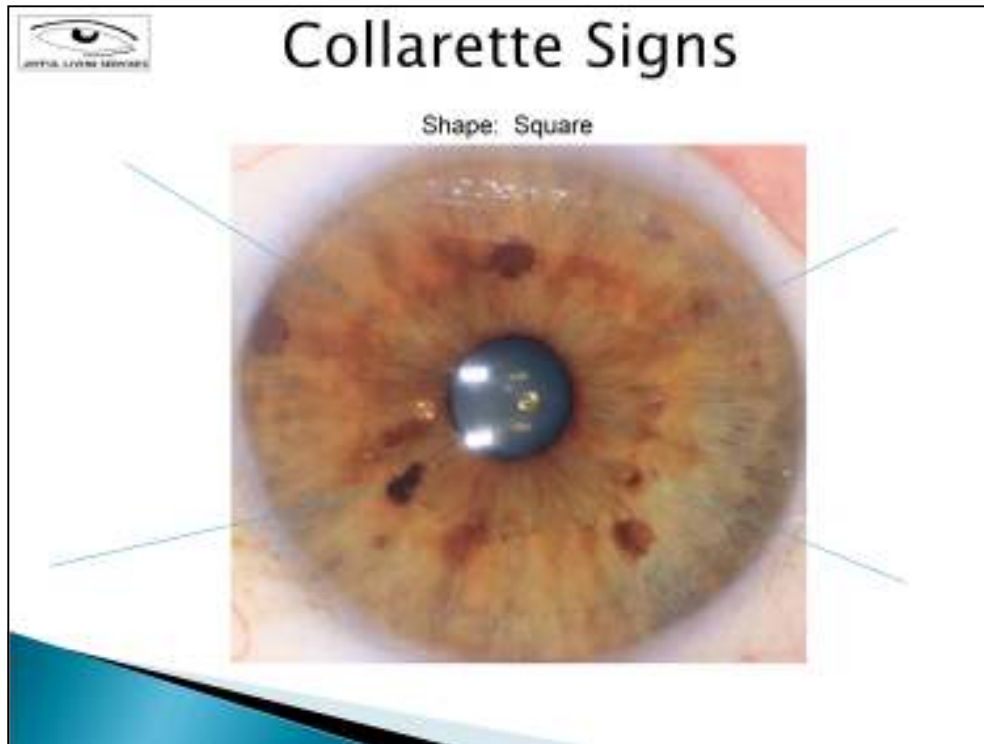
- Appears broken in areas. Where it is broken the organ outside the wreath and adjacent will have a tendency to be deficient in nerve energy.
- People will usually feel lethargic with very little energy. Difficult for them to feel enthusiastic about beginning projects and then when they do, they lack the strength to complete them.
- Physically these people lack energy in the digestive tract.
- Very sensitive digestive system and possibly have enzyme deficiencies.
- Poor absorption of vitamins and minerals.
- Peristalsis is sluggish and bowel movements are difficult. This can cause abdominal bloating, cramping, and spasms after eating.
- They can feel a loss of appetite and become fearful of eating.
- Check to see which organs are being affected by the breaks in the collarette.
- A broken area adjacent to the gallbladder and liver reaction fields can further impede digestive ability. The liver produces bile that helps with the digestion of fats and the absorption of fat soluble vitamins such as A, D, E, and K. Bile is stored by the gallbladder and secreted as needed into the small intestine. The pancreas secretes digestive enzymes into the duodenum and sugars.
- Digestive enzymes are helpful to these people. Taking enzymes together with fatty foods is important to help with the utilization of fats and fat soluble vitamins. High quality oils such as flax seed oil and borage oils are very beneficial if taken with enzymes. Drinking raw vegetable juices high in enzymatic activity is very beneficial. Combining foods properly and chewing them well is important for proper digestion and absorption of nutrients. Blended soups and salads will assist with proper absorption of nutrients. Exercise that focuses on strength building is important and will improve energy levels if they are on a good nutritional program.



### Intermittent Collarette

- Appears broken in areas. Where it is broken the organ outside the wreath and adjacent will have a tendency to be deficient in nerve energy.
- People will usually feel lethargic with very little energy. Difficult for them to feel enthusiastic about beginning projects and then when they do, they lack the strength to complete them.
- Physically these people lack energy in the digestive tract.
- Very sensitive digestive system and possibly have enzyme deficiencies.
- Poor absorption of vitamins and minerals.
- Peristalsis is sluggish and bowel movements are difficult. This can cause abdominal bloating, cramping, and spasms after eating.
- They can feel a loss of appetite and become fearful of eating.
- Check to see which organs are being affected by the breaks in the collarette.
- A broken area adjacent to the gallbladder and liver reaction fields can further impede digestive ability. The liver produces bile that helps with the digestion of fats and the absorption of fat soluble vitamins such as A, D, E, and K. Bile is stored by the gallbladder and secreted as needed into the small intestine. The pancreas secretes digestive enzymes into the duodenum and sugars.
- Digestive enzymes are helpful to these people. Taking enzymes together with fatty foods is important to help with the utilization of fats and fat soluble vitamins. High quality oils such as flax seed oil and borage oils are very beneficial if taken with enzymes. Drinking raw vegetable juices high in enzymatic activity is very beneficial. Combining foods properly and chewing them well is important for proper digestion and absorption of nutrients. Blended soups and salads will assist with proper absorption of nutrients. Exercise that focuses on strength building is important and will improve energy levels if they are on a good nutritional program.





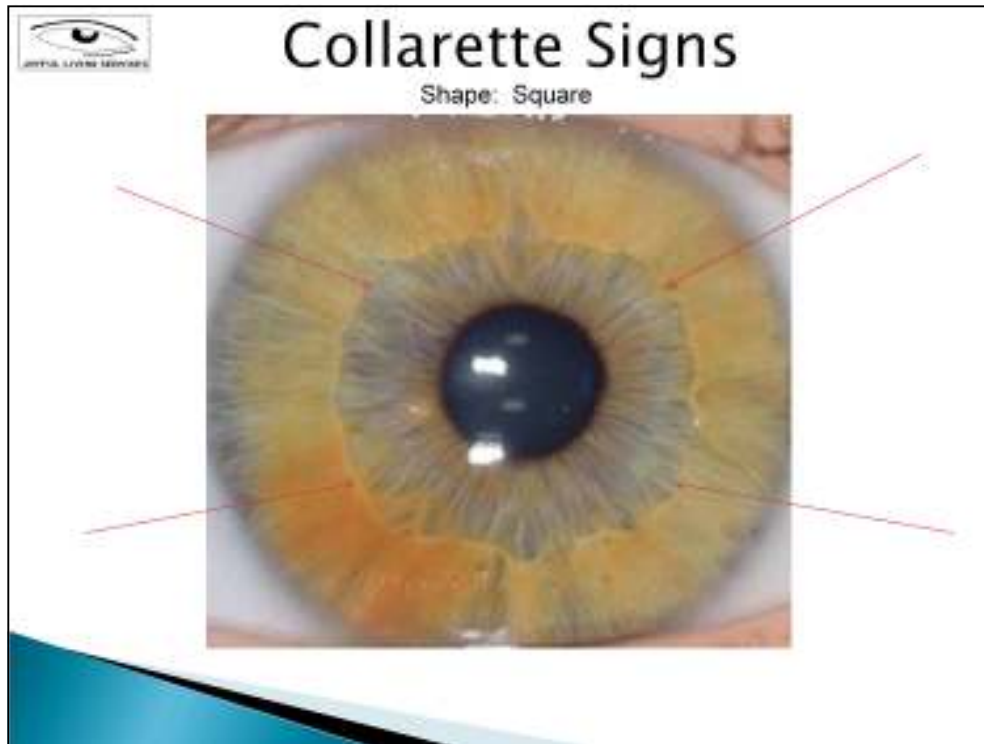
### **Square Collarette**

- Sometimes a person will be born with a square collarette.
- The collarette will square at the pancreas reaction fields thus there will be a compromise in nerve energy to the pancreas.
- Emotionally the person may have mood swings from high and excited to low and depressed according to blood sugar fluctuations.
- Physically the pancreas can become imbalanced producing hypoglycemia (low blood sugar) or hyperglycemia (high blood sugar)
- Check the adjacent pancreas reaction fields for further genetic pancreas information such as lacunae, crypts, or orange pigmentations in the pancreas areas.
- Can also be an indicator of lowered immune function, especially if it is raised and white or lighter in a brown iris.
- Too much sugar in the system can feed bacteria, fungus, yeast, and parasites.
- Too little sugar in the system can cause a person to feel lethargic and weak.
- Nutrition and exercise can go a long way in helping these people avoid the problems of their ancestors. They should eat small meals of high quality vegetables, whole grains, beans, and proteins throughout the day to keep the blood sugar in balance. These foods break down slowly in the body. These people tend to have an over acidic lymph system as well and need to avoid stress as that plays a huge role in causing acidity and blood sugar imbalance. Fresh air exercise and meditation on a regular basis with deep abdominal breathing help to reduce stress and balance blood sugar levels.



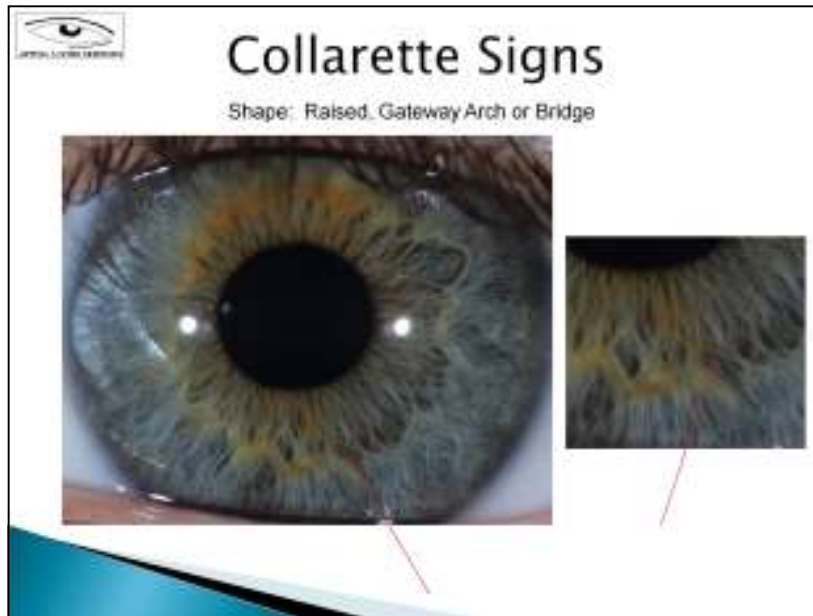
### **Square Collarette**

- Sometimes a person will be born with a square collarette.
- The collarette will square at the pancreas reaction fields thus there will be a compromise in nerve energy to the pancreas.
- Emotionally the person may have mood swings from high and excited to low and depressed according to blood sugar fluctuations.
- Physically the pancreas can become imbalanced producing hypoglycemia (low blood sugar) or hyperglycemia (high blood sugar)
- Check the adjacent pancreas reaction fields for further genetic pancreas information such as lacunae, crypts, or orange pigmentations in the pancreas areas.
- Can also be an indicator of lowered immune function, especially if it is raised and white or lighter in a brown iris.
- Too much sugar in the system can feed bacteria, fungus, yeast, and parasites.
- Too little sugar in the system can cause a person to feel lethargic and weak.
- Nutrition and exercise can go a long way in helping these people avoid the problems of their ancestors. They should eat small meals of high quality vegetables, whole grains, beans, and proteins throughout the day to keep the blood sugar in balance. These foods break down slowly in the body. These people tend to have an over acidic lymph system as well and need to avoid stress as that plays a huge role in causing acidity and blood sugar imbalance. Fresh air exercise and meditation on a regular basis with deep abdominal breathing help to reduce stress and balance blood sugar levels.



### **Square Collarette**

- Sometimes a person will be born with a square collarette.
- The collarette will square at the pancreas reaction fields thus there will be a compromise in nerve energy to the pancreas.
- Emotionally the person may have mood swings from high and excited to low and depressed according to blood sugar fluctuations.
- Physically the pancreas can become imbalanced producing hypoglycemia (low blood sugar) or hyperglycemia (high blood sugar)
- Check the adjacent pancreas reaction fields for further genetic pancreas information such as lacunae, crypts, or orange pigmentations in the pancreas areas.
- Can also be an indicator of lowered immune function, especially if it is raised and white or lighter in a brown iris.
- Too much sugar in the system can feed bacteria, fungus, yeast, and parasites.
- Too little sugar in the system can cause a person to feel lethargic and weak.
- Nutrition and exercise can go a long way in helping these people avoid the problems of their ancestors. They should eat small meals of high quality vegetables, whole grains, beans, and proteins throughout the day to keep the blood sugar in balance. These foods break down slowly in the body. These people tend to have an over acidic lymph system as well and need to avoid stress as that plays a huge role in causing acidity and blood sugar imbalance. Fresh air exercise and meditation on a regular basis with deep abdominal breathing help to reduce stress and balance blood sugar levels.

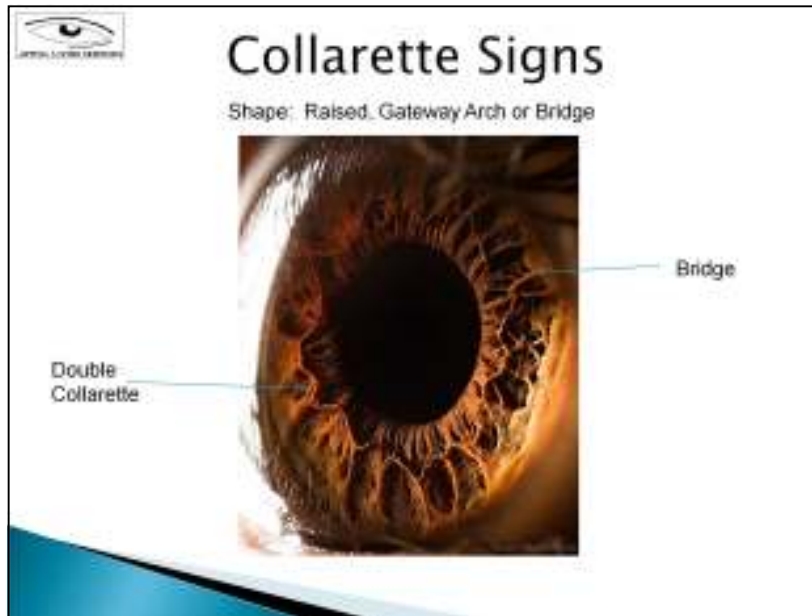


**Raised, Gateway Arch or Bridge**

A gateway arch or bridge is formed when a portion of the collarette is raised up over the surface of the iris and often over a lacuna.

This sign looks like an arch or bridge. It looks as if one could slip their finger or hand underneath the raised arch.

This sign represents a potential genetic tendency for blood sugar imbalances including hypoglycemia or diabetes.

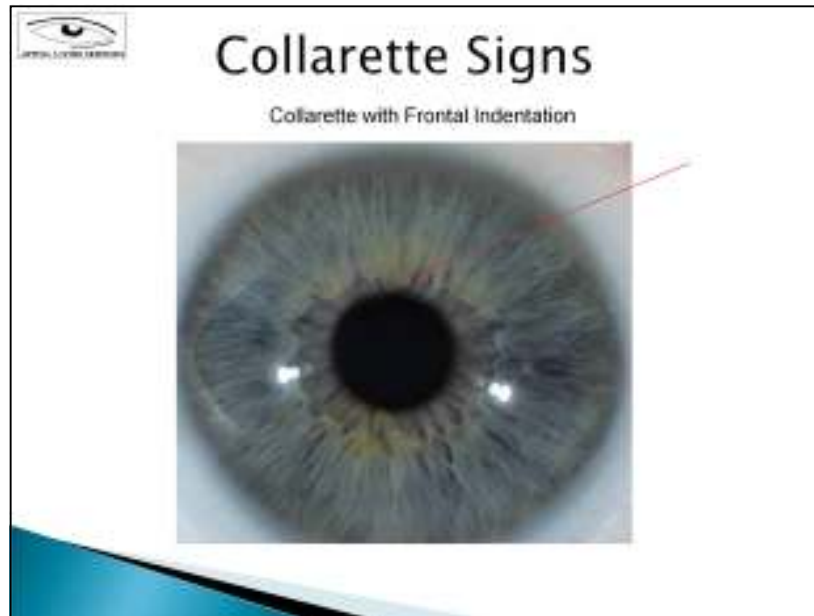


### **Raised, Gateway Arch or Bridge**

A gateway arch or bridge is formed when a portion of the collarette is raised up over the surface of the iris and often over a lacuna.

This sign looks like an arch or bridge. It looks as if one could slip their finger or hand underneath the raised arch.

This sign represents a potential genetic tendency for blood sugar imbalances including hypoglycemia or diabetes.



### **Collarette with Frontal Indentation**

- When the collarette wreath sags down toward the pupil across the top area that represents the transverse colon in both irises, it has often been pronounced as a sign of a prolapsed colon. However after reviewing colon x-rays of people that have this sign in the iris, we have found that a prolapsus is not always the case.
- The collarette is formed with the development of the embryo in the womb and is a genetic sign. Babies and children usually have not developed a prolapsed colon at such young ages.
- This sign might suggest a potential for a prolapse in that individual.

If a person does have a prolapsed transverse colon it can cause many physical problems and symptoms:

1. Pull on the stomach causing it to form into a fishhook shape at the bottom creating a cramped space where acids will pool and collect. Burning sensation in the stomach, possible acid reflux, or ulcers.
2. Colon will press on the bladder causing frequent urination.
3. Colon can put pressure on the ovaries in women causing menstrual cramping.
4. Colon can put pressure on the prostate in men causing frequent urination.
5. Gas, bloating, cramping may occur. Peristalsis may be sluggish.

### **Questions to ask your client if this sign is seen:**

1. Do you have abdominal cramping or pain?
2. Do you have stomach acids?
3. Do you have abdominal bloating?
4. Do you have constipation?
5. Do you have frequent urination?
6. Do you have cramping with ovulation or menstruation?
7. Do you have headaches?



### **Meerschaum Collarette**

- Meerschaum is a German word that describes a soft white mineral. The literal meaning of the word is sea foam.
- It is extremely white, like the meerschaum mineral.
- Usually a bit jagged and indented closely in toward the pupil.
- Looks like it's covered with snow.
- White means a potential for acidity, irritation, and/or inflammation.
- In this case the entire nervous system is affected as well as the bowel and digestive tract.
- Emotionally these people tend to be nervous, intense, often hyperactive and on edge.
- Physically they often suffer from abdominal spasms and intestinal cramping.
- They burn up minerals quickly.
- Without minerals, acids are produced. Stomach acids are common as well as gastro-esophageal reflux, and ulcers.
- Babies and children with the wreath have colic and stomach aches.
- Epilepsy is considered by many to represent a genetic tendency of those with this wreath.
- Epilepsy may be accompanied by a mineral deficiency of magnesium.
- Therapies that soothe and calm the nervous system are crucial such as yoga, deep abdominal breathing, learning to pace oneself, and quiet meditation. These people should avoid loud noises and highly stressful jobs. Foods should include plenty of alkalizing vegetables and vegetable juices. Nerve tonics made of wild lettuce, hops, valerian, scullcap, and skunk cabbage have been traditionally used to soothe the nerves. Taking liquid minerals and trace minerals for better absorption is helpful.





### **V-Line/Parallel Tracks Collarette**

- This is a combination of the jagged and double collarette wreath types in shape and characteristics with exaggerated tendencies.
- In this type of wreath, the collarette is extremely jagged and forms V shapes all or most of the way around.
- Along each V shape is a parallel double wreath forming the parallel tracks.
- If you were to draw double V shapes you would see how this collarette looks.
- Emotionally these people may be extremely anxious and suffer from panic attacks or nervous instability.
- They may experience sharp, shocking pains along nerve paths due to nerve inflammation and damage.
- Bowel activity swings from diarrhea to constipation with a propensity to inflamed mucus membranes of the intestinal tract.
- Pay attention to the organs at the peaks and indentations. These areas will suffer from compromised nerve energy.
- Nutritional and Lifestyle suggestions would be to follow everything suggested for those with jagged and double collarettes to help calm the nervous system and soothe the digestive tract.





### Angle of Fuch's Collarette

- This collarette is always thick and ropey.
- It is raised when viewed under magnification will look like a mountain range sloping down toward the nutritive zone.
- In some people this wreath will be so raised that it will appear as if it is almost disconnected from the iris surface.
- Emotionally these people seem to have a lot of energy and strong conviction in life due to increased nerve energy but they often over-expend their nerve energy and go until they drop from exhaustion.
- Physically there is often fermentation in the gut with overactive peristalsis swinging to underactive motility at times.
- Adrenal and pancreatic disturbances often accompany this sign with food swings and blood sugar highs and lows.
- A nutritional plan should include high quality digestive enzymes taken just before meals. Small nutritious meals of high quality foods that break down slowly and help to balance the blood sugar should be eaten throughout the day. This person should strictly avoid sugar and high glycemic foods, caffeine, and alcohol. Calming music and gentle exercises will help to soothe the nervous system.



### Angle of Fuch's Collarette

- This collarette is always thick and ropey.
- It is raised when viewed under magnification will look like a mountain range sloping down toward the nutritive zone.
- In some people this wreath will be so raised that it will appear as if it is almost disconnected from the iris surface.
- Emotionally these people seem to have a lot of energy and strong conviction in life due to increased nerve energy but they often over-expend their nerve energy and go until they drop from exhaustion.
- Physically there is often fermentation in the gut with overactive peristalsis swinging to underactive motility at times.
- Adrenal and pancreatic disturbances often accompany this sign with food swings and blood sugar highs and lows.
- A nutritional plan should include high quality digestive enzymes taken just before meals. Small nutritious meals of high quality foods that break down slowly and help to balance the blood sugar should be eaten throughout the day. This person should strictly avoid sugar and high glycemic foods, caffeine, and alcohol. Calming music and gentle exercises will help to soothe the nervous system.