RIDOLOGY

The Science and Practice in the Healing Arts

VOLUME II



BERNARD JENSEN, D.C., Ph.D.

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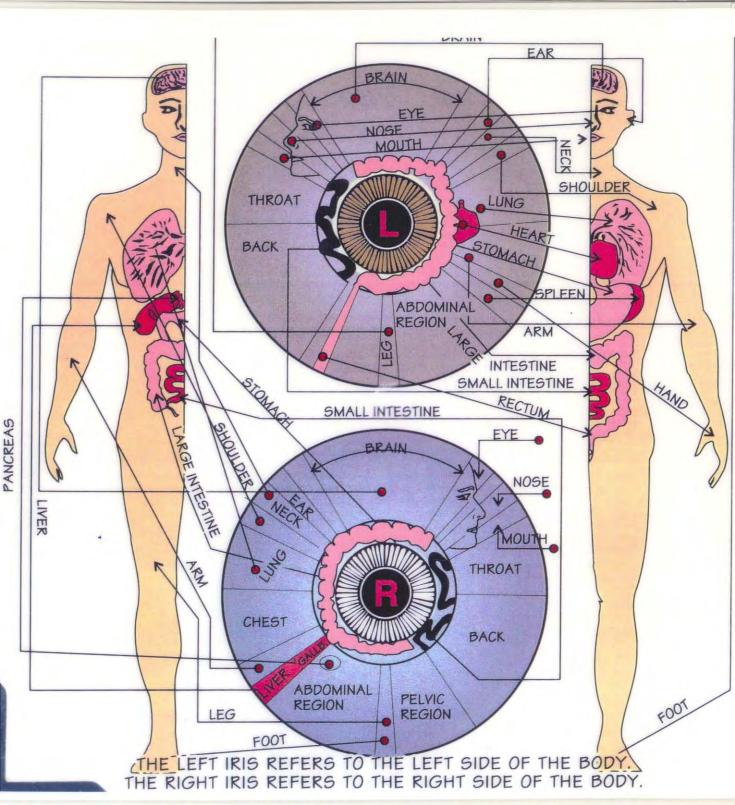
IRIDOLOGY

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VOLUME II

Bernard Jensen, DC

Bernard Jensen, Publisher



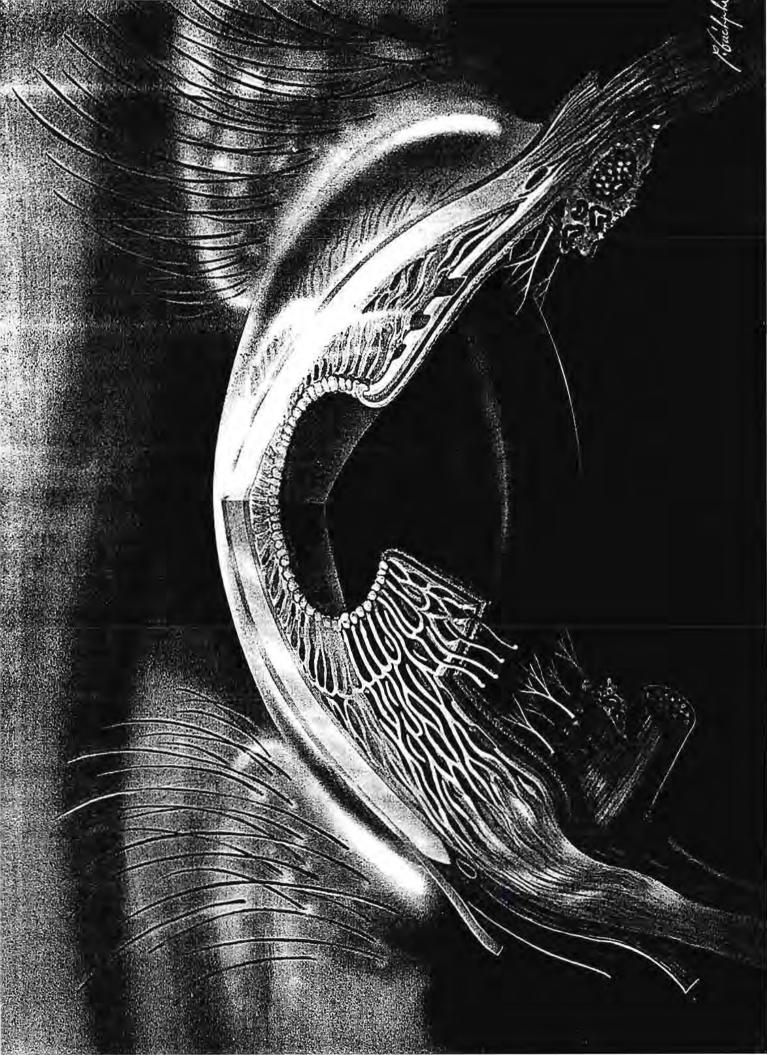
The information in this book is presented for educational purposes only as a text for the study of Iridology. It consists of the best information available to the author and is based on many years of study, experience, and research throughout the world. This information is not intended to be used for diagnostic purposes for any individual or condition except by a qualified health professional. In every case where a specific health problem exists, competent professional advice should be sought. Iridology should be recognized as a system of analysis which indicates the location and extent of inflammation in the body which a complete diagnosis may confirm.

First Edition

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I Believe

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I believe in iridology as the "eye" of the natural healing arts, the window through which the wholistic perspective on health becomes understandable.

I believe in iridology as a reliable means of assessing what is happening in the body. When we know what is happening in the body, we can choose the path to high-level wellness.

I believe in iridology as the analysis to use in any of the healing arts to monitor and evaluate how well a therapy is working.

I believe in iridology as the only analysis which reveals conditions before symptoms appear and shows abnormal conditions for which no symptoms will ever appear.

I believe in iridology as a wonderful means of demonstrating the rewards of choosing a healthy way of life, the ideal of preventive medicine.

I believe in iridology and nutrition as the twin guiding stars that will bring in a new profession equally uplifting for both doctor and patient.



Benian Justice

A personal look



On March 25, 1908, in Stockton, California, Jorgen Bernard Jensen was born to Eugen and Anna Jensen, both of Danish descent.

Early in life, young Bernard displayed the qualities needed for his future work. His penchant for being an analytical, critical, serious perfectionist blended with his sensitive,

competitive, spiritually-minded personality to arm him with an unusual perspective that opened the doors to the nonconventional life he was soon to enter. But before that path was set firmly, several intense learning experiences occurred which determined the direction he was to take.

Being his own worst obstacle, restless and never satisfied, he would rather study and read a book than eat or sleep. His father was a chiropractor, and young Bernard followed in his path. When 18 years old, he entered the West Coast Chiropractic College in Oakland, California. During his four years' study, Bernard burned the midnight oil while holding down as many as two outside jobs simultaneously. The strain was immense. The capacity to push forward, the ability to persevere doggedly toward a goal were firmly established—but at a price.

After receiving his diploma in 1929, he went into practice, opening his first office in Oakland, California. He focused intently on the task of his calling—to offer a helping hand to those suffering and in need. His devotion was complete, the hours long, his personal needs forgotten.

By this time, the sacrificing of many years began to demand attention. His health failed. At one point, he was given up to die. Doctor after doctor offered no remedy. Then a Seventh Day Adventist medical doctor presented a program of natural health maintenance to him that emphasized the return to pure, nature, and whole foods.

Following this program brought excellent results. He was soon on the way back to health and renewed vitality. A great turning point had occurred. To study nutrition and discover the laws of right living became his burning desire. As the healing of his own body progressed, he turned the experience of the wholistic approach toward the helping of his patients.

The results were dramatic. His attention was now riveted in this direction. Natural therapeutics became his healing mode, setting the pattern for the rest of his life. He began to travel extensively in search of more knowledge and information.

In Chicago, he took post-graduate work at the National Chiropractic College. Upon returning to California, he began an intensive study and investigation of the newly-introduced subject of Iridology.

Pursuing more training, Dr. Jensen traveled to New Jersey and studied the subject of Iridology in depth at a chiropractic-osteopathic college. Before graduation, he was required to draw 500 irides in detailed color.

The combination of natural health care and iridology proved to be a rewarding path for the young doctor to follow. In the 1930s, he met Dr. J. Haskel Kritzer (MD), who encouraged Dr. Jensen to study Iridology and, then, to set out on his career of teaching the subject.

He gave his first seminar in Iridology and Nutrition in 1931, at the Naturopathic Association Convention in Milwaukee, Wisconsin. Since that time, he has taught classes all over the world with more than 3,000 doctors attending. Many thousands of people, from all walks of life, have taken his teachings to heart. He has traveled around the world seven times, visiting every continent, in search of the ageless truths about health and well-being.

His keen mind and analytical approach were directed toward the investigation of all possible natural healing modalities. None escaped his attention, and he studied subjects ranging from Herbology, Homeopathy, Heliotherapy, and Hydrotherapy to Reflexology and many other drugless therapies. His experience with fasting was obtained from two medical doctors, Dr. John Tilden of Denver, Colorado, and Dr. George Weger of Redlands, California.

In Germany, he studied the methods of Father Kneipp and the healing powers of water. In Switzerland he studied with Dr. Ralph Benner of the Bircher-Benner Vegetarian Sanitarium in Zurich. Other training included studies of the eye, ear, nose and throat with Dr. John Harvey Kellogg (MD) of Battle Creek, Michigan. Others with whom he studied included Drs. Max Gerson, DeJarnett, and Stone, who applied the wholistic approach. For two years, he studied the science of mental traits known as Personology with Judge Jones of Los Angeles. Other important studies followed through his association with Drs. S. Claunch and Robert Jackson (MD) of Canada.

Of greatest influence was his association with Professor V. G. Rocine, a Norwegian homeopath, with whom Dr. Jensen spent over 10 years learning the art of how medicine comes from food.

Following the path of the great nature cure practitioners, Dr. Jensen operated his own health sanitariums in Ben Lomond, Alta Dena, and Escondido, California. It was the Hidden Valley Health Ranch in Escondido that provided the greatest opportunity for applying the rules of right living. People in search of health and rejuvenation came there from all over the world to learn the principles that Dr. Jensen believed in, practiced, and taught.

After having worked with over 350,000 patients, he firmly believes that nutrition is the greatest single therapy to be applied in the wholistic healing arts and that "We must treat the whole patient, not just the disease."

In recent years, he has become interested in discovering the secrets of longevity. In this pursuit, he studied and visited with many of the world's oldest living people, one of whom was 153 years old.

He visited the land of Hunza where there was no sickness, disease or doctors. He was invited to stay in the king's palace for 10 days while he conducted his studies of this incredible land and its many people who have attained 100 years of age or more.

Over the years, Dr. Jensen's work has been rewarded with many honorary degrees from all over the globe. In 1954, he was named Doctor of the Year in Portland, Oregon. In 1973, he was the recipient of the Ignatz von Peczely International Iridology Gold Medal award at a ceremony in San Remo, Italy. In 1974, he was recognized for his valuable contributions by doctors assembled in France. In New Zealand and the South Seas, he established the "Dr. Jensen 729 Clubs," where thousands of people go every month to learn his "How to be Healthy" programs. The clubs were formed to compensate for the lack of health care in an area where there were 729 people to every doctor.

In June of 1978, he was knighted into the Order of St. John of Malta for his humanitarian work.

In January 1982, he received the National Health Federation's Pioneer Doctor of the Year award at its Long Beach, California convention.

He has written over 25 books devoted to natural health care and iridology. His Science and Practice of Iridology textbook is recognized the world over as a classic on the subject.

Having retired from active practice in 1978, Dr. Jensen is now focusing his abundant energies on the publishing of several books representing his accumulated knowledge and experiences, while at the same time traveling extensively to teach classes in Rejuvenation, Nutrition, and, of course, his lifelong love—Iridology.



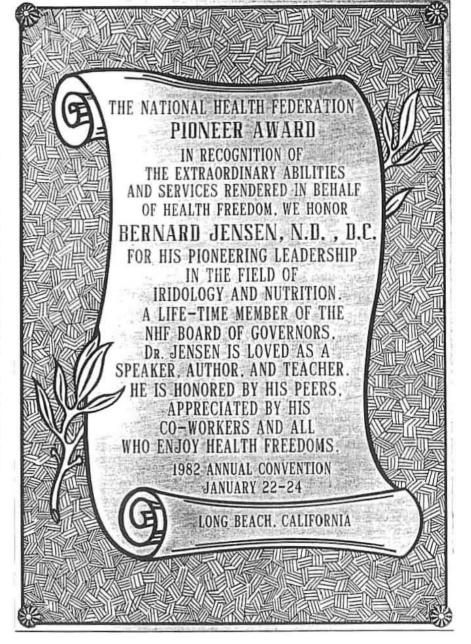
Dr. and Mrs. Jensen



Cross of the Order of St. John of Malta.

In pioneering any work there is controversy. New ideas often are automatically opposed. While I do not consider myself to be the author of this particular science, I do feel that my sanitarium work with wholistic ideas of treating people with homegrown foods and living the ideal life was a pioneer job. After a study of over 50 years working with ideals in my endeavor to prove and substantiate the theories and to practice what I truly believed in, I have seen the results come forth. I have found enough evidence that what I was doing was what humanity needed.

It has been a pioneer path all the way; but, out of this, I have only one wish and that is that society and the professions, in general, will also gather this spirit and pioneer into new paths to lower our sickness rate and lead a person on to healing and a better way of life.



DR. JENSEN KNIGHTED FOR HIS WORK

Monday evening, June 26, 1978. Presented by Prince Robert in New York City. Ceremonial Address...

For your consistent life efforts in study, travel and teaching, for your persistent continued efforts to raise health standards for nearly fifty years, we commend you for crusading a more healthful life to the people you have met. The acceptance wherever you have gone, the numerous books you have written that have reached so many people, are a testimony to your untiring efforts. Visiting the Hunzas of Pakistan, native studies in the South Seas, South America, and teachings in Australia, New Zealand, France, Italy, Russia, and various cultures in the world, is commendable. Your human endeavors have been outstanding in the refinement of the knowledge of foods to families and homes, to the profession for the natural care of ill health, especially in teaching preventive methods and of the discernment in detecting of ill health as found in the philosophy and theory of iridology.



The Sovereign Military and Hospitaler Grder of Saint Golm of Ferusalem.

The Foundation of The Gavereign Militrey and Roupitaler Ocder of Gaint John of Jerusalem, Knighto of Malta (E. amenical) and the United States Privry of The Ocder of Gaint Sahn, Knights of Malta, Founded in the Rague The Kingdom of the Netherlands, according to Legikalians laid down by Noyal Decree

For distinguished achievement and noble deeds, the Crand Master, Sovereign Bord of Che Sovereign Military and Hospitaler Order of Saint Golp of Gerusalem, Anights of Malta, and its realms, dominious, estates and peoples, by virtue of the powers residing in his person, does by these presents create and entitle you

Knight of Showed and Marity

in our most uncient and illustrious Order of Chivalry.

You are hereby authorized and enhowered to have, hold, and enjoy this dignity and rank, with the singular privileges and responsibilities thereinto appertaining, and to carefully and diligently discharge the obligations of such office.

Given at the Grand Chancellery of the Order of Saint John of Berusalem Anights of Malta, by the Grand Master, over his sign manual, and the seal of the Order on this 22 day of 1776 and the 73/4 year of the Order.

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A forward look



There are many things an author might wish to mention concerning his life's work, but it seems more appropriate to let that work speak through those who have been deeply touched by it during the course of their own lives.

I do not stand alone in presenting Iridology as a viable diagnostic aid and Nutrition as its inseparable twin counterpart in the healing process. During the course of my over 50 years of professional work, examining over 350,000 patients' eyes, I have come to feel it is not lack of humility on my part to imagine them standing beside me now in silent approval.

The following expressions are representative of the many letters and comments that colleagues, students, and patients have shared with me. It is my sincere hope that this is only the beginning of an ever-expanding circle.

DOCTORS

"Dr. Jensen's new book on Iridology is another milestone in the evolution and development of Iridology and should be gratefully received." John R. Arnold, DC, Camarillo, CA

"My experience with the science of Iridology is very gratifying and rewarding. Dr. Jensen has contributed and pioneered a very useful tool to Optometry, by validating and confirming diagnostic signs in the iris. He is a master teacher and very experienced lecturer on Iridology and Nutrition." H. F. Michael, OD, Los Angeles, CA

"I have a lot of respect and admiration for Dr. Jensen's work in the field of nutrition and natural healing." Barnett G. Meltzer, MD, Del Mar, CA

"I believe the science of Iridology deserves a prominent position within the healing arts. Dr. Jensen has pioneered this science which is truly an adjunct to the wholistic healing system." R. M. Meltzer, DC, New York, NY

"I marvel at your capacity for work and your terrifically productive nature. Your reward will be to see the book in circulation and acclaimed as the world's best work on Iridology." Maurice Archer, DC, Auckland, New Zealand

"I have been enormously impressed with Dr. Jensen, whom I have known for a number of years...I believe he is a true healer." Bruce W. Halstead, MD, Colton, CA

"In a world increasingly clouded by sickness, crime, and all manner of physical and mental uncleanliness, there exists a remnant, they being stewards of the manna who excite us to the finer and higher possibilities of life. Bernard Jensen is such a steward." Donald V. Bodeen, DC, Poughkeepsie, NY

"Dr. Jensen's philosophy of life and health are important to me." H. M. Janklow, MD, Santa Barbara, CA

The ideas and experience of Dr. Bernard Jensen, a pioneer in the field of wholistic healing, are required reading for doctors, for patients, and for the general public. Robert Mendelsohn, MD, Evanston, IL

"I probably have one of the earliest copies of Dr. Jensen's book—it has been at my right hand on my desk and is my constant source of reference. I look forward to his new edition." Martin R. Filmer, Homoeopathic and Naturopathic Practitioner, Johannesburg, South Africa

"As a compassionate, knowledgeable and radiant teacher, as a friend of nature and of people in all areas of the world and as a doctor whose leadership has done much to bring about the new age of holistic healing, Dr. Bernard Jensen has won the respect and admiration of all who know him." R.K.M. Cooper, Ph.D., ND, Pres. International Center for NaturoBioHolistic

Health & Medicine, Park Rapids, MN

"A very knowledgeable man in all aspects of health and the healing arts—with answers that very few doctors have for health restoration." A. Wollsieffer, DC, Albuquerque, NM

"I've read Dr. Jensen's book on Iridology after my own experience with Dr. E. S. Velkhover, who studied a French book on Iridology. Dr. Velkhover and I like very much your Iridology book." Dr. Fedor W. Romashov, Faculty of Medicine, Friendship University, Moscow, USSR

"Decades before the term 'wholistic' was applied to the healing arts professions, Dr. Jensen had incorporated the principles of wholism in his practice and his classes." R. H. Houser, DC, San Diego, CA

"Dr. Bernard Jensen is known throughout the world as the greatest man in Iridology. His work is outstanding and should continue for posterity's sake. His books will help improve the health of many people." H. Ray Evers, MD, Cottonwood, AL

"I am thrilled when I hear from a patient who has visited with you and gotten marvelous results from your dietary suggestions and counseling, despite having something which sounded quite life threatening. I commend your courage in treating these quite ill patients." A. Simon, MD, San Diego, CA

"As a practicing naturopath and iridologist, I have found nothing to compare with the accuracy of Iridology in helping my patients to heal their body." J. Olarsch, ND, Long Branch, NY

"When Iridology is mentioned, there is only one name that is universally recognized—Dr. Bernard Jensen. He has taken a criticized field and made a believable science out of it." Kurt A. Donsbach, Ph.D., Huntington Beach, CA

"In every activity of life, where what we know represents the boundary between the known and the unknown, there are individuals who so live as to push the boundary of the known outward. Such a man is Dr. Bernard Jensen, who has made the subject of his concern, the theory and practice of iridologymeaning iris fiber analysis. Humanity, in its quest for that harmony known as health, has been well served by his distinguished performance." P. Courtright-Whyte, OD, Oshkosh, WI

"Dr. Bernard Jensen is one of the really great doctors and comrades in arms in the battle for better health for the people, whose example and inspiration has been invaluable and without whose iridology teaching I would not want to be in practice." H. P. Saussele, DC

"Neither intellectually nor characterwise do I know a man with greater assets. Study his book and let him convey to you the blessings he can thus bestow upon you." Charles H. Gesser, Doctor of Homeopathy, Tampa, FL

"In translating and reading your books, it sounds like a parent taking care of her children." Director of the Canton Hospital, Canton, People's Republic of China

"A friend of mine in the Naval Reserve let me read your book on Iridology and I was quite impressed with not only the subject, but with the amount of advancement which Iridology has made!" C. E. DeLeon, DMD, MD (Hom), Cl. Psych., Dayton, OH "I owe a good deal of my success to the books and things I have read that you are doing and have accomplished in your life. We have been using iridology in our hospitals here and find that through iridology and the work on diet, we are able to coordinate and see many patients get well." Dr. Nicolaev. Moscow, USSR

"What I heard and read about iridology assures me of its absolute importance in helping mankind toward overcoming ills at an early date." Dr. Kazuhiko Asai, Asai Germanium Research Institute, Tokyo, Japan

"Dr. Jensen stands as the world's leading authority on the increasingly recognized science of Iridology. For over 50 years he has attempted to educate others on the value of iris diagnosis." Richard H. Tyler, DC, N. Hollywood, CA.

"We have found iridology to be most accurate and informative. We were astonished with the information. This was our first encounter with iridology and you have made believers out of us." Drs. Franco & Anita Columbu, DC, Los Angeles, CA. Dr. Franco Columbu is a great gymnast, professional boxer (usually KO'd opponents in 1st or 2nd round); power builder with phenomenal strength; pound for pound greatest weightlifter, lifts 750 lb overhead (he's 5'5"); Mr. Olympia.

"While doing a physical examination and patient workup, it is so easy to look at the iris and get some ready clues about constitution, weaknesses, past dietary habits, organ involvement, patients' general nervous system and then finish the exam. It is too bad that more physicians do not know how to read this 'terminal' of the body's computer. Hopefully Dr. Jensen's new book and the expanding interest will make this available to more of us." Harry A Lusk, MD, Los Angeles, CA

"It is marvelous to know that after years of health searching, we can learn from such a man as Dr. Jensen. He presented a plan for healthy living which we are making a reality." Helen Wedemeyer, Redondo Beach, CA

"Dr. Bernard Jensen has devoted the majority of his life to the study, research and teaching of iridology. His dedication and driving force in this study reveal an unselfish endeavor to assist people in a better understanding of their physical, mental and spiritual unfolding." Lynne B.Johnston, an ardent student and qualified teacher of Iridology, Mesa, AZ

"Dr. Jensen's Iridology courses are profoundly informative and inspiring!" J. Casey, Fairfield, 1A

"Iridology should be taught in every university." L. Price

"Dr. Jensen shares from his cornucopia of life; he inspires, excites, educates, accepts, challenges. To have studied with Socrates or Hippocrates would have been no more illuminating—he is a man for our time." S.J.

"I have learned more in the few days of the Iridology course than in the last 20 years of searching for ways to better health." Faye Cerepa

"Dr. Jensen truly inspired me. As a chiropractor, I have begun to realize the vast wonder of a healthy body." Larry Shea, DC

"Looking forward to having Dr. Jensen's new book in my library, next to all his other wonderful books. There is priceless information in all areas of wholistic medicine." H. R. Fisher

"I just want to say 'thank you' for the Iridology seminar in Cambridge, England, last May-I learned a lot and really enjoyed it!" D.M., London, England

"I would like to sincerely express a great 'thank you' for all the knowledge which you have given me through your admirable book, for this knowledge became keys which opened closed doors for me. From a student to his teacher for all the knowledge which I'm receiving through your book." Kostas Kohylac, Athens, Greece

"I truly wish that I understood Iridology as you do. But I guess there is only one Dr. Bernard Jensen!" Jeffrey Elliott, San Jose, CA

PATIENTS

"Dr. Christian Schaller, Geneva's foremost homeopathic physician and iridologist shares wholeheartedly my enthusiasm about your work." Ms. E. Campbell-Tiech, Geneva, Switzerland

"It is hard for me to express in mere words the depth of my thanks to you for how profoundly you have changed my husband's life. I believe you have set him on the course which will lead him out of his illnesses." Mrs. M. Zolan

"Thank you for your teaching me how to care properly for my 'temple." Katherine MacGregor, Actress

"Dr. Jensen's many books have made it possible for me to do the seemingly impossible—to be a new mother, a housewife and a professional actor/producer—to be in good health and enjoy it. My life changed for the better when I became a patient of his." Susan Clark, Actress

"A born observer." Dennis Weaver, Actor

"Once arthritic, being promised a life of pain, crutches and wheelchairs. After 40 years, still straight as a die." Eulah Null, Seal Beach, CA

"May God bless Dr. Jensen for all his time, concern and dedication to a science which can be the basis for better health for each of us." Mrs. K. Reynolds, Lodi, CA

"If I do not live by your fine teachings, which I feel privileged to have been exposed to, then my diminishment is self earned." E. M., Camden, NJ

"Your influence and graciousness have made my life full, and I have something to stand for. You also give me energy."

J.R., New York, NY

"I have learned much about taking care of my body (while at the Hidden Valley Health Ranch) by learning of my weaknesses through your iridology analysis; and in using the proper foods to heal and grow with; this made 1981 the best year of my life!" L. Wanjoff, Castlegar, BC, Canada

"I am so grateful to Dr. Jensen, whom I credit with my recovery. It was like a miracle that shortly after returning home I could walk without the crutches." Madeline Goldberg, New Orleans. LA

OTHER FRIENDS

"There is warmth and honesty in Dr. Jensen's plain and clear language which suggests that the iris, this marvelous tool which links us to the miracles of the world around us, is also the mirror of the world within us." Fred Lux, Attorney, Greenwich, CT

"Dr. Jensen's books have done more than anything to focus the attention of health-minded people of the country. May his new book on iridology have the same power of persuasion." V. E. Irons, Cottonwood, CA

"Thank you so much for the wonderful reports you are sending to me. Each one of my clients is very happy with them." Stanley Weinberger, Colon Hygiene Center, Larkspur, CA

"I am presently living in Oklahoma and would deeply appreciate your advice and assistance in any way to further your lifelong work, as it saved my life." Yvonne Farewell, Del City, OK

"I sense a quickening atmosphere of the whole holistic scene in America, and I believe that a good share of it is due to your sensitive work in providing the framework for so many to know which way to go." J. Tropp, New York, NY

"Dr. Jensen is to be congratulated on his enterprise and achievement-it can be recommended confidently students of Iridology and lecturers who want a reference book on Iridology. The professor from Canton (China) Hospital wrote to me to say that he was impressed with your lectures and they were very pleased to acquire the knowledge from you. The doctors who attended your lectures convey their thanks to you. "S. T. Young, Homeopath, Essex, England

"If I were to describe Dr. Jensen in one word, I would choose 'peacemaker.' He helps his students make peace with their bodies, spirits, environment, family and neighbors. He is a crusader for health freedom."

Clinton R. Miller, Executive

Director, National Health Federation.

"I want to thank you for very interesting courses in Iridology. It has given me and my patients a lot more than I expected." Kjell Soderlund, Gjutaregatan, Sweden

"Your research into Health and Nutrition benefits many people, and I hope you will be able to keep up your wonderful contributions to the entire health field for many years to come." David Kalms, Los Angeles, CA

"My heartfelt gratitude to you, Dr. Jensen, for all you have done in the health field, a lifetime of wonderful service to mankind." La Dean Griffin, Author, Iridologist, Salt Lake City, UT

"I have been a follower of yours for several years and recently purchased your classic work on Iridology. It is magnificent!" D. B. Schuler, North Tonawanda, NY

"We are great admirers of your work." R. Katz & P. Kaminski, Co-Directors, The Flower Essence Society, Nevada City, CA

"Dr. Jensen is one of the great, great health teachers and advocates." Dian Dincin Buchman, Author

"Sometimes I feel that we who are advocating better nutrition are fighting an almost hopeless battle. But when we meet and listen to people like yourself who are the apostles of the new realistic health concept, I feel that it is all well worthwhile." (Sir) D. M. Robinson, Former Mayor of Auckland, New Zealand

"Dr. Jensen is a dedicated teacher, researcher and humanitarian. He is undoubtedly one of the most important people in this country in the holistic health and iridology fields." A. Bodin, Former Program Director, Omega Institute

"We are finally getting back to normal after your fantastic visit to our country which created a tremendous stir amongst the professional people who attended your seminars." F.v.Kraayenburg, Broederstroom, South Africa

"In the beginning it was called pure hoke and with wry amusement many in the medicalscience field believed that the study of the iris would pass from view in due course. Dr. Bernard Jensen's research in the field has withstood the attacks of the critics who were earlier convinced that iridology was a fading dream." R. K. Stacer, Attorney, San Diego, CA

"Dr. Bernard Jensen is without peer in the field of Iridology. His latest work is definitive and must reading for all." Ms. Rhoda Koeppel, Counsellor at Law, Mincola, NY

"Your teaching is a blessing to the world. It provides a way for people to help themselves." Hugh Wayman, DC, Salt Lake City, UT

"I feel this book should be in every public library and every home in America." Bilton Brunings, Ph.D., La Mesa, CA

"The study of iridology is fascinating and rewarding. I am really excited and want to learn all I can. May God bless you for all your time, concern and dedication to a science which can be the basis for better health for each one of us." Kathryn Reynolds, Lodi, CA

"We teach Iridology, and are looking forward to the new iridology textbook with great anticipation."Dorothy Nad & Jim Marshall, ND, Canadian College of Natural Healing, Nepean, Ontario

Acknowledgments

The publication of this volume has taken many years, not only for writing, editing, photo selection, typesetting and printing, but also for those less visible, but equally important, factors such as my many classroom discussions with students, conferences over chapter topics, endless hours of research, numerous chapter revisions, criticism from colleagues and those invaluable sparks of inspiration that have come from on high when they were most needed. I am indeed indebted to many people who have contributed many hours of tireless labor in putting together this work, especially the following:



ELENA ADAMS

Typist, whose ever-willing hands typed the countless pages of transcriptions.



SCOTT ALLEN

Artist, whose skillful hand brought clarity to many of the illustrations, both conceptual and anatomical.



DR. JOHN ARNOLD

Colleague, close friend through many years, who was once my professor. He has also been my most loyal critic, whom I appreciate beyond words for his encouragement and support.



SYLVIA BELL

Office manager, whose tireless efforts in constantly shifting and correlating my time schedule enabled me to accomplish two days of work in one calendar day.



THELMA CARLYSLE

Medical researcher and specialist in scanning photomicroscopy whose remarkable photographs have made this book more valuable by providing us with greater insight into the complex nature of the fiber structure of the iris.



DOUGLAS DAVIS

Writer/editor, whose expertise with language has brought order out of chaos as a mountain of material evolved into manuscript.



DEBRA DIOGO

Art director, graphic designer, research assistant, who nurtured so many seed thoughts to rich visual and verbal expression and who stimulated and encouraged all of us to clarify our ideas.



MICHAEL DIOGO

My associate in iridology, without whose support, untiring efforts and many talents this work could not have been accomplished.



GEORGIA HERSHBERGER

Secretary, typesetter and paste-up artist whose versatility and commitment to excellence has contributed greatly to the integrity of this work.



KATHLEEN JANOFF

Secretary, who patiently typed letters and manuscripts and who transcribed the seemingly endless tapes.



ART JENSEN

General manager and loyal son, who kept everything running smoothly, from typewriters to typesetting equipment.



DAVID JENSEN

Publications advisor and loyal son, who has shared freely his printing knowledge.



MARIE JENSEN

My wonderful wife who epitomizes the saying that "behind every great man there is a great woman."



ELEANOR JOHNSTON

Long-time friend and perceptive advisor.



LYNNE B. JOHNSTON

Iridologist, Reflexologist, devoted friend and associate, whose insights have aided countless students of Iridology.



BRENT JUMEL

Iridologist and valuable assistant in all departments who has been ever ready to help the work along.



WADE KONIAKOWSKY

Graphic designer, whose talents and innovative approach are manifest in the design of this book.



BILL McMAHON

Optical designer and president of Expanded Optics, Inc., who collaborated with me on the development of the Jensen Iriscope cameras which have enabled us to produce the remarkable iris photographs presented on these pages.



CHERYL REGALMUTO

Graphic designer and artist whose talents and efforts were a welcomed addition in the completion of this book.



PAULINE J. SCHECHTER

Editor/proofreader whose assistance proved invaluable in the final days of production.



FRAN STANFIELD

Production editor whose capable hands and clear vision guided the many diverse elements of this immense project to completion.



DR. RICHARD TYLER

Colleague, Chiropractor, and valued friend, whose knowledge of Iridology has enabled him to monitor the manuscript with a critical, yet understanding eye.



RICHARD WULLAERT

Scientist/engineer who is adding computer scanning to iridology's instrumentation.

I would also like to acknowledge my appreciation to Diane Newsted-Watson, graphic artist; Leslie Goldman, writer/editor; Jeffrey Elliott and Pham Bach Phi, artist, of Jeffrey Elliott and Associates, for beautiful airbrush renderings; and of course, many of the most important contributors to the success of this book are my patients; Val and Michael and Eulah, and the hundreds of other patients and my students whose iris photographs and case histories have enriched the book immeasurably.

To these and even to my critical peers who may not accept all that I have presented, I give thanks. I realize it is not possible to please everyone, and in the end it is necessary to be bold enough to step forward and say, "I have done this my way—but I have not done it alone."

I What is iridology?

1	History of iridology and chart development	2
	How It All Started; The Hall of Fame; Iridology and the Law; Intrinsic Value of the Chart; Charts from Various Countries; Dr. Jensen's Chart Development; Earliest to Latest Chart; Zone Determinations; Grids to Fit Average Iris	
2	Whole system for the whole man	61
	The Four Principles of Healing: Nerves, Blood, Rest, Mechanical and Chemical	
3	Science of bringing light to dark places	67
	Replacement Therapy; The Evolved Way of Living	
4	Iridology: other viewpoints	71
~	Reaffirmation After Thirty Years in Iridology by R. M. McLain, DC; Iridology Aids Optometry by Wayne L. Hines, OD; Correlating Diversified Diagnostic Concepts by Richard H. Tyler, DC; Iris Diagnosis—A Physiological Evaluation by Paul Callinan, B.Sc., ND, DO; The Scientific Background of Iridology by Paul Courtright-Whyte, OD; Russian Studies	
5	Theory and philosophy of iridology	83
	What is Normal? Nutrition—Key to Tissue Repair; Classifying Fingerprints for Crime Detection; Inheritance Iris, a Natural Phenomenon	
6	Vital principles of iridology	91
	What Iridology Does Not Do; Law of Cure; Drugs; Unity of Symptoms; 13 Healing Signs; Health Level; Infections; Biochemic Needs; Constitution; Acid Levels	
(7)	Fundamental iris markings: a new world language	99
9	Physiology of Iris Signs; Constitution; Landscape of the Iris; Basic Iris Topography; The Language of the Eyes; Toxic Settlements; Cholesterol Ring; Radii Solaris; Anemia; Senility; Diverticula; Nerves	
8	Anatomy of the eye	133

Major Features of the Eye's Anatomy; The Iris; Development of the Eye in the Embryo: Human and Chicken; Muscles and Nerves of the Iris; Insect and Bird

Eyes; Eyesigns in the Pigeon World

1

2	Subclinical manifestations: a doctor's dilemma Buried Symptoms	383
3	Bowel conditions Parasites; Ballooning, Prolapsus; Diverticula	397
4	Tissue cleansing Prevalence of Bowel Problems; Detoxification; Colema Board	407
5	Body oxygenation The Bronchial Story; Asthma; Bronchial Catarrh	417
6		423
7	Glandular functions and the metabolic process Phobias; Thyroid	431
8	Drugs, psora and miasms Psora; Accumulations; Side Effects and Time-Bomb Effects; Distilled Water; Miasms; Natural Elimination; Difficult Eyes to Analyze; Sodium; An Iridology Phenomenon; Spider Effects from Drugs	435
9	Abnormal growths, operations, injuries and wounds	449
10	Brain—the human computer The Magnificent Computer; Soul Faculties and Brain Centers; Garbage In—Garbage Out; Stress In—Dis-Ease Out; Brain Structure; Brain Function; Right and Left Sides of the Brain; Bilateral Balance; Equilibrium and Epilepsy; The Motor/Sensory Cortex Area; Gall's Studies; Personology and Personality; Rocine's Work on Brain and Soul; Rocine's Brain Centers; Brain Areas in the Iridology Chart; Faculties of Mind; Mind Over Matter; Psychology and Health; Mind and Body; Healthy Mindedness; Unfolding the Great Within; An After Thought: The Glance of the Eye; Expansion Ideas of Brain Areas in the Iridology Chart; High and Low Level Expressions in the Brain Areas as Compared to Hyper and Hypo Activities; Project Six; Brain Flairs	453
11	Anemic conditions	497
10	Venous Congestion; Arcus Senilis—Its Effect on the Whole Body	
12	Gravitosis: the new disease Its Effect on Every Organ in the Body: Corrective Measures	501

U

Manifesting conditions and symptoms (cont'd)

13	Reflexology and neurogenetic syndromes Our Genetic Inheritance; The Nervous System and Vibration; Nutrition and Vibration; The Evidence from Iridology; A Reflex System within a Reflex Form of Analysis; Reflex Arc	507
14	Genealogy and genetic factors Twin Study No. 1; Twin Study No. 2; Triplets	513
IV	Case histories Patient Complaints Compared to Iris Analysis	521
V	Science at work Scanning Electron Microscopy; Computers and Iridology; Future Thoughts; Advanced Computer Studies by R. Wullaert; Harry Grimes' Developments	535
VI	Practice of iridology The Iridology/Nutrition Connection; The Implications of Nerve rings; Photography; Grid Studies; Future Study	551

Illustrations and charts

	Iris markings as agreed among iridologists	9	Glandular system table of symptoms	264
	Iridology charts	11-59	Thyroid gland in anatomical position	267
	"Blessings of Nature"	60	Healthy thyroid, enlarged thyroid	268
	Dr. Jensen's Wheel of Health	64	Fight or flight syndrome	271
	Iris/organ areas	65	Reproductive System/Iris Chart	277
	"Bringing Light to Dark Places"	66	Female reproductive system with normal	277
	Cross-section anatomy of the iris	100	and prolapsed colon	
	Variations in iris lesions	105	Reproductive system table of symptoms	278
	Persian rug, Chinese characters	107	Male reproductive system, prostate detail	279
	Markings in the iris	113	Digestive System/Iris Chart	285
	Cross section of the eye	135	Digestive system table of symptoms	286,287
	Cross section of the iris	135	The alimentary canal	288
	Diagram of rods and cones	136	Blood supply to the colon	289
	Rods and cones, artist's interpretation	137	Small intestines and enlargement of villi	291
	Four stages of tissue activity in the iris	139	Nervous System/Iris Chart	299
	Embryological development of the eye	142,143	Nervous system table of symptoms	300.301
	Eyes as extension of the brain	144	Diagram of the nerve network	302
	Anatomical views of eye structure	146	Position of autonomic nerve wreath	303
	The anatomy of the iris	147	Magnification of nerve cell	304
	Neural pathways	148	Pinched nerve	306
	Diagram of sympathetic and parasympathetic innervation	149	Spinal nerve connections with various body organs	307
	Diagram of sympathetic/parasympathetic	150	Chiropractic and nutritional chart	309
	innervation of the iris musculature		Iris/cervical spine correlation	314
	Insect and animal eyes	152,153	Spine/organ correlation	315
	Four stages of tissue activity in iris and fibers (airbrush rendering)	172	Related areas of spine and colon as indicated in the iris	316
	Four stages of tissue imbalance as seen in iris fibers	176	Human brain development from early embryonic stage to birth	319
	Pathways to Health and Disease	183	Cutaway of brain, showing cross section of the right hemisphere, pons and med	<i>319</i> ulla
	Indications for cell salts	214,215	Anatomy of the brain stem	320
	Anthropomorphic grids Perimeter grids	227 228	The human brain and its many departments	322
	Eliminative System/Iris Chart	231	Man's mind and brain	323
m ; -	Eliminative system table of symptoms	232,233	Sensory experiences and neural pathways	324
	Lymphatic pathways	244	Visual cortex of the brain	324
	Respiratory System/Iris Chart	249	Broca's speech center	325
	Anatomy of upper respiratory tract	250	Distribution of the cranial nerves	326
	Cross section of the lung	250	Circulatory System/Iris Chart	337
	Glandular System/Iris Chart	263	Cross section showing blood clot	339
	Position of pineal and pituitary glands	263	Cross section of vein	339

Illustrations and charts (cont'd)

Electrocardiogram graphs	340	Somatic sensory and motor regions of the	464
Anatomy of an artery	342	cerebral cortex	
Lymphatic System/Iris Chart	344	The visual pathway	465
Diagram of lymphatic pathways with	345	The optic chiasma	466
enlargement of lymph nodes		Lateral view of the brain showing	467
Functional division of the lymphatic system	346	visual center	
Structural System/Iris Chart	353	Blood supply to the brain	472
Perfect posture	354	Brain flair, sensory locomotion	480
Divisions of the spinal vertebrae	355	Brain flair, mental ability	481
Muscular System/Iris Chart	357	Brain flair, inherent mental	482
Illustration of rectum, diverticula	409	Brain flair, medulla	483
Colon conditions	416	Brain flair, equilibrium/dizziness center	484
Lung and bronchial tubes	421	Brain flair, animation life	485
Comparison of animal brains	454	Brain flair, 5-sense area	480
Neural connections in infant brain	455	Brain flair, acquired mental, speech	487
Neural pathways-brain and sexual	460	Brain flair, ego pressure	488
response		Brain flair, sex impulse/mentality	489
Limbic system	460	Facial features in personology	490
Anatomy of a nerve	461	Extreme slant board	50-
Memory and the brain	463	Neural are reflex pathway	50
Posterior view of visual pathway	464	Medulla, lung, colon arc reflex syndrome	51

CHARTS BY BERNARD JENSEN

The four charts below are 11" x 17" foldouts:

Autonomic Nervous System Chart Nervous System—Chiropractic Chart (Following page 564)

Pathways to Health According to Hering's Law of Cure Vitamin-Mineral-Herb Chart (Following the Index)

Photographs

Section I, Ch. 1. Page 3, owl; 4, pioneers in iridology; 46, Dr. Jensen in China: 52, Russian X-ray and iris photographs; Ch. 3, page 68, feathers and crystal; Ch. 4, page 73, Dr. Richard H. Tyler, 75, case history; 76, thermography; 80, Dr. Nicolaev and Pete Maloff; Ch. 5, page 84, irides; 86, electrical energy as seen in corn and squash; 88, fingertips, Kirlian photography; 89, detail of tongues, fingertips; 90 squash seeds and fibers; Ch. 6, page 98, irides; Ch. 7, page 101, moon landscape; 107, Persian rug, Chinese characters; 108, large irides; 112, iris montage; 114, strong constitution; 115, weak constitution; 116, toxicity, psora or hyperpigmentation; 117, lesions or lacunae, open lesion; 118, closed lesion, irritations; 119, acute inflammation; 120, subacute lesion, chronic lesion; 121, degenerative lesion; 122, healing signs, areus senilis; 123, absorption; 124, overacid stomach, underacid stomach; 125, overacid body chemistry, autonomic nerve wreath; 126, the colon, radii solaris; 127, poor nerve supply, cramp rings or nerve rings; 128, lymphatic rosary; 129, seurf rim; 130, cholesterol or sodium ring, calcium out of solution, anemia in extremities; 131, venous congestion.

Chapter 8, page 136, rods and cones (magnified), 138, retina (magnified); 140, chick embryo; 142, human embryo; 151, bees and honeycomb; 152, insect and bird eyes; 154, pigeon eyes; Ch. 9, page 158, dilated pupil, constricted pupil; 159, irritated nervous system, iris; 160, pupil abberations; Ch. 10, page 163, young Xingu women; 164, eye color; Ch. 11, page 167, examples of iris trauma; 171, fundus photographs; Ch. 12, page 175, four stages of tissue activity in irides.

Chapter 13. page 185, irides, acute signs; 186, lymphatic congestion, underactive skin; 188, iris, underactive kidney weakness, underactive digestive ability in small intestines 189, healing signs; 191, case history; 192, case history, glomerulonephritis; 199, Val and Dr. Jensen; 200, case history, arthritis, diabetes and psoriasis; 206, X-rays showing arthritic spurs on cervical spine; 207, case history, healing erisis; 210, enlargement, healing lines in iris; Ch. 14, page 212, Dr. Jensen and Dr. Charles H. Gesser, homeopathist; 216, leg ulcers before and after nutrition therapy.

Section II, page 224, brown eye with nerve rings; Ch. 1, page 234, X-ray, prolapsus of transverse colon; 236, colon; 237, rectum; 238, right kidney; 240, left kidney; 241, bladder; 242, skin; 245, lymph; 246, congestion in all channels of elimination; 247, lymphatic congestion; Ch. 2, page 251, respiratory system; 252, lungs; 254, pleura; 254, bronchials; 2565, bronchus; 257, trachea; 257, nose; 258, sinus, medulla; 259, sinus congestion; 260, lungs. Chapter 3,

page 266, pineal, pituitary; 269, thyroid; 272, adrenals; 273, pancreas; 274, mammary; 275, irides, examples of glandular system. Chapter 4, page 280, testes/ovaries; 281, vagina/penis; 282, scrotum; 283, prostate.

Chapter 5, page 290, digestive disturbances seen in iris; 292, digestive system; 293, mouth/tongue; 294, stomach; 295, ileocecal valve, appendix; 296, liver, gallbladder; 297, poorly regulated digestive system. Chapter 6, page 303, autonomic nerve wreath; 304, nerve cell, magnified 20,000X; 305, autonomic nerve wreath; 310, nervous system; 311, autonomic nervous system; 312, spinalchiro aspects; 315, iris showing autonomic nerve wreath. Chapter 7, page 321, ego pressure; 5-sense area; 330, acquired mental, sensory locomotion; 331, animation life, medulla; 332, inherent mental, sex area; 333, equilibrium center, mental ability; 334, pineal gland, pituitary gland; 335, brain problems in irides. Ch. 8, page 342, X-ray, aortic ancurism; 347, circulatory system; 348, lymph, spicen; 349, tonsils, Pever's patches; 350, heart; 351, appendix; Ch. 9, page 355, X-rays showing arthritis; 358, temple, forehead, mastoid/ear; 359, jaw, eye; 360, vocal cords, neck; 361, shoulder, scapula; 362, ribs, arm/hand; 363, legs; 364, spine.

Section III, Chapter I, page 372, various tissue conditions as seen in irides; Ch. 2, page 390, subclinical manifestations as seen in irides; Ch. 3, page 396, various bowel conditions as seen in irides; Ch. 4, page 412, tissue cleansing case histories; 414, tissue cleansing results and colema board; 416, colon conditions; Ch. 5, page 422, bronchial and asthma troubles.

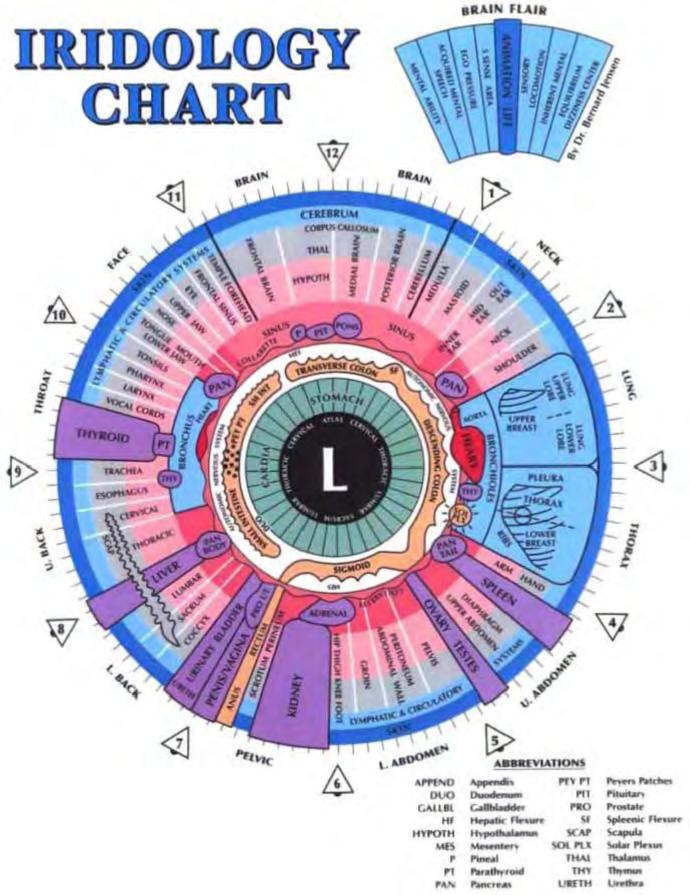
Chapter 6, page ;431, acid conditions; Ch. 7, page 434, endocrine and exocrine glands; Ch. 8, page 438, spider webs, showing influence of drugs; 441, case of moving drug spot; 442, miasmic or medeic eyes; 443, psora; 444, sodium rings; 445, drugs; Ch. 9, page 450, tumors and growths; 451, growths, tumors, operations and eysts; Ch. 10, 496, conditions in brain area; Ch. 11, page 498, anemic conditions; 500, anemia in extremities.

Chapter 12, page 502, gravitosis; 504, extreme slant board; 505, prolapsus on lower abdominal organs; Ch. 13, page 509, neural arc reflex; 510, varicose veins and irides; 512, reflexology and neurogenetic syndromes; Ch. 14, page 514, twin study; 517, twin study No. 2; 519, triplet study.

Section IV, page 522, case histories.

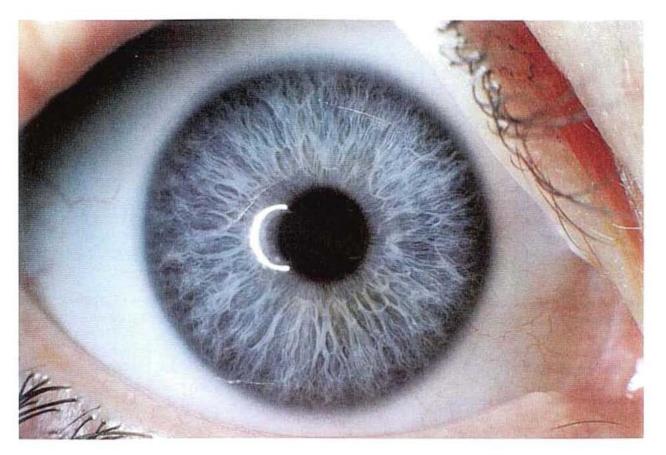
Section V, page 534, scanning electron microscopy studies; 545, computer studies.

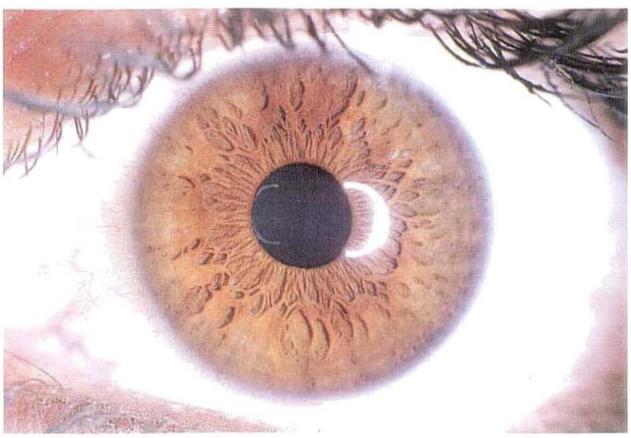
Section VI, page 552, tooth decay and unbalanced diet; 556, iridology-nutrition connection; 558, space-age cameras; 564



A prefatory note

In every person's life there is something that moves him deep within, something to believe in, something to hold on to, and this is what I found in the study of iridology. Perhaps it was just the system I needed for my patients, since the science of iridology belongs together with the science of nutrition. These "twins" had come together to bring about correction of body tissue - a new body to replace the old. I have seen many lives start on new paths as a result of the use of these two sciences. The reason iridology and nutrition are so effective together is that the progress of nutrition therapy can be observed through iridology. It is possible, through an iridology analysis, to discern the location of a problem and then, following proper nutrition, the chemical and structural changes in the body will be visually apparent in the iris. This process provides a necessary guide and method to the practitioner to help improve the patient's condition and to better monitor the patient's progress. Above all, it provides a perspective through which a correlation of all the drugless arts may be achieved, emphasizing not the treatment of a disease but the care of the patient. When the patient's needs and desires are cared for, he develops a security within himself, a satisfaction that he has found the answer to his hopes. Are you one who has a dream of helping, of touching the deepest activity in man? I hope you will discover for yourself what I have found in iridology and nutrition. They are truly inseparable twins which can provide new life, new tissue, new body, and self correction through nature, the greatest force in the world. As you know, we are treading on pioneer ground, and we realize there are some who will not be able to comprehend it. Those who judge hastily may condemn iridology before really giving themselves the opportunity to understand it. We must realize, however, that iridology is in its infancy and must go through the usual "growing pains" which are necessary for development. A newborn baby needs growth before it can walk alone. I believe this young science has grown enough to walk and to talk - well enough to speak for itself. And if those who believe that nature only needs an opportunity will listen and give iridology a chance, it will grow up to become an invaluable part of man's future. In this way, the science of iridology will take its place in our world, guiding man toward an enlightened life and a healthier body.





The iris may hold the secret of many things that have been unexplained in the healing arts. This text should offer a beginning investigation of the philosophy and practice of this science.



What is iridology? It is a method whereby

The science of iridology is based on the analysis of one of the most complicated tissue structures of the whole body-the iris.

the doctor or health practitioner can tell, from markings or signs in the iris, the reflex condition of various organs and systems of the body. These markings represent a detailed picture of the integrity of the body; its constitutional strength, areas of congestion or toxic accumulations and inherent strengths and weaknesses.

Nature has provided us with an invaluable insight into the vital status of the health of the body by transmitting this information to the eye.

The laboratory testing procedures practiced today, which are not always necessary, are expensive, time-consuming and, often, uncomfortable to the patient. With iridology, we have a simple, painless, economical and non-invasive way of looking into the body. This is not to say that it should exclude other forms of analysis. On the contrary, it may be employed in conjunction with any other system of analysis or diagnosis that a practitioner wishes to use. Now, more than at any other time in history, we are in need of accurate and less complex means of analyzing a patient's condition.

Eighty percent of the diseases treated in this country are of a chronic nature. The tissue found in chronically afflicted patients can be monitored better in the iris of the eye than, possibly, by any other method of analysis.

Iridology gives an essential insight to the development of these chronic diseases or the diminishing of that disease or inflammation.

It is this tissue change that takes place in the patient that makes iridology especially valuable for those specializing in the treatment of chronic diseases.

Iridology is dealing with one of the most basic truths of the healing arts, one that the average form of analysis has not dealt with properly.

The percentage of incorrect diagnosing is nearly as great now as it was back in the 1920s due to the increase in disease symptoms. This increase, together with the combinations of reactions due to X-ray, sulfa and other drugs, and our continued use of refined and synthesized foods, makes it difficult to diagnose accurately. Changes in living habits, pollution and the increased stress of modern times also change the manifestations of the various symptoms of disease. Based upon these facts, it is obvious that symptomology alone is often inadequate in providing the diagnostician with enough information to plan proper treatment for the patient.

Iridology offers a unique perspective to the concept and practice of preventive medicine. It is difficult to alert a person to the health problems that his or her particular body will

experience, using orthodox methods of analysis and diagnosis. These methods rely upon the appearance of clinical symptoms. The iris, however, can inidicate a problem in its earliest inception, long before disease symptoms are present. With this information, a health program can be developed which is tailored to the specific needs of the client, thus preventing the manifestation of disease.

Grouping a list of symptoms into a disease name, in order to identify and administer the drug that will suppress those symptoms, is not a satisfactory solution to the problem of health care and maintenance. Iridology, in its basic philosophy, stresses the treatment of the patient, not the disease. By identifying the underlying imbalances in the body that produce symptoms, it is an invaluable asset in the formulation of remedial therapies.

When one has come to fully appreciate the value of being able to determine from the outside of the body what is occurring within it, he will realize that iridology is truly a science whose time has come.

one



Who never walks save where he sees men's tracks makes no discoveries.

-J. G. Holland

The end of science is not to prove a theory, but to improve mankind.

-Manly Hall

Edison's first lamp was a crude affair. He could have hung onto his imperfect model while he tried and tried to make it better, or he could have junked the whole idea. He didn't do either. His first electric lamps were better than candles, kerosene lamps, or gaslight—so he introduced them. Then he went to work on improvements.

- Alex F. Oshorn

History of iridology and chart development

The effort to understand changes in the eyes and to correlate such changes to alterations in the human body is said to date back to the time of the early Chaldeans. According to the German iridologist, Theodor Kriege, the first documented reference to iris analysis can be credited to the physician Philippus Meyens, who, in his book *Chiromatica medica*, published in 1670 in Dresden, described the reflexive features of the iris as follows:

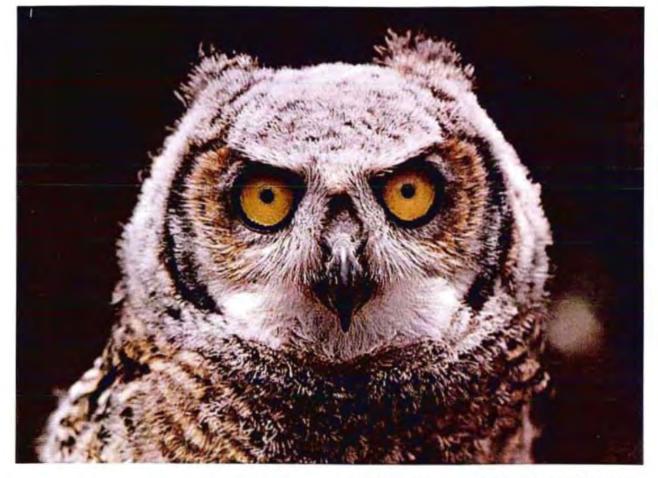
The upper part represents the head. Since the stomach has a close relationship to it, then all diseases originating in the stomach are found in the eyes. The right side of the eyes show as the liver, the right thorax and the blood vessels. The left side of the eyes can show all organs which lie on the left side, therefore the heart, left thorax, spleen and small blood vessels. Conditions of health and disease arising from the heart are found here, especially weakness of the heart or fainting.

"The lowest part of the eyes represents the genitalia and also the kidneys and bowels, from which colic, jaundice, stone, diseases of the gall and venereal diseases are to be found. These signs consist of vessels, weals and flecks." (Quoted from Herget aus Rossdorf.)

Not long after, in 1695, the works of Johann Eltzholtz appeared, and nearly a century later, in 1786, Christian Haertels published a dissertation in Gottingen titled *De oculo et signo* (The eye and its signs). But the true originator of iridology, as known in more recent times, was Dr. Ignatz von Peczely (1826-1911), a Hungarian physician.

At the age of eleven, von Peczely was trying to free an owl trapped in his garden when he accidentally broke one of its legs. He soon noticed the appearance of a dark stripe in the lower part of the bird's eye, Young von Peczely dressed the owl's leg, nursed it to health and released it when it was well. However, the bird stayed on in his garden for several years, and von Peczely observed later the appearance of white and crooked lines in that part of the eye where the black stripe had been located. The event made a strong impression on the boy and remained in his memory.

Von Peczely, who became the "father" of iridology, was born in Egervar near Budapest, Hungary, on January 26, 1826. After graduating from college, he became involved in the Hungarian Revolt of 1846 in which he was wounded and then imprisoned until 1853. Later he saved the life of his critically ill mother through homeopathic remedies, and people began going to him for medical advice. Around this time, so the story goes, he recalled the incident with the owl's eye and began studying the eyes of his patients. As he noticed increasingly





correlations between markings on the iris and the ailments of those who sought his help, he began "diagnosing from the eye," and the fame of this unique art spread rapidly over the country. Patients thronged to him.

Thus, the birth of iridology is said to have been about 1861.

Soon the authorities intervened. An allopathic physician accused von Peczely of being a "quack," whereupon the young Hungarian looked into his eyes and replied, "You have suffered from ... (such and such diseases) ... which have been falsely treated." The surprised physician, admitting the correctness of von Peczely's diagnosis, did not speak further of fraud.

Perhaps because of this incident, von Peczely began the study of allopathic medicine at the age of 36 in Budapest and later at the medical college in Vienna, where he received his Doctor of Medicine degree in 1867 at the age of 41. While serving his internship, he had ample opportunity to continue his research in iridology by studying the irides of hospital patients before and after operations. In this way, he was able to verify systematically his earlier observations and extend his knowledge of the science. In addition, he performed many autopsies, confirming the existence of ailments he had estimated from the irides of patients before they died.



von Peczely



Liljequist



Felke

Dr. Von Peczely returned to Budapest in 1869, opened a homeopathic practice and soon gathered a large following. It was here that his only book, Discoveries in the Realms of Nature and Art of Healing, was published in 1880. For a time this work was conspicuously ignored by the scientific community and the press. Then in 1886, August Zoeppritz, editor of "Die Homeopatische Monatsblatter," published the news of von Peczely's discovery of iridology for all the world to see, while Dr. Emil Schlegel of Tubingen published a book on von Peczely's work, The Eye-Diagnosis of I. V. Peczely.

Von Peczely observed that certain marks and configurations in the iris indicated the presence of organic diseases in the body. He also noted that all surgical operations are accompanied by the appearance of black spots surrounded by white crooked lines and that the use of drugs produces changes in the iris. The location of each mark or configuration in the iris, he believed, indicated which organ or part of the body was afflicted. He also developed an *iris topography* in which every organ and body part had its specific place and he asserted that the arrangement was the same for all persons he had treated.

At the time Dr. von Peczely was 33 years old, an 8-year-old boy named Nils Liljequist in Stockholm, Sweden, developed an interest in the irides of his own eyes. When he was 14, the strong and robust young Liljequist was vaccinated and became sick with enlargement of the lymph glands of the neck, coughing, malaria, influenza, polypi in the nose and pains in the limbs, all of which developed in the year following vaccination. Physicians treated the glands with external applications of iodine, removed the polypi (which returned year after year) and prescribed quinine. With the passing of the years, Liljequist observed the color of his eyes changing more and more. In 1871, at the age of 20, he published a paper titled, "Quinine and Iodine Change the Color of the Iris; I formerly had blue eyes, they are now of a greenish color with reddish spots in them." This discovery by Liljequist was said to have been made independently of the work of von Peczely.

Earlier in 1864, the young Liljequist had broken two ribs and observed that physical injuries also result in changes in the iris. By studying and applying the principles of homeopathy, Liljequist healed himself and turned his attention to healing others.

Liljequist's book titled *Om Oegendiagnosen*, published in 1893, included an atlas with 258 black-and-white drawings and 12 colored double-iris drawings. His work was translated and published in English in 1916 under the title *Diagnosis from the Eye*. Liljequist maintained that he developed his work independently of that of Peczely, although their iridology charts and even many of their words and phrases were surprisingly similar.

Fresh, new discoveries were made in iridology by Pastor Felke (1856-1926) of Germany, who did much to spread interest in and enthusiasm for this method of diagnosing. Unfortunately, Felke never wrote about his work. Eventually, his approach to eye diagnosis was published in a book by A. Muller simply called *The Eye-diagnosis based upon the principles* of Pastor Felke.

Felke's influence extended beyond his death in 1926 through a group of his pupils who established student groups of their own.

By the turn of the century, iridology had reached the United States through the work of Henry Edward Lane, MD, also known as Dr. H. E. Lahn. Dr. Lane, a native of Austria, did most of his work at the Kosmos Sanitarium in Evanston, Illinois, and quickly became the acknowledged authority on this subject in this country. His book, *Iridology, The Diagnosis from the Eye*, was published in 1904, as "A Scientific Essay for

the Public and Medical Profession." The title page of his book defined iridology, as "A new art for diagnosing with perfect certainty from the iris of the eye the normal and abnormal conditions of the organism in general and of the different organs in particular."

One of Dr. Lane's students was Henry Lindlahr, an MD, as well as an osteopathic physician (DO). Dr. Lindlahr continued with the pioneering efforts that established the science of iridology in this country. He published a magazine called "Nature Cure," in which a series of articles on iridology appeared.

In 1913, Dr. Lindlahr published his first book, Nature Cure Philosophy and Practice, a monumental work which, for the first time, placed nature cure philosophy and practice on a scientific basis. Over a period of years, this work was expanded into six volumes, the sixth of which was Iridiagnosis and Other Diagnostic Methods, published in 1919.

Dr. Lindlahr was a champion of "the healing crisis" and believed that every acute disease is the result of a healing and cleansing effort of nature. "Give me a healing crisis and I will cure any disease," he once said. Lindlahr assumed that fever, pain, swelling, rapid pulse, catarrhal discharges and skin eruptions were the effects rather than the cause of disease, and they represented a natural effort of the body to "clean house." To suppress this "housecleaning" was to ask for compounded trouble.

During the years from 1922-24, I visited and worked with Dr. Lindlahr at his Nature Cure Sanitarium near Chicago, receiving instruction in iridology and in the proper handling of the healing crisis.

At the International School of Professional Arts and Sciences in San Francisco, California, I embarked upon an intensive period of study and investigation into iridology with Dr. R. M. McLain, a successful chiropractor who used iridology as a means of analyzing his patients' problems. I worked with Dr. McLain two nights a week for four years, checking his patients' irides and analyzing their conditions. Dr. McLain demonstrated conclusively that iridology was practical and scientific by the beneficial results he achieved with his patients.

After reading the works of Dr. J. Haskel Kritzer and his textbook, The Book of Iridiagnosis, I made arrangements in 1929 to study with Dr. F. W. Collins at his college in Orange, New Jersey. Dr. Collins was director of The Association of Iridologists, founded earlier by Dr. Havard. In 1919, Collins published a two-volume work on iridology which included, in Volume II, his own translation from the original German of Peter Johannes Thiel's 1905 book, The Diagnosis of Disease by Observation of the Eye.

My work with Dr. Collins came to include the drawing of 500 eyes in color, showing all the various lesions in the eyes. This is where I learned to examine the iris of the eye. Along with other students, I worked with many of Dr. Collins' patients looking at their eyes to determine the locations of toxic settlements and low-grade infections in their bodies. Although Dr. Collins had studied many of the healing arts, he relied heavily on iridology, and I found him an excellent teacher.

Collins was strongly influenced by the work of Peter Johannes Thiel, director of the School of Hygiene at Lebenshein, Germany. Thiel had developed and consolidated his skill in iridology through examining over a thousand patients at his sanitarium. Like Thiel, I have found that the great advantage of working in a sanitarium is the opportunity to observe the progress of patients over an extended period of time.

In the 1930s, I met Dr. J. Haskel Kritzer, whose book on *Iridiagnosis*I had read earlier. Dr. Kritzer, a medical doctor, was deeply concerned



Lindlahr



McLain



Kritzer



Collins



Arnold



Hutchens



Christopher



Ferrandiz

with the detrimental effects of drug accumulations on body tissue and became very adverse to prescribing medication in his practice. Dr. Kritzer believed in right living to bring about transformations in his patients' health. It was from Dr. Kritzer that I learned the value of giving instruction on the use of iridology charts to both beginning and advanced students. He made many important contributions to the field of iridology and developed one of the first iris charts useful for teaching beginning students about iridology.

While working with Dr. Kritzer, I became acquainted with Dr. John R. Arnold, founder of the World Iridology Fellowship and an eminent contributor to the field of iridology. Dr. Arnold's insistence on standards of scientific exactness in the field of iridology has been an inspiration to many. He has been influential in showing that iridology is found to be most useful when used in conjunction with other kinds of analysis. It was Dr. Arnold who was instrumental in changing the older term "iridiagnosis" to "iris analysis," a term which more accurately reflects the fact that iridology is not a means of diagnosing disease, but a means of analyzing the condition of body tissue.

During several conferences in the 1950s, Dr. Kritzer, Dr. Arnold and I concluded that while iridology does not utilize laboratory tests for the purpose of diagnosing or labeling particular pathological conditions of the body, laboratory tests are nevertheless useful to corroborate the findings of iridology. We determined that iridology is most effective in revealing inherent weaknesses, effects of stress, tissue inflammation, toxic deposits, acidity and the specific locations within the body where these conditions are active. Perhaps iridology's greatest value to the health sciences is that it can be used to detect adverse tissue changes in the body long before the condition degenerates to the point where it may be labeled a disease. Iridology, then, is a uniquely valuable tool in the prevention of physical dysfunction.

There are those who use iridology together with the herbal approach to restoring health, and among these Alma R. Hutchens and Dr. John R. Christopher are very highly regarded. Alma Hutchens, who studied with the late master herbologist, N. G. Tretchikoff, is the author of *Indian Herbology of North America*.

My friend, Dr. J. R. Christopher, became interested in diet and health after his mother's painfully slow death from diabetes and dropsy. He personally suffered from crippling arthritis, heart trouble, high blood pressure and other ailments until he turned to natural healing methods. He holds a degree as Master Herbalist from Dominion Herbal College at Vancouver, BC; an ND degree from the Institute of Drugless Therapy; and an Herbal Pharmacist degree from the Los Angeles Herbal Institute. Dr. Christopher's comprehensive work on herbs, titled School of Natural Healing, is regarded as a classic in its field. He has contributed much to the science and practice of Iridology, especially in its correlation to Herbology.

Herbalist LaDean Griffin has been a tireless and fearless worker for iridology, writing and lecturing extensively.

One of this century's most distinguished iridologists was the late Dr. V. L. Ferrandiz, a medical doctor and Doctor of Naturopathy from Barcelona, Spain. In his comprehensive book *Iridodiagnosis*, published in 1970 in Spain, Dr. Ferrandiz noted that often when physicians tell patients they are well, iris analysis reveals conditions remaining in the body which still should be taken care of or the onset of some later illness will result. He claimed that the great advantage of iridology to medical doctors is its reliability as an indicator of the early stages of disease, allowing many more lives to be saved.

For many years, Dr. Ferrandiz operated the Clinic of Natural Medicine in Barcelona, which is now under the direction of his successor, Dr. J. Sagrera-Ferrandiz.

Europe's foremost iridologist is Dr. Josef Deck, a medical doctor whose work is considered authoritative in many countries throughout the world. Dr. Deck estimates that during the 43 years of his studies and research in iridology, he has seen over a million eyes. He has worked closely with many in the medical profession, and his research and lectures have taken him to many countries in Europe and South America.

Theodor Kriege of Osnabruck, Germany, my friend and colleague in the World Iridology Fellowship, was the author of Fundamental Basis of Irisdiagnosis which was translated into English by A. W. Priest. His purpose, as he says in his English translation, was to provide the serious beginner with the basic concepts to enable him more easily to absorb the extensive material in the works of Drs. Schnabel, Angerer, Deck, Hense, Jensen and Maubach.

It would be impossible to give full credit to all those who, in the past half century, have made significant contributions to the field of iridology. But we especially acknowledge the following for their work in advancing the state of the art of iris analysis. EUROPE: Drs. Leon Vannier, H. W. Anderschou, Pierre V. Marchesseau, Andre Roux, F. Bernoville, G. Jausas, H. Benoit, Andre Muller, Leon Walter, Gaston Verdier, Theodor Kriege, Pastor Felke, Joseph Angerer, Rudolf Schnabel, P. J. Thiel, Josef Deck, Franz Vida, Walter Lang, MD, Alfred Maubach, Arnie Werhlen, V. L. Ferrandiz, MD, ND, J. Sagrera-Ferrandiz and Paul Wermuth. ISRAEL: Engler.

ENGLAND: Drs. H. W. Williams and H. W. W. Walker.

NEW ZEALAND: Dr. Riddell and Maurice Archer, DC.

CHILE: Dr. Manuel Lezaeta Acharan. SOUTH AFRICA: Dr. Martin Filmer. MEXICO: Dr. Anthony Schenk.

UNITED STATES: Drs. H. E. Lane, MD, Henry Lindlahr, MD, R. M. McLain, J. Haskel Kritzer, MD, F. W. Collins, MD, Marko J. Petinak, Benedict Lust, Emil Weise, J. F. Petritsch, H. Pershbacker, Ralph Weiss, John R. Arnold, DC, John Drier, J. D. Levine, J. R. Christopher, O. D. Whyte, Richard Tyler, DC, and Harri Wolf, Leonard Mehlmauer, LaDean Griffin and Michael Diogo.

CANADA: Alma Hutchens, Siegfried Winter and N. D. Tretchikoff.

AUSTRALIA: Dorothy Hall, Dr. G. Jannsen and H. S. Grimes.



Iridology and the Law

All new sciences have had their problems with gaining credibility and acceptance in the face of direct or indirect opposition from the "old guard." Iridology is no exception, and its supporters have been hauled into court and falsely accused.

On February 12, 1893, a complaint was filed against iridology pioneer, Nils Liljequist, with the Provincial Justice at Hernosand, Sweden. The complaint contained the following allegations:

"It has come to my knowledge that N. Liljequist, the ministerial appointee at Anundsjo, has conducted himself in a manner, which perhaps may not be considered fraudulent, but nevertheless, tends to impose upon the public, and fosters blind faith and superstition; that he treats patients, after having examined their eyes by means of a magnifying glass, by this method pretending to determine the nature of their ailments; that he furthermore supplies them with remedies, consisting chiefly of a so-called arcana, or occult healing properties.

"This has, moreover, gained such repute that people from nearby towns and distant cities come in droves, to consult the miracle worker. As I consider such a condition to be inimical to the general welfare and public safety, I have, acting on the basis of Section 4 of the Statutes, deemed it my duty to bring it to the attention of the local authorities, that through the chief provincial physician, or other competent authority, you may conduct an investigation, and take legal action against the aforesaid N. Liljequist, in accordance with the circumstances that may be brought to light.

"Office of the Magistrate, Ornskoldsvik."

Under threat of a fine of 15 Kroner, Liljequist was ordered to respond to these charges.

Liljequist provided the Provincial Justice with background information on iridology from his own book *The Diagnosis from the Eye* and suggested that his accuser was uninformed. To the charge that he imposed upon the public and fostered blind faith and superstition, he answered that many of his patients were educated and cultured individuals, quite able to distinguish between scientific discovery and superstition.

"With regard to the allegation that I procure remedies for patients," wrote Liljequist, "this is not strictly in accord with the facts, for it is well known that each person provides his own remedies."

The remaining points in the charges were gracefully answered by Liljequist, but the case still dragged on for three years.

Liljequist was honorably acquitted by the Supreme Court and the Provincial Court, and the Swedish State Treasury had to pay the public court costs. In Germany, a doctor of natural medicine was brought to trial in Wurzburg Court, May 11, 1925, accused of being a "charlatan" because he had claimed to be able to diagnose illnesses using iridology. A local medical doctor and a university professor were brought in to testify that iridology was a swindle, a charlatan game. However, their testimony was countered by that of a government medical advisor and a Wurzburg doctor of homeopathy, who confirmed that the defendant was able to diagnose illnesses correctly with the aid of iridology.

When testimony was completed, the court came to its decision and ruled that iridology was neither a swindle nor charlatan game but a science. The defendant was acquitted.

Dr. F. W. Collins of Orange, New Jersey, with whom I studied for several years, was also hauled into court in connection with iridology.

The prosecuting attorney brought in a medical doctor who said one could not diagnose from the irides. Under cross examination by Dr. Collins' lawyer, however, he had to admit that diabetes, jaundice, sclerosis and other conditions could be determined by changes in the eyes. He had to admit that there could be more which could be determined from the eyes that he didn't know.

Finally, the many witnesses who testified in Dr. Collins' behalf overwhelmingly proved that Dr. Collins, by using iridology, had told them many things about their physical conditions that he could not have otherwise known.

The judge ruled that Dr. Collins was innocent of the charges against him and further concluded that the evidence proved certain physiological conditions could be seen in the iris of the eye.

The case had further ramifications in the decision rendered by The Supreme Court of the State of New Jersey, as follows:

"The Supreme Court of the State of New Jersey in the Collins-Tansey trial rendered twenty-five decisions in favor of drugless healing and declared drugless healing to be an exact science. These decisions were confirmed by the Court of Errors and Appeals.

"One of the 25 decisions of the Supreme Court, confirmed by the Court of Appeals, is that the Drugless Doctors are not to be judged by the standards of those who hold the degree of MD, etc. Also, they are not to be judged by the standards of a different school than their own.

"The Supreme Court also upheld Iridiagnosis as a method of diagnosing disease from the eye, and that it was not quackery or fakery. This decision was also confirmed by the Court of Errors and Appeals, and the Courts of New Jersey are the only Courts in the world confirming this method of diagnosis."

Intrinsic Value of the Chart

Mapping, or cartography, presents an exceedingly challenging task, not only in terms of understanding, for the territory to be charted is no less than an ultimate and ever-changing mystery. And yet, it is the dreamed-of goal that has caught man's imagination for thousands of years. To capture the unalterable truths of the human condition has been a major pursuit of this world's greatest minds.

To this end, we appear as space travelers hovering high above the tiny world of the iris. Less than a dime's width in diameter, it holds upon its surface a wealth of minute detail replete with valleys and peaks, plains and meadows, deserts and oceanic expanses.

Just as the early explorers ventured out beyond the sight of familiar landmarks and territory, we pursue an adventure of discovery when investigating the landscape of the iris. Early maps were crude and often incorrect, and yet they laid the foundations upon which others followed and made improvements. Slowly and painstakingly the land masses revealed themselves as ink marks upon blank paper. Over the centuries the legacy has been passed on from generation to generation, with each one bearing its own witness and adding its refinement upon the ever-evolving map.

Today, satellites map every square foot of the earth's surface with exactness and precision that is awesome to behold. In fact, it was not until such satellites were placed in use that many features of the earth were even discovered and recorded in their proper places.

Even with today's technology and magnificent craftsmanship, new vistas of discovery continue to unfold at ever increasingly rapid rates. So it is with the human body and condition. The more we learn, the more we realize how much more there is to know.

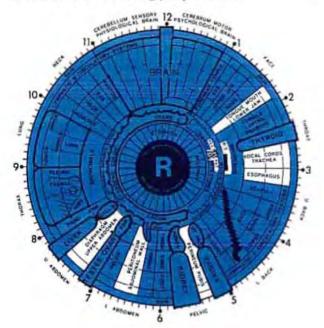
For many years now, the mystery of the iris has been under investigation by truthseekers around the globe. Not isolated to any one culture or society, the study of Iridology is, indeed, an international phenomenon. No one man is responsible for all that is currently known about the iris. In fact it is the accumulation of generations of iridologists each adding his or her piece to the map. In this way the mystery has unfolded and the territory has been charted so that future seekers can find their way—and also add their refinements and improvements.

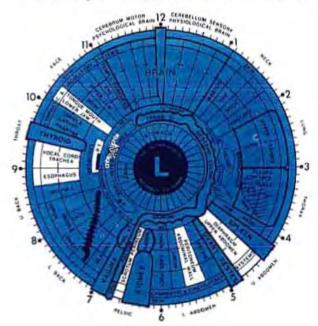
Today we have a very accurate representation of iris topography. It is functional, useful and enlightening. It is a tool of great use.

Observing the process of chart development, it is interesting to note that at least 85% of all known charts basically agree with one another. This could be explained in three ways. First, that all charts are commentaries upon the commentaries and nothing original has happened since the beginning days. Second, there has been an evolutionary process, the result of trial-and-error testing, observation and practical verifications. And, third, simply, that it is true. Given the training, understanding and wisdom needed to master this science, anyone may discover for himself the truthfulness contained therein.

With 85% in agreement, there is about 10% in question and 5% still to be discovered. I believe that soon we will, with computer-based technology, fill in the gaps and missing pieces.

It is interesting to contemplate the enormous implications the chart reveals. While it is currently based upon anatomical concepts, perhaps there are other concepts waiting to correlate with the





wholistic model. Future generations will unfold the riddle. In the meantime, we notice that I/6th of the chart is devoted to the brain area. Could this possibly hold a message that correlates with the importance of tissues beyond their size and weight? Are there relative values being revealed here? Is not the digestive system literally the hub of existence by which bodily substance is maintained and through which all other tissues receive their life-giving nourishment? No wonder it is centrally located.

How important is breathing? Look and see how much of the area on the chart is devoted to the breath of life. And so it goes with each portion of the chart. Like a mandala, it holds many lessons, many truths about the natural order of our world. The symbolism and utter simplicity of it all is a fair reflection of what it represents.

Before our eyes and other senses all mysteries stand revealed. Who has the wisdom and vision to see them so? The man who takes time to contemplate the grandeur of life, to observe the common place, and to extract the universal and underlying principles is truly blessed. For he will see where others are blind, hear where others are deaf, and feel where others are numb.

Science and nature must be understood in their correct perspectives in order to remove the conflict. Scientific inquiries have led to the production and manufacturing which now are threatening to destroy us as pollution and toxicity increase to ever more lethal levels. We must work with our scientific abilities in harmony with nature, not against it. We are the ultimate losers in any contest with her. Science got us into this situation, and it is science which can get us out of it. By the correct use of technology, we can have a clean, healthy, and productive environment without turning the entire world into a quagmire of death and degenerative diseases.

As we view the irides of today's people, we see the ever-increasing toxic levels building. The chart shows where it manifests in the body, and the computer will address the situation with expert authority.

The iris chart gives yet another message to today's needs. Specialization has taken over to an extreme degree. It is so advanced that, although the heart specialist may be minutely informed about heart matters, what does he know about digestion or liver function? For these matters we go to yet another specialist who is minutely knowledgeable about the liver or bowels, but then what does he know about the heart and brain?

The chart clearly demonstrates the concept of wholism. You can't separate the heart from the brain or the liver from the lungs. They all work in harmony together. They are a closely-knit family, intimately in contact with each other. When one suffers, they all suffer. We need to get back to understanding these relationships from a whole perspective and not just from one narrow and limited view. The iris tells us that a health practitioner must be a person of universal qualities, versed in aspects that are richly endowed with the intrinsic and organic wholism of the body, mind and soul to which he seeks to restore health and well-being. When we look into the iris we are seeing the whole thing in symphony—an instrument of a million strings representing each player individually as well as the entire orchestra. All other approaches fail to reach the goal for lack of this understanding.

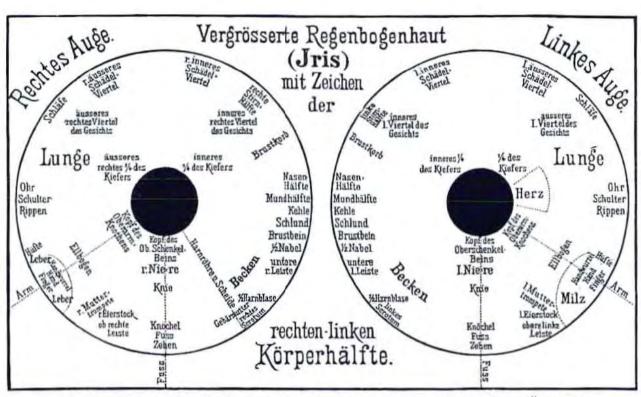
If both sides of the body were identical, there would not be a right and left iris chart. Indeed we find that there is clear distinction between the two, giving rise to the yin and yang, postive and negative, male and female, the dual and opposing natures, and many more profound understandings. The iris chart lays the groundwork for new healing arts. We have whispers to a precursor of fundamental changes in the way man views himself and his world.

We must restore peace and harmony in our bodies and in our world. The iris chart demonstrates well the natural orders and laws of our existence. It is a pattern of these universal and unalterable truths. It is a living book waiting to be read, understood and utilized. It points the direction we must follow to obtain the blessings of sound mind and body. In this respect, we realize that God did not make any superfluous organs or tissues. They are all necessary and important whether we realize it or not.

The iris chart maps out the locations of the iris patterns, giving the viewer an idea of past, present and future trends. Limitations, present expressions, and future potentials reveal themselves. It points the way in which we must work to overcome deficiencies so that we can work toward the building up of our own bodies, thereby directly assisting the betterment and well-being of future generations. We can literally build the future today by being aware of where to focus our attentions and devote our energies.

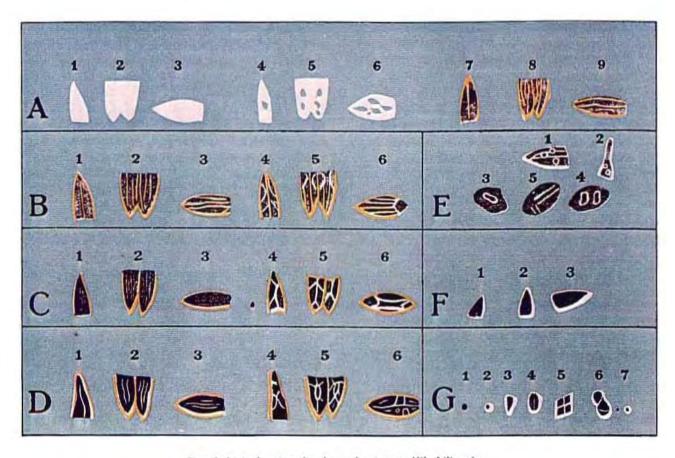
It doesn't take long to realize that the idea and usefulness of a chart is widespread. Many healing disciplines employ a chart; i.e., acupuncture, reflexology, chiropractic, kinesiology, etc. They all contain a body of truth organized in a useful way, reflecting a universal principle.

As you study the following pages, you will encounter a historical development of the iris chart from its first foundings to a look at the most advanced frontiers. Truly, iridology is an idea whose time has come. In this respect, the thoughtful person will begin to recognize the important message which the iris has to tell us in a time when it is so desperately needed.



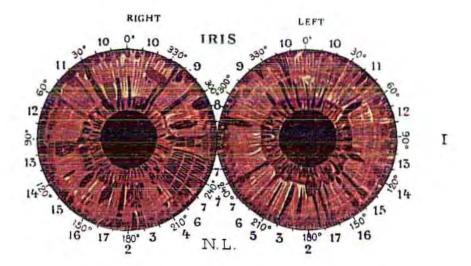
The Key or Topography of The Diagnosis from the Eye. From the Homeopatische Monatsblätter, 1886.

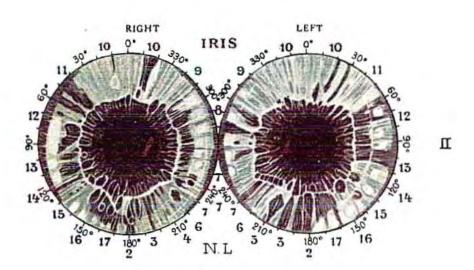
The first iridology charts as developed by the Hungarian physician, Ignatz von Peczely.

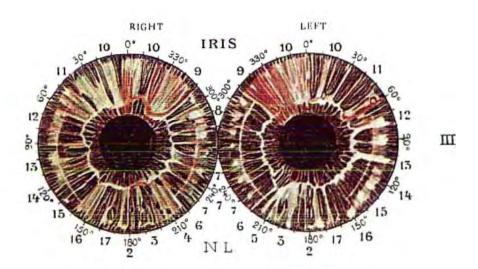


Detailed iris drawings by the early pioneer Nils Liljequist.

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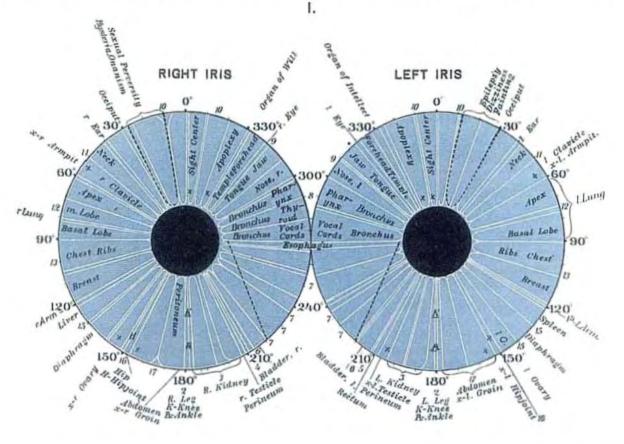






Original color drawings of the iris by Nils Liljequist.

THE KEY OR TOPOGRAPHY OF THE DIAGNOSIS FROM THE EYE



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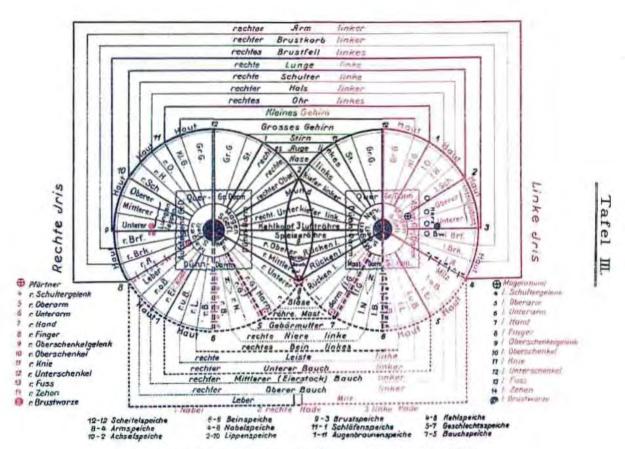
Photos illustrating the effects upon the iris of drug accumulations: (1) less toxic iris; (2) more toxic iris.



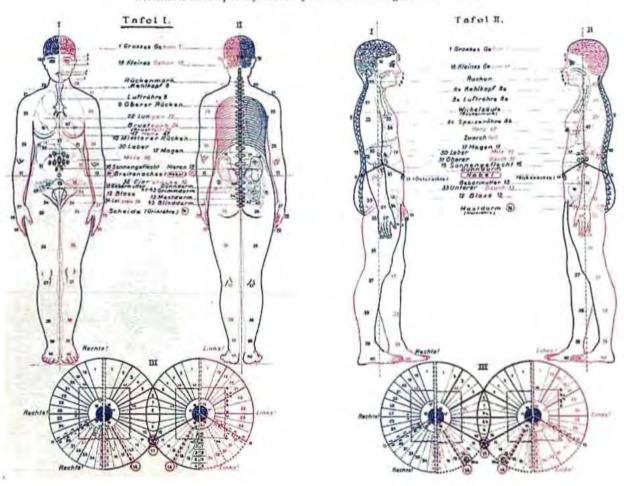


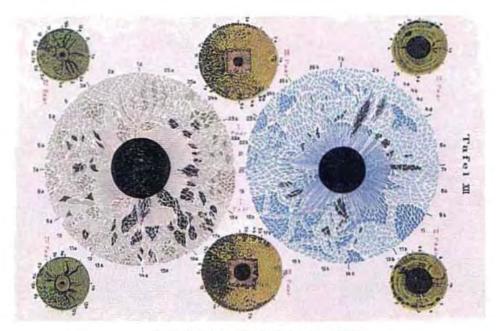


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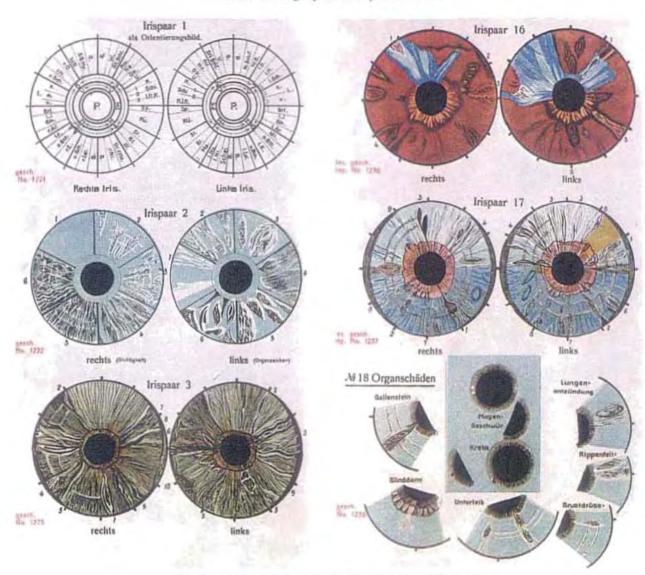


Iris charts developed by the early German iridologist, Peter Thiel.

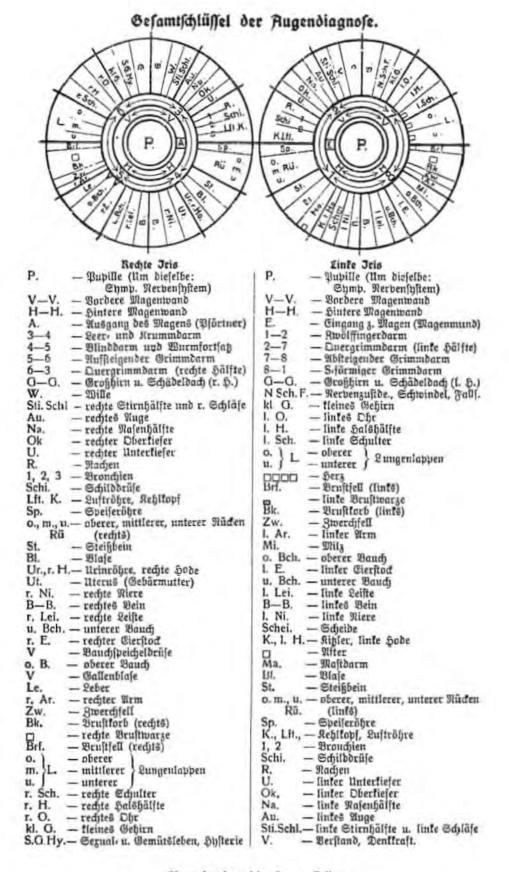




Color drawings of the iris by Peter Thiel.

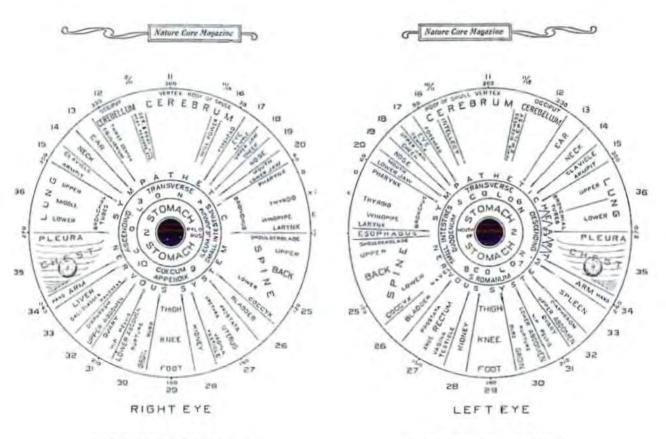


Iris chart and color drawings by Pastor Felke of Germany.



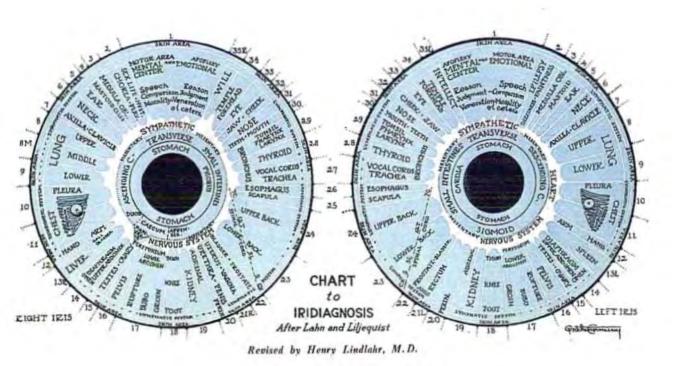


Original color drawings of the iris by the American iridologist Henry Lindlahr, MD.





KEY TO THE DIAGNOSIS FROM THE EYE.



Iris charts as developed by Henry Lindlahr.

A PRACTICAL WAY OF SELF-DIAGNOSING AND SELF-HEALING



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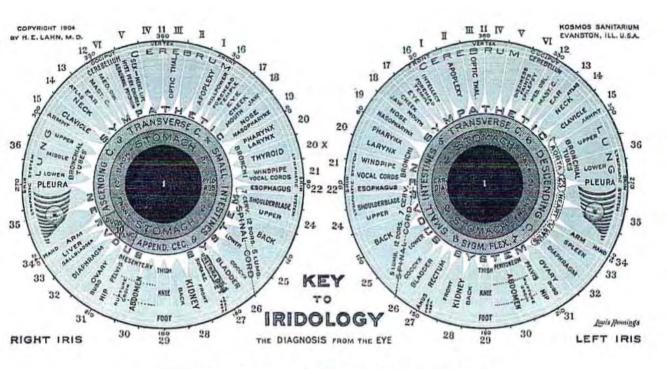
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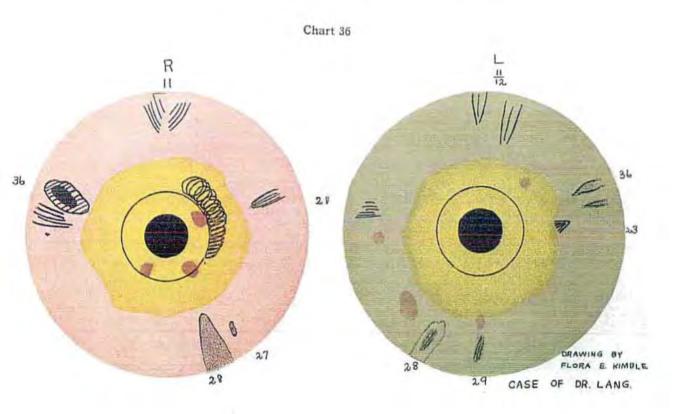
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Iris analysis worksheet by H. E. Lane, MD, USA (Lang, Lahn and Lane are synonymous.)

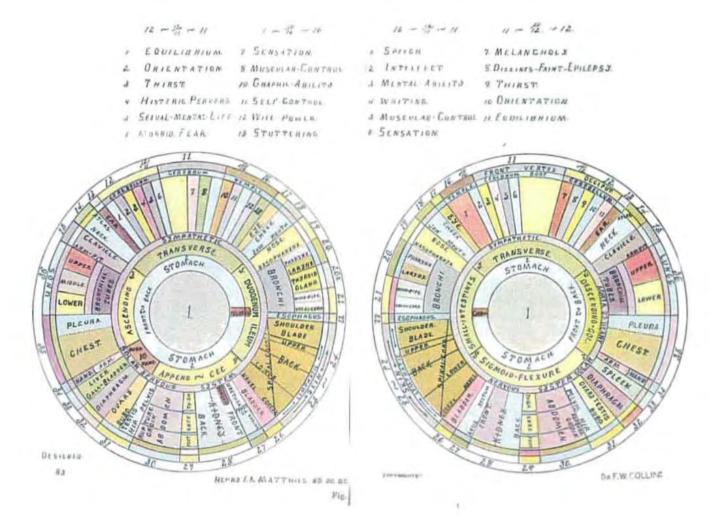
Other remarks:



Improved iris chart by H. E. Lane after Henry Lindlahr, USA.



Drawings of iris features by H. E. Lang, MD, USA.



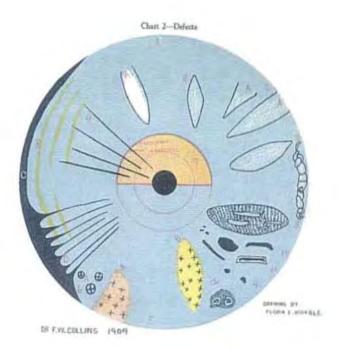
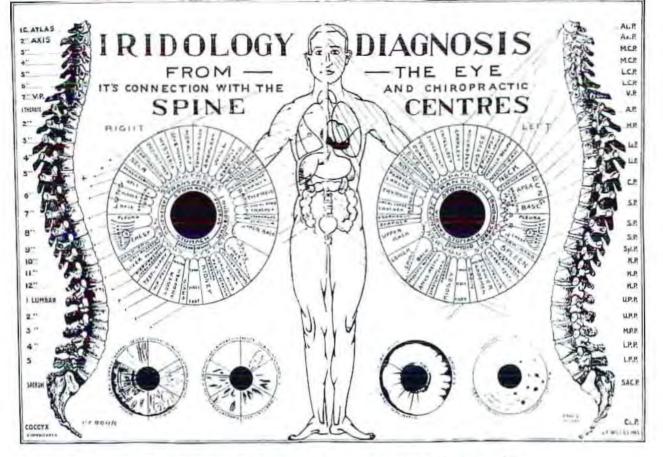
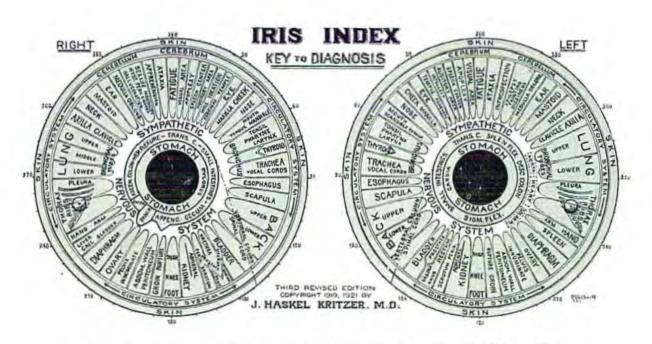


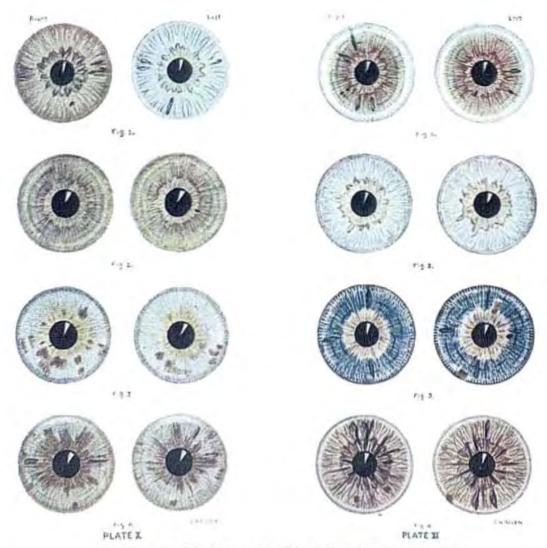
Chart arrangement and drawings by Dr. F. W. Collins. USA.



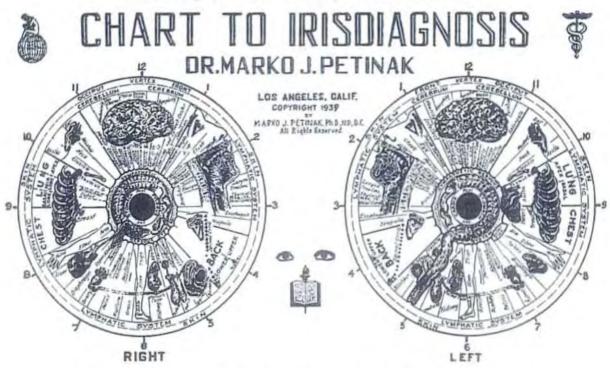
Wall chart relating spinal innervation to the iris by Dr. F. W. Collins, USA.



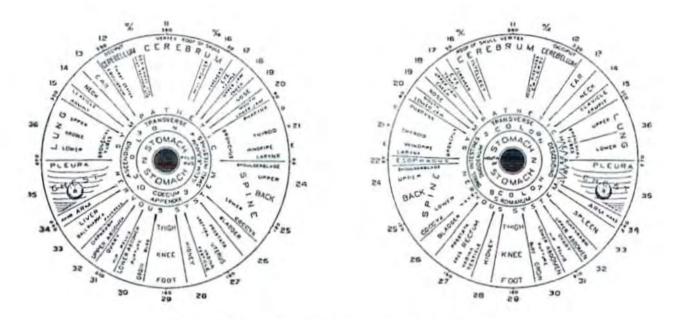
Iris chart by J. Haskel Kritzer, MD, USA. Based on the works of Liljequist, Lindlahr, and Lane.



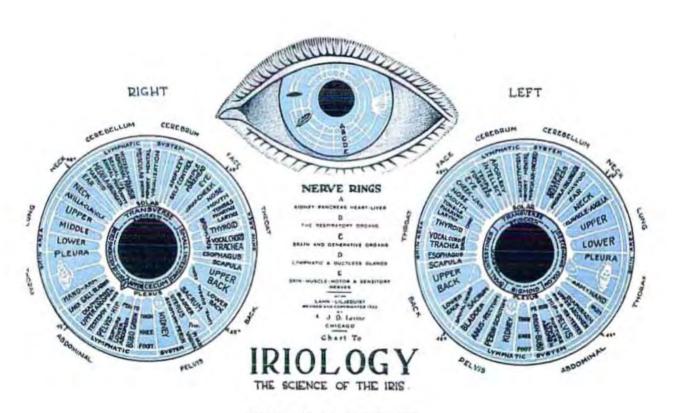
Color drawings of the iris as rendered by J. Haskel Kritzer, MD, USA.



Graphic chart of the iris relating anatomical structures by Dr. Marko J. Petinak, USA.

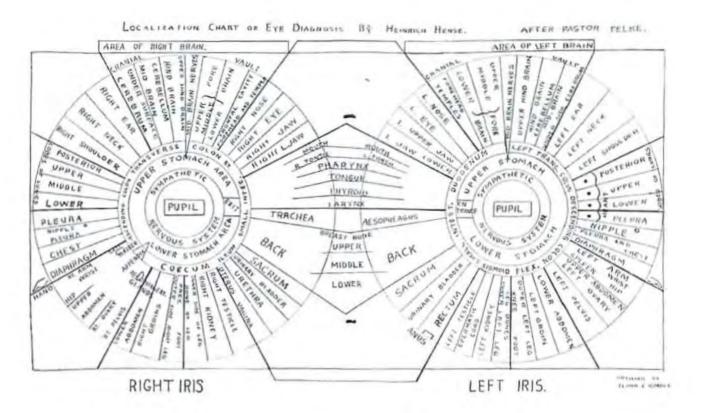


My friend, Dr. J. F. Petritsch, used this chart for many years.



Iris chart by J. D. Levine, USA.

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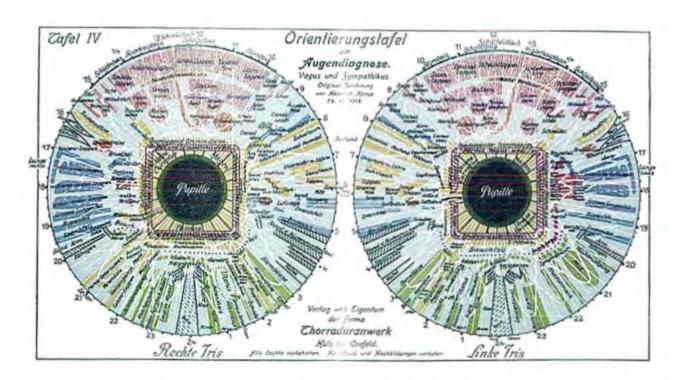
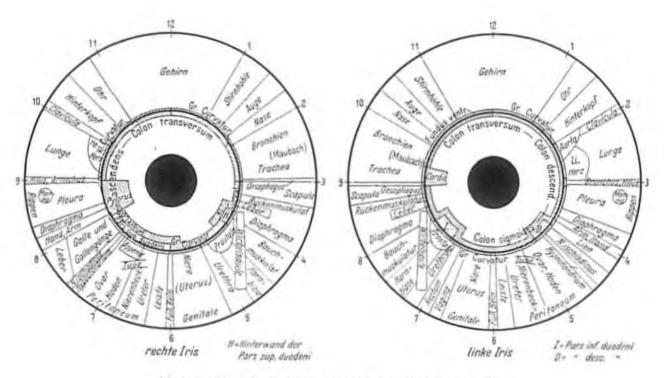
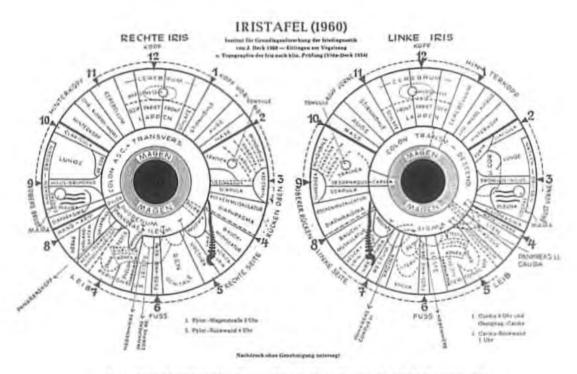


Chart variations by Heinrich Hense, Germany.



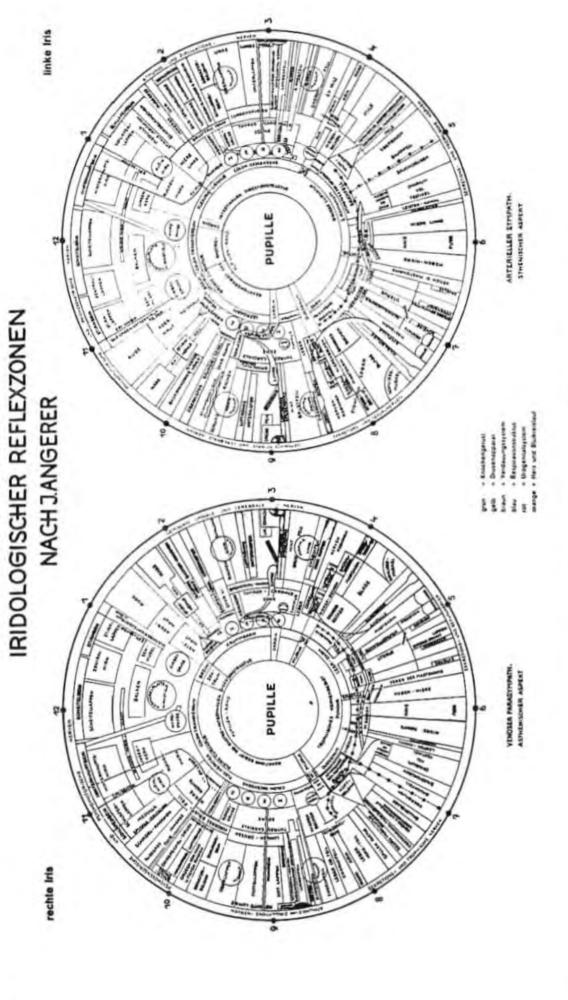
Iristopographie (nach Angaben von Vida-Deck, Maubach und Angerer)



Aus dem Institut für Grundlagenforschung der Irisdiagnostik von J. Deck, Ettlingen am Vogelsang

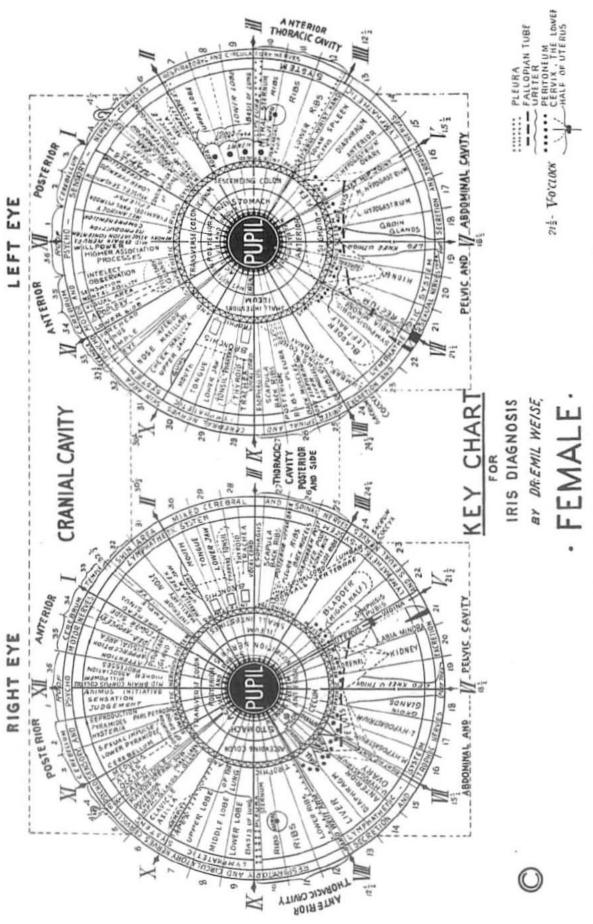
From the Institute for Fundamental Iris Diagnostic Research by J. Deck, Ettlingen am Vogelsang, Germany

In Dr. Josef Deck's book, he has shown Dr. Jensen's chart together with his; we have reproduced Dr. Deck's chart here. Dr. Deck is one of the foremost authorities on iridology in Germany.



TOPO-GRAPHIE

Contemporary iris chart development emphasizing degree of refinement J.Angerer, Germany.



FRONT VIEW OF THE PATIENT

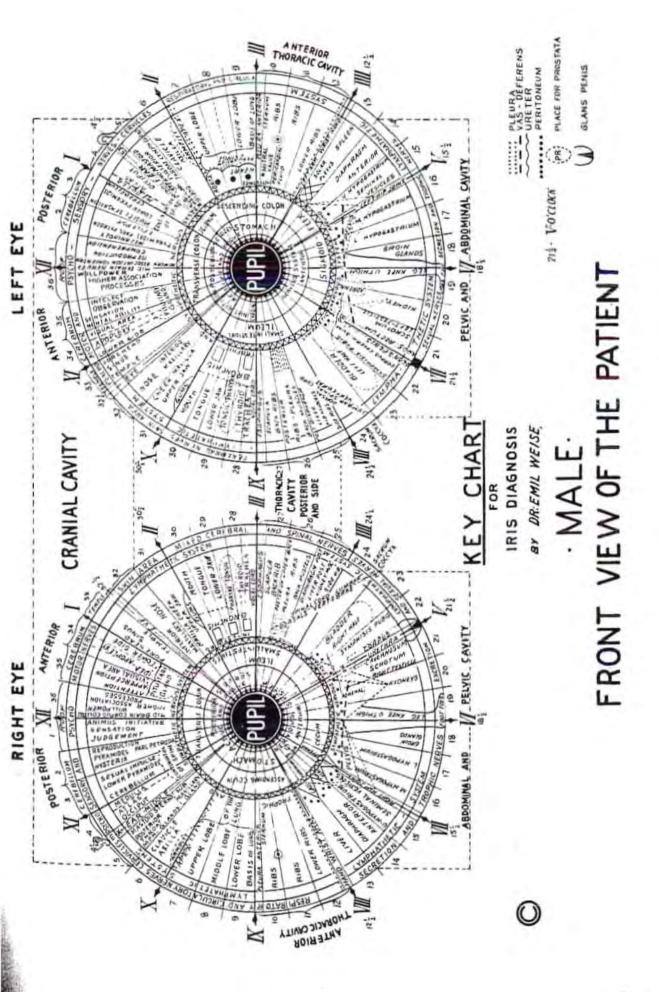
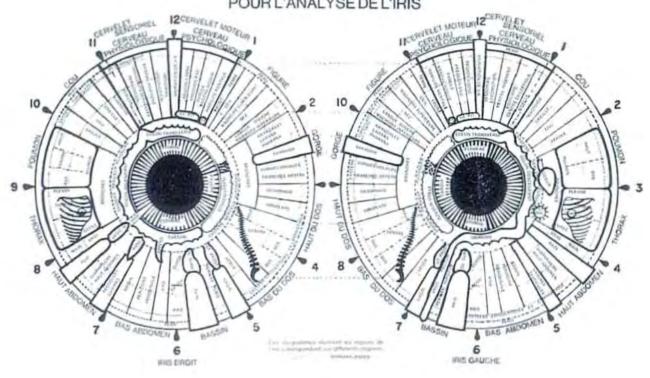
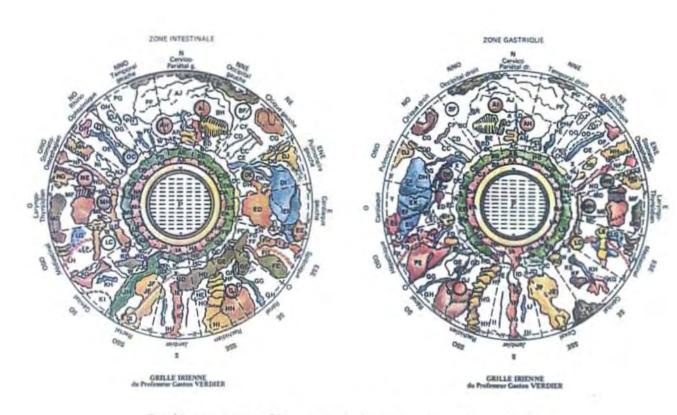


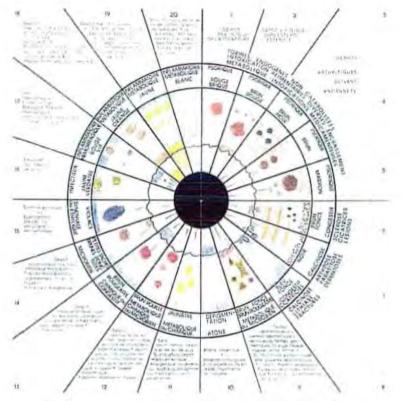
TABLEAU DIAGNOSTIQUE POUR L'ANALYSE DE L'IRIS



French-Canadian chart based on the work of Bernard Jensen.

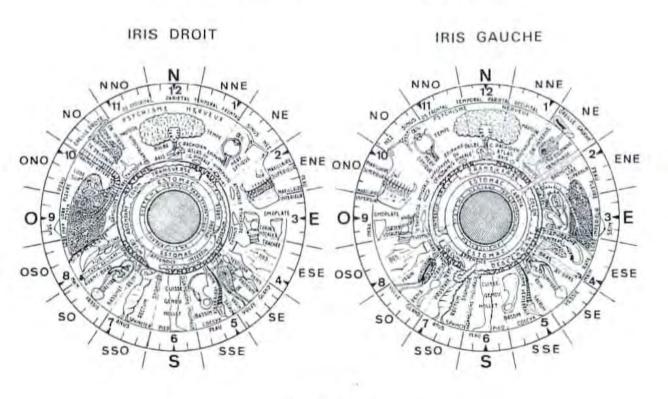


Graphic arrangement of iris topography by the Frenchman, Gaston Verdier.



Iris features projected upon segmented portions by A. Roux.

TOPOGRAPHIE IRIENNE



D'après A ROUX

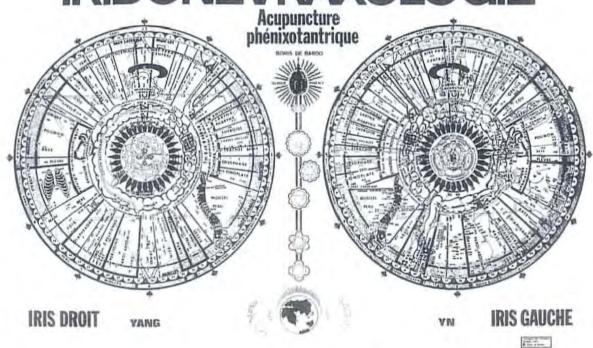
Irix topography according to polarized coordinates, A. Roux, France.

IRIDONE VRAXOLOGIE
1959
LUDMILLA & BORIS DE BARDO
1979

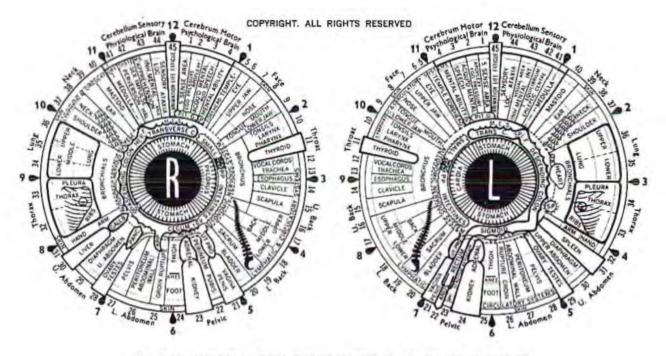
INICIDADA MARIO
1979

INICIDADA

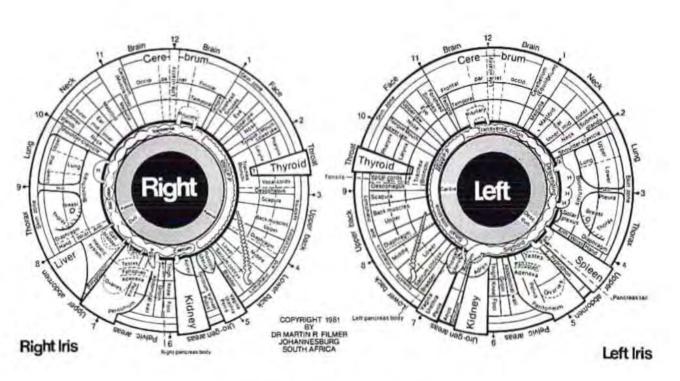
IRIDONEVRAXOLOGIE



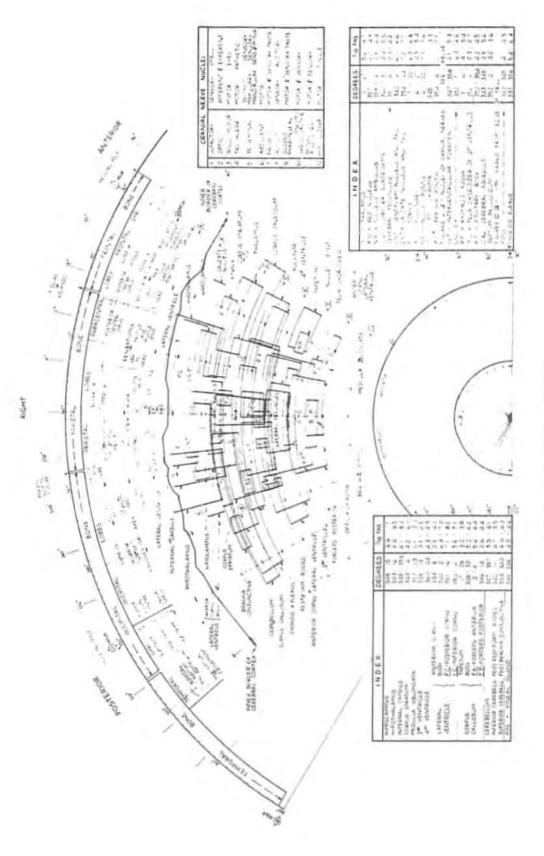
Iris phenomena correlated with the practices of acupuncture, yogic, and ayurvedic principles. Boris de Bardo, France.



Iris chart according to Triad, developed under Dr. G. Janssen of Australia.

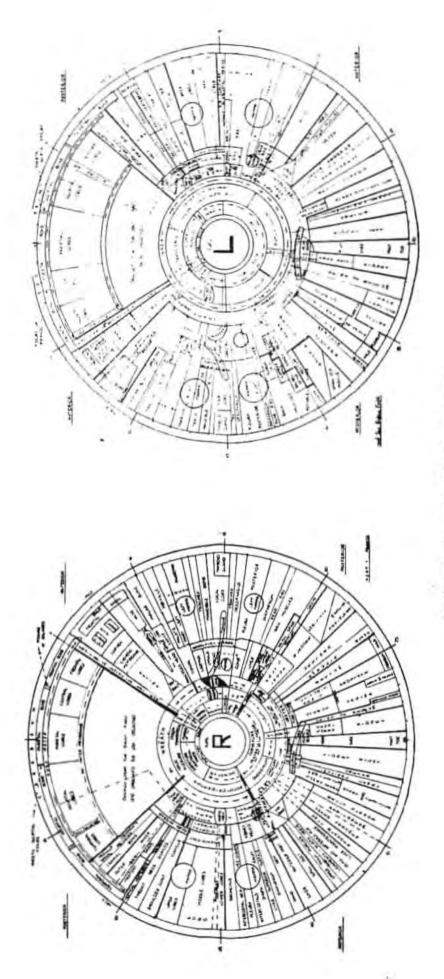


The work of Dr. Martin R. Filmer, South Africa.



Papers to Autos a Library was menda.

Detailed arrangement of the brain centers as determined by Alfred L. Cuddington of Rhodesia, South Africa.



Iris chart development by Cuddington, Rhodesia.

DIAGRAMA DE IRIDIAGNOSTICO

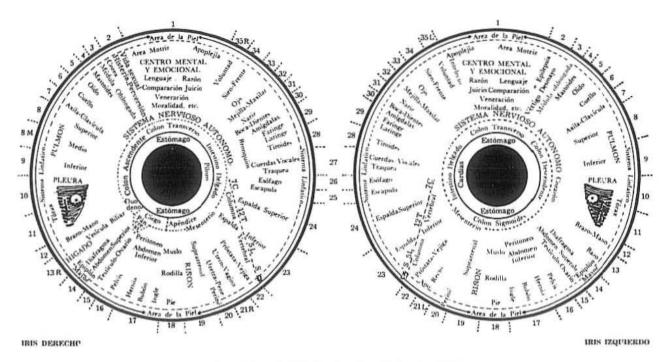


Figura 31. Revisado por el Dr. Henry Lindlahr.

Spanish version of Dr. Henry Lindlahr's work.

GUIA DIAGNOSTICA POR EL IRIS

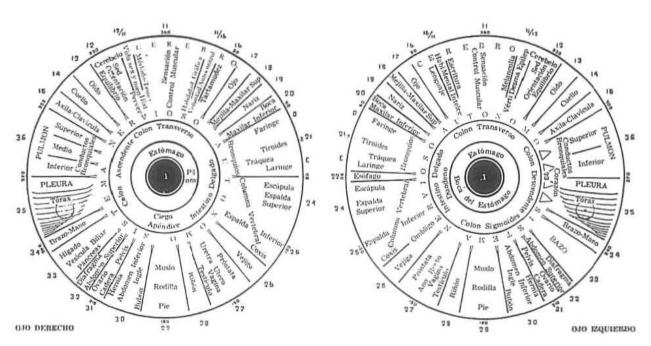
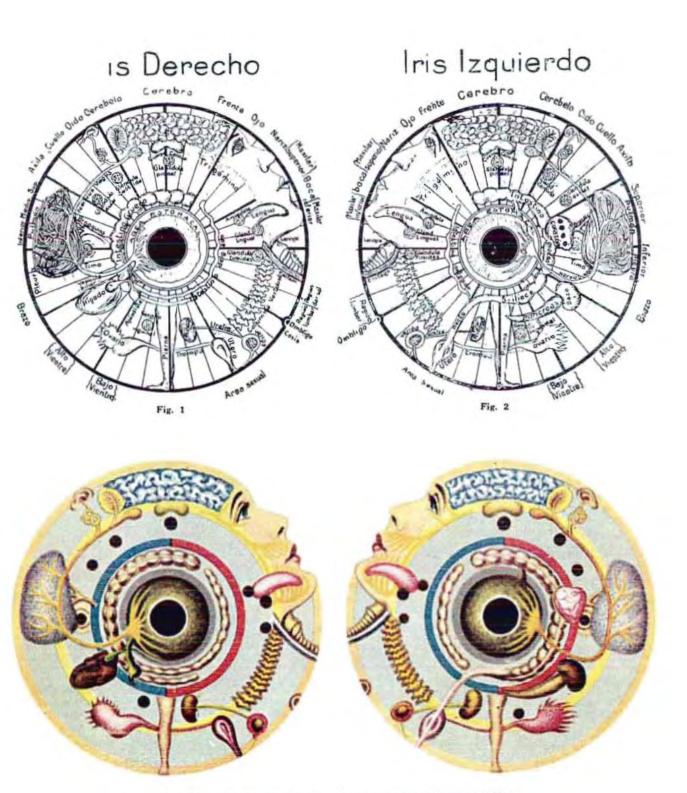
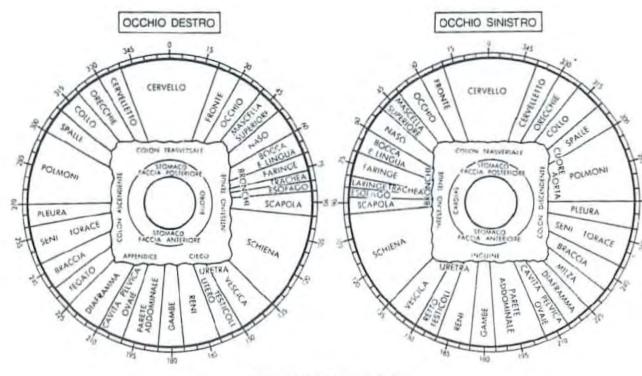


Figura 32. Esta gráfica la usaba el Dr. Henry Edward Lane.

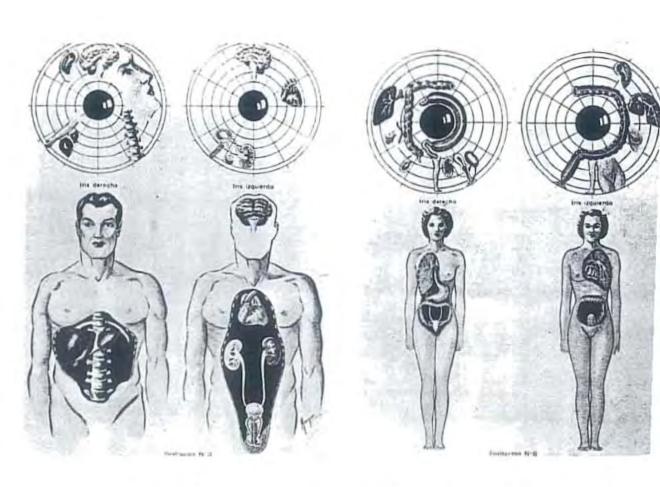
The work of Dr. H. E. Lane translated into Spanish.



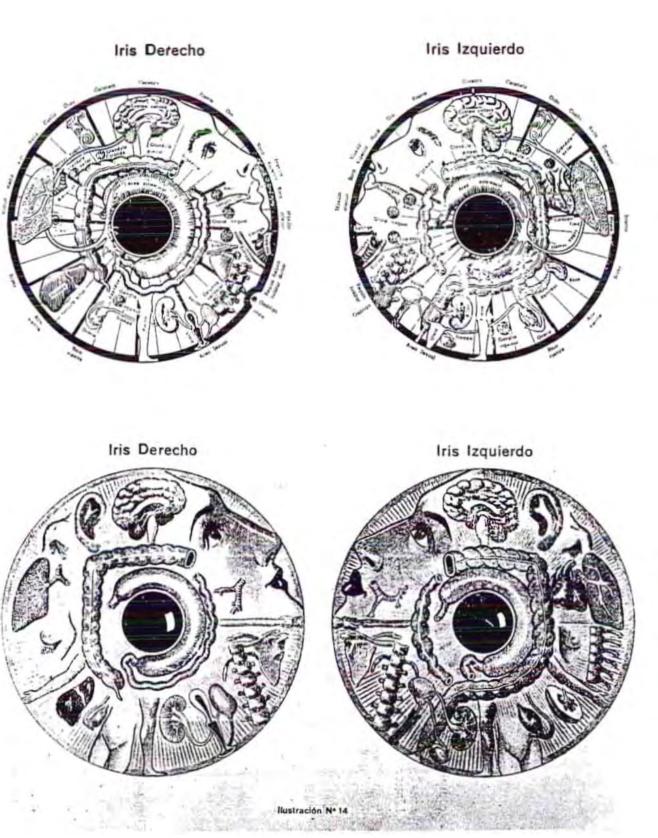
Iris chart developments by Dr. Manuel Lazaeta Acharan of Chile.



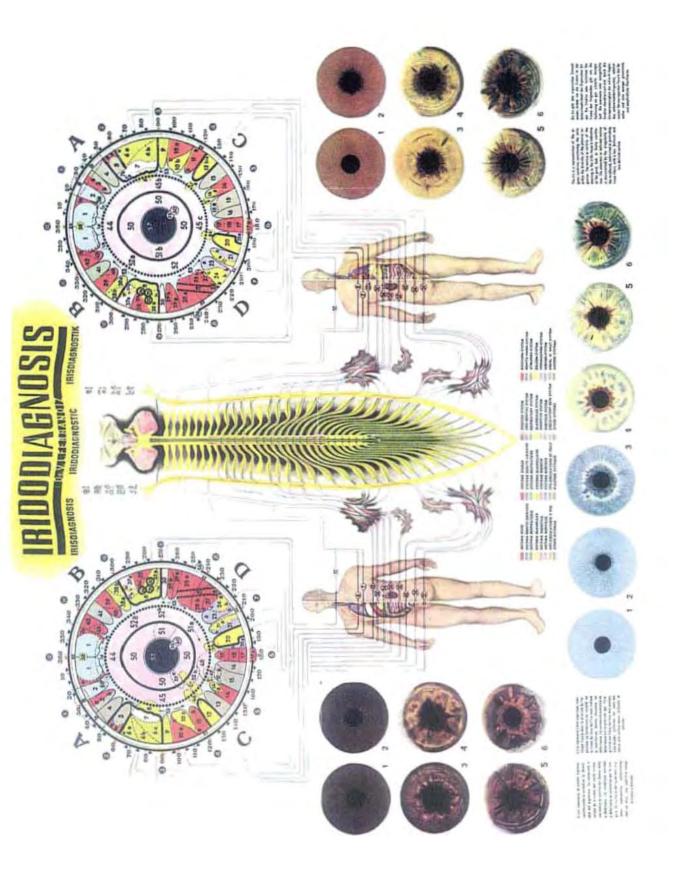
Simplified iris chart in Italian.

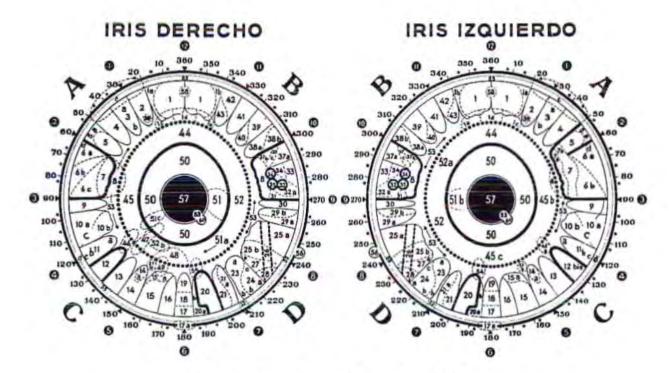


Graphic correlations of iris and body ussues by Haendel, South America.



Graphic iris chart arrangements by Haendel of South America.



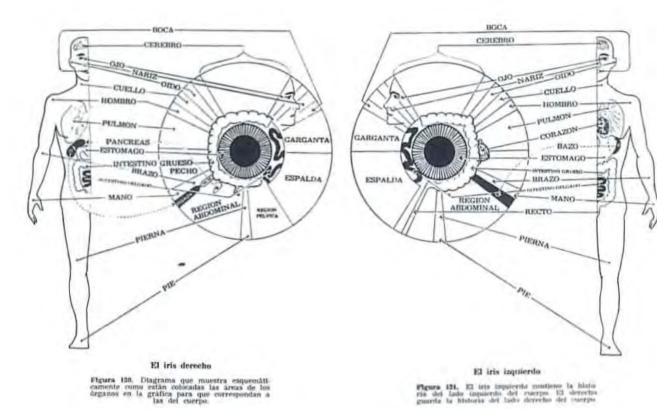


LECTURA DE LOS CENTROS

f Cerebro (encélalo)	11, Coda	24c. — Vejigs inferior	44. — Colon transverso
1a. — Región crancana posterior	tis Brazo (hombro anterior)	25a Espalda (parte superior)	45a Colon ascendente
1b Region craneada anterior	11b Antabrazo	25b Espalda (parte Inferior)	45b Colon descendente
te Región occipital (nuca)	tts Mano	26. — Columna vertebral	45c Asa sigmoldes y empolls rectal
1d. — Región parietal	11d. — Dedus	27 Caders (Illacos)	45 Vesicula billar y vena porta por
1e. — Región frontal	12. — Higado	27s. — Región publans	encima
2 Cerebelo o bulbo requideo (occi-	12b. — Bazo	27h Articulación sacro Iliaca	47. — Pāncreas
pucio)	12. — Diefreyma (abdomen superior)	28 Sacro y coxis	47s Cola del páncreas
3. — Oidu medio	14. — Cavidad pelviana	29s. — Costillas posteriores	48. — Intestino siego
3a. — Oido externo	14a Ovarios y anexos	29b. — Escápula (omóplato)	49. — Apéndice
3b. — Oldo Interno	15 Pared abdominal inferior	20. — Esólago	50. — Estómago
3c. — Mastoldes	15a. — Peritoneo	31. — Región plandular	51. — Piloro (antro)
4. — Cuello - Garganta	16 Ingle (región inguinal y de la her-	32. — Tráques	51e. — Ileón
5, Axilas (sobacos)	nie)	32s. — Tiroldes	51b. — Cardian
5a. — Clavicula y región antero inferior	17. — Pierna	33 Maxilar Interior	Stc Piloro-Duodeno (2,* presentación)
del hombro	17a. — Región del pie y dedos	34. — Región del mentón	52. — Yeyuno
6s. — Pulmón (lóbulo superior)	18. — Rodilla	35. — Faringe	52a. — Duode no
6b. — Pulmón (lóbulo medio)	19. — Musio	26. — Laringe	52b. — Piloro-Duodeno (3.º presentación)
6c. — Pulmón (lábulo Inferior)	20, — Rifión	37a. — Boca, lengua	53. — Gran elmpätica
6d. — Vértice pulmonar	20s. — Región superior de la vejiga	37b Boce, dientes	54. — Suprarrenales
7. — Corazón (derecha e Izquierda)	20b Uréter	37c. — Bocs, torsilles (emigdales)	55. — Sistemas circulatorio y lintético
7a. — Región cardiaca	21 Uretra - Pene	22a Nariz (fonas nesales)	56 Limite externo de la piel
7b. — Aorta	21s Escroto, testiculos y epididimo	38b Nartz (cavum)	57. — Pupile
2. — Bronquios - Hilles	21b. — Criptorquidia	39 Mexiler superior y majilla	56. — Hipôfinis
9. — Pleura	22 Recto - Ano	40. — Paledar	50. — Epitisis
10 Torax	23a. — Utero	41, - Oios	50 Limite del tris con la pupila, y re-
10a-Costillas anteriores	23b. — Vegina	42. — Frents entre 41, 42	gión del eletema almpático sutó-
10b. — Mama	24s — Vestrulas seminales	12 Fatrecejo	nome

Preceding page and above work by the noted iridologist, Dr. V. L. Ferrandiz of Barcelona, Spain.

tüc. - Esternán



Schematic representation of body parts and iris arrangement in Spanish by Dr. Bernard Jensen, USA.

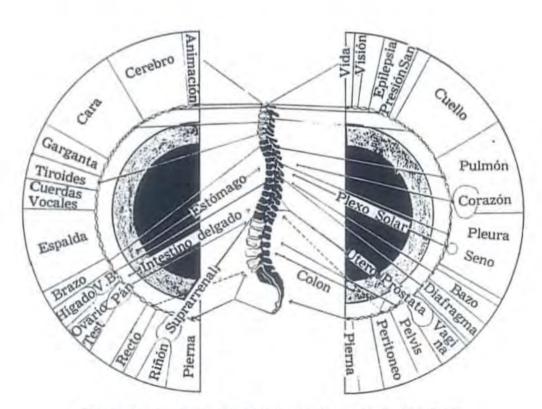


Figura 52. La espina dorsal y los nervios espinales tienen una relación directa con la banda circular nerviosa autónoma.

Spinal chart correlating with iris topography in Spanish by Dr. Bernard Jensen, USA.

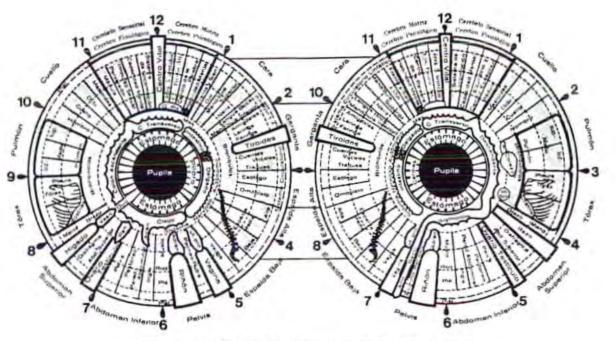
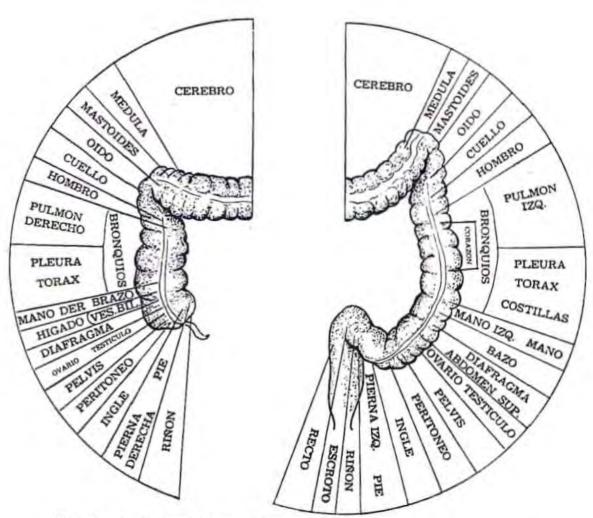


Figura 133. Grafica Iridológica formada por el Dr. Bernard Jensen.



Above chart by Dr. Bernard Jensen, USA.

Below: Bowel chart indicating reflex reference to the right and left iris. In Spanish, the work of Dr. Bernard Jensen, USA.

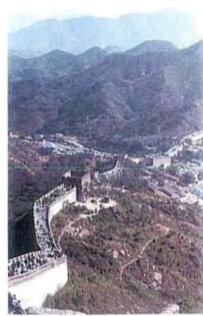
Chinese iris chart from Canton University, China, adapted from the work of Dr. Bernard Jensen.



Gathering of friends at Canton Hospital.



Teaching iridology at the Canton Hospital.

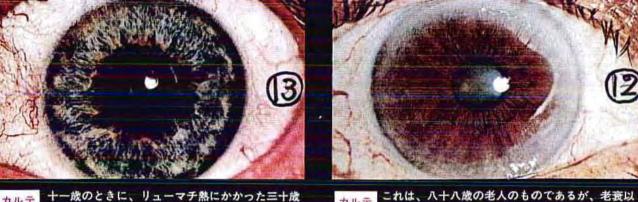


The Great Wall of China.



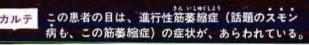
Traditional herbal medicine in China.

が 白く弱々しいフチは、大腸炎をしめし、グレーの 影と茶のハン点は、疑いなく頸部のガンをしめす 右腎臓の繊維腫の手術を受けた四十歳の婦人の目。 下部の破裂状の空胞、茶色の点がそれをしめす。



カルテ







幽門(胃が十二指腸に接する部分)のガ ンにおかされた、男の患者の目である。

This is an article appearing in a Japanese magazine showing their interest in the iris of the eye. The reproductions are taken directly from the publication with explanations in Japanese and English. Note the iris numbers corresponding to captions.

カルテ

In order to read Japanese, proceed from the back forward. This is the third page of the Japanese article. To read it properly, turn to the last page, which would be the first page in Japanese. When in Japan, do as the Japanese do.

iridology

Liver troubles can be controlled if discovered early enough.

Iridology discovered in Hungary.

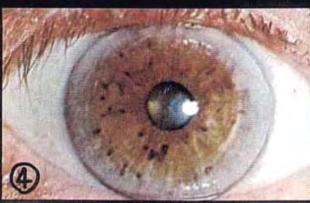
Iridology is now famous in the world.

Take care of your eyes and control disease.

3,000 Iridologists practicing in Germany.



カルテ この瞳孔は、脊柱側曲をしめし、五時の位置にある すきまは、膀胱内の繊維腫をしめしている。



カルテ この七十六歳の患者の瞳孔を見ると、動脈硬化と、 遺伝性の糖尿病にかかっていることをしめしている



カルテ 気管支のガンが、七時の位置に、しめされている。 さらに、左肺に転移していることが、判明している



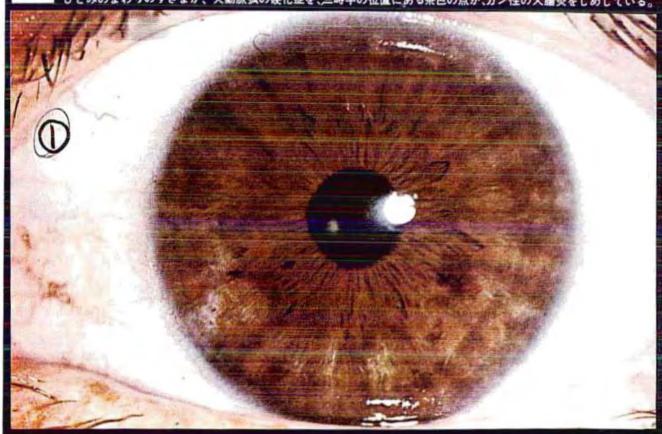
カルテ この虹彩 (網膜に達する光の量を加減する部分) は リンパ筋が腫れる、ホジキン氏病をしめしている。



カルテ この、ひとみのまわりにある印は、患者が二十八歳 以前に、左足を切断したことをしめしている。



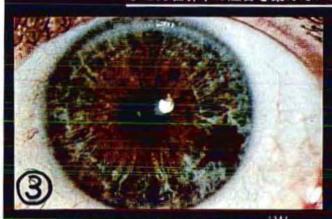
ルテ ハン点は、ガンの初期症状をしめしている。 が、悪性に進行する気配は、みせてはいない。



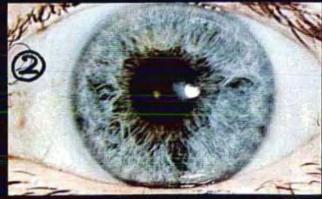
目をみれば……

ガンの早期発見が可能!期待の新学説!

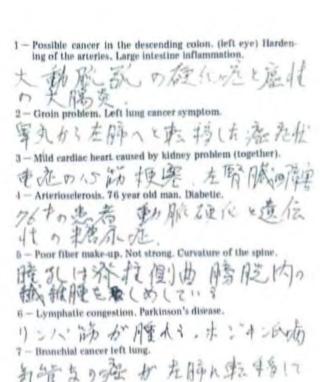
ハンガリー生まれの新しい科学、イリドロジー(IRIDOLOGY)が がぜん世界中の注目を集めている。目は聴診器ほどに物を言うのである。



カルテ 三時の位置にあるすきまが、重症の心筋梗塞を、六 時と六時十五分の間のものが左腎臓の障害をしめす



カルテ この、ひとみのまわりに現われている印は、睾丸から左肺へと転移した、ガンの症状をしめしている。



(は強の京が期を壮、恵村

- Cancer signs (spots). Had psora.

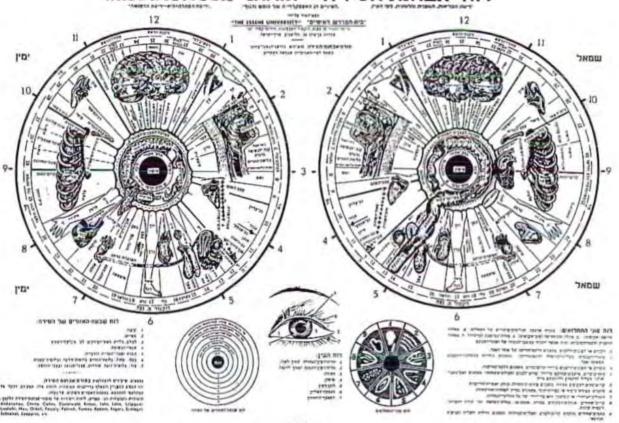
This is the beginning of the Japanese work shown on the previous pages, Japanese is read from the back forward.



Research into the phenomena of the iris as it relates to body condition, health and well-being is pursued in many countries around the world.

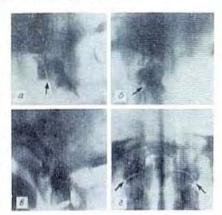
Hebrew iris chart and legend developed by Dr. M. Nerzah, president of Israel's naturopathic association. (Facing page)

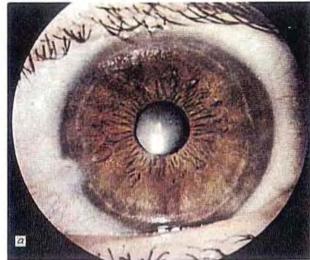
לוח אבחנת־הסירה – RISDIAGNOSIS CHART



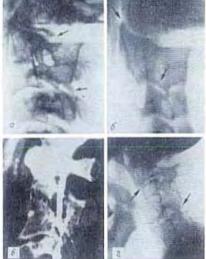
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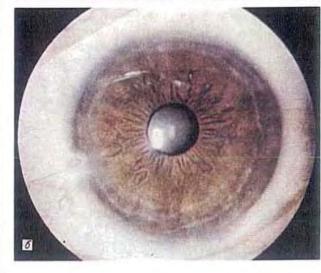


Рис. 2. Изменение разужной оболючки тлизи пол влининем разгрузочно-дикт неской терапци у больного К., 47 лет, страдающего хроническим холепистова креатитом.

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Researchers in the Soviet Union have been studying iridological phenomena using X-rays and other diagnostic techniques. Their data suggest that there is a high correlation between iridology information and that of other methods.

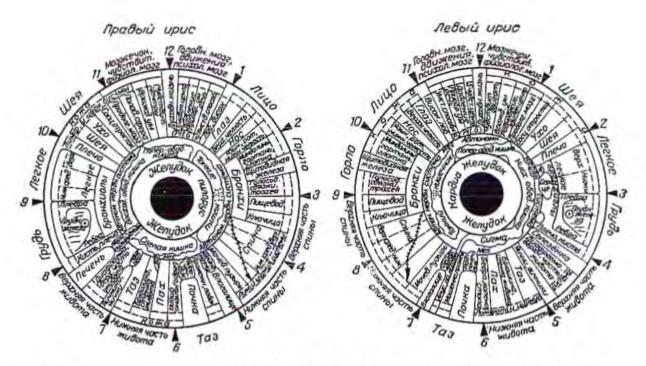


Рис. 1. Схема проекционных зон тела человека на радужной оболочке по Iensen. Проекционные зоны «давление», «приобретенный ум», «речь», «умственные способности» соответствуют по топике лобной доле; «чувствительные центры», «духовная жизнь», «5 чувствительных центров»— теменной доле; «врожденный ум» — затылочной доле; «половая сфера», «равновесие», «эпилептический центр» — мозжечку.

Russian iris chart development based on the work of Dr. Bernard Jensen.

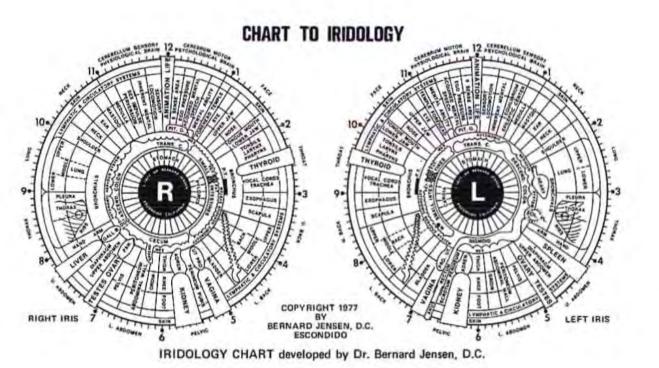
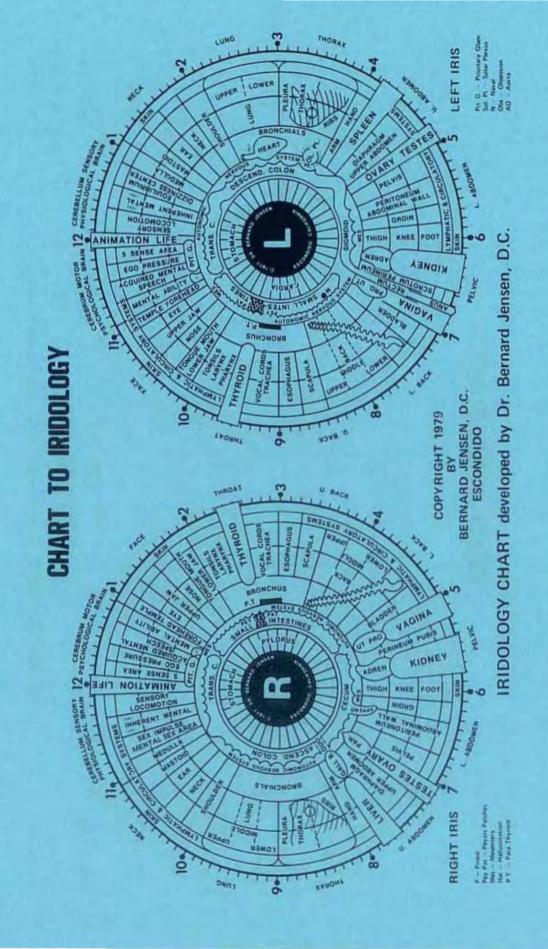
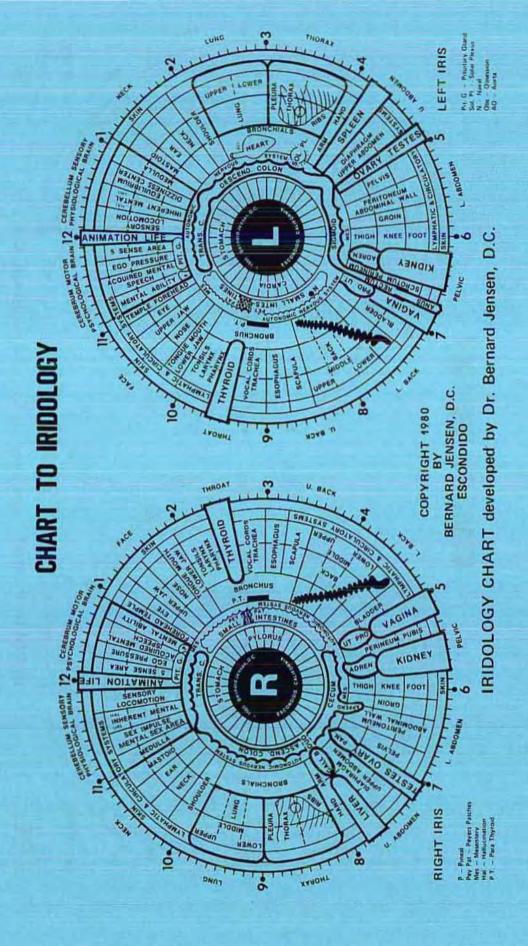
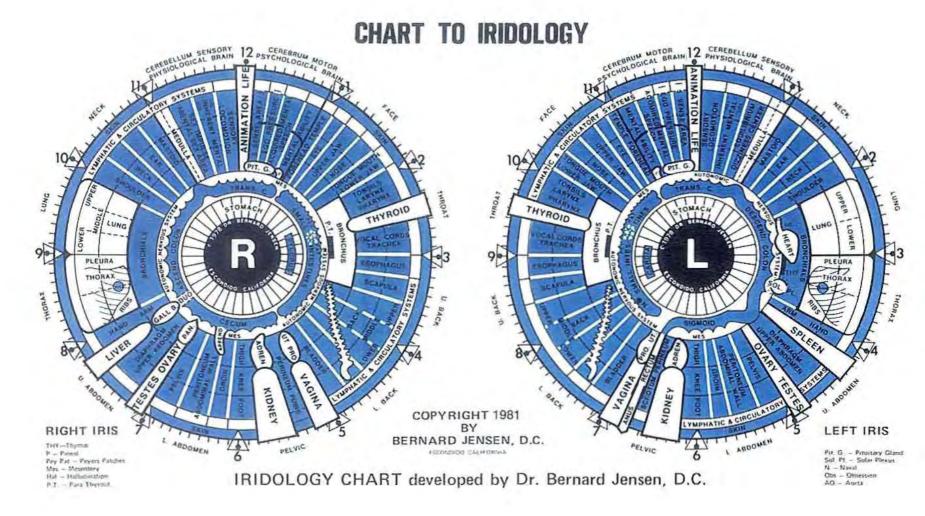


Chart development and verification is a continuously ongoing research subject for Dr. Jensen.



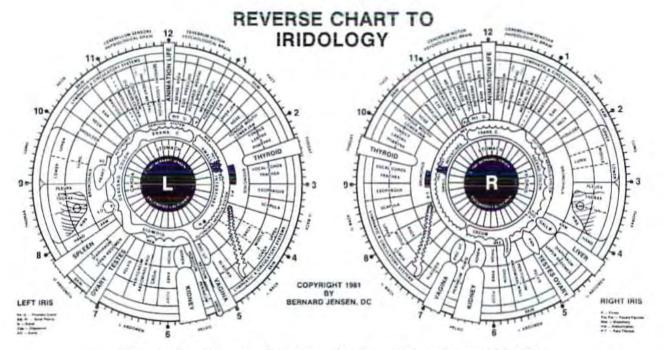


Iris chari development by Dr. Bernard Jensen is recognized world-wide for clarity and reliability.

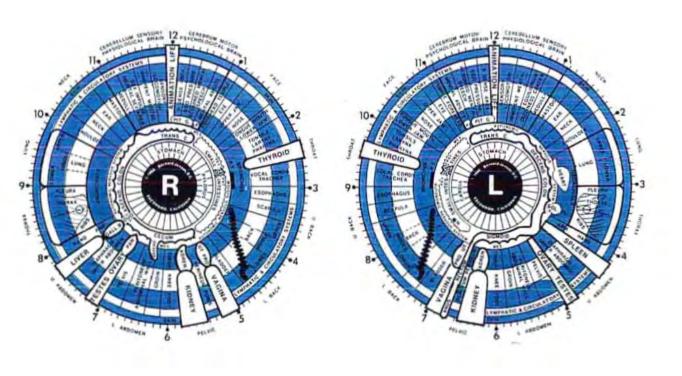


***DR. BERNARD JENSEN'S IRIDOLOGY PROJECT ONE

The creation of an accurate iridology chart (as illustrated here), based in its historical beginnings and evolving into today's state of the art, has been an ongoing pursuit of Dr. Jensen's, the first of nine iridology projects which Dr. Jensen has initiated and developed. These projects will be noted throughout this book.

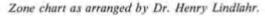


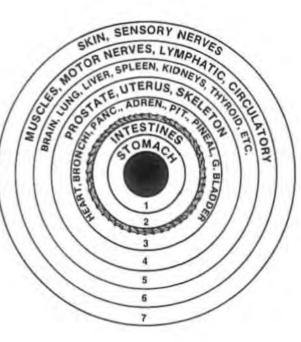
This reversed chart is to be used in self-analysis as it matches the reversed image of the eye as seen in a mirror.



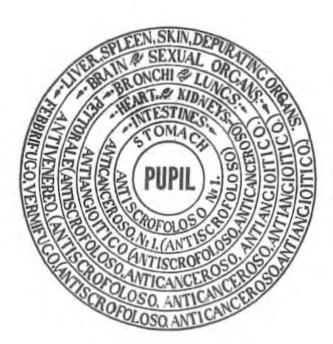
Zone regions incorporated into iris chart. Dr. Bernard Jensen.



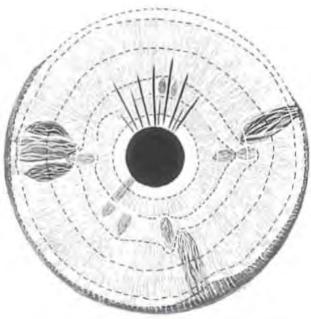




Zone development by Dr. Bernard Jensen.



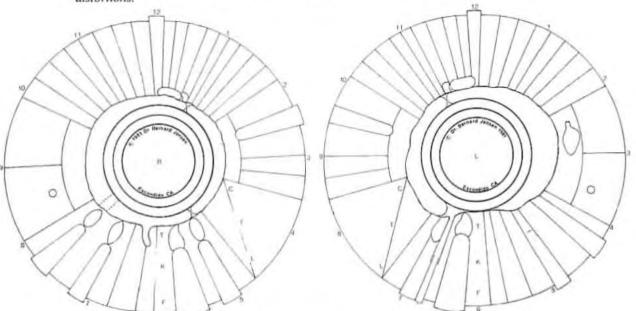
Dr. George Osmess zone chart.



Zonal outlines applied to drawing of iris features.



Schematic contours applied to tris photographs following zone relationships and actual tissue distortions.



Anthropomorphic iris chart based on the shape and reality of the living iris. Explained further in chapter relating to grid studies.



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two



The aim of every man, shall be to secure the highest and most harmonious development of his powers to a complete and consistent whole.

-Humboldt

Wholistics: The whole is to the part as the part is to the whole.

The environment you fashion out of your thoughts, your beliefs, your ideals, your philosophy, is the only one you will ever live in.

-O. S. Marden

It is not death that a man should fear, but he should fear never beginning to live.

-Marcus Aurelius

Whole system for the whole man

Since the dawn of the healing arts in ancient times, we have made great progress in our understanding of that complex organism we call the human body. Whether we are using our understanding properly is another question. Progress, it seems, is a mixed blessing. Along with advances in technology, we have pollution. Most of the food in this country is sprayed with chemical pesticides and grown in soil denatured by highly concentrated chemical fertilizers. When we consider these and other factors, we must realize that we live in an age in which it has become increasingly difficult to build and maintain an adequate level of health.

In the health and medical fields, advances in both knowledge and technology have been so overwhelming that an age of specialization has been spawned. There are podiatrists, opthalmologists, proctologists, chiropractors, osteopaths, homeopaths, nutritionists—we could go on and on. But, while specialization produces experts with a great deal of knowledge about one particular system or aspect of the human body; this creates a dilemma, since the human organism functions as a whole, unified, complex system in balance. When any part of the system suffers, the entire organism is adversely affected.

What we need is a whole system of analysis and a whole system of treatment for the whole person.

It is due to an awareness of this need that the concept and practice of wholistic health has received its impetus. Practitioners in the healing arts and sciences throughout the world are re-examining their methodologies and priorities. Many in the field of the healing arts feel that we are on the verge of a revolution in the field of health and that natural healing methods will play a major role in the coming years.

The great advantage of iridology is that it lends itself handily to an immediate survey of the state of health of every part of a person's body. The iris of the eye reveals tissue conditions everywhere in the body, indicating the areas in need of further investigation. Because of this, iridology is an invaluable tool to primary health care professionals using the wholistic approach.

What is good health? I'm going to say something that may shock some of you. In my entire life, I have never seen a completely healthy person. Good health is an ideal; and, like all ideals, it may be approached but is seldom achieved. We do not have to look for the reason why most people fall short of this ideal.

I confess that it puzzles me that a perfectly sane, intelligent person who knows that his automobile must have the right kind of gasoline, oil and routine maintenance to run properly will nonetheless feed himself coffee and donuts for breakfast, a hamburger and french fries for lunch, rich and fatty overcooked food for dinner, then procrastinate about exercising for the reason that he "doesn't have enough energy."

The human body does the best it can with whatever we put into it. Of course, we must also realize that our bodies differ significantly from person to person. Some people eat junk foods for years and appear to thrive on them. We say, "He has a cast iron stomach." There are others who feel ill after consuming a single carbonated soft drink. Eventually, however, a habit of eating the wrong food will catch up with anyone. Poor eating habits are not the only causes of ill health; but to restore and maintain health, good food, properly grown, properly prepared and balanced is absolutely necessary.

Once two doctors of chiropractic drove 3,000 miles to see me. These men were specialists whose entire focus had been on physical adjustments. They were concerned with restoring neurovascular integrity to their patients but were not entirely satisfied with the results they were getting. After several minutes of discussion, they began to realize for the first time that chiropractic adjustments cannot adequately compensate for the effects of a malnourished body. The nerves are important, but what good does it do to mechanically restructure vertebral aberrance and thereby increase innervation to body tissues that are improperly nourished? What can adequate innervation do for tissues depleted by poor nutrition or flabby from lack of exercise? We have to look at the whole person.

In recent years, acupuncture has enjoyed a surge of popular acclaim in this country, rediscovered here after common use in China for 5,000 years. Americans seemed to be surprised that acupuncture could function as an anesthetic. They seemed to be equally puzzled that a needle inserted in a spot on the spine could affect the functioning of the gallbladder or other organ some distance away. Yet, many health professionals have been aware for years before the "rediscovery" of acupuncture that activities in one part of the body have reflexive effects upon other parts. One of the most important aspects of iridology is its demonstration of reflexive conditions in the body.

The body is a system of interrelated parts and organs designed to function as a harmonious whole. The person who has a serious liver problem will have difficulty keeping his kidneys healthy. We find that a serious stomach condition can reflexly affect shoulder function. An over or underactive gland influences other parts of the body. It is obvious that each part needs to do its job right to keep the body functioning appropriately.

It doesn't matter how effective or highly skilled a doctor is if his patients continually revert to unhealthy life patterns. We have to look at the basic cause and make the change there. The life pattern, an integral aspect of the patient, has to change.

Among the current variety of approaches to health, we find people today focusing on vitamins, massage, special diets, exercise plans, herb teas and other one-sided methods. None of these approaches is sufficient in itself. One doctor from Palm Springs came to visit our Health Ranch and announced that he had discovered an herb tea that would cure anything from fallen arches to festered eyebrows in three days. Nine of my patients went back with him to try it out. At the end of a week they returned, disappointed. There simply is no universal "cure all."

In my view, the wholistic approach to healing must take into account the spiritual, mental, emotional and physical well-being of each person. We must seek a way of right living that includes all these components.

We can't be hateful or cruel and expect the thyroid to work well, and we can't expect to be happy just because we have a good heartbeat. But we are certainly not going to be very happy without one. We find that we aren't able to think sweet thoughts with a sour stomach. All these things are connected. We must combine a good mental attitude with an energetic physical life and spiritual awareness. There is no reason why we can't say it's a spiritual blessing to have good, regular bowel movements, to have good breathing, to have a good heartbeat. But that is not all there is to life.

I am convinced that it is necessary to be physically well in order to be mentally and spiritually attuned to the higher values in life. On the other hand, if we are not healthy at the spiritual and mental levels, we will not have physical health. We must therefore aim for a balanced integration of the whole person, and to do this we must look to an integration of the healing arts.

When we need a chiropractic adjustment, we are going to get it but we are not going to neglect nutrition. When we are in mental anguish we are going to see a psychiatrist, psychologist or spiritual counselor, but we are not going to neglect seeing the doctor to find out if the cause may be something physical. In an emergency we may need drugs or surgery; they have their place when properly used.

The immediate problem is that we resort to drugs and surgery far too frequently. I have known of people going through surgery when they could have been healed by fasting and a proper diet. Too often, one operation leads to another. For example, many people in this country have had tonsillectomies, and when the tonsils are gone we have lost useful portions of lymph tissue. What second type of surgery often follows the tonsillectomy? Appendectomy. The appendix is also lymph tissue. What's going on here? We find that the lymphatic system helps protect the body from infection, and when too much lymph tissue is surgically removed, the body's natural immune system is impaired. Why don't we correct the problem in the lymph system at the beginning? Every surgeon should know the basic facts about diet, or should consult with a nutritionist before scheduling a patient for surgery, for malnutrition often is the genesis of the pathological process being treated. I learned this while studying with Dr. John Tilden, who used fasting and nutrition to prevent surgeryalso from Dr. George Weger of Redlands, CA, who wrote the book The Genesis and Control of Disease. Every nutritionist should be well informed concerning foods that assist in the recovery of the different kinds of tissue in the body, because many physical dysfunctions can be restored without resorting to surgery or drugs.

The Four Principles

There are four basic physical principles to be followed in bringing about and maintaining a satisfactory level of health. These involve attending to: innervation, blood and lymph integrity, circulation and rest.

1. Nerves. The nerves are the central communication system of the body, receiving input stimuli and carrying instructions constantly to the glands, organs, muscles and brain. Optimum innervation is the number one priority in the physical body. The nervous system is the first to develop in the embryo and the last to be affected in cases of starvation. The important principle here is that a free and uninterrupted flow of nerve force is necessary to allow healing to take place.

Optimum innervation may often be restored in the body by reducing structural aberration with a specific chiropractic adjustment, through massage, manipulation, acupuncture or acupressure and through corrective physical exercise. We can also improve neurovascular integrity by eating the right foods, getting the right amount of rest and by learning how to effectively deal with emotionally distressing situations that may be depleting the nervous system. It may be appropriate in the latter to seek help from a psychologist or psychiatrist. In short, we must change our attitude toward the situation or we must change the situation.

Without sufficient innervation to tissues we do not have the power for proper assimilation of food or elimination of toxins and wastes. Without proper assimilation it is difficult to stimulate an increase in red blood cell count and satisfactory circulation of the blood and lymph. When neural integrity is disrupted, it may be difficult to get restful sleep or relaxation. Without proper innervation muscles become flabby, and exercise is difficult and tiring. All these processes are tied together, but the nervous system must be restored to effective functioning before the full benefits of the other three principles can be realized.

When we are sick the vital energy of the body is devoted to internal processes, which results in a lower level of energy for external activities. With adequate innervation every physical system and organ functions more effectively. This is our first priority.

2. Blood and Lymph. The life of the body is in its blood and lymph. As you know, lymph differs from blood in that it is a colorless fluid formed in tissue spaces throughout the body, much like blood plasma, but containing no red blood cells. It flows through the lymphatic channels and eventually empties into major ducts that lead into large veins near the heart. The blood carries biochemical nutrients, including oxygen, to the cells of the body and removes toxins, bacteria, carbon dioxide and wastes. In a similar fashion the lymph absorbs and carries nutrients into the bloodstream. Lymph does not circulate as blood does but travels one way through a system of small vessels that pass through lymph nodes which filter out bacteria and other foreign material, preventing their entrance into the bloodstream while letting nutrients pass through. Good blood and lymph supply are essential for health.

It is said that man was formed of the "dust of the earth," and it is the bloodstream that carries essential biochemical elements, "the dust of the earth," to each cell in the body. Oxygen, of course, is needed to convert these nutrients into substance, heat or mechanical energy. As it drops off food for the cells, the blood picks up and carries away wastes and bacteria. In the bloodstream, white blood cells act as defenders against any harmful bacteria, toxins or other substances by consuming them and carrying them into the excretory channels.

Arterial blood is rich in nutrients and oxygen while venous or "sludge" blood is dark in color and loaded with cell waste products.

Obviously, to recover or sustain health, it is necessary that we provide the right foods and liquids to build up the blood and lymph systems. In the case of illness, we want to build up the red blood count for quicker tissue repair and removal of toxins and wastes. To assure ourselves that the blood has a balanced composition, we must work for an optimal nutritional balance for each individual patient. We need wholesome meals that include varieties of fresh fruits and vegetables and the proper amount of protein.

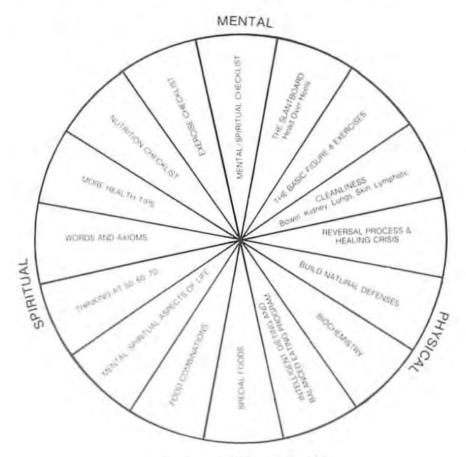
Circulation of Blood. Blood makes up onefourth of the entire body weight, and to do its vital job of carrying food to the various tissues and of removing wastes, it must circulate efficiently. Proper blood circulation is crucial to the healing process.

Often it is taken for granted that the heart is the "pump" that drives the blood through the network of arteries, veins, and capillaries that serve the body. In an important sense, this is true, but it is not the whole story. One of my teachers once mentioned that "the legs are the pistons that drive the blood through the body." The legs are also pumps. Dr. Paul Dudley White, a medical doctor to our late President Eisenhower, said that we die from our feet up; poorleg muscles make a flabby brain. He was not denying the fundamental role of the heart but was affirming that the activity of walking, or any exercise involving the legs, particularly, aids the circulation of the blood through the venous system. All exercise assists in bringing an adequate blood supply to the extremities, the most important of which is the brain. Since the brain is the biocomputer that directs most of the conscious and the automatic processes of the body, it is evident that we must assure an abundant supply of nutrition to it.

Normally, blood moves through the main arteries at a rate of one foot per second and makes its round-trip through the circulatory system in about 20 seconds. For the average person living at sea level, there are from 4.5 to 5 million red blood cells in each cubic millimeter of blood. These important and life-giving cells, we must realize, travel through the circulatory system 180 times per hour, and any physical dysfunction that reduces this rate of travel (or increases it significantly) impairs the process of cellular function in all body tissues.

When poor circulation is hindering the healing of a dysfunction, we have to get the legs moving. We may have to use clay packs, epsom salt packs or comfrey packs. We may use the Kneipp treatments, getting the circulation going with cold water applications. We may try heat treatments, infrared radiation or diathermy. Without adequate circulation, we cannot get the biochemical elements needed for tissue repair into the various parts of the body fast enough. We cannot carry away toxins and waste products as rapidly as we should. And this is why we must provide adequate circulation.

4. Rest. The fourth principle is rest. This is often the most neglected of the four principles, and I am convinced that this is a tragic mistake. I believe that fatigue, overwork and overexertion play a prominent role in the breakdown of physical tissue. All sick people are tired.



Dr. Jensen's "Wheel of Health"

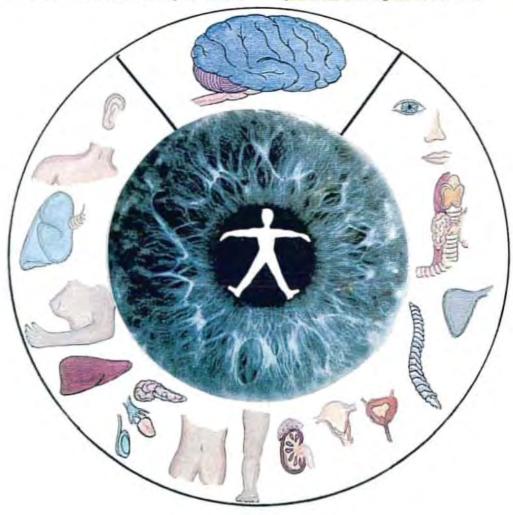
Where does fatigue come from? The source may be emotional as well as physiological. There are few things as tiring, as energy draining, as an unpleasant job or boss, or a nagging, critical spouse. The marriage vow includes the phrase, "...until death do us part." When the honeymoon is over, too often the fighting and dying starts. We must get these things straightened out and find a right way to live. We must get enough rest, relaxation and recreation to restore our bodies to a high level of functioning.

What is rest? During sleep, the metabolism slows, the body temperature drops and half as much air is taken in by the lungs. Muscles relax, perspiration increases, blood pressure drops and urine output decreases. It is also interesting to note that our bodies, in sleep, are not fighting "gravity" as they are during daytime work activity when the skeletal structure is supporting the softer tissues and organs in an upright position.

The worst enemy of rest and relaxation is said to be fear. Fear preys upon the mind and the imagination, stimulating the adrenal glands to secrete adrenaline, which in turn, triggers increased heart and circulatory activity, raising the blood pressure. We know that mental activity of various kinds brings about physiological changes in the body which adversely affects the nervous system and hinders the ability to relax and rest. We find that the physical, mental and spiritual aspects must all be treated if the patient is to be made "whole."

Alterations in the metabolism of the body during rest favor the restoration of damaged tissue and the efficient removal of toxins. During rest, the nervous system effectively organizes and harmonizes the functioning of the various organs, glands and tissues to combat and reverse a degenerative condition. The blood circulation to the affected body part is not impeded by demands made upon it by other competing physical activities, as it is during an ordinary work period. Complete rest is best during a time of illness, but almost everyone needs eight hours of sleep each night to maintain health.

Each of the four principles is interdependent upon the others. When we improve one, the functioning of the other three is enhanced. This idea can be extended to the whole person—when body, mind and spirit are in harmony, good health is a natural consequence. That is why we need a whole system for treating the whole man.





three



One of the purposes of existence is growth. Life is dynamic, not static. Use it or lose it is nature's dictum

-Disraeli

The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.

-Marcel Proust

Today something is happening to the structure of human consciousness. A fresh kind of life is starting.

-Teilhard de Chardin

Science of bringing light to dark places

I call Iridology "the science of bringing light to dark places" for two reasons. The iris is a window, so to speak, showing what goes on inside the body. When we find darkness in any lesion or area of the iris, we find it corresponds to pathology somewhere in the body. When we have made the right life changes through nutrition, exercise, nonsuppressive treatments and replacing poor habits with good ones, white healing lines come into the dark places of the iris, telling us that healing is taking place in the tissues. From another outlook, we find that ignorance can be compared to darkness, while knowledge is wisdom and light. To come to a right way of life, to come to harmony from a place of chaos, is to come from darkness into light.

True healing involves bringing light to the dark places in an individual's life. The enlightened one walks in light and once started seeks the higher values in life. If primary health care professionals did more educating, they could do less medicating. We do not see healing lines coming into the dark areas of the iris as the result of drugs and medicines; the healing lines come only after basic changes are made in a person's way of life, changes that restore the integrity of the bloodstream and rejuvenate the tissues.

If a person is truly interested in walking the path of wholeness, he must go through changes in attitude and behavior. We find often that the marriage problem must be taken care of, the job tensions have to go, and we must put a peaceful, harmonious way of living in place of the old dis-ease producing way. We are going to give up the old and take on the new. It's replacement therapy.

When we find healing lines coming into the dark lesions of the iris, that is a sign that enlightenment has begun to bring a healthy way of life into expression.

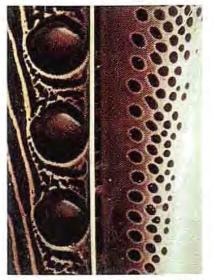
We must define iridology as the science of analyzing reflex conditions in the iris corresponding to pathology in the body. The iris of the eye shows the changes that are going on in the body and reveals abnormal tissue conditions. Iridology's greatest value is that of allowing the detection of chemical and physiological changes in the body long before the appearance of the particular set of symptoms which would be classified and named as a disease.

Underlying all symptoms characteristic of known disease states are tissue changes in the body caused by chemical imbalance, toxic deposits, poor circulation, inherent weaknesses and so forth. To understand how dis-ease develops in the human body we must first understand what is going on in the organs, bloodstream, nervous system, circulatory system and glands to bring about the changes which culminate in disease. Iridology provides a wealth of information about the vital processes and tissues of the body.

Scientists have found that spiders can determine the size of insects caught in their webs by the vibrations they pick up through the strands. We find there is also a vibratory force in the body that develops through the cumulative vibrations of life processes, organ function,



Mighty and delicate, meticulous and purposeful is the work of the Master architect in creating everything from the feather to the iris.



Feathers are designed with a purpose. How much less is found in the construction of the iris?



This is an apricot kernel reduced to its original crystal form and color.

nerve impulses, heartbeat, blood pressure and other rhythms. This overall vibration carried to every cell of the body reaches into the fibers in the iris stroma, the delicate vascular arcades that reflect the condition of body tissue.

Heretofore, practitioners have failed to sufficiently appreciate the meaning behind the iris fiber or the tapestry of all iris fibers interwoven together. Every heartbeat is felt by every other cell and organ in the body. Nutrients derived by the blood from the food we eat connect every organ with every other organ. The bloodstream "senses" the presence of rheumatism in one part of the body. The sodium-potassium balance at nerve synapse junctions must be maintained or electromagnetic impulse transmission is hindered or stopped. The complex web of activities in the body constantly and profoundly influences the structure of the iris.

Dental research has shown that if the "bite" is improperly aligned and the teeth do not properly come together for chewing, the brain can be affected, deafness can result and glandular conditions can be triggered. Pressure along the sutures of the skull can be relieved and released by correcting conditions sometimes developed when babies are delivered with forceps. We are learning to see the light, however, slowly. We are learning to correct early mistakes and then get on the wellness wagon.

I am sure the day will come when we will look back to the present and admit we have been working and living in the "dark ages." But even considering the darkness of today, I feel that enlightenment will come when we realize everything we do builds up or tears down the tissues of the body. All therapies that help to build good tissue are commendable therapies. All environmental processes—pollution, malnutrition, overcrowding, industrial noise and so on that hinder tissue repair or actually damage tissue—are destructive and should be eliminated or changed to make this planet safe for humans and other living creatures.

Looking outward through the eye, we can see what is life enhancing or destructive in the outer environment. Science's greatest problem today is cleaning up pollution in our environment; therefore, as the eye and the body mold to our environment, we are depending on science for the condition of our bodies. Much of our energies in the future, as far as science is concerned, will turn to cleaning up our pollution. Looking inward, we can see in the iris much the same thing with regard to our "inner environment." This is due to the iris-body connection, the iris-brain connection, the iris-vibratory force connection, the iris-electromagnetic current connection, the iris-nutrition connection and so on. We know what needs to be done. Now let us do it. The kids of today have a saying, "Come clean, man." I am sure that if you do this, the eye will respond.

To bring light into dark places is first to learn what needs doing, then to accomplish needed changes to bring about higher evolvement of tissue. Through the connections described in the previous paragraph, integrity is restored to actual tissue. We see the change in the eye after change has been made deep in the body.

To avoid any misconceptions, we need to realize that iris markings showing tissue conditions in any of the various organs or tissues of the body do not indicate pathology in the iris itself. The iris may be absolutely normal when the rest of the body is providing reflex signs from various organs. There are, of course, pathological problems of the eye itself, as well as congenital, inherited and acquired conditions. I have a little black spot on my iris, for example, that many people have interpreted as an iodine deposit. But I have to tell them, "No, a cactus spine penetrated my eye when I was sixteen." We have to distinguish between reflex

conditions revealed by the iris and such things as conjunctivitis, glaucoma, scar tissue or pathologies of various other kinds.

Using the iris for evaluating the state of the interior of the body is utilizing the most complex structure to greet the outside world. The eye transmits light from the outside world to the brain, which organizes what we perceive as objects and colors. What we see through our eyes may delight us or horrify us. The brain transmits feelings, thoughts and beliefs, whether true or not, through the nervous system to every cell and organ of the body, and this may be done at either the conscious or subconscious level. We may suffer from what we see but we also learn from it.

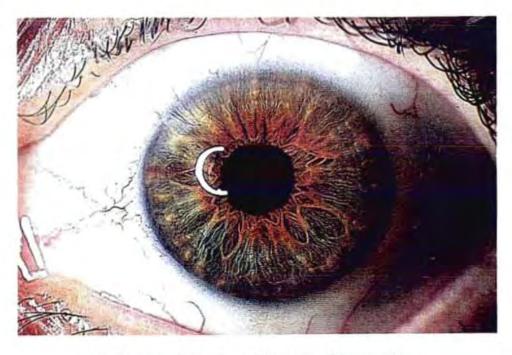
By the same token, activities throughout the whole body, in every organ and tissue, are registered in the brain. The eyes, according to physiologists, are extensions of the brain; and the German authority, Walter Lang, has shown that ascending nerve pathways from the body pass through the thalamus and the hypothalamus before going on through the optic nerve tracts and into the irides. The thalamus and hypothalamus are the basic monitors of all vital activities going on in the body. From the nerve impulses they relay to the irides, physiological changes develop in the iris tissue, revealing conditions in all parts of the body.

The iris is truly a map of the whole human body. Generations of iridologists, since the discovery of this science, have developed iris charts showing the location of various organs, limbs, glands and tissues in corresponding areas of the iris. By examining the

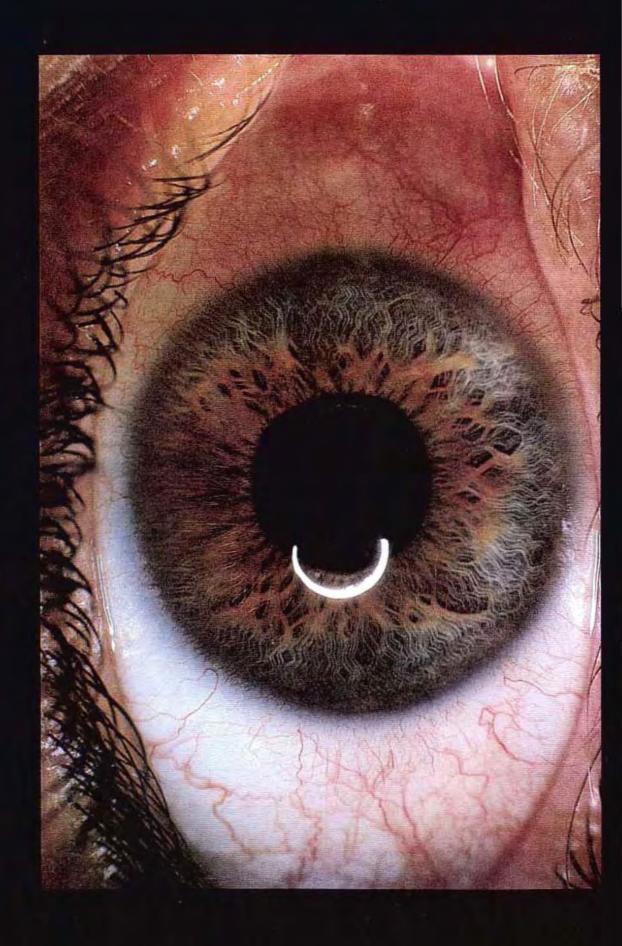
irides, the trained iridologist can determine the structural response of the tissue, the nerve conditions and toxic settlements. Color shades in lesions or localized areas of the iris, whether white, light gray, gray or black, tell us the degree of tissue pathology from the acute or irritated stage through the subacute, chronic or degenerative stages. The latter three classifications indicate levels of tissue hypoactivity. According to Josef Deck, the foremost European iridologist, iridology has proved to be comparable in accuracy to clinical diagnosis by the research of Sprev and Weizen.

The iridologist can see the relationships among the organs and tissues of the body as they affect one another. While we do not diagnose disease, we analyze the integrity of the tissue, the health level, inherent weaknesses, the response of the patient to treatment and to his environment, his constitution and recuperative power and chemical imbalances in his body. Above all, we are able to observe the appearance of "healing lines" in the iris when an effective program of therapy is bringing about improvement.

To be correctly understood and applied, iridology requires rigorous study, training and practice. No two eyes are ever alike. Some eyes are more difficult to analyze than others. Only those who have used this science can begin to appreciate its insights into the complex workings of the human body and its simple yet profound approach to understanding the principles of health in a unique and wholistic way.



As this patient lives a cleaner life, the iris will become lighter.



four



In the creative state a man is taken out of himself. He lets down as it were a bucket into his subconscious, and draws up something which is normally beyond his reach. He mixes this thing with normal experiences, and out of the mixture he makes a work of art.

-E. M. Forster

Iridology: other viewpoints

You know what iridology means to me—I've spent much of my life using it and teaching others how to use it. In this chapter we're going to have a look at what others think of iridology.

The first section is by R. M. McLain, one of my highly respected teachers, with whom I worked (many years ago) every Wednesday and Friday evening for three years, learning iridology.

REAFFIRMATION AFTER THIRTY YEARS IN IRIDOLOGY by R. M. McLain, DC, Oakland, CA

During the past thirty years I have been up to my neck in iridology. My hobby is diagnosis. This diagnostic interest probably grew out of the desire for a more accurate diagnosis of my own afflictions. My early life was marked with a great deal of illness-especially pain. Through these years of suffering, I tried every form of treatment which I knew of, also resorted to various climatic changes. When finally I was told that there was no hope for my condition I turned to drugless treatments and from this I soon received a great deal of benefit, so much so that I decided to enter this field of endeavor as my life's work. For some time I went along with fair health, then I began to slip back gradually and again found myself in another dilemma. About this time a friend loaned me a book on iridology by Dr. Lindlahr. From this book I gained my first insight into iridology. I was interested in this science for two reasons; first, to apply it in my own case, and second, if it proved helpful in my condition, it would be natural that I should want to use it in my practice.

In entering the study of this science, I found myself with a book as my only aid. It was difficult to find anyone who could give very much assistance along this line. I found one young doctor who had studied this work to some extent and he was a great help in getting me started. For the application of this science, my first equipment was a mirror in which I could begin the study of my own eyes. After some months of this procedure, I finally arrived at what I thought was a fair diagnosis of my own condition. This was followed by what I considered to be the indicated treatment according to iridology findings. During the ensuing months I found a great improvement in my health. I was enabled to free my body of pain, and I started myself on the road to health.

During these thirty years, I have found this science to be my most beneficial diagnostic guide. In this routine my first desire is to know the "texture" of the iris, which is established by observation of the iris fibers. The next consideration is the basic factor of heredity. According to the great revelation as we find it in the iris, most of our deficiencies are inherent. Only a small percentage appear to be acquired. Knowledge of these factors is important in the application of treatment. With the grade of texture and the hereditary factors established, we next observe the iris for inflammation, which is presented in many forms—all the way from the very acute to the most destructive.

Through the texture we are enabled to determine to a great extent the vitality of the patient. We also use the texture as our criterion for the prognosis of the case. The texture tells us what we have to work with. On outward appearance the patient may look strong and rugged, but if we find the individual has a very coarse texture we know that the response to treatment will be slow, and the prognosis is less favorable.

If we find that the patient's greatest deficiency is due to an inherent condition, we then know that this condition has existed since birth, and that it will remain throughout the life of the individual. In this instance, the approach to treatment would differ from that of the acquired case.

Thirty years'study in the science of Iridology has proven to me that ailments that bring patients into our offices, except in case of trauma, are due to deficiencies in the functioning of the various organs and parts of the body, and that most of these deficiencies are present at birth—they are inherent—they are defects which we have inherited from our ancestry—they are there in the beginning—and they will be there in the end. The only way in which we can help these individuals is to build up these weak points to their maximum capacity.

When you have an insight into iridology, you can easily understand why the sick people of this world are going around in such a flurry, chasing from doctor's office to doctor's office, looking, hoping and trusting in faith, that some day, somehow, through some break of fortune they may find someone who can solve their problems. But how can this be accomplished when the doctor himself continues to ignore Nature's own revelation of the patient's condition?

As patients enter your office, they bring the diagnosis of their condition along with them—it is stamped in the iris of their eyes. It is placed there by Nature. It is so evident. It is so plain. It is as if Nature were crying out for help. God did not make our wonderful bodies and seal them over. He has left a revelation for us—a revelation in the iris of the eye, where it is possible for us to detect the basic background of all human ailments.

IRIDOLOGY AIDS OPTOMETRY by Dr. Wayne L. Hines

(Dr. Wayne L. Hines is an optometrist from Chehalis, Washington.)

It must be understood that there are many different types of diagnostic techniques. Not one is a complete diagnosis by itself. For an example, the optometrist will use his ophthalmoscopein viewing the retina and sees a hemorrhage, but just viewing the hemorrhage does not tell him what caused it. Since the iris of the eye is a scanner screen of the entire body, would it not seem reasonable to use iridology as one of the check tests to see where the real problem may be located?

Following are some examples of how iridology can help the optometrist:

- Photophobia—caused by hypertension (or butterflies in the stomach), malfunctioning thyroid, or nonaligned vertebrae in the neck. The latter causes a pinched nerve in the affected area—just to name a few possible causes.
- Esophoria and/or exophoria—one can determine if a toxic or malfunctioning condition is present by looking at the selected areas of the iris, such as stomach and bowel, kidney, thyroid, the ovary area, etc.
- 3. Remedial reader—many children do poorly in school because they are malnourished or hypertensive. I have observed, in these patients, that the third and fourth vertebrae on the left side of the neck are nonaligned. Usually all of these patients are hypertensive (butterflies in the stomach—chemical imbalance in the stomach area).
- 4. Hyperactive child—basically the same as the remedial reader. I have been able to solve a large percentage of problems pertaining to remedial readers and hyperactive children among my patients by using iridology.
- Reduced vision—use iridology. Look for high blood pressure, diabetes, heart, kidney, arcus senilis and toxemia as possible problem areas.
- 6. My latest discovery was finding the cause of phosphenes, or light flashes in the eye—whether "white" or polychromatic. The results of my observations have been published in the ACA Journal, July 1976 issue.
- 7. Consider a patient consulting you concerning his complaint of "headaches." The refraction is normal; no corrective lenses are required. One should first determine if the vertebrae in his neck are out of alignment. If the results are positive, he should be referred elsewhere for treatment. One should also check the sinuses by transillumination to determine if they are blocked. If the results of the examination are positive, the sinuses should be dilated to promote

drainage. One should also check the stomach area of the iris to determine if there is a hyperacidity condition present.

8. Conversely, let us consider another patient who returns to your office with a complaint of headaches. He has received, only a few days before, new corrective lenses. Both patient and lenses must be double-checked to be sure an error was not made in either the prescription or in the production of the corrective lenses. A satisfactory explanation must be given to the patient. Again, one must check the vertebrae in the neck for nonalignment, and the sinuses for blockage. One can determine, by iridology, whether there is a recent malfunction in some other part of the body. One should refer the patient elsewhere for appropriate treatment, if necessary. As a consequence, the patient has higher regard for your professional abilities.

These are selected, positive examples of the use of iridology. To have a good, working knowledge one must also be aware of limitations. Used wisely, iridology can be an excellent tool for building one's practice. It can broaden one's ability to advise patients on health problems affecting vision. One is not limited to merely fitting a pair of corrective lenses.

Always keep an open mind; a closed mind learns nothing. If you include iridology in your practice of optometry, you should experience, as I have, that there is never a dull moment.

CORRELATING DIVERSIFIED DIAGNOSTIC CONCEPTS by Richard H. Tyler, DC



Dr. Richard H. Tyler

(Dr. Tyler is a board qualified chiropractic orthopedist. He graduated from the Los Angeles College of Chiropractic in 1969. He is a member of the American Chiropractic Association and the American College of Chiropractic Orthopedists, the ACA Council on Chiropractic Orthopedics, the ACA Council on Sports Injuries and the ACA Council on Diagnosis and Internal Disorders. Professional papers by Dr. Tyler have been published in The Chirogram, The Digest of Chiropractic Economics, The Osteopathic Physician, The Journal of Natural Medicine, Today's Chiropractic and The Journal of Clinical Chiropractic. He is presently the Editor of The Chiropractic Family Physician. Dr. Tyler has been a lecturer on the faculty of the Graduate Education Division of the Los Angeles College of Chiropractic. Dr. Tyler is presently in private practice in North Hollywood, CA.)

A diagnostic conclusion, no matter how sophisticated the tools used to reach that conclusion might be, is little more than a guess distilled from a conglomerate of postulations, suppositions and unproven hypotheses. Upon this fragile network we are expected to erect some kind of towering therapeutic concept. It seems logical to conclude then that for the therapy to be most viable that many diagnostic approaches to a particular patient's presenting problem should be implemented from the results correlated as completely as possible. This kind of crossover could prove important to both patient and doctor.

I believe there are areas of value in virtually every diagnostic concept just as there are values worthy of consideration and qualified acceptance in differing techniques.

I'm about as eclectic in my practice as anyone could be. For a long time I've used about as many different diagnostic approaches as I could with the idea that out of this kind of work I might be able to distill some kind of common diagnostic conclusion that could be reached with a relative consistency. Of course, this takes time so with the more obvious conditions I have just given what I felt were appropriate tests to confirm what was observable. As primary physicians, however, we will be confronted increasingly with more esoteric presenting symptoms from our patients. The diagnosis of these conditions will require more than a cursory physical examination and spinal analysis.

For some time now I've had a patient who has had a variety of subjective symptoms that have perplexed physicians of many differing persuasions. For my own edification I began to attempt a correlation of as many diagnostic concepts pertaining to the patient as possible. I used the following approaches in my research:

- Physical examination including orthopedic and neurologic evaluations
 - 2. Electrocardiography
- General screening and specific laboratory analysis
 - 4. Hair analysis
 - 5. Applied kinesiology
 - 6. Iris diagnosis
 - 7. Thermography
 - 8. X-ray
 - 9. Spinal palpation
 - 10. Electroacutherapy
 - 11. Zone therapy

Admittedly some of the preceding approaches are widely accepted while others are presently questioned. The purpose of this paper, however, is not to evaluate any of the procedures used or their conclusions, but merely present them for examination and cogitation.

Aside from the patient's more obvious presenting complaints of pain that were manifested with his initial visit, the patient began to demonstrate a strong but discreet pattern of objective symptoms. He had a history of years of physical abuse in the form of a rather prolonged and assiduous use of drugs, poor eating habits and abstinence from constructive physical habits or conditioning. The following is a somewhat detailed recitation of the varied diagnostic concepts that were utilized on the patient. Only the findings in most cases are listed. Any diagnostic conceptions through extrapolation or correlation are of course personal to the examining physician.

PHYSICAL EXAMINATION revealed a wellnourished 43-year-old male Caucasian, standing 5 feet 10½ inches and weighing 148½ lb. The vital signs revealed a 98.2 oral temperature, 74 pulse rate, 10 respirations per minute and blood pressure reading of 118/82 on the left and 110/70 on the right. The dynomometer registered 400 lb R and 420 lb L. The patient's major hand was his left.

The integument was tattooed with a cicatrix visualized on the upper quadrant of the abdomen from a splenectomy when he was sixteen years old. The patient's field of vision was normal. Examination of the ears disclosed a slight congestion of the right middle ear. The external auditory meatus of the ears was patent. Weber's test was negative and Rinne's test was negative indicating a normal auditory acuity. Examination of the nares revealed no marked septal deviation or evidence of patency.

Palpation of the anterior cervical area elicited no abnormally palpable masses. Oliver's sign for a possible aortic aneurysm or space occupying lesion was negative. Palpation and visualization of the oral structures and teeth revealed no gross anomalies.

The thorax presented a normal appearance. Cardiac auscultation revealed a mild mitral regurgitation. The cardiac rhythm was unremarkable.

Percussion and auscultation of the lungs revealed no sign of any major congestive problem. Abdominal palpation expressed no splinting, tenderness or palpable masses.

Examination of the genitalia with palpation and trans-illumination of the testes revealed no abnormal signs. There was no evidence of an inguinal herniation. There were no palpable or visual masses in the rectal examination.

The cranial nerves appeared to respond normally and the deep reflexes of the triceps, forearms, patellar and tendo-calcaneous were balanced and responsive. There was a diminution of the right bicep reflex.

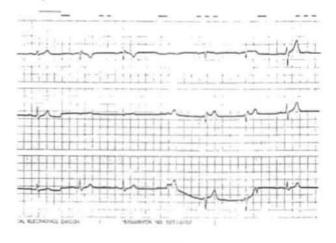
Orthopedic and neurological tests: revealed a positive plantar reflex. Lesague's and Kernig's tests were essentially negative as were Braggard's reinforcement, Fajerztajn's and Soto-Hall. There was a negative Patrick's Fabere test. Kemp's, Bectrew's and Flip tests were negative. Cervical ROM tests seemed to express resistance to left rotation and left leaning.

Neuro-vascular compression syndrome tests: Adson's maneuver, costo-clavicular and Wright's tests were negative.

ELECTROCARDIOGRAPHIC ANALYSIS: Rate: 55. Rhythm: Regular. Mechanism: Sinus RP: 0.22 ORS: 0.09 OT: Normal. Axis: 60 degrees.

IMPRESSION: ABNORMAL EKG

RSR in leads VI and V2 with prominent R wave in
lead avR and prominent S wave in leads, 1, 2, V5 and
V6 consistent with right ventricular conduction
delay.



Morris Brabinely M. D.

LABORATORY ANALYSIS. A rather broad set of laboratory tests were run with the following results.

	WBC	11.1	BLOOD CHE	MIST	RY		
	RBC	5.0					
	Hata	16.8	TOTP	07.2			
	HC I	50.0	ALB	04.1			
	MCV	098.	GLBN	03,1	1.		
	MCH	32.9	A/G	01.3	1		
	MCHC	33.5	BUN	019.			
	10.01.00		URIC	05.7	,		
	DIFFERENTIA	L	CREA	01.6	1		
			TBIL	01.1	1		
	POLY	61	GPT	027.			
	STAB.	1	LDH	061			
	LYMPH	36	HBD	028.			
	MONO.	2	LDA/HBD		58		
		70	GOT	042.			
	SED RATE	16	MB	144			
			K	05.5	i		
			CI	103.			
	URINAL YSIS		CALC	10.1	1		
			PHOS	04.5			
	COLOR	YELLOW	ALKP	030.			
	APPEARANCE	CLEAR	CHOL	244.			
	SF. GRAVITY	1.004	GLUC	089			
	PH	5.5	TRIG	202.			
	GLUCOSE	0	T3	27	PBI 5.9	MCB 0/0	
	PROTEIN	0	T4	B.0)		
	ACETONE	0	THYMOL				
	OCCULT BLOC	0 0	TURBIDITY	4.8	1		
			S.T.S.	NON-REACTIVE			
	GLUCOSE TOL	ERANCE TE	ST (6 HOURS	0			
	FBS	86	3%	7	2		
	%	140	4	7	4		
	1	120	4%	8	4		
	136	120	5	7	8		
	2	102	5%	8	2		
	2%	557	6		6		
	3	52					

HAIR ANALYSIS. Hair analysis is one of the most effective ways to determine the proper mineral balance of the body. This is an area of health maintenance which I feel is often overlooked. A test was run on the patient with these results:

CALCIUM 38 25-57 MAGNESIUM 3.8 3-7 SODIUM 82 12-35 POTASSIUM 24 6-23 COPPER 1.2 1.1 3.1 ZINC 13 13-20 PHOSPHORUS 13 9-15 IRON 1.0 1.5-5 MANGANESE .07 .05-17 CHROMIUM .01 .00602 SELENIUM .06 .0412 TIN .02 .0105 ALUMINUM .02 .125 MOLYBDENUM .01 .01 .05- CA/MG RATIO 10 3.6-19 NA/K RATIO 3.4 2-7 ZN/CU RATIO 10.8 4.8-18.2 Toxic Metals CADMIUM .10 .0311 LEAD 2.0 .4-1.1 ARSENIC .02 .0-2 MERCURY .13 03		RESULTS	NORMALS
SODIUM B2 12 - 35	CALCIUM	38	25 - 57
POTASSIUM 24 6 23 COPPER 1.2 1.1 3.1 ZINC 13 13 20 PHOSPHORUS 13 9 15 IRON 1.0 1.5 5 MANGANESE .07 .05 .17 CHROMIUM .01 .005 .02 LITHIUM .01 .06 .04 .12 NICKEL .1 1 .1 .45 TIN .02 .01 .05 ALUMINUM .02 .1 .25 COBALT .10 .1 .2 MOLYBDENUM .01 .01 .05 CA/MG RATIO .01 .01 .05 NA/K RATIO .04 .07 NA/K RATIO .04 .07 NA/K RATIO .05 .04 .07 Toxic Metals CADMIUM .10 .03 .11 LEAD .20 .4 1.1 ARSENIC .02 0 .2	MAGNESIUM	3.8	3 - 7
COPPER 1.2 1.1 3.1	SODIUM	82	12 - 36
ZINC PHOSPHORUS 13 9-15 IRON 1.0 1.5-5 MANGANESE .07 CHROMIUM .02 .0407 LITHIUM .01 .06 .0412 NICKEL .1 .1 .1.45 TIN .02 .0105 ALUMINUM .02 ALUMINUM .02 .125 COBALT .10 .12 MOLYBDENUM .01 .01 .0502 CAMG RATIO .02 .0105 CAMG RATIO .01 .01 .05 CAMG RATIO .01 .04 .05 .05 .07 .07 .08 .08 .09 .09 .09 .01 .05 .02 .01 .05 .02 .01 .05 .02 .01 .05 .02 .01 .05 .02 .01 .05 .03 .01 .05 .02 .01 .05 .02 .01 .05 .02 .01 .05 .03 .01 .05 .05 .07 .07 .08 .08 .08 .08 .08 .08 .08 .08 .08 .08	POTASSIUM	24	6-23
PHOSPHORUS 13 9-15 IRON 1.0 1.5-5 MANGANESE .07 .0517 CHROMIUM .02 .0407 LITHIUM .01 .00502 SELENIUM .06 .0412 NICKEL .1 1.45 TIN .02 .0105 ALUMINUM .02 .125 COBALT .10 .12 MOLYBDENUM .01 .01 .0105 CA/MG RATIO .10 .36-19 NA/K RATIO .3.4 .2-7 ZN/CU RATIO .10.8 4.8-18.2 Toxic Metals CADMIUM .10 .0311 LEAD .20 .4-1.1 ARSENIC .02 02	COPPER	1.2	1.1 : 3.1
IRON	ZINC	13	13 - 20
MANGANESE	PHOSPHORUS	13	9 - 15
CHROMIUM .02 .04 .07 LITHIUM .01 .005 .02 .03 .04 .07 LITHIUM .01 .005 .02 .01 .05 .02 .01 .05 .02 .01 .05 .02 .01 .05 .02 .01 .05 .02 .01 .05 .02 .01 .05 .02 .01 .05 .02 .01 .05 .02 .01 .05 .02 .01 .05 .02 .01 .05 .02 .01 .05 .03 .01 .05 .03 .01 .05 .03 .01 .05 .03 .01 .05 .03 .03 .01 .05 .03 .03 .03 .03 .03 .03 .03 .03 .03 .03	IRON	1.0	1.5 - 5
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Toxic Metals CADMIUM .10 .0311 LEAD 2.0 .4 - 1.1 ARSENIC .02 02	NA/K RATIO	3.4	2.7
CADMIUM .10 .0311 LEAD 2.0 .4 - 1.1 ARSENIC .02 02	2N/CU RATIO	10.8	4.8 - 18.2
LEAD 2.0 .4 - 1.1 ARSENIC .02 02	Toxic Metals		
ARSENIC .02 02	CADMIUM	.10	.0311
	LEAD	2.0	4 - 1.1
MERCURY .13 03	ARSENIC	.02	02
	MERCURY	.13	03

APPLIED KINESIOLOGY. Applied kinesiology, as it pertains to structural and organic aberrance, has long been accepted by a majority within the profession. I tested 31 muscles and found the Subscapularis weak on the right, both Latissimus dorsi weak and both Supraspinatus weak.

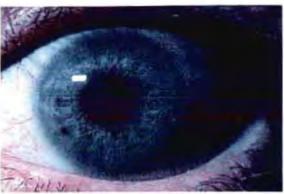
Also bilaterally weak were the upper Trapezius and the Sternocliedomastoideus.

IRIDOLOGY. Probably one of the more esoteric, if not controversial, diagnostic approaches is iridology or the diagnosis of pathology or predisposition to pathology through the examination of the iris. I don't claim to have any expertise in this field. However, I have found a sometimes startling correlation between what was discerned through a case history and physical examination and through signs revealed in the iris.

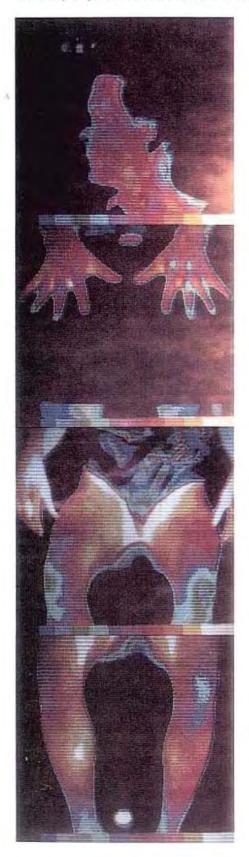
I have been using the iris chart developed by Dr. Bernard Jensen. To make a more careful study I take photos with specialized camera equipment. These particular photos of the patient I sent to an iridologist for analysis with the following report:

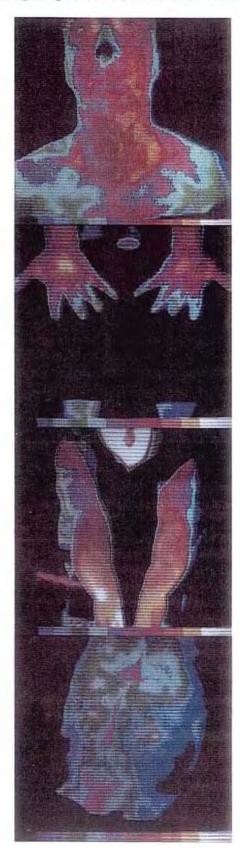
- 1. Predisposition to possible hepatic carcinoma.
- Functional deficiency of mucous membrane of the stomach.
- 3. Achlorhydria.
- 4. Renal weakness.
- 5. Lack of adrenal support on the right.
- 6. Weakness of bowel musculature.
- 7. Ptosis of the transverse colon.
- 8. Stress on the sciatic nerve on the right.
- 9. Vertebral anomalies.
- 10. High uric acid reabsorption.
- 11. Inherent pancreatic weakness.
- 12. Poor circulation.
- 13. Weakness of right lobe of thyroid.
- 14. Myocardial weakness.
- 15. Active stage of calcium mismanagement.
- 16. Tendency toward pleurisy or tuberculosis.





THERMOGRAPHY. A thermographic machine takes both color and black and white photos of the heat patterns of the body. Areas of hematic engorgement and ischemic conditions are demonstrated by varying color registrations. With seriously impaired circulation little or nothing is registered on the film. From these





photos some rather specific pathological conditions can be diagnosed. The thermographer's report was as follows:

- Apparent malfunction of right lobe of thyroid.
 - 2. Intercarotid insufficiency.
 - 3. Tendonitis of left hand.
 - 4. PVI in both hands and feet.
 - 5. Marked lung differential.

X-RAYS. A rather comprehensive X-ray examination was made. The radiologist, a diplomat of the ACBR, gave this report, which was edited to show only the essential impressions.

Cervical Spine: AP, open mouth odontoid, right oblique, left oblique, neutral lateral, flexion lateral, extension lateral.

extension lateral.

Impression: Retrolisthesis subluxations of C.2 on 3 and C.3 on 4. Apparent ligamentous injury.

Thoracic Spine: AP, lateral.

Impression: Essentially negative for recent fracture, luxation and gross osteopathology. Alteration of the normal thoracic kyphosis. Degenerative changes.

Lumbosacral Spine: AP, AP spot cephalic,

lateral spot, right oblique, left oblique.

Impression: Essentially negative for recent fracture, luxation and gross osteopathology. Apparent paraspinal muscular spasm. Degenerative changes.

Chest: PA.

Impression: Essentially negative for recent infiltration. Early emphysematous changes.

Spinal Examination: Spinal palpation revealed a posterior rotation of C.2 and C.3 to the left; right posterior rotations at C.5 and 6, T.2 and 7 and 12, L.1 and 4 and 5. There was a left posterior rotation at L.3.

ELECTROACUTHERAPY. I have found the use of electroacutherapy quite useful in my practice. Before treating the patient, I measure the electrical resistance of the meridians for imbalance. Marked imbalances were noted in the pericardium, heart, large intestine, liver and kidney meridians.

ZONE THERAPY. Zone therapy is the tracing of patterns of discomfort and pain from specific pressures on the feet. Geographically it is hypothesized that an organic and somatic "map" can be found on the feet that can be diagnostic as well as therapeutic. The only areas of tenderness I was able to elicit were in the sinus areas of the right foot.

All of the preceding, with the exception of the examinations I personally performed, were done without any of the technicians involved having any knowledge of the patient's complaints or the reports from the other diagnostic disciplines. This was done so that no prejudice could be developed and a more accurate assessment of the individual findings could

be made. As stated at the beginning, I have tried not to draw any conclusions in this paper, although, quite naturally, I have reached some personal ones. I hope that this will be a cerebral exercise that will demonstrate the need within the healing arts to keep an open mind, both diagnostically and therapeutically. It is only one patient and many diagnostic areas have been overlooked, but I would like to think that it is at least a step down a road that might benefit our patients.

IRIS DIAGNOSIS—A PHYSIOLOGICAL EVALUATION by Dr. Paul Callinan, B.Sc. (Physics); M.Sc. (Physical), ND, DO

A: HOMEOSTATIC VIEW

The idea of homeostasis, as first introduced by Cannon (1) and now employed extensively as a concept vital to modern physiology, states that every organ has a functional dependence on every other organ, either directly or indirectly. In particular, the homeostatic mechanisms serve to maintain the constancy of the cell environment, which when disturbed results in abnormal cellular function and eventually a pathological state.

This interrelationship of organs at a physiological level leads directly to the conclusion that any organ of the body will reflect, in some degree, the physiology of every other organ. This much is physiological fact and has been accepted as

such for many years.

Unless the changes in an organ are markedly pathological, the alterations in other organs can usually be detected only at the cellular level. With increasing degrees of pathology, the changes become more marked, and the various clinical signs of pathology become apparent. Hence examination of the blood, either directly or by observation of the retinal vessels can give much valuable information as to the physiological condition of other organs. Similarly, examination of the skin can indicate malfunction of organs only remotely associated (e.g., the jaundice of hepatitis).

In order to determine the useful degree to which one organ is physiologically sensitive to any other, several criteria must be examined.

- a. Sensitivity: the organ must
 - (i) have a highly developed vascular supply
 - (ii) have a highly developed nerve supply
- b. Visibility: the organ must be accessible without trauma, with a visible cellular system
- c. Basis for evaluation: the organ must be structurally or histologically suited to evaluation using a consistently reproducible analytical method.

B PRACTICAL CONSIDERATIONS

Several systems suggest themselves as being suitable using the above criteria. They are:

- (i) the blood
- (ii) the tongue
- (iii) the iris

1. The Blood

The usefulness of blood testing as an indication of physiological malfunction is well known. It is applicable to a wide range of disturbances, the primary basis for evaluation being histological and chemical.

As a diagnostic medium, the blood is a sensitive indication of pathology in most body systems. The limit to its sensitivity comes at the electrolyte level, as plasma levels of potassium do not necessarily reflect accurately the level of potassium in cells and so are an uncertain diagnostic guide (2). A similar limit holds for calcium, since very little is known about its intracellular form, and the influence of extracellular calcium is due to the concentration of the ionized form (2).

With visibility through the retina and direct accessibility with minimal trauma, the blood satisfies the criteria as a good diagnostic medium.

2. The Tongue

Diagnosis using the tongue has a long history of clinical usage, especially in regard to nutritional deficiency e.g., the magenta tongue of ariboflavinosis, red inflamed tongue of pernicious anaemia. Personal research has not uncovered any experiments conducted to account for the colour changes in these and other pathological conditions. Yet association over a long period has established them as important clinical signs, in spite of the lack of scientific support.

Such signs are generally regarded as significant, though nonspecific—i.e., the hyposensitivity of the tongue. Although it is easily visible, the individual variation of tongue size and colour render this organ of supportive use only as a diagnostic medium.

3. The Iris

As a diagnostic organ, the iris fulfills the following criteria:

- a. Sensitivity
 - (i) vascular supply

Blood vessels form the bulk of the iris (3) being derived from the long posterior and anterior ciliary arteries which ultimately anastamose to form the following circular capillary beds of:

- * the circulus iridis major
- * the circulus vasculosus iridis minor
- * the circulus arteriosus muculus ciliaris.

This vascular supply is extensive, as any anatomical diagram of the eye will show.

(ii) neural supply

The nerves which are very numerous (3) come from the ciliary plexus and form various networks

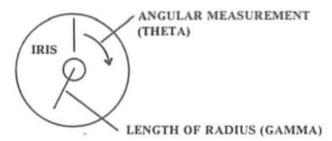
- * in the anterior limiting layer, which may be sensory in function
 - * around the blood vessels
 - * in front of the dilator.

From this plexus the nerve fibrils which emanate are so numerous that each myo-epithelial fibre is thought to receive its own nerve fibre (3).

In addition, the sphincter muscle bundles are seen by electron microscopy to be composed of groupings of 5-8 muscle cells (4). Because of the arrangement of the nerves, it is believed that each of the muscle groups functions simultaneously as a unit (4).

The sensitivity of a neural supply is evaluated in terms of the motor unit. Leg muscle may have 120-165 fibres per unit, whereas those muscles concerned with fine movement may have as few as 3-6 fibres per unit (5). In the light of these figures, the iris with a possible motor unit of between 1 and 8 fibres ranks close to being the most sensitive in the body.

- b. Visibility: highly visible, except of course where there has been mechanical destruction of the fibres.
- c. Basis for evaluation: The iris is ideal in this respect, since it is circular and functionally radial. This allows a circular grid system (gamma, theta) to be set up, based on length of radius and arc measurement in radians.



The precision afforded by this structure is mathematically unique. Reproducibility tests are simple. The iris must therefore qualify as an organ well suited for diagnostic purposes, since it satisfies all criteria.

Why the iris reflects organ physiology as a segmented system is not known. Undoubtedly it has its explanation in the theory of acupuncture, which links organs together in vital streams from toe to head. Indeed classical acupuncture theory states that every organ meridian has an ending at the eye (6).

In establishing the organ positioning in the iris as valid, the answer must lie in statistical testing, since scientific justification (as in the case of the tongue) may be some time coming, bearing in mind the intricacy of the system involved.

CONCLUSION

The iris as a diagnostic medium has been shown to be physiologically feasible.

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THE SCIENTIFIC BACKGROUND OF IRIDOLOGY by Paul Courtright-Whyte, OD

(Dr. Courtright-Whyte is an Optometrist and a retired Lieutenant-Colonel, U.S. Army. He now resides and has his practice in Oshkosh, Wisconsin. Dr. Whyte has been in practice for some 37 years now, a practicing iridologist for 15 years, and is a former honoree of "Who's Who in the U.S."—1957. He attended the Advanced Iridology Seminar for Doctors and Professionals conducted by Dr. Bernard Jensen in September 1977 and was selected as one of the members of the Honorary Advisory Board of Iridologists International at its founding during that seminar. Dr. Courtright-Whyte authored the book, A 21st Century Philosophical Handbook for Living.)

As a disciplined practice, iridology cannot deny one requirement bearing on its validity as an aspect of science.

This is the fact that its theory and procedures must rest on proper scientific foundation, in order to gain legitimacy within the scientific community, and to benefit from implemented scientific research.

In other words, its theory and its evidence must be acceptable.

The objective of this article is to establish such a fact and to provide a spin-off benefit to the reader who will gain a new view of how science approaches problem solving in formal fashion.

To begin.

Science as presently conceived, rests on three basic beliefs about the nature of physical reality.

First is the view that the universe is orderly, logical as it were, and thus dependable and predictable. In other words one may depend upon stones not changing unexpectedly into butterflies or schooners of Schlitz into Cadillacs. (Diamonds may change into a girl's best friend, but this is another matter entirely.)

The second belief is that it is possible to observe such order, meanwhile escaping the trap of subjectivity while recording what is observed on the basis of "differences versus similarities," so that the facts can be arranged into patterns called categories.

Finally the belief is held that all this is justified because it is good to do so. Good on the basis of science for science's sake or because it makes possible a reduction in human suffering or some other postulated value.

Chinese philosophers call such belief positions as "shut-up" points and since the doings of science based on them produces pragmatic results, they are considered to be axioms...in the same fashion that one axiom about a triangle is that it has 180 degrees.

Ingenious men working from such accepted beliefs have invented what is called "the scientific method."

Webster's dictionary defines the method thusly:
"The principles and procedures used in the
systematic pursuit of intersubjectively accessible
knowledge and involving as necessary conditions, the
recognition and formulation of a problem, the
collection of data through observation and...if
possible—'experiment,' and the formulation of
hypotheses and the testing and confirmation of the
hypotheses formulated."

Understanding this is a bit easier if the definition is broken down into four elements, as follows:

Part 1: Ask yourself—"What is the problem?"
This is sometimes quite difficult and may even need to be deferred until all the pertinent facts are assembled. It is the key log in the whole scientific method and if sufficiently complex may even require a genius to phrase it. (Think of Einstein and the Theory of Relativity). However, in most conventional situations one can make the attempt by asking, "What sticks out in some unusual fashion?"

Part 2: This step of the scientific method involves collecting the "pertinent" facts connected with the situation in question and recording same in proper fashion. Since the world is full of facts (events), it is obvious the worker must engage in some sort of selective process in order to avoid total chaos resulting from a mass of irrelevant items. However, it is also necessary to avoid the trap of ordinary doing, since the question involved may require uncovering new and different facts which involve thinking in new and different ways, if they are to be recognized and/or obtained. Even so, if one is studying typewriter ribbons, it would appear unnecessary to obtain a picture of the user's toenails.

Part 3: After the facts are obtained, in as much dimension as possible they must be organized into meaningful patterns. Another word for this is categorized. This is done by considering what they resemble and what they do not resemble, with the reference point either the question or the total context of the situation. Such categorization should suggest a working hypothesis, a reason "why" they exist and are available. This conclusion then illuminates the question.

Part 4: The explanation of the question should be tested in any way possible, including matching experiment.

In all this, one must remember that the method can be used without blind sequential conformity to the numerical steps listed above. In other words one could set up a hypothesis (explanation), then run an experiment as in Part 4 and from this derive the facts which would make phrasing the question possible. No matter. The main thing is to let the logic of the method prevail, regardless of the four step sequential order.

Iridology as a concept and a practice conforms to all this.

Its scientific legitimacy is patent since iridologists postulate the iris world to be orderly, dependable. They constantly observe that world and record what is seen, correlating it with body states. (The correlation has been established without question in the work of Dr. Bernard Jensen and others.) As to the belief requirement that it is good to do this, one has only to see one patient regain health due to iris analysis to be convinced.

Iris analysis proceeds closely on the scientific method model when the work is performed by trained professionals. The necessary question can be formulated. (This is usually the question about how the individual iris situation studied differs from the ideal iris.) Observations are made, facts are recorded, patterned and a working hypothesis is formulated as an explanation. Finally, when the patient engages in a new program of health discipline, in a sense an experiment testing the working hypothesis is being conducted.

As a result of representing proper science, iridology in its use of the scientific method has become a most valuable "additional" diagnostic tool for anyone considering "what is the case" with the human body. It reveals things other investigative approaches do not, and its findings are not only dependable but serve as a future guide when body changes occur.

All that is required is sufficient time to put the situation confronting the person into the framework of the scientific method as outlined in steps 1, 2, 3, 4. The results will not always be the best, but even though this is true, they will be better than other methods of problem solving such as flipping a coin, guessing, intuition or relying on tradition. Successful decision making is the key to not only bringing order out of chaos but in maintaining such order. The point is that a logical process of using logic is available.

Thus it is that the practice of iridology serves humanity specifically in its search for that harmony called health, and as a guide in the larger world of successful living.

A Visit to Russia

We have been to Russia twice. Our main object was to visit the oldest men in the world, and, of course, we were interested in the Russian Healing Arts as we visited the various places throughout Russia. One of the last of the old men we visited was Mr. Shirin Gasanov who was 153 years of age at that time. He died at 154.

In our travels, Mr. Peter Maloff, who was one of the Doukhobors in Canada, was along with me to translate so that I could understand what was being discussed with the different old men we met.



Dr. Nicolaev, on the right, and Pete Maloff, who did the translations for us on the left.

One of our visits was to a Dr. Nicolaev in Moscow, who was a very astute student of iridology. When I entered his office, it was to my great surprise that I saw he had my iridology book on his shelf and many of my books on diet and so forth. When Mr. Maloff introduced us and Dr. Nicolaev realized who I was, he jumped out of his chair, put his arms around me and said, "I didn't think I would ever see

you, Dr. Jensen...I want you to come here and see the kind of work we are doing. I owe a good deal of my success to the books and things I have read that you are doing and have accomplished in your life. We have been using iridology in our hospitals here and find that through iridology and the work on diet, we are able to coordinate and see many of our patients get well." Dr. Nicolaev was interested in the mental side and was taking care of schizophrenic cases. He claimed that 85 percent of the schizophrenic cases were released and released in very good health because of the dietetic advice he was following and he said he had learned a good deal of it from our books.

While we were there, he took us around the hospital and had many of the patients' histories of what had gone on in the past. Even some years after the cure had been administered, sometimes there was a relapse and then they would return to go through an elimination diet again, or fasting or sometimes working on special food programs. This was done to bring them back to normal after the second time admitted and after some two or three years of good health.

Dr. Nicolaev found iridology fascinating and most practical, especially in following the healing signs in various organs of the body as we view them from the iris of the eye, and he told me that he used it constantly.

After we had gone over some 60 to 65 cases, we could see the type of work he was doing and he wanted me to give my experiences in my work firsthand to the doctors in the hospital. They gathered together some 75 different doctors and we talked to them in an auditorium where Pete Maloff translated my English into Russian, and so forth, and we talked over three hours. While speaking to the doctors, one of the outstanding things was that we saw no reactions, no response, nothing but a stoic expression...I wondered if they were receiving. I didn't see the response as we usually see in the average person. But when everything was over, they all came in single file up to me and put their arms around me and kissed me on each cheek. I felt the warmth, I felt the affection, I felt the appreciation of these men perhaps more than at any other time in my life. I'm sure these men were looking for the finest and I was giving them the work we had accomplished through nutrition using my studies of chemical balance. balance.

Dr. Nicolaev was telling me that the government was very interested in the work accomplished at the hospital due to the fact that so many people were getting well and the government would be very interested in complete reports in respect to what was being done at this particular hospital.

Letter from Dr. Fedor W. Romanshov, Moscow, USSR

June 21, 1978

Dear Dr. Bernard Jensen:

It was a great pleasure to receive your letter and to know you are doing well. I've read your book about iridology after my own experience with Dr. E. S. Velkhover, who studied a French book of iridology. Dr. Velkhover and I like very much your book published in 1964.

I am very thankful for your journals and will be very glad and appreciative when your new books are published.

I am sending you the reprint of our experience in iridology (1973); you can publish it in your journal if you find it suitable. As well, I am sending for you our book about "Life without Drugs." I hope you'll be able to read it with the help of your Russian friends in California.

We'll be pleased to send for publication our new materials if you wish, as well as to participate in your future congress for iridology. I'd ask you to write me for my home address. I'll be glad to see you in Moscow.

Sincerely yours,

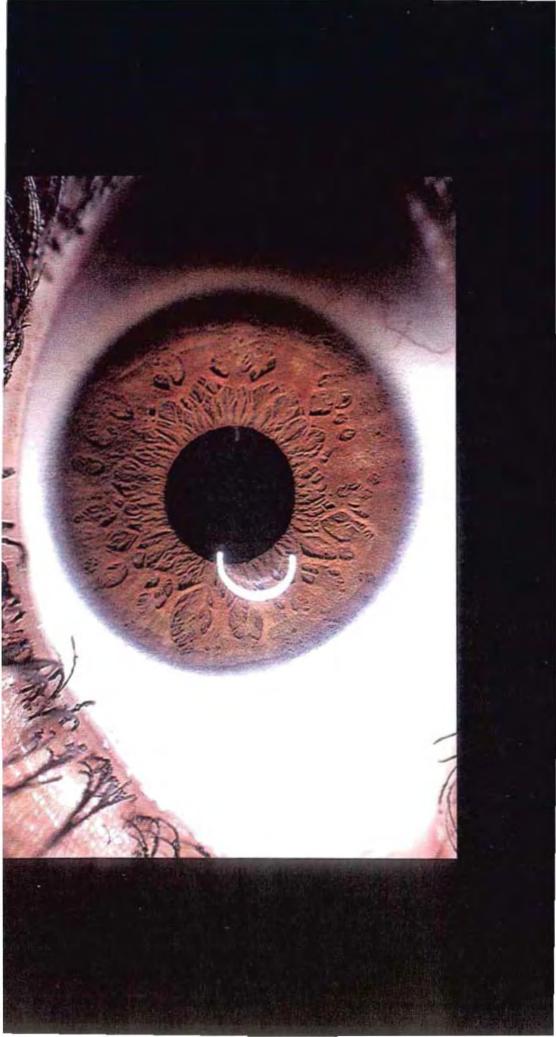
(Signed: Dr. Fedor W. Romanshov) Faculty of Medicine Friendship University Moscow, USSR

Recent Russian Studies

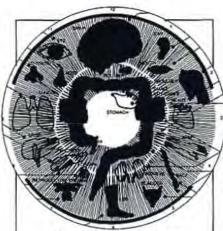
Researchers at the Patrice Lumumba People's Friendship University, Moscow, USSR, claim to be detecting stomach ulcers, even in a very early stage, using Iridology.

A Doctor's Diagnosis

"No one can appreciate so fully as a doctor the amazingly large percentage of human disease and suffering which is directly traceable to worry, fear, conflict, immorality, dissipation and ignorance-to unwholesome thinking and unclean living. The sincere acceptance of the principles and teachings of Christ with respect to the life of mental peace and joy, the life of unselfish thought and clean living, would at once wipe out more than one half the difficulties, diseases and sorrows of the human race. In other words, more than one half of the present affliction of mankind could be prevented by the tremendous prophylactic power of actually living up to the personal and practical spirit of the real teachings of Christ.'-Dr. William S. Sadler, Director of the Chicago Institute of Research and Diagnosis.



five



Many scientific theories have, for very long periods of time, stood the test of experience until they had to be discarded owing to man's decision not merely to make other experiments but to have different experiences.

-Eric H. Heller

The great thing in this world is not so much where we stand as in what direction we are moving.

-O. W. Holmes

The environment you fashion out of your thoughts, your beliefs, your ideals, your philosophy, is the only one you will ever live in.

-O. S. Marden

Theory and philosophy of iridology

Every science rests, ultimately, on a set of theoretical hypotheses which form its foundation. Every science expresses, directly or indirectly, a philosophy which represents "reality" as viewed from its particular context of theories, observations, experiments and assumptions. In this chapter we will discuss the theoretical background of the science of iridology and some of its philosophical implications.

All of Western science rests on the theory that the universe is orderly, and that its order can be discovered and described. Each individual science finds its niche beneath this overall umbrella by developing a framework of specific theories and laws which are tested by observation, experiment, measurement and various kinds of cross-correlation with other theories and facts. Those who have thoroughly investigated iridology believe its major hypotheses have already been verified by experience and by comparison with other diagnostic methods.

The central hypotheses of iridology are: (1) The iris reveals, through changes in pigment and structure, abnormal conditions of tissue in the human body; and, (2) The anterior of the iris reflexly corresponds in the systematic organization of its topography to the major tissue structures of the body, such that each organ, gland and tissue is represented in a specific location in the left iris, the right iris, or both.

The evidence in support of these two central hypotheses is based on the work of hundreds of primary health care professionals who have used iridology successfully as a diagnostic aid with thousands of patients in the past hundred years since the findings of Dr. Ignatz von Peczely of Hungary were first published. The observations and research of iridologists have been published in many books and professional journals. The accuracy and reliability of iris signs as reflex indications of tissue pathology in the body have been confirmed in many thousands of instances by laboratory tests, X-rays, and other commonly accepted diagnostic approaches.

Hypothesis No. 3: Organs and tissues on the left half of the body are reflexly represented in the left iris, while those of the right half of the body are represented in the right iris. Organs and tissues lying along the centerline of the body, the sagittal plane, appear in both irides, as do bilateral organs.

Again, this hypothesis is based upon the empirical observations and subsequent correlations of evidence by hundreds of iridologists. The neurological basis for this hypothesis is presented in the chapter entitled Anatomy of the Eye.

Hypothesis No. 4: The anterior iris, including the anterior epithelium, the stroma, the muscle layer, the pupillary margin, the autonomic nerve wreath (collarette), and the scleral-iris margin undergo specific physiological changes corresponding to pathological changes in specific organs and tissues in the body.

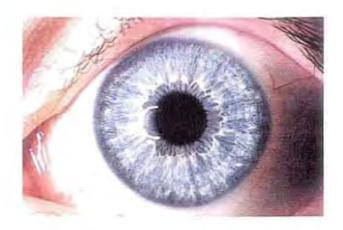
The evidence for this hypothesis is, again, primarily that of empirical observation. Iridologists have noted both the iris changes due to pathological deterioration of body tissue (whiteness, then increasing darkness and apparent increasing depth of iris lesions, etc.) and the changes due to reversal of pathology (appearance of healing lines, etc.) in the same lesions after successful treatment. In many cases in which the iris signs have indicated the stage of chronic tissue inflammation in a particular organ or tissue area of the body, independent diagnostic methods (laboratory tests, X-rays, etc.) have confirmed the presence of disease conditions in the organ or tissue area indicated; and in follow-up studies after treatment when healing lines in the iris have appeared, independent tests have confirmed the absence of pathology.

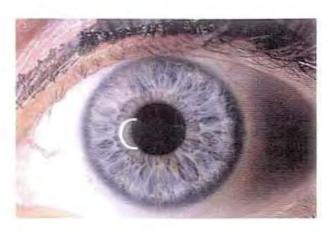
However, we find that the independent confirmation of the findings of iris analysis requires that the pathological condition be sufficiently severe to be classified as a disease condition by the standards of Western medicine. It must be noted here that the classification standards of iridology are not the same as those of Western medicine. The various laboratory tests which are used to determine the presence or absence of disease are not totally efficient in the assessment of subclinical conditions. By means of iridology analysis, acute and subacute stages of tissue inflammation can frequently be detected long before other diagnostic methods are capable of finding anything wrong with a patient. Similarly, when a patient is declared "well" by the standards of Western medicine, iridology analysis often shows subacute tissue conditions persisting in the patient.

How can changes in the irides occur as a consequence of pathological tissue changes in the body? Scientific research has confirmed the existence of most of the topographic abnormalities noted in the irides by iridologists, but it has not yet studied the changes that take place in the irides nor the mechanisms by which changes could take place. The German medical researcher, Walter Lang, has demonstrated that autonomic nerve fibers from virtually every gland, organ, and tissue of the body extend to the thalamus and hypothalamus which monitor and respond to changes of condition in all anatomical structures. These changes of state, Lang. suggests, are relayed from the thalamus and hypothalamus through the opthalmic branch of the trigeminal ganglion to the motoneurons of the iris muscle structure. Changes in the impulses conducted by these motoneurons may be responsible for changes in the muscle structure of the iris, leading to the gradual separation of iris fibers in the stroma and the consequent appearance of the lesions and other markings familiar to iridologists.

More specifically, the area inside the autonomic nerve wreath, representing the stomach, small intestine, and colon is generally smooth. Abnormalities here are associated not with lesions in this area, but with a general change in color or with manifestations at the pupillary margin or around the autonomic wreath. We find that innervation to the sphincter muscle inside the autonomic nerve wreath is parasympathetic, and scientific research recognizes that the digestive tract is dominated by parasympathetic innervation. We must assume, by correlating observational evidence with innervation to this area, that the changes in nerve conduction via the parasympathetic system result in different kinds of changes from those found in the ciliary zone of the iris outside the autonomic nerve wreath.

The ciliary zone, where we find represented all organs and tissues except the gastro-intestinal system, is undergirded by the dilator muscle which is innervated by the sympathetic nervous system,





Science recognizes the principle of sympathetic dominance under stress conditions. We may postulate that the initial response of any tissue to injury, malnutrition, starvation, fatigue, chemical poisoning, or other abnormal condition is stress. The onset of stress, signaled to the thalamus and hypothalamus via sympathetic nerve fibers, is relayed to the dilator muscle of the iris, resulting in changes to this muscle that cause separation of the trabeculae in the stroma above it, creating a lesion or other manifestation.

We must recognize that this is a gradual process, because tissue inflammation is gradual in its onset and development. Note also that structure and innervation differences between the sphincter muscle inside the autonomic nerve wreath and the dilator muscle outside it account for differences in the type and extent of iris changes observed.

As Lang points out, the organization of the human nervous system is genotypic—invariable in all human beings. We postulate further that innervation to the iris is genotypic, which accounts for the fact that the iris reliably represents the same organs, glands, and other anatomical subdivisions of the body in precisely the same locations in the irides of all individuals.

Hypothesis No. 5: Inherent weaknesses, inherent strengths and the degree of nervous system sensitivity are shown in the iris, respectively, by crypts and separations in the trabeculae; by closely knit trabeculae; and by parallel, curved cramp rings concentric with the outer perimeter of the iris, all located in the ciliary zone outside the autonomic nerve wreath.

In this hypothesis we recognize an assumption long accepted by virtually all physicians, and we assert that these inherited tendencies can be interpreted from the irides. Scientific research has established that the posterior pigment epithelium and dilator muscle of the irides are embryologically derived from neurectoderm, the tissue from which the central nervous system (brain and spinal cord) are also derived. We assume that the particular configuration and development of the dilator muscle somehow determine the radial arrangement and spacing of the vascular arcades (trabeculae) in the stroma above it. The fact that crypts and separated trabeculae represent inherent weaknesses in no way conflicts with the fact that the same structures allow aqueous humor to circulate through the irides. We also note that the cramp rings (called nerve rings in iridology), visible in the ciliary zone of the anterior iris in many people, are precisely mirrored by corresponding cramp rings in the posterior pigment epithelium. We may find that future scientific research will disclose a very close correlation between the structures of the pigment epithelium, the dilator

muscle, and the vascular arcades of the stroma above the dilator muscle, each closely influencing the organization of the other—beginning with the posterior pigment epithelium.

Virtually all physicians recognize that most individuals have constitutional weaknesses of one sort or another, a tendency toward bronchial trouble, kidney problems, thyroid disturbances or nervousness, for example. But most health care professionals find this out the "hard way" when the same patients appear with the same problems over and over again. The great advantage of iridology is that constitutional weaknesses can be determined in advance, allowing a preventive care program to be initiated to forestall the development of chronic conditions.

The five previously presented hypotheses are sufficient to show that iridology, far from being the "mystical mumbo-jumbo" its uninformed detractors are quick to assume, is scientific in both its foundation and its approach. The research and clinical work of Dr. Josef Deck of Germany, recognized as the foremost iridologist of Europe, have greatly helped to show European physicians the scientific value of iridology as a diagnostic tool. The experiments of Drs. Velkhover and Romanshov in the USSR, demonstrating the excellent correlation of iridology analysis with standard techniques of diagnosis reveal what happens when scientists approach iridology with an open mind. Scientists in the United States will show greater interest in iridology when they are made aware of the range and variety of its applications-and its potential for the future.

I will be the first to admit that iridology is not the perfect diagnostic tool and that some of the findings of iridology cannot yet be explained. I do not know, for example, why drug deposits such as iodine and sulfur are indicated in the irides by spots and areas of the same color as the substances themselves. I cannot provide a reason why the sclera seems to pull over the outer margin of the cornea when anemia has developed in a patient. These phenomena and others of a similar nature were discovered through observation and experience and sometimes trial-anderror, not through exhaustive laboratory experiments. Despite the fact that iridology has not received the kinds of multi-million-dollar research grants that have led to advances in other sciences, it has done quite well for itself and its patients.

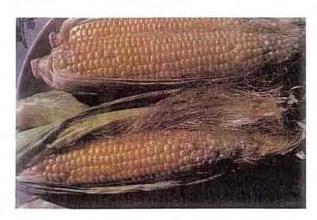
Analysis of the irides provides a quick survey of the condition of all major physical organs and tissue structures in the body, and it frequently reveals that infection in one organ is responsible for inflammation in another organ. When problems are discovered in any of the bilateral organs of the body—ovaries, kidneys, adrenals, lungs, etc.— iridology can reveal whether the condition is in one or both organs. There is an elegant simplicity to iridology that I find lacking in any of the more specialized forms of diagnosis.

My friend, Dr. Paul Wermuth, distinguished iridologist of Liebefeld, Bern, Switzerland, helped me appreciate the infriencies of the iris.

We must realize that the communication system between each of the fibers in the eye—from the nervous system that controls activity to the reception centers represented in the iris is quite a noble piece of machinery. Surely, it is an organ of a million strings.

The energy that is going over these strings giving a different look—a different color, a different combination—is like a finely-built Swiss watch, intricately put together and encased in an orb for us to see as through a glass case.

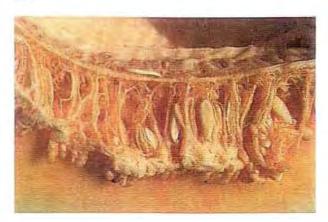
These fibers working together are like the silk threads of corn bringing the light and energy from the sun to every kernel in that ear of corn—changing color according to the energy that flows through them and according to the energy stored in each kernel.





In nature we find everything bound together, as in the law of electricity, solarized projection, and various chemical balances; they build and construct the many subjects that are alive in this universe. Every cell activity is affected by the activity of every other cell in the body.

The same analogy is working in the internal center of a squash; the genetic development of each seed is fed by the energy flowing from the outside to the core. Each part of the squash is connected to every other part by fibers that relay this energy to and fro.





To a great extent, the irides offer unique insight into the concept of homeostasis, the body's effort to maintain equilibrium among the functions of its many organs, tissues and systems. All structures of the body-organs, glands, bones, circulatory system. etc.-although specialized with regard to function, are designed to work in concert. When one begins to deteriorate, a note of disharmony is sounded, not only to the brain but to all other parts of the body via changes in the blood, alterations in glandular secretions and nerve conduction. As the metabolism shifts in response to an organ malfunction, every cell in the body is alerted. Not only the irides of the eyes but all organs of the body-to a greater or lesser degree-reflect what is going on elsewhere in the body. The particular importance of the irides lies in their capacity to reflexly reveal abnormal tissue changes visually to the trained observer.

The iridologist does not diagnose disease but analyzes tissue conditions from the signs revealed in the irides. This distinction is important for several reasons. First, it is seldom feasible to identify or predict a particular disease by noting evidence of

tissue inflammation in a particular organ. As defined by Taber's Cyclopedic Medical Dictionary, a disease is "a pathological condition of the body that presents a group of symptoms peculiar to it and which sets the condition apart as an abnormal entity differing from other normal or pathological body states." Second, the concept of tissue condition is more basic than that of disease and lends itself to an entirely different approach to health care than the methods developed by Western medicine. Third, it is a basic assumption of iridology that removal of the cause of tissue inflammation is best accomplished by means that maximally utilize the body's own natural resources in the healing process. Generally, iridology aligns itself with natural healing methods, although I believe drug therapy and surgery have their proper place in the field of health care.

There are specific reasons why iridologists often disapprove of the use of chemotherapy and surgery, excepting in cases where natural methods are inappropriate (such as emergencies). Throughout the history of iridology, beginning with the observations of Liljequist on the effects of quinine and iodine upon his irides, iridologists have found that unnatural chemical substances tend to settle in the inherently weak or hypoactive organs and tissues, leading to a greater degree of hypoactivity and increased vulnerability to breakdown and disease. Short-term gains (suppression of symptoms, alleviation of suffering, destruction of pathogens) are offset by long-term losses (reduction of the body's natural capacity to heal itself, diminished function in inherently weak tissues, return of the same or other symptoms, increased suffering). In my experience, dependence upon symptom-suppressing drugs frequently leads to chronic disease conditions. With regard to surgeries, I believe they take place too often and frequently for the wrong reasons, particularly when less traumatic but perfectly viable alternatives are available. The removal of lymphoid tissue such as the tonsils or the appendix reduces the body's capacity to eliminate toxic wastes through the lymph system. From my perspective, chemotherapy or surgery should be used only as a last resort after natural alternatives have been tried.

In the previous chapter we have described the four levels of tissue inflammation: acute, subacute, chronic, and degenerative. These will be discussed in detail in a later chapter, but we pause here to point out that these four levels have been arbitrarily assigned by definition. The human eye cannot distinguish color shadings much more refined than these four gradations (white, gray, dark gray, and black). When computers are utilized for iridology analysis, however, it may be useful to assign ten levels of inflammation—or more.

When the iridologist examines the irides, he is dealing with the most complex tissue structure to meet the outside world. Much of the life history of the patient is told in the irides-the inherent weaknesses, nutritional deficiencies, hyperactive organs, hypoactive ones, nervousness, excessive sodium accumulation, lymph system trouble, condition of the digestive tract, anemia, drug ingestion, presence of high- or low-grade infection, excess acidity in the body, healing in certain tissues and so forth. Iridology gives us a glimpse of the whole person and how he may have used or abused his body. For these reasons, iridology aligns itself with the wholistic philosophy which looks at the whole person-body and mind-and at that person's relationship with his environment.

The inherently weak tissues and organs of the body are the weakest links in the chain of interdependent anatomical structures that make up the human body. If we take care of those inherently weak tissues, the rest of the body will follow along in good health. Nutritious food, pure water, clean air, exercise, sunshine and a cheerful disposition promote health. But we cannot acquire and sustain an adequate level of harmony and well-being on the interior of the body unless we are also in harmony with the external environment. For example, a person living in an urban environment, breathing foul air, eating poor food, working at a high-stress job and experiencing marital difficulties will find that his body, at some point, begins to break down. Each of these things constitutes a health hazard. Each contributes to what that person experiences, mentally and physically.

From the wholistic perspective, good health is a way of life. The homeostatic integrity of the body is intimately related to what we eat, drink, breathe and perceive as well as to how we sleep, work and interact with our environment. It is difficult to attain and keep an adequate level of health in a society which ignores or condones unhealthy environmental and social conditions. Health is not only an individual concern but an educational, social, political and moral concern.

Unfortunately, too many schools in the healing arts emphasize the diagnosis and treatment of disease, not how to bring about a satisfactory level of health. These are two fundamentally different approaches to health care. One emphasizes treatment only after a person's health has broken down. The other encourages people to live in such a way as to prevent disease. We have to realize that on the other end of a coronary condition we will find the other 99% of that patient. To restore a patient to health, it is necessary to treat the person, not merely the disease. Is serious marital conflict involved? Job stress? Poor

food habits? Unless we get at the source of the problem and deal with it, we are only "patching up" the patient and "returning him to the fray," so to speak. Physicians should do more teaching and less prescribing.

The irides clearly reveal whether a particular course of treatment has been effective, and iridology can be a very humbling experience for a physician whose primary goal is the suppression or alleviation of symptoms. When healing lines do not appear in a dark lesion after a reasonable period of time, we have to change the treatment. We find that drugs and medicines do not repair tissue; they do not bring healing lines into the gray areas of the irides. It takes the right foods, balanced nutritionally and properly prepared, to build tissue. Then, provided that digestion and assimilation are adequate, the healing lines appear.

Because nutrition is the key to tissue repair and rejuvenation, it is necessary for the conscientious health professional to understand thoroughly the nutritional needs of the body, including the specialized needs of particular parts of the anatomy. It is possible for an inherently weak organ to break down under what we might consider "normal" conditions for most people. Such organs often need more of the special biochemical nutrients required for healthy functioning, because they do not hold these elements as well as other organs. In iridology we discover that there are no "average" or "normal" persons; each is unique. Most people have inherent weaknesses—organs, glands or other particularly vulnerable anatomic areas which need special care to function properly. Each iris is as unique as a fingerprint and each reveals different physical characteristics.

It is useful to remind ourselves that Iridology, like all other sciences, is based on interactions of electromagnetic vibrations. The light frequencies that pass through the pupil of the eye to interact with the rods and cones of the retina are interpreted in the visual cortex to create the world as we see it. According to quantum theory and Einstein's formula $E = mc^2$, the subatomic particles of matter consist of electromagnetic vibrations. Our world is made of vibration.

When we realize that the chemical elements, our food and our bodies all consist of complex interactions of electromagnetic vibrations, we can begin to appreciate the concept of harmony. Each day we interact with the world by taking in and giving out heat, light, sound, and other electromagnetic vibrations. We find that all vibrations are interrelated, internal and external; our thought vibrations interact with our organ vibrations and vice versa.

It seems to be one of the more subtle laws of life that we must work in harmony with the vibrations that surround us, not in disharmony. Without harmony we experience fear, anger, worry, anxiety, and other forms of "dis-ease." The irides of the eyes clearly reveal what we call nerve rings, symmetrical cramps in the trabeculae that are correlated with excessive nervousness. Nerve rings indicate a sensitivity to disharmony. When all the highly specialized parts of the body are working in concert, we are expressing harmony. When one organ malfunctions, the aberrance reverberates throughout the entire organism.

Researchers are now studying the effects of colors and music on hospital patients, and they have found that certain colors and musical notes seem to stimulate healing. The brain produces waves that can be recorded by electroencephalograms, categorized as alpha waves (8-13 per second), beta waves (13-25 per second), delta waves (0.5 to 3.5 per second) and theta waves (3-7 per second). Alpha waves correspond to an awake but deeply relaxed state, delta waves are characteristic of deep sleep, and theta waves appear as sleep is approached. Beta waves are usual when we



If we look at the vibrations emanating from a finger with Kirlian photography, we see the electrochemical vibrations trying to find a vehicle to follow. This same phenomenon takes place in the iris.



There is an emanation whenever good health or disease exist. There are emanations in all living things. This is a world of vibration and we are a vibrant being.

are awake and engaged in some activity. Some researchers believe that the alpha state promotes healing, and perhaps we will find that colors, sounds, and physical vibrations that harmonize with the alpha frequency range promote healing.

It has been suggested by Dr. Randolph Stone and others that the right side of the body expresses a positive polarity and the left side a negative polarity. Not infrequently, iridology shows that a gland or organ on one side of the body is hyperactive, while the corresponding gland or organ on the other side is hypoactive. Inherent weaknesses may be found on only one side, and differences in the morphology of organs such as the kidneys are not uncommon. To recognize that organs and glands on one side of the body may differ from those on the other side requires that we investigate whether different nutritional considerations are indicated. Polarity therapy, acupuncture, reflexology and other approaches that recognize the positive-negative distinctions associated with the body may promote the restoration of harmony in malfunctioning organs in ways we do not yet understand scientifically.

There are three anatomical parts of the human body that are always different in each person: (1) fingerprints, (2) tongue, and (3) iris. The eye, it is often said, is the window of the soul; it is also a window through which we find revealed the workings of the body, the interactions of organs, glands, tissue, blood and lymph. Philosophically speaking, the primary job of all health care professionals is to promote harmony and balance in their patients. There is no such thing as a healthy individual with an unhealthy kidney. Can there be such a thing as a healthy person in an unhealthy society? A healthy nation in an unhealthy world? These are things we need to think about.

What is Normal?

We all entered this world as unique beings—different in attributes, temperament, personality, parentage and physical structure. Raised in different climates and different geographical areas, we attended different schools, were raised differently and subjected to different forms of discipline. Our food habits, values and emotional expressions vary widely. The concept of the "normal" person, then, is an enigma.

Similarly, each doctor is unique. He only knows what he was taught in college or through experience, and he knows best what he was best fitted to learn. He has certain skills and not others. He leans toward specific preferences in what kinds of patients should be treated and how and when. What happens to his



Every tongue print is different.





Every fingerprint is different.



patients depends upon his diagnostic and treatment abilities or his talent for persuading patients to do what he tells them to do.

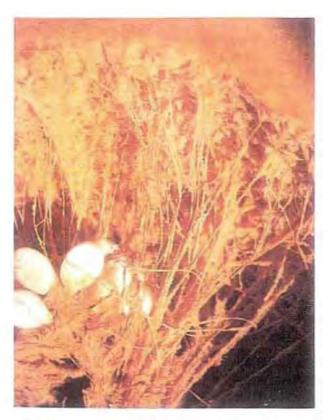
When doctor meets patient, one unique individual is face-to-face with another. The diagnosis is made, the cure or correction is begun.

The treatment may not work for many reasons. Perhaps the diagnosis was wrong. The patient may not be reached by the prescribed treatment. The doctor may not understand the patient, the disease, or both. So there is no cure.

Drifting from one doctor to another, one job to another, one marriage to another, we live our lives and pass on, relieved at last of our troubles.

Only near the end of our trials and tribulations do we begin to know ourselves and to understand our need for growth in knowledge and wisdom. Then we express a more exalted being. Our self development is on the upward path.

It is only through study, through experiencing individually the ascent of man, through grasping our relationship with others and the environment, through understanding our needs mentally, physically, and spiritually, that we begin to know that we are our own doctors and healers.



Who is to say that the iris of the eye is not of a greater creation and with even greater connective communication than what we find in the internal parts of a squash.

Through our knowledge of the abnormal, the ideal of the normal emerges in consciousness. If we could live that ideal, war would disappear, family quarrels would cease, and disagreements would be dispensed with. But, what is normal is different for each of us.

Normality, to the extent we can attain it, involves avoiding extremes. It means staying within "the golden mean" Aristotle talked about. And, we need to realize that what is normal for me may be extreme for you—and vice versa. When we really understand what is normal for ourselves, we may begin to understand what is normal for others.

Classifying Fingerprints for Crime Detection

It has been reported that in 1686, Marcelle Malpighi, Professor of Anatomy at the University of Bologna, making use of a newly discovered instrument, the microscope, noted and discussed in his studies "certain elevated ridges" describing "diverse figures" on the surface of the palms. He perceived them to be "drawn out into loops and spirals" at the ends of the fingers. This paved the way for use of fingerprinting as a method of crime detection.

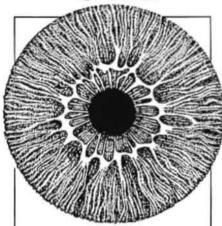
Thus 1882 is the year in which appears the first authenticated record of official use of fingerprints in the United States, Mr. Gilbert Thompson of the U.S. Geological, while in charge of a field project in New Mexico, used his own fingerprint on commissary orders to prevent their forgery.

In 1902, the first known systematic use of fingerprints in the United States was begun with the establishment of the practice of fingerprinting by the New York Civil Service Commission to prevent applicants from having better qualified persons take their tests for them. Dr. Henry P. DeForest, an American pioneer in the fingerprint science, installed the system in December, 1902.

So 1903 is claimed by the New York prison system as the date of the first practical, systematic use of fingerprints in the U.S. for the identification of criminals. As early as March of that year, fingerprints of prisoners were taken and classified, and on June 5, the fingerprint system was officially adopted.

I am sure that the iris will take its place in history as a system of identification even superior to that of fingerprints.

six



This is a practical age. We demand proof and demonstration. Our approach is the pragmatic approach. Theories will be tolerated only for experimental purposes. They must produce or pass.

-A. P. Southey

Vital principles of iridology

In previous chapters, we have described the wealth of useful information available to the practicing health professional through the science of Iridology. No other analytic method offers such an immediate, practical and reliable means of aiding in the determination of the general state of health of the individual. No other single method of health analysis lends itself as well to the goals of the wholistic approach to health and the prevention of disease. In this chapter, we will examine the vital principles of Iridology to gain a better understanding of how to put them into practice.

Most medical research institutions are deeply concerned about discovering ways of identifying diseases in the early stages of manifestation. Millions of dollars, perhaps billions, have been spent in the development of sophisticated diagnostic machines to accomplish this goal. At the same time, wholistic health research has aimed at discovering and refining methods of preventing disease—of staying healthy. The science of Iridology is in a unique position to assist both the wholistic and the conventional medical approaches.

Basically, all healing arts aim at the prevention and alleviation of human suffering, and any analytic tool which assists in this worthy goal must be taken seriously. As we describe each of the principles of iridology, we will show that it is specifically useful in the context of restoring health to the individual patient. Every physician desires to be sufficiently perceptive with regard to his patients to identify problems as early as possible, for this permits the use of minimal therapeutic intervention in restoring health. The ultimate goal of every health professional should be twofold: 1) to use minimum therapeutic intervention to restore his patients to health; and 2) to educate his patients to turn to a right way of living to prevent future health problems.

What Iridology Does Not Do

- Iridology does not diagnose diseases. Instead it analyzes tissue conditions as reflexly indicated in the iris, an entirely different process.
- 2. It does not show evidence of operations performed under anesthesia. Due to the effect anesthesia has on nerve transmission, the iris does not record the condition of an organ while anesthetized. In the case of an organ that has been removed, the iris records the presurgical condition.
- It does not reveal pregnancy. Some say it can; however, we make no claim to this.

- Gallstones and kidney stones cannot be determined from the iris, since no nerve supply is involved.
 - 5. Iridology is not a "psychic" analysis.
- Iridology does not identify specific pathology in the body.
- Iridology does not confirm the presence of viruses, parasites, germ life or bacterial invasions in the body. However, it can show tissue conditions which would allow a "host" situation to develop.
- Iridology cannot predict either a person's life span or impending death.
- It cannot separate the myriad number of drugs taken or pollutants absorbed.
- Iridology cannot identify gender (although iris slides sometimes show mascara on the eyelashes, usually an indication the subject is female).

Iridology is a very orderly science, and is based on certain vital principles as follows:

1. The Presence and Location of Inflammation. Examination of the irides will show acute inflammation by the presence of white markings. The inflammation may be systemic, in which case the entire iris will appear excessively white (indicating an acidic condition of the body) or it may be localized. In any case, acute inflammation is the earliest stage of identifiable pathology revealed in the irides, the precursor of more serious problems if not treated. Inflammation may occur as a secondary or reflex manifestation of a problem elsewhere in the body and, if so, this will usually be revealed in the iris. In the more advanced stages, inflammation may show up in the iris as gray (subacute), dark gray (chronic) or black (degenerative).

Inflammation reveals the presence of irritants which are not being taken care of through the body's normal immunological defense system or elimination channels. The irritants may be exogenous (poor diet or exposure to harmful chemicals) or endogenous (buildup of waste products of cell metabolism). In the latter case particularly, the cause may be emotional (such as job related, financial, marital, etc.), of which the simplest example might be an acidic stomach that will lead to ulcers if neglected. A diet low in the organic sodium needed to neutralize body acids in normal living can result in an acidic condition that shows up in the iris as inflammation. Or, the cause may be one of the "undesirable side effects" of prescribed medication or an "over-the-counter" drugstore remedy. Fatigue and enervation frequently contribute to the onset of inflammation regardless of whatever other causes may be involved. We may note that it takes time for an acute inflammation to reach the subacute, chronic, and degenerative stages, and the reason for the body's failure to heal the condition is often found in the living patterns of the patientdiet, attitude, lack of exercise and so forth.

Catarrhal development, even to the point of heavy congestion, generally accompanies acute tissue irritation, and this should not be interfered with or suppressed under most conditions. Catarrh, as in the case of the common cold, assists in ridding the body of toxic material when the body's other natural defense and elimination systems are insufficient for the task. This run-off of catarrh is a lifesaving process. Suppression of catarrhal conditions often leads to a more serious extension of the pathological process. It has long been a standing joke among many physicians that "We can cure pneumonia with penicillin, but we can't cure the common cold." We may consider ourselves fortunate that an effective "cure" for the common cold has not been discovered.

2. Inherent Strengths and Weaknesses, Within the irides of a single individual, variations may be observed in the tonic weave (density of the trabeculae), which indicates the inherent strengths and weaknesses of the body. Densely interwoven trabeculae indicate areas of inherent strength, Such a person has a high degree of vital resistance. Coarselymeshed fibers or crypts, due to separations of trabeculae, indicate areas of inherent weakness. We may define inherent weakness as slower metabolic function as compared to that in other parts of the body. Slower metabolic function indicates that nutrients are not used as efficiently and waste products are not carried away as rapidly as they are in other body tissues. It does not mean that an individual is unhealthy, but only that he or she should be especially aware of these portions of the body and should take care of them. A person with many inherent weaknesses who is living right may be much healthier than a person with few inherent weaknesses who is "burning the candle at both ends."

Inherent weaknesses are congenital anomalies inherited from the parents but may also result from the poor living habits of the parents during the time preceding the birth of the child. In Iridology, we say that areas of the body with inherent strength will take care of themselves; areas with inherent weaknesses are the places we need to watch. The criterion for defining "strength" and "weakness" is generally based on variations within the irides of each individual—the individual is the standard, not some hypothetical "norm" or "average." (We will discuss exceptions to this when we come to the chapter on "The Constitution of the Body.")

Obviously, a knowledge of the inherent strengths and weaknesses of his patients would benefit any health professional enormously, because he could then be in a better position to help each patient plan for optimum health based on the concept of keeping the weaker organs and body parts functioning well.

3. Healing Signs. Every physician takes great satisfaction in seeing his former patients looking healthier and happier, in part because he likes to know if his choice of therapy was effective. Unfortunately, looks can be deceiving, and a patient who looks well one day may return with a serious relapse a day or two later. The science of fridology takes a great deal of the guesswork out of subjective evaluations of patient recovery.

One of the most useful aspects of Iridology is the definite confirmation of effective therapy through observation of readily identifiable healing signs in the iris. 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 patient has been treated successfully for a chronic liver ailment, for example, delicate white intermeshed lines (fibrillar tissue) begin filling in the formerly dark gray area just preceding 8 o'clock in the right iris. If the course of therapy is effective, healing lines may be expected to begin appearing in about three weeks. Not infrequently, I find that a patient who says he feels well is not showing healing signs when he should, and this indicates the need to adjust what the patient is doing, reevaluate his nutritional intake, exercise and so forth.

Every physician knows that some people say, "I'm feeling fine, doctor," even when they are not, perhaps because they want to show him they are trying hard to get well. Iridology provides a consistently reliable means of objectively evaluating patient recovery, and it is a great advantage for all health professionals to have an objective measure of their own effectiveness.

4. Hering's Law of Cure. Many physicians who use natural healing methods have found Dr. Constantine Hering's law of cure valuable in assisting and confirming the healing of chronic diseases. Hering's law states, "All cure occurs from within out, from the head down, and in the reverse order that the symptoms have appeared." In iridology we seek to confirm this law by direct observation.

As a patient is being brought out of a chronic condition by natural means, old dried-up mucus membranes become moist again and catarrhal movement commences, carrying away the toxins and wastes once trapped in the affected parts of the body. This marks the onset of a healing crisis. While it may seem as though the disease has returned, the difference is that the healing crisis comes at a time when the patient's general health has greatly improved, and the elimination of catarrh is simply a step in the "reversal of symptoms" as predicted by Hering's law.

In a healing crisis, every organ area in the iris will invariably have acute healing signs in it since every organ is working for the health of the entire body. During the acquisition of a disease only a few organs show the white lines of acute inflammation. The elimination process brings about the reversal of symptoms that were experienced previously during stages in which the disease was developing into a chronic condition; and, because elimination is frequently accompanied by fever and always accompanied by tissue inflammation, the effects of this process are readily observed in the iris. Unlike the acquisition period of a chronic condition, a healing crisis usually takes no more than two or three days. A patient may go through several healing crises at various intervals of time, indicating the reversal of more than one condition.

Iridology is a master science for telling when healing crises will be coming along in the reversal process. No other diagnostic or analytic method available today can determine whether the body is making the right kinds of changes during and after a course of therapy. Just as a shaky house can be shored up by propping new timbers under its foundations, new healing lines can be seen coming into the dark areas of the irides. They seem to come from the deepest level of the iris, working their way up until the dark area of the lesion is strongly supported from many directions by white fibers. The old structure is replaced by a new one. When these areas are filled in with healing lines, we know a healing crisis isn't far away.

5. Drug Accumulations. Drug accumulations show up in the iris as discolored areas-yellow, red. brown, etc. Some of these are inherited and are called "psoric itch spots." Psoric itch spots are inherited from parents who have ingested drugs, and appear upon close examination to be dark flecks on the surface of the iris stroma. Acquired drug spots are in the stroma itself. This means that chemical residues have settled in particular portions of the body in which the metabolism is too slow to eliminate them. Where do these chemical residues originate? We ingest them in prescription drugs and over-thecounter pharmaceuticals; foods with preservatives, artificial colorings and flavors; direct skin contact with garden chemicals, pesticides, sulfur, dyes, paints and other standard job-related chemicals; and polluted air and water. These are just a few of the potential sources but I believe the point is clear.

Many physicians assume that most drugs, even those with "undesirable side effects" are eventually cleared out of the body. Iridology indicates this assumption to be naive and unwarranted. Some drug spots are inherited from the parents, which shows that drugs in the parents' bodies are frequently passed on to the children in the same inherently weak organs. Analysis of the irides of parent and child together easily confirms this, and I have observed such correlations in many cases.

The cumulative effect of drugs in the body further slows down the metabolism of organs that are already inherently weak. Thus, these organs become even more vulnerable to malfunction. The evidence for drug and chemical accumulations in the body is simply overwhelming in the findings of iridology, a fact which emphasizes the degree to which drugs are overprescribed by too many medical practitioners. Drugs should only be used as a last resort in cases where less harmful alternatives are lacking or impractical. Safety standards for the use of all commonly used chemicals should be upgraded, from home oven cleaners and floor polishes to agricultural and industrial chemicals.

- 6. Health Level. In approximately ten minutes, an experienced iridologist can analyze the overall health level of an individual. From the degree of darkness of the bowel area in the irides, he can get a reasonable picture of how clean the blood is. He can determine whether there is congestion in the lymph system, irritation of the nerves, anemia in the extremities, acidity in the stomach and whether there are problems with particular organs. From this and other information shown by markings in the irides, the iridologist can put together a reasonably accurate health profile of anyone he examines—including the adequacy of the person's diet, exercise and attitudes in relation to health.
- 7. Constitution of the Body. The health level of each individual is basically determined by his physical constitution, which is derived from a combination of genetic factors and living habits. When we refer to the body's constitution, we are talking about the anatomical basis of a person's present and potential health level. A person who started out in life with an excellent inherited constitution can, by means of poor living habits, break much of it down. By making the right changes in his life, he may be able to recover his health to a great extent, excepting for certain irreversible changes caused in his body. A person's constitution. in other words, is made up of inherited and acquired characteristics which define his physical limitations and potentials.

The constitution of the body can often be well understood by examining the irides. Inherited characteristics are noted in terms of inherent weaknesses and parentally derived drug deposits. In evaluating constitution partly in terms of inherent weaknesses, we have to recognize that overall organ and tissue metabolism is healthier in some individuals than others. Empirically, we observe that

the trabeculae of the irides are more coarsely arranged in some individuals than others, and we notice that this is correlated with differences in physical strength, stamina, available energy for tasks, mental alertness, quickness of response, and so forth. In terms of acquired characteristics, we may notice in the iris signs of a prolapsus of the transverse colon, which puts pressure on all the organs of the pelvic bowl and which can be compensated for by certain exercises but never entirely corrected. This must certainly be considered one of the possible causes of ectopic pregnancies, one of the most serious complications associated with pregnancy. Knowledge of one's constitution is useful in designing a plan for right living-knowing how much exercise and sleep to get, what kinds of foods to eat and to avoid, what kind of work to do, and such things as whether to live at the seashore or in the mountains.

8. High- and Low-Grade Infections. While most high-grade infections are relatively obvious, lowgrade infections are notoriously and insidiously different to discover and locate by conventional diagnostic procedures. One of the great advantages of iridology is the relative ease with which the source of either high- or low-grade infections may so often be found from signs in the irides.

Low-grade infections sap the vitality, consume body energy, lower the fatigue threshold, and cause a noticeable drop in the overall feeling of well-being. Because they are not accompanied by any overt or readily identifiable symptoms, low-grade infections are apt to be interpreted by the patient as just a "down-in-the-dumps" feeling or another equally vague representation. Once identified, however, most low-grade infections can be dealt with effectively.

- 9. Acid Levels. There are many kinds of acids produced in the body by the normal processes of cell metabolism, and when the body is working properly. these acids are neutralized by buffering agents or excreted. For example, carbonic acid is more commonly formed in the body than any other acid, entering tissue capillaries in which it is mainly neutralized by potassium from the blood. Respiratory and urinary functions also assist in ridding the body of acid or acid-forming substances. In the urine, exchange of sodium ions for hydrogen ions helps to control acidity. When this acid balance is upset and excess acidity occurs, the resulting inflammation is quickly signaled to the iris where it appears in the form of white markings, showing hyperactivity (the acute stage).
- 10. Response of Patient to Treatment. In the chapter on "Hering's Law of Cure," we described how the physician can confirm the effectiveness of his method of treatment by the objective observation of white bealing filaments developing in the appropriate

portion of the iris. I tell my patients not to expect complete healing from a chronic condition in less than a year, and over such a length of time the changes in the irides are invaluable in determining the response of the patient to treatment. The patient is generally delighted to see photographic confirmation of healing signs, which reinforce his resolve to continue the program he is following. I take advantage of the periodic follow-up appointments to compliment patients on their improvements and to educate them further concerning the necessity of living according to health-enhancing principles.

Natural healing through diet, exercise, adequate rest, fresh air, and sunshine will change the body chemistry as progress in healing is made. As body chemistry changes, it may be necessary to make further dietary adjustments with the eventual objective of removing the patient altogether from special diets and returning him to a regular healthy eating program. Regular iris examinations during this time are most helpful in this process.

11. Unity of Symptoms of Whole Body Healing. When a patient complains of a kidney problem, it is not sufficient to aim merely at correcting that condition alone. Invariably, if there is a kidney problem, the blood is carrying more toxic material than usual and the function of every organ, gland and body tissue is affected adversely. No matter what is wrong with any part of the body, the entire body is affected—and the wholistic approach to health is to treat the whole body, not simply the disease.

As healing begins in any part of the body, the rest of the body is positively affected, and we see evidence of this in the irides. Because toxins or catarrhal discharges are being carried away, the irides grow lighter in color. The blood becomes cleaner, which means the lymph is also cleaner. Cleaner blood carries more oxygen, and the brain functions more efficiently as a consequence. As brain function improves, nerve and endocrine functions become more effective. Elimination grows more efficient. In the irides of the eyes, we see the indications of whole body healing.

12. Biochemical Needs. Leblieve that most diseases have their origin in fatigue and enervation. When we are physically exhausted or emotionally drained, cells are deprived of the nutrients they need to keep the body functioning correctly. The metabolism of the body simply cannot keep up with the demands made upon it. When fatigue and enervation are caused by habitual patterns of behavior, chronic cell starvation occurs, and we are on our way to serious health problems. Malnutrition and ingestion of toxins, of course, can also cause biochemical depletion at the cell level with similar consequences, as can inadequate circulation and poor elimination.

Depletion of the biochemicals necessary for proper cell metabolism eventually results in tissue hypoactivity, which shows up in the irides in the form of gray areas or lesions. We find that the weakest organ or organs in the body will be affected first, but we must note that when even one organ shows a serious biochemical deficiency, the whole body is lacking in that element and all parts of the body are adversely affected to some degree. The white markings in the irides that signal acidity indicate deficiencies in the elements sodium and/or potassium.

By knowing what vitamins, minerals and amino acids are needed in a certain organ or tissue of the body, we can infer which of them are needed when a tissue area shows up in the iris as over or underactive.

13. Differences in Bilateral Organs or Glands. The human anatomy is so designed that a number of its organs, glands and limbs are bilaterally and symmetrically arranged with regard to the sagittal plane of the body. Internally, this bilateral symmetry is noted in the lungs, kidneys, adrenals, testes, ovaries, thyroid and hemispheres of the brain. Because each iris reflects tissue conditions on its own side of the body, the science of iridology readily distinguishes which of two bilateral organs or glands is showing signs of pathology or whether both are involved.

The existence of a kidney problem may be determined from certain laboratory tests; but they cannot tell whether one or both kidneys are involved without further costly and time-consuming tests. Iridology is capable of identifying such differences directly from the irides.

Once a patient who came to me showed symptoms of thyroid disturbance, but when her previous physician had ordered laboratory tests, the results indicated her thyroid was functioning normally. Examination of her irides immediately shed light on the problem. One side of her thyroid was overactive; the other side was underactive. Indeed, the patient had problems—but they could not be diagnosed from conventional lab tests, which had averaged the functions of the two sides. The ability to separately evaluate the condition of bilateral organs and glands is another remarkable advantage of iridology over other forms of analysis.

Blood tests and urinalyses have their place, but we must realize their limitations. The results of such tests are interpreted on the basis of averaging thousands of previous tests to determine what should be in the blood or urine (and what should not). But the "average" person isn't necessarily healthy. Can you understand that? So, what are we finding out in these tests? At best, they provide rough guidelines that must be interpreted for the individual patient. Really, there is no such creature as an "average"

person. We are all unique. We have different metabolisms, different blood chemistries, different living habits, different attitudes. Can a blood test or urinalysis tell you that your attitude is too negative? As I say, blood tests and urinalyses have their place, but they are oriented toward identifying disease states. Iridology, on the other hand, is oriented toward restoring a state of health.

Iridology does not profess to identify diseases. In this book, we may discuss well-known diseases for purposes of convenience in illustrating certain procedures and approaches, but we are in no way suggesting that iridology can or should be used to diagnose a specific disease. Perhaps it would be more appropriate to suggest that the aim of iridology is to identify the causes of disease in the body—tissue conditions that signal the existence or potential development of pathology. Iridology is, in its general philosophy, health oriented rather than disease oriented.

The aforementioned principles should be adequate in establishing iridology as an important diagnostic and analytical science. However, we would like to add a few other points that we feel are extremely important.

Iridology enables us to analyze the level of health in the human organism without relying on apparent disease. We do not need to depend on symptoms to determine which therapy is needed for the correction of the state of health. Furthermore, an iridology analysis is non-invasive and non-toxic.

Iridology provides a method of discriminating between the disease crisis and the healing crisis, predicting when the crisis is due to occur.

It serves well as an adjunct to other forms of wholistic analysis, and will particularly complement the electro-chemical analyses via computer that are presently being developed.

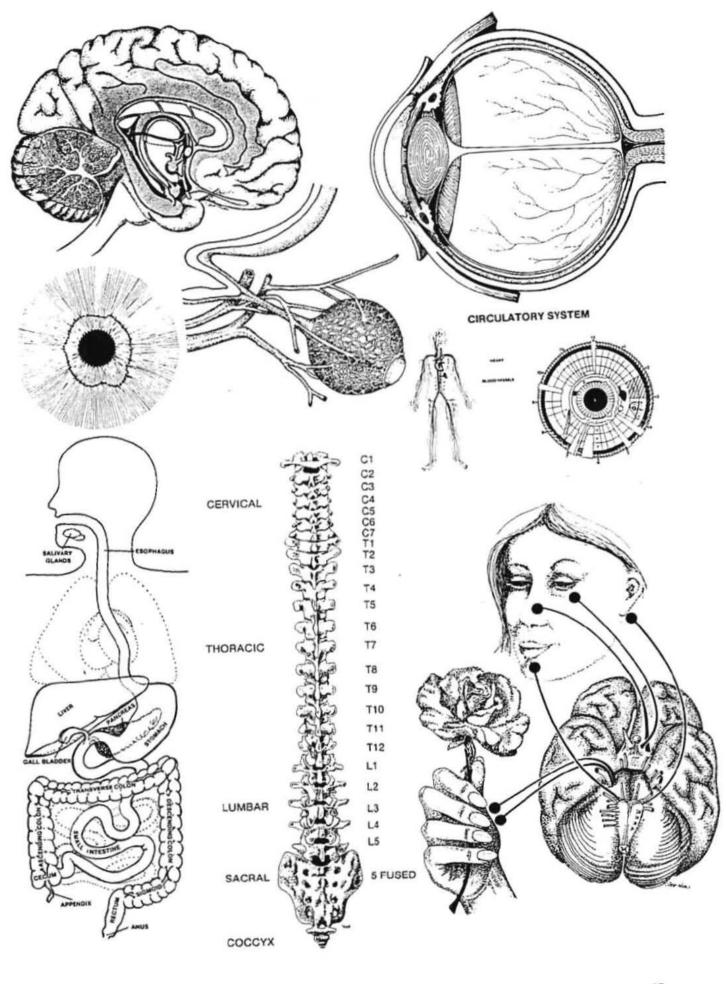
Iridology is the one science that portrays the interrelationship of all systems in the body as they contribute to the genesis of disease.

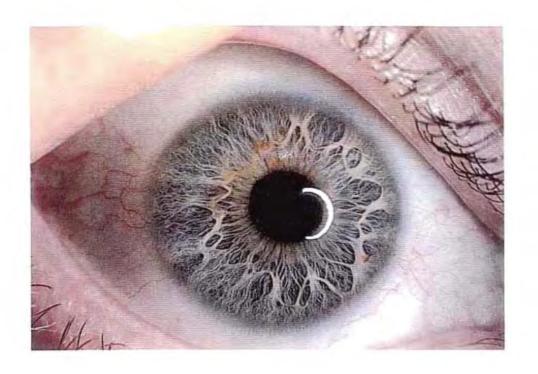
There was a time when I thought iridology would be relegated to the scrap heap because of our antiquated instrumentation. But after establishing the validity of iridology for myself, I began to realize how necessary it was to the healing arts. It was a potent ally in the prevention of disease. I thought it would be criminal to lose the concept of iridology, especially since it is so immediately accessible. This is why I threw myself wholeheartedly into developing instrumentation that could adequately photograph the information that is available from the iris. With today's instrumentation I am sure that man will be able to scan the iris, assemble the data and record it without it ever being subject to guesswork or the frailty of man's memory. With computers, we will be

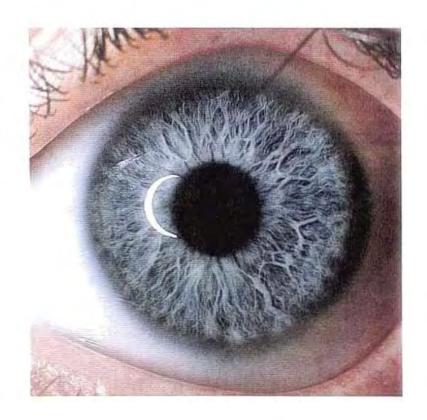
able to measure the thousands of shades necessary to making a truly accurate analysis whereas we now can utilize only the four stages visible at 40X magnification.

Many medical doctors in the past century have used iridology with excellent results; indeed, the founder of iridology, Ignatz von Peczely, was a medical doctor. Other men who have contributed to the growth of iridology were also medical doctors, such as Lindlahr, Kritzer and Lane. Without question, the science of iridology lends itself well to assisting in the diagnosis of disease in all areas of medicine, and it is reasonable to suppose that medical doctors who are showing interest in the wholistic approach to health or who are inclined toward emphasizing preventive medicine will seriously study the science of iridology to understand its contributions to the healing arts.

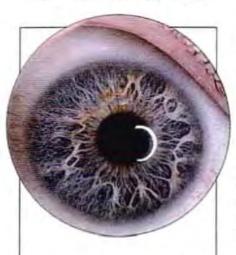
I can see without a shadow of a doubt that iridology is a most vital part in the determination of the human health level and the analysis of the efficiency of corrective therapies.







seven



The eye is blind if the mind is absent.

-American Saying

Experience is not what happens to a man; it is what a man does with what happens to him.

-Aldous Huxley

The superior man in the world does not set his mind either for or against anything; what is right, he will follow.

—Confucius

Chinese proverb:

If you are planning for a year, sow rice...

If you are planning for a decade, plant trees...

If you are planning for a lifetime, educate a person.

Fundamental iris markings: a new world language

In this chapter, an overview of the organization of the iris and its fundamental markings will be presented. We owe this knowledge to the many early pioneers of iridology, each of whom contributed important discoveries that were gradually accumulated and developed into the science of Iridology as we know it today.

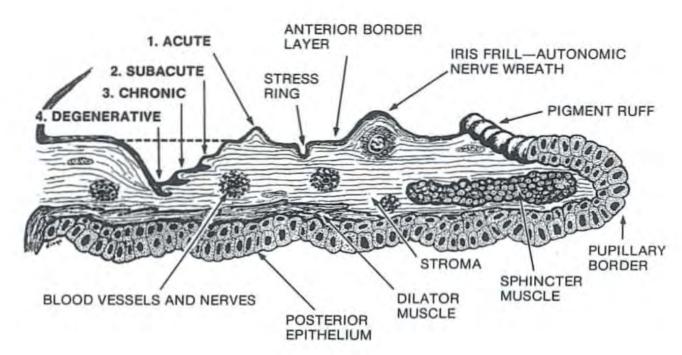
The 17th century German physician, Philippus Meyens, is credited with the discovery that the irides generally reflect the organization of the body as follows: the upper part of the iris represents the head, the lower part represents the leg and genital areas, the right iris represents organs on the right side of the body and the left iris represents organs from the left side of the body. Later iridologists added their discoveries, some correct and some incorrect. One of the major tasks of modern iridologists has been to sift through the various claims of past iridologists and to sort out what can be verified and what cannot.

Each disease condition in its process of development over time—for example, from the common cold through various catarrhal manifestations to asthma—is represented by a series of color changes in the irides corresponding to each stage as follows: white for acute, light gray for subacute, dark gray for chronic and black for inactive or degenerative tissue. These are the color changes by which the iridologist analyzes tissue conditions in the body from the iris. We take it as a general principle in iridology that all iris markings represent information that is indicative of tissue integrity.

Physiology of Iris Signs

Iridology analyzes tissue conditions reflexly indicated by iris signs. The iris itself is not diseased when iris signs are present, any more than a thermometer which shows a high temperature can be said to have a fever. We read iris signs to understand what is going on in the tissue of the body.

The accompanying diagram shows a cross section of the iris. It is presented to illustrate how iris signs are formed within and upon these tissues. The radially arranged fibers of the iris, called trabeculae, form four layers which correspond to acute, subacute, chronic and degenerative in areas of iris topography. The relative darkness corresponds to the depth of the hole in the separated fiber layers. Other signs such as drug spots or nerve rings are caused by hyperpigmentations in the iris stroma and cramping of the fibers.



When body tissue is active, inflamed, perhaps painful, and using nutrients rapidly, the iris fibers appear very white in the corresponding reflex area. This white, acute sign is associated with catarrh and mucus elimination. This is the active stage when the body is "cleaning house," throwing off toxic accumulations. Iris fibers that appear white are actually transparent, raised above the surface of the iris, and are usually considered a fourth layer or level.

As nerve supply becomes depleted, nutrients exhausted and circulation slowed down, due to fatigue, the initially acute stage becomes subacute, indicating a state of underactivity. This shows up as a darkening of areas once white and reveals a lowering of tissue integrity. Often, we are born with a genetic predisposition to tissue weakness in certain areas of the body. In iridology, we call such areas inherent weaknesses.

The chronic and degenerative stages are simply further reductions in tissue integrity. Vitality is lowered. Nutrients are not properly absorbed or retained, and wastes are not adequately eliminated.

Iridology and nutrition are symbiotically associated. All dis-ease conditions have a nutritional aspect. When the iridologist sees underactive tissue, he knows there is a nutritional imbalance there. One of iridology's greatest strengths is revealing areas of underactive tissue with specific needs for nutritional correction.

A subacute condition in a person who continues in the same living habits will drop lower—first to chronic, then to degenerative. In a chronic condition, toxic accumulation, cellular congestion and nerve depletion invite serious illness and disease. It has been estimated that 80% of this nation's illnesses arise from chronic conditions.

Correcting a chronic condition is difficult, requiring perseverence and dedication to shift into a healthier living pattern. It is much easier to maintain good health than to regain what has been lost.

A degenerative condition appears in the iris as a black hole where iris fibers have disappeared from view. This condition is most difficult to reverse. It indicates the final stage of tissue degeneration.

The perfect iris does not exist, and all individuals exhibit some degree of tissue weakness whether acquired or genetically determined.

Paired or bilobed organs, such as lungs, kidneys, thyroid, ovaries, or testes, may be imbalanced so that one side is hypoactive, while the other is hyperactive. Where blood tests or other analyses may combine the report of the underactive organ with the report of the overactive organ, yielding a test result which may be interpreted as normal, iridology immediately reveals the problem and identifies the weak area.

Iridology's greatest asset is its ability to forewarn of approaching difficulties. We can see tissue changes occurring before symptoms develop. It is a powerful tool for preventive health care.

Constitution

The density of the trabeculae or iris fibers has great meaning for the iridologist, with reference to determining inherent strengths and weaknesses of the body. Different densities, of course, may be found within the same iris. What we mean by density is the relative closeness of the iris fibers, the fineness of iris structure; and because we observe a range of densities that vary not only within each iris but also from person to person, we assign a density value of from one to five points, representing the finest structure as one and the coarsest as five.

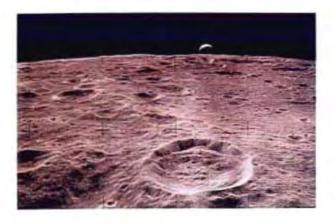
We associate fine iris structure with inherent strength and coarse iris structure with inherent weakness. The average person has a density rating of 2.5. For purposes of comparison, we may say that a fine structural density of iris fibers represents the fine-grained strength of the oak tree, while a coarse-knit structure represents the weaker fiber arrangement of the pine tree. An oak table can stand more abuse than a table made of pine, but the pine table may last just as long if it is treated with proper care.

The significance of inherent weaknesses, observed in the iris, is that tissue in these specific locations may have a predisposition to pathological processes if the body is subjected to excessive stress. Inherently weak tissue is not capable of great strength, quick recuperative power or normal vitality. It is somewhat less active in metabolism than normal tissue. The iridologist can use this information to counsel patients concerning their specific health needs.

Landscape of the Iris

It's no coincidence that the iris is circular in shape. All around us there are examples in nature of the sphere, circle, or globe. More so than any other shape, we find the expression of perfection represented in this form.

The heavenly bodies are spheres whose appearance is that of a disk—the sun, the moon, the planets, our own earth, and the iris. As we observe these worlds through photographs taken by satellites and space probes, we are able to determine incredible details on the surfaces. There are mountains, holes,





canyons, flat places, ridges, gullies and an endless assortment of other features. To the physicists, geologists, and astronomers, these details provide a great wealth of information about the nature and condition of these worlds and the processes occurring there.

Is it not possible to apply the same informationgathering techniques to the iris? Indeed it is—and with amazing results, for the iris contains a storehouse of useful detail. Once deciphered into relevant meanings, the enigma begins to reveal itself.

As the light plays across the landscape, it easts shadows and illuminates the ridges and peaks. The variations of color intensity, or lack of it, all provide clues to understanding the puzzle.

Just as vulcanism works below the surface of planetary bodies to produce the surface features, so do the markings of the iris have their origins deep within the core of the body. The iris changes according to the dictates of the blood supply, nerve response, muscle tone and many other forces at work.

We find that every form, shape, color, depth, lesion, or high point has a meaning. It is in these ridges, shadows and unusual colorations that we are able to determine an accurate correlation to processes in the body on a biochemical and psychological level.

What makes an iris examination different from an examination made with the ophthalmoscope is that the iridologist looks for reflex conditions in various parts of the body, while the ophthalmologist looks for diseases and the condition of the eye itself.

The iris portrays more than the local condition of the eye. It describes the legs, the heart and all other organs of the body.

The fact that the iris changes is a highly controversial point. Many doctors do not believe that this can happen. Pupil tonus can change hourly. Iris coloration can change noticeably in a year's time. Lesions can fill in and become lighter in the same time span. We're talking about very subtle things here, and to verify these takes a careful and dedicated observer. Most people are not trained to notice such

subtle occurrences. Their lives are so busy and on such a gross scale that a minor color shift in the iris is not even registered on a conscious level of awareness.

It takes photographic histories to record this phenomenon. Even then, the vagaries of film batches, dyes, laboratory facilities, freshness of chemicals and temperatures, all conspire to alter the images. Nonetheless, it has been possible to obtain a record of this process, examples of which are shown in this book.

Staying in contact with an individual over a long period of time is essential to verify this occurrence. Most people are very mobile, and do not follow a sufficiently powerful rejuvenation program to achieve these results. But for those who are really making progress in healing, the iris changes are evident.

I have seen many wonderful healings occur by just organizing the dietary intake. The thyroid gland changes according to the amount of iodine that is consumed in the food. The stomach changes according to the amount of organic sodium in the diet. Bone changes occur according to the quantity and quality of the calcium intake. All tissue will rebuild and change if supported properly. Why then is it so unusual and unexpected that the iris could do the same; or that it might reflect a change occurring elsewhere in the body?

The iris responds to every condition that is occurring in the body whether it is nutritional, mechanical, nervous, toxic, or psychological. In this study, we are as space travelers observing from a distance the remarkable world of the iris. With our tools and instruments, we are able to zoom down to the surface for a finer view of the world of the iris.

Basic Iris Topography

To assist in precisely locating specific markings in the irides, iridologists have incorporated into their various iris charts different schemes for organizing iris topography. There are over 90 specifically named areas on each iris, and they are mapped differently. It is, therefore, important to have some reliable way of locating these areas.

One common approach has been to divide the circle of the iris into 360 degrees in the usual geometrical design. My objection to this system is the difficulty of distinguishing, say, 284 degrees from 285 or 286 degrees. In other words, 360 separate radial divisions is overdoing it. Another method has been to divide the iris into 60 minutes—60 sections around the iris—and, the problem here is that the number of divisions is too few for accuracy of location of iris markings. The best way, in my view, is the use of standard clock divisions from 1 to 12 o'clock, with 10

subdivisions between each "hour." The hourly positions are universally used throughout the world, and they are easily remembered. Ten subdivisions between each hour, corresponding to the increasing acceptance of the metric system, gives us a total of 120 radial divisions for each iris.

One of the useful iris chart developments has been the superimposing of zones on the standard analytic chart. The seven zones are:

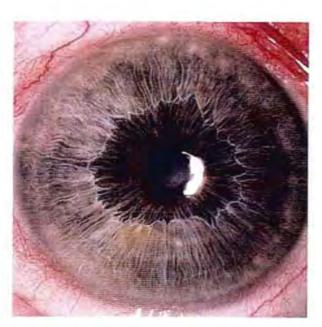
- 1. Stomach area
- 2. Intestinal area
- Adrenal glands, heart and aorta, solar plexus, kidneys, pancreas
- 4. Bronchial tubes, pituitary gland, pineal gland
- 5. Brain and reproductive organs
- 6. Spleen, thyroid, liver
- Skin, lymphatic and circulatory systems, sweat glands, motor and sensory nerves

The zone arrangement, superimposed upon the twelve radial "clock" divisions, each with its ten subdivisions, provides an excellent means for locating any iris marking with precision. Zones on the iridology chart correspond with the findings by early iridologists that the outermost rim of the iris corresponds with the outermost layer of the body—the skin, etc.—while the central area surrounding the pupil of the eye corresponds to the centermost organ of the body—the stomach. The concentric circles defining the various zones represent the relative proximity to the center of the body of the different anatomical parts.

In the iris itself, the innermost boundary is the pupillary margin, and we will later discuss conditions revealed by the pupil in a separate chapter. About one third of the distance outward from the pupil is the most useful landmark in the iris, the autonomic nerve wreath. In the normal iris, the autonomic wreath and the intestinal tract area should encircle the pupil symmetrically, but when this symmetry is lacking, abnormalities are indicated, and we will take these up later in the chapter.

Together with the knowledge of locations of the various organs on the iridology chart, a certain amount of practice is necessary to become acquainted with the many kinds of lesions, lacunae and other markings encountered in the irides. Iris, signs are nearly always more difficult to observe and interpret in brown irides than in blue irides.

Acidity. Several types of iris lesions, markings, and discolorations are associated with the effects of acidity in the body. Frequently an acidic condition in the body brings on a catarrhal buildup. When the normal eliminative systems cannot expel acids as fast as they form, catarrh develops to carry off the excess acidic wastes through the bronchial tubes, nose and



An exaggerated autonomic nerve wreath.

throat. In serious and continuing cases of acidic tissue inflammation, neural tissues often become irritated as well.

An acute acid condition shows up as white in the iris in various configurations. A hyperacidic stomach appears as a white/pink or gray ring or "halo" in the stomach zone, changing to darker gray as the condition becomes chronic (and underactive). With the stomach, hyperacidity in an early stage often leads to hypoacidity in a later stage, a common condition in this country. Lack of hydrochloric acid in the stomach, when chronic, is indicated by a dark, ragged edge around the pupil that follows the stomach area, becoming dark brown as the acid lack becomes quite serious. Note that this brown ring around the pupil can also be caused by the use of certain drugs or refined and devitalized foods.

During inflamed tissue conditions in which the nerves have become irritated, the autonomic nerve wreath appears white. If this continues for any length of time, the body metabolism is affected and hyperactivity is found in nearly every organ, especially the thyroid. The whole iris, in this case, appears white.

It is necessary to differentiate among several causes of white, acute lines in the iris. A general acidic condition developing in the body can make the entire iris appear light, as we have said before. In this case, tissue inflammation is the problem and the patient will report not feeling well. The whole iris may also become white as a person is approaching a healing crisis, in which state every organ in the body becomes acute in order to throw off toxins and wastes. Here, the patient will report feeling very well just before the crisis—perhaps better than he's ever

felt before. In the first example, a catarrhal condition is coming in; in the second, it is leaving, going out. In all forms of acute activity, the trabeculae are raised above the surface of the iris. They really stand out. However, when white healing lines come into lesions, lacunae and crypts, they are cross fibers, called bridge trabeculae. Healing lines indicate new tissue formation, and they are easily distinguished from the acute, white trabeculae that signal tissue inflammation.

Toxic Settlements. Toxic settlements are associated with lesions, lacunae or crypts in the subacute, chronic and degenerative stages, which always indicate that an organ or other body part is not eliminating properly, not cleansing itself. Toxic settlements can come from waste material absorbed from the bowel, from the ingestion of poor food, drugs and chemicals, from breathing foul air or from skin absorption of toxins, as in the case of those who work with dyes, acid solutions, agricultural chemicals and so forth. It is generally thought that toxic settlements often lead to the formation of tumorous growths when they are not eliminated.

Injuries and Operations. These show up in the irides to a certain extent, excepting—as previously noted—when anesthetics have been administered. Broken legs, bullet wounds, mutilation of muscle tissue and other physiologically traumatic events show up in the iris as small closed lesions surrounded with healing signs. When surgery has been performed, the iris will reveal the condition of that portion of the body immediately prior to the operation and administration of anesthetics.

Lymphatic Rosary. The lymphatic system is shown in Zone 6. When lymphatic circulation becomes sluggish and congested with toxic wastes, small cloud-like spots appear in the irides. This sign may show up as a series of small white beads or pearls, concentric with the curvature of the iris periphery, often but not always, near the outer rim. Lymphatic congestion may also show up as individual spots located in single organs.

Upon close examination, the individual spots are seen to be enlarged, raised up from the surface of the iris and congested. White corresponds to acute activity; yellow to subacute; brown to chronic or degenerative and sometimes to toxic laden.

When the lymph system is not functioning properly, there is a buildup of catarrh and mucus. Lymphatic circulation depends entirely on exercise, contraction of the musculature. Organs made primarily of lymph tissue are tonsils, adenoids, spleen and appendix.

The Sodium/Cholesterol 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.

Venous Congestion. This condition is indicated by a hazy, bluish-colored ring surrounding the outer perimeter of the iris, actually in the sclera rather than the iris itself.

Anemia in the Extremities. Found at Zone 7, this sign is histologically similar to the arcus senilis (pannus). It appears to be a hazy, semi-opaque ring at the iris periphery, although it is actually within the cornea (Not to be confused with venous congestion, which is in the sclera.). It can be caused by poor circulation, which in turn, may be due to hardening of the arteries or to cholesterol deposits hindering the flow of blood through the smaller vessels. Among patients under forty years of age, the main cause is lack of exercise, often accompanied by a nutritional deficiency of iron-rich foods. The patient with this condition will frequently complain of cold hands and feet.

The width of this sign indicates the degree of severity of the anemia.

By "extremities," we refer to hands, feet, and brain. The most general cause of anemia is poor circulation, and the patient may complain of cold hands and feet. Important secondary causes may be inadequate iron in the blood or a deficiency in red blood cells which would show up in a standard laboratory blood count. Without a proper red blood cell count or sufficient iron or good circulationinsufficient oxygen is being delivered to the extremities. Chronic fatigue accompanies this condition, which may be further aggravated by venous congestion and an underactive thyroid. Venous congestion is indicated when the sign is bluish. The most serious effect of anemia in the extremities is, of course, impaired functioning of the brain, which requires a great deal of oxygen to perform its many tasks.

Arcus Senilis. This "arc of old age," also called a
"pannus" by ophthalmologists, appears as a scleraltype transition tissue moves down over the upper
edge of the cornea, giving it the appearance of an
opaque arc. It may be extremely white, tinted yellow
or a bluish-white color. It is a sign of cerebral anemia,
and is discussed further in the chapter on anemic
conditions. Section III.

Nerve Rings. Nerve rings or neurovascular cramp rings are revealed in the iris by one or more segments of curved furrows that follow the circumference of the iris, ranging from acute white to quite dark. They show the degree of nerve tension. If the iridologist examines them directly with the assistance of a powerful penlight, the depth of these indentations can be determined by moving the light around. Physiologically, the nerve rings result from a "cramp" running perpendicularly across the trabeculae. White nerve rings, of course, indicate irritation and nerve hyperactivity. The shades of gray represent underactivity and nerve damage. When found in the stomach, nervous indigestion may be a problem.

Nerve rings show stress and imply a need for relaxation. This may come from physical or mental areas. The location of the beginning, ending and pathway of each nerve ring show what parts of the body are under stress.

Radii Solaris. These markings, like sun rays or wheel spokes, originate in the intestinal tract and radiate outward toward the rim of the iris. This is the sign of a toxic or slow-moving bowel. Their shape results from a separation of the top layers of iris libers, lending them an appearance like that of troughs.

Some authorities distinguish between the pupillaris minores (radii solaris which move outward from the autonomic nerve wreath) and the pupillaris majoris (which move outward from the pupil). Radii solaris are usually heaviest in the transverse colon area and radiate into the upper regions of the iris, the brain area. Other organs through which the radii solaris pass indicate the spread of toxic material from the bowel to those particular organs, and as they increase in number and darken in color, an increasing toxic accumulation is indicated. When the radii solaris are numerous in the irides, nerve rings are also frequently found.

The presence of radii solaris shows a need for cleansing and detoxifying the bowel and may also indicate a tissue condition conducive to parasitic invasion.

Scurf Rim. Beginning in the skin area of the 7th zone and spreading inward toward the pupil, the scurf rim is a circular band following the outer edge of the iris. A dark scurf rim shows an underactive skin. It does not always extend fully around the iris. The scurf rim reflects the condition of the skin as an eliminative organ. The circulatory system of the blood releases a certain portion of its toxins and cellular wastes near the skin to be moved out through the pores in the process of perspiration. When skin elimination is inadequate, toxic buildup of waste occurs. If the scurf rim appears darker over the lung area, for example, the lungs may be affected by an

excessive accumulation of toxins. Darker areas of the scurf rim always indicate toxic buildup in the organs inside that area.

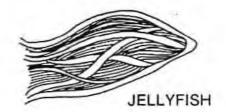
Some scurf rims are so heavy that they have been called a hereditary scurf rim, because they form in the irides of infants who are heavily encumbered from birth and who are subjected to suppressive treatments for skin eruptions and other acute infantile ailments.

The consequences of the application of drugs, ointments and salves can be found in many of these broad, black scurf rims around the iris. Many times these treatments actually deaden the organic structure of the cuticle. The acquired scurf rim is one which forms from infancy as a result of hot bathing, coddling, dense, heavy clothing and suppressive treatments of skin cruptions. The acquired scurf rim does not appear uniformly all around the iris, but shows mainly in the form of half-moons in the outer edges of the irides.

The skin is a two-way membrane allowing an exchange of moisture and gaseous vapors in and out of the body. Toxic materials such as solvents, fixatives, paints and other chemical liquids and gases, can penetrate the skin and cause problems. The skin is an important eliminative organ just like the bowel, kidneys and lungs. Heavy, close-fitting clothing prevents the skin from eliminating properly.

Lesions, Lacunae and Crypts: 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.

We do not diagnose from the iris, as we have previously stated; but experience has shown that a lacuna or crypt with a black interior in the iris is frequently confirmed by an in-depth examination to be associated with the presence of a tumor. An open lesion indicates drainage of toxic material; a closed crypt or lacuna means that toxins are entrapped and cannot be expelled unless something is done about it. The natural response of the body is to protect itself from trapped toxins by isolating them within a thick, protective layer of tissue. When a closed lesion is encountered during iris analysis, it is highly recommended that the patient be told to get a thorough examination.









Variations in the forms of lesions and lacunae, as noted by German iridologists.

Mechanical Signs. Certain physiological abnormalities are also revealed by signs in the irides. The most easily recognizable of these is the prolapsus of the transverse colon which is seen in the iris as a dip or downward curvature at the top of the autonomic nerve wreath. The more pressure from the prolapsus of the transverse colon, the deeper the autonomic wreath will dip toward the pupil. This condition, accompanied by pressure on the lower organs such as ovaries, uterus, bladder, prostate and rectum, may be the primary cause of problems in the lower internal organs, including "fishhook" stomach.

Diverticula, especially when holding toxic wastes, appear as small lesions aligned radially. Whenever we find a large point extending from the autonomic nerve wreath, with a dark area inside the wreath, poor muscular activity is indicated in this portion of the colon. Bowel adhesions are shown by white signs that often appear like scar tissue, sometimes with a slightly yellow cast. Where the autonomic nerve wreath is pulled directly toward the

stomach area or pupil of the eye, a bowel stricture is indicated; a ballooned bowel is shown in the opposite manner, with the autonomic wreath pushed toward the periphery.

Drug and Chemical Signs. Liljequist, in the 19th century, published a report describing how quinine had turned his blue irides green and how iodine applications to his swollen lymph glands had resulted in the appearance of reddish spots in his irides. At this time, there are over 35,000 drugs on the market, a tremendous increase since Liljequist's time. Besides drugs intended for medicinal purposes, thousands of commercial chemical preparations—from pesticides and fertilizers to dyes and powerful solvents—are available.

Any unusual marking in the irides may be a sign of a deposit that does not naturally belong in the body. Drug and chemical deposits tend to settle in the inherently weak organs and tissues of the body. We do not know whether all of the newer complex chemical substances leave an identifiable colored sign in the iris, but many do. Some drug signs, such as sulphur or iodine, appear in the iris as yellow or reddish spots—colors similar to the substances they came from. The trabeculae themselves appear to have become discolored. A drug deposit can affect many areas of the iris (and body) instead of one location. When many drugs have been ingested over the years, dark spots that result in the iris may be considered chronic settlements.

Very dark or black spots are sometimes referred to as psora or psoric itch spots because of the irritation the drug deposits cause in the organs in which they have settled. These can be inherited.

Drug accumulations in the body can be reduced by tissue cleansing procedures. The drug spots in the irides may lighten but will never disappear entirely.

Nerves. Everyone experiences stress and tension to some degree. The eye shows excessive stress and how it is affecting us, via the nervous system. Care of the nervous system should be one of our top priorities, since every organ and tissue area is interrelated through the nerves.

The chart of the spinal nerves shows the interaction between the brain and organs via the autonomic nervous system. We can locate the spinal nerves in the iris along the autonomic nerve wreath.

The cervical nerves are located along the autonomic wreath from 11 to 1 o'clock, while the thoracic nerves go from 8 to 11 o'clock and 1 to 5 o'clock. The lumbar area is from 5 to 8 o'clock. When the wreath is white in any of these areas, nerve inflammation is indicated. With study, those who use spinal manipulation can determine from the iris what parts of the spine need attention.

Iris Analysis

The accuracy of iris analysis is enhanced by taking precision photographs of the irides, 35mm color slides which can be projected onto rear projection screens and analyzed with the aid of a transparent grid overlay. Of course, the examination may also require eye-to-eye inspection with a magnifying glass and light source.

The photographs serve as an ongoing record of the patient's progress, as well as a source of great encouragement to the patient who sees the healing lines begin to come in and knows he has been doing the right thing.

Interpreting iris signs into useful and meaningful information takes skill, experience, patience, knowledge of anatomy and physiology, and, most of all, wisdom. Wisdom is needed to develop immediate and long-term health goals based on what the irides show.

Used correctly, iridology gives an individual information concerning his health level that is not available in any other way.

The Language of the Eyes

The language of the eyes is brought to us in symbols, in colors and patterns that can be read much like the history carpets of the Persians, Arabians, Egyptians, and Chinese. Those who understand the rugs can read the culture of the people who made them, their joys and sorrows, wars and peace, harvests and famines. So it is with the iris, our living personal history.

The iris responds to pain and other feelings, both physical and emotional. It contracts when witnessing an unpleasant sight and dilates when viewing pleasurable scenes. It monitors every aspect of homeostasis, which it records within its fiber structure. The records can be clearly interpreted by those who understand them.

Our communication skills are becoming more sensitive with each new breakthrough in instrumentation. We have yet to match, however, the sensitivity of the iris as a visible monitoring system.

The iris is the tale bearer of our inner world, It reveals the manner in which our thoughts and lifestyle influence our physical body.

Eighty-six percent of what we learn is transmitted through the eyes. Much of our ability in orienting ourselves within our world depends upon our perception of visual stimuli. We recognize our home, our family and differences in material form and shape primarily through the gift of sight. This day-to-day exchange of visual information, along with the other sensory modes, affects the health level of our bodies. The iris permits us to view those effects

and adjust our lifestyle accordingly.

When we apply the principles of healthy living, the irides communicate our progress by manifesting healing lines. Thus it can be said that the language of the eyes is worthy of our study and research as we seek to gain an understanding of ourselves and the world in which we live.

In the photos that follow, we will introduce you to the special language of the irides. We have emphasized certain details for learning purposes. The organ areas will be discussed further throughout the book, so consider this only a preliminary training.

The following pages are divided into two columns—begin with column one then proceed to column two.

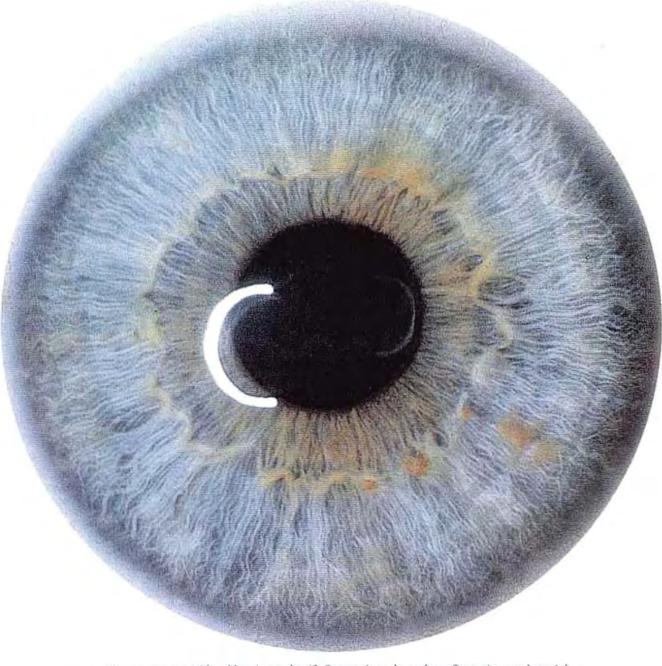
All of the photos used on pages 114-131, illustrating fundamental iris signs, are available in a 134-slide presentation. Inquire of the publisher for further details.



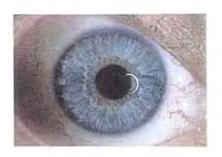


There is a magic language besides the spoken word, and it is found in every country. There is a language in motion, a language in the wind, a language in color. And there's a language in the Persian rugs; each one tells a story. There's also the language of Chinese characters by which the largest race in the world obeys and leads, lives and loves. Each character has a meaning.

The language of the eyes is a worthwhile endeavor; those who have studied it will read the language of the eyes.

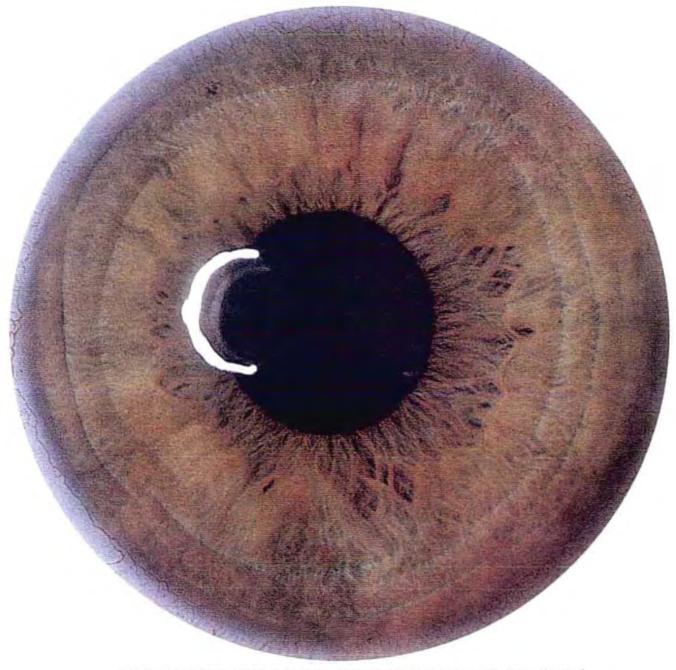


There are no two irides alike. As we classify fingerprints, through configurations and special markings, we are also able to classify irides through every white fiber, dark hole (lacuna) and crypt. The evaluations of these various fibers must be read and understood since they all have a meaning.

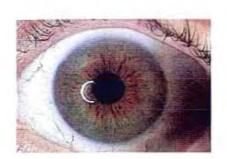


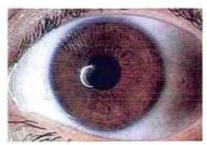


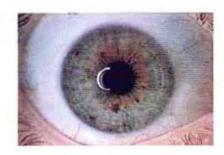


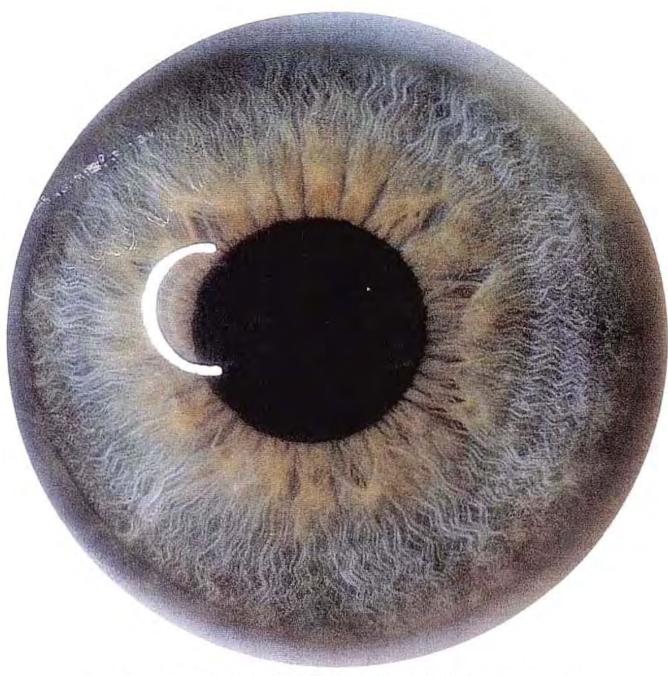


"How deep is the ocean? How high is the sky?" The depth, elevations and electro-chemical reactions are classified in these fibers of the irides.

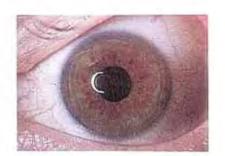


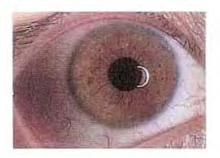


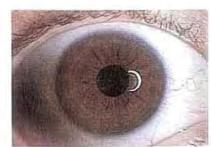


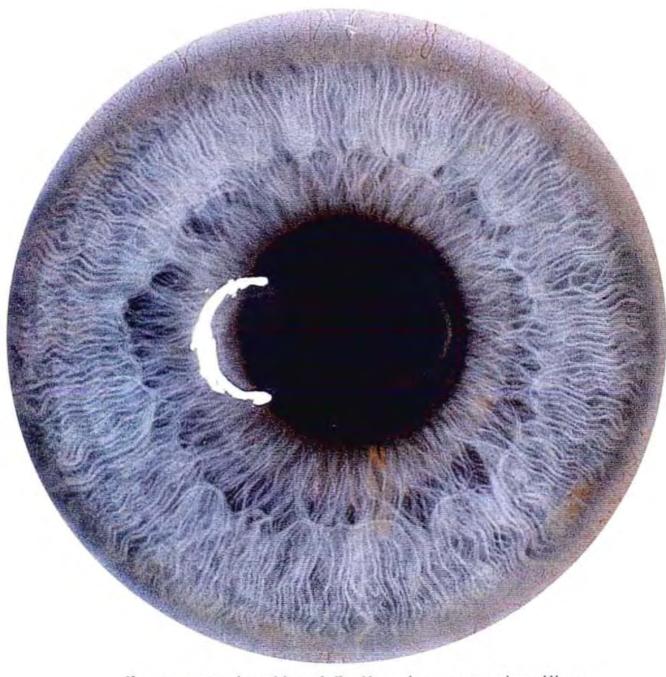


A new language has to be developed with this new form of analysis. The student who takes the time to learn this language and communication system will be able to understand the various contours, elevations, peaks and depressions. This new study will take him to the threshold of a new world.



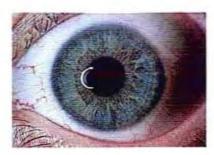


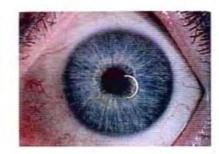


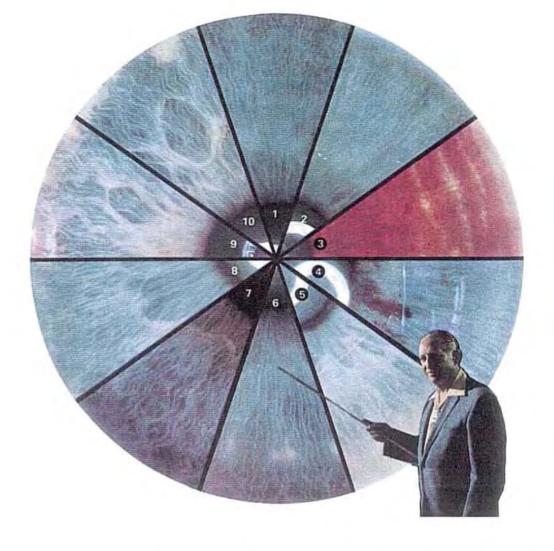


If we were space travelers and dropped off on Mars or the moon, topography would be one of our first concerns. What do the variances in color mean? What's underground? We would have to dig for information. So it is with irides—these orbs need exploring. The study of Iridology is going on an exploration expedition.





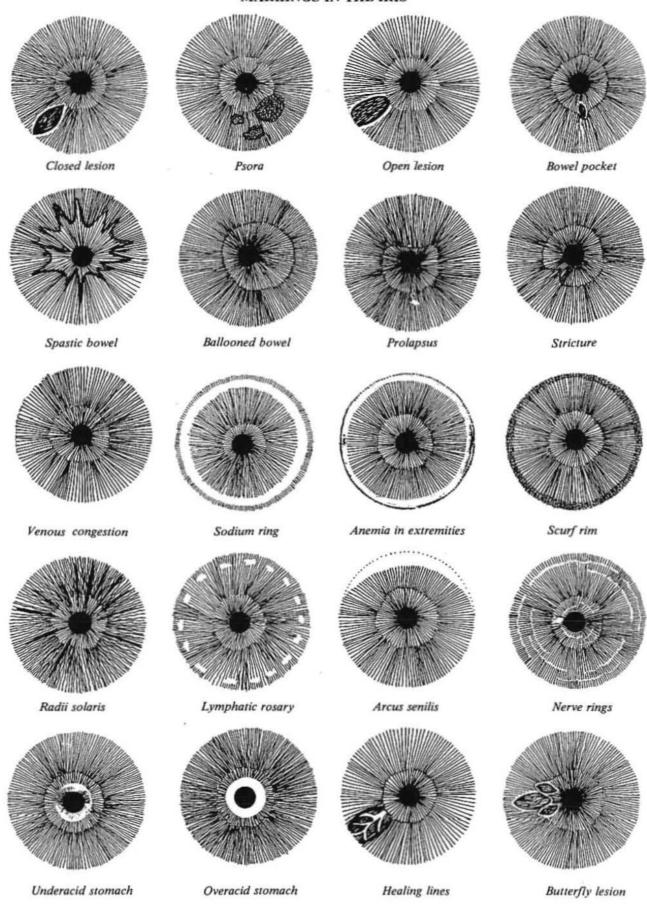




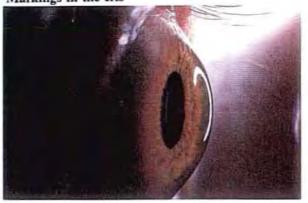
In order to work with the landscape, we have to see the lay of the land and understand its features. To those who would like to explore a map of another world, iridology offers a new path to follow. No one is competent to criticize iridology unless he has studied the science and observed irides for at least three months.

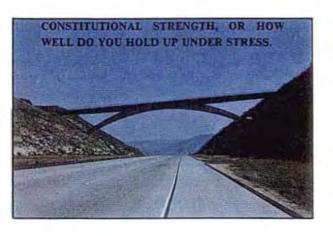
There will, undoubtedly, be new instrumentation and new methods of interpreting evaluations in the iris in the months and years to come. Storing this data in memory banks and utilizing other computer technologies will reveal new applications for this developing science.

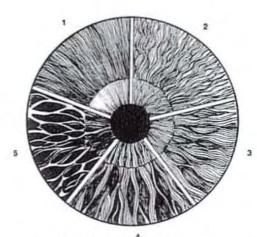
MARKINGS IN THE IRIS



Markings in the Iris

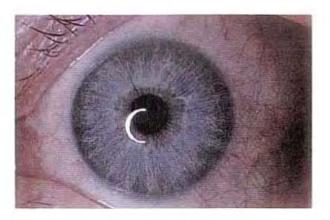






CONSTITUTIONAL STRENGTH, OR HOW WELL DO YOU HOLD UP UNDER STRESS.

Five levels of constitutional strength as represented in the iris. Iris fiber density can be compared to wood or cloth, the finest and most closely knit resembling oak and silk, while the coarser, open weaves are more like pine and burlap.

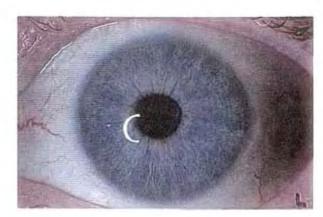


IRIS SIGN: STRONG CONSTITUTION

OBSERVE: Tight, evenly-distributed trabeculae (iris fibers).

INDICATES: Strong and vital genetic heritage. A body able to resist illness and disease, recovers quickly.





IRIS SIGN: WEAK CONSTITUTION

OBSERVE: "Daisy petal" eye, open

spaces, separated trabeculae.

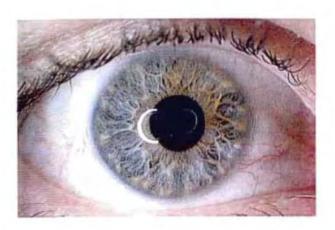
INDICATES: Poor genetic heritage. Body tissues are weak, likelihood of illness or disease increased when body is abused. Slow to recover and heal. IRIS SIGN: MURKY EYE

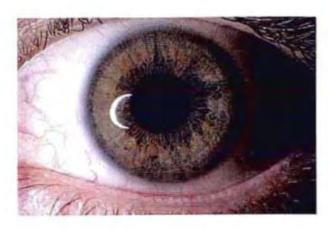
OBSERVE: Dull, overcast, causing a

distortion of true iris color.

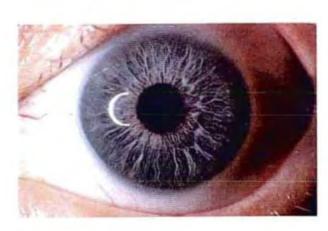
INDICATES: Toxic settlement in the body on a systemic level, being all

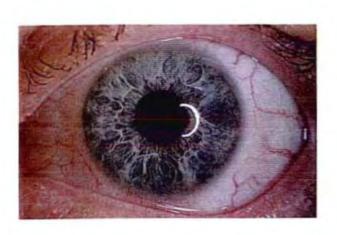
pervasive.













IRIS SIGN: TOXICITY

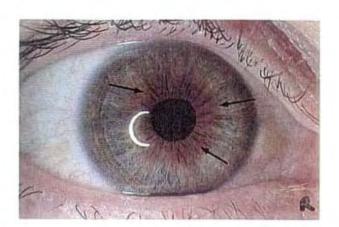
OBSERVE: Areas of discoloration or darkening not genetically pigmented.

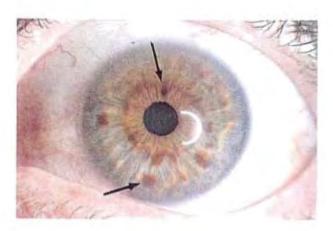
INDICATES: Toxin-laden tissue to the degree of discoloration. Those tissues and organs that are holding and absorbing toxic substances.

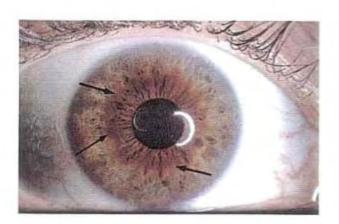
IRIS SIGN: PSORA OR
HYPERPIGMENTATION

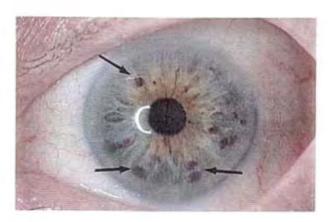
OBSERVE: Spots or colors randomly distributed about the iris.

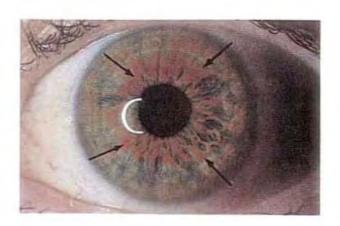
INDICATES: Areas of tissue weakness due to toxic settlement and encumbrance from drugs, body waste, etc., is an inherited sign.

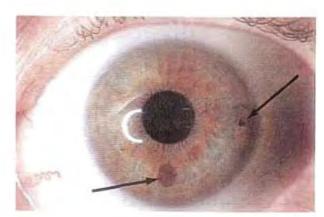












IRIS SIGN: LESIONS OR LACUNAE

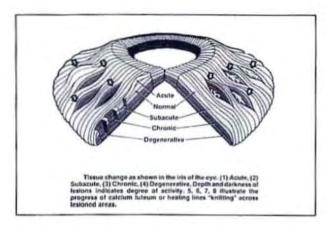
OBSERVE: Areas of broken, expanded or separated trabeculae or iris radial fibers. Can be either open or closed in structure.

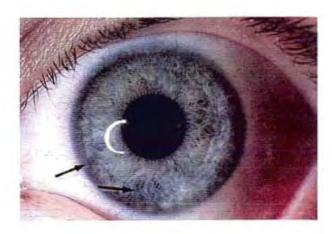
INDICATES: Specific tissue weaknesses or underactivity according to the depth of the lesion. An inherited condition.

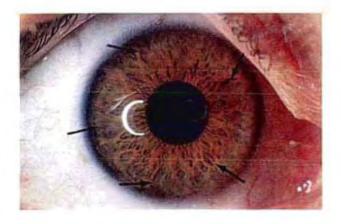
IRIS SIGN: OPEN LESION

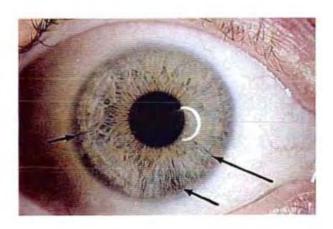
OBSERVE: Fiber weakness that is open at one or both ends resulting in a "field" weakness not specifically embraced.

INDICATES: Metabolic processes are active although at a reduced rate. Weakened vitality. Underactive condition to degree of darkness. Healing is easiest in this condition.

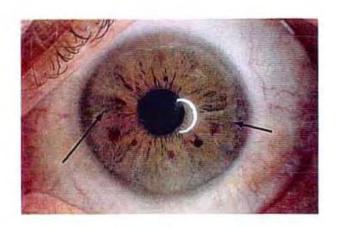












IRIS SIGN: CLOSED LESION

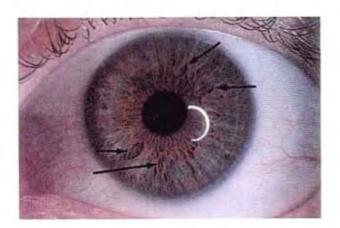
OBSERVE: Lesions that are encircled with a characteristic oval or teardrop shape.

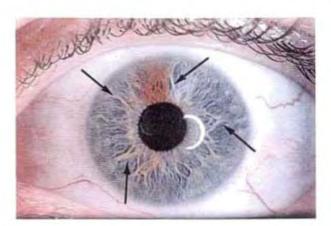
INDICATES: Tissue weakness in which blood and nerve supply is restricted, slow moving and confined. A "sealed off" encapsulated condition. Healing is more difficult in this case than in an open lesion. Small, round examples can be signs of tumors.

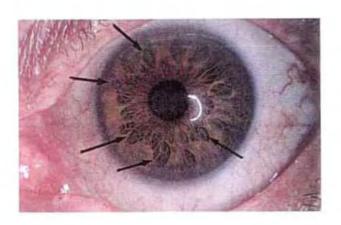
IRIS SIGN: IRRITATIONS

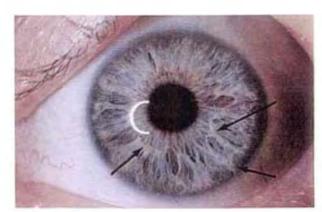
OBSERVE: Similar to an acute sign in that the affected iris tissue is white and raised

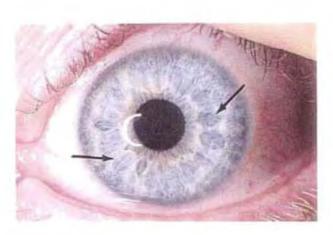
INDICATES: Irritated tissue as a result of toxic substances, raw or exhausted nerves, tissue or nerve stress.

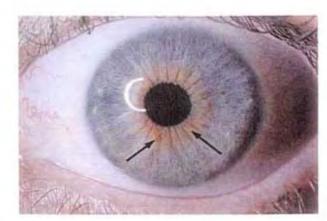


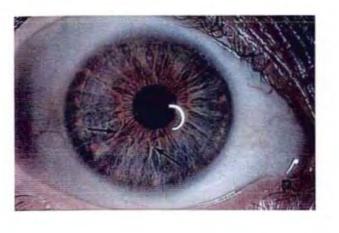


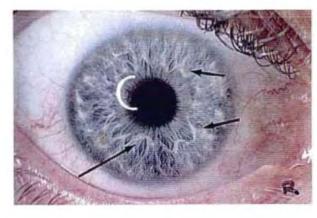


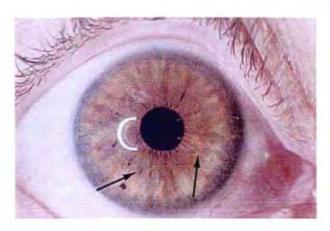


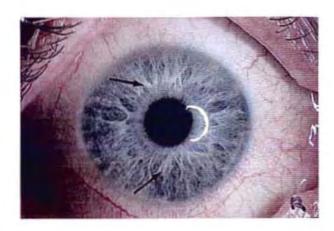


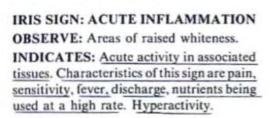


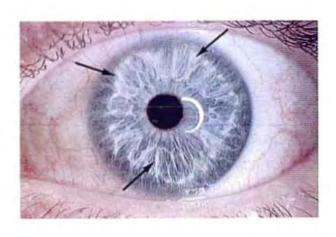


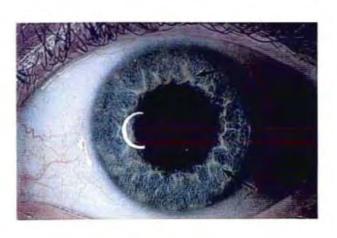


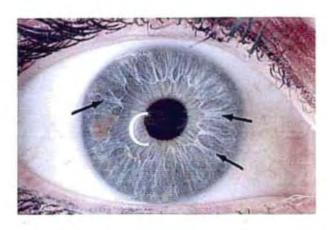








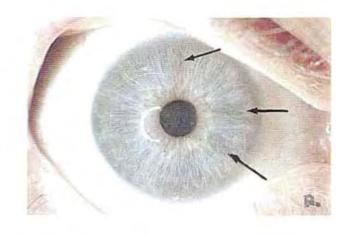


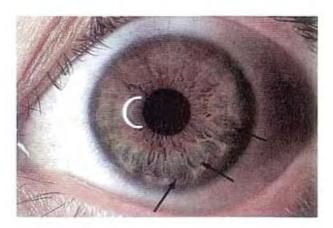


IRIS SIGN: SUBACUTE LESION

OBSERVE: Open or closed lesions with coloring that is darker than the normal or predominant pigmentation.

INDICATES: Condition of cellular underactivity in which metabolic action is slower than normal. Weakened vitality and sensitivity. The beginning of suppression.

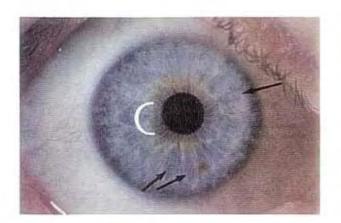


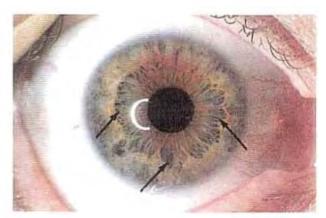


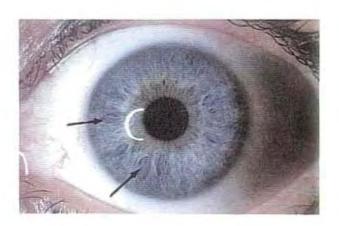
IRIS SIGN: CHRONIC LESION

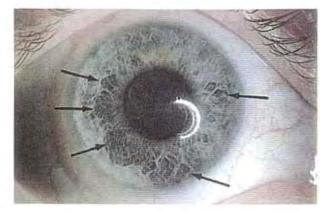
OBSERVE: Variable lesions with darker colorations than the subacute stage.

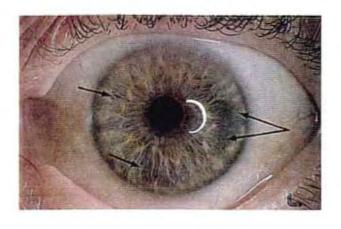
INDICATES: Chronic tissue underactivity. Encumbered cellular functions with impaired response, loss of sensitivity, poor blood and nerve supplies. Is an indication of complete suppression.

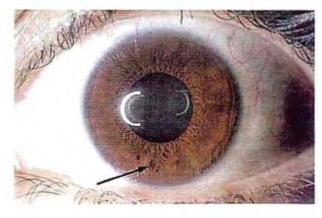


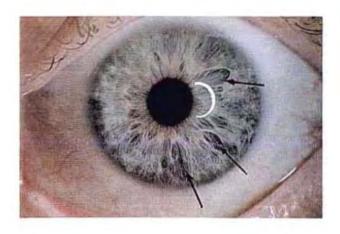


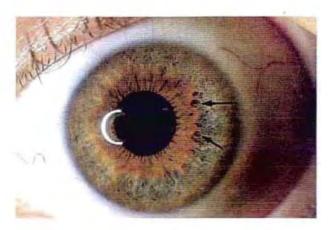


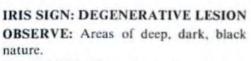




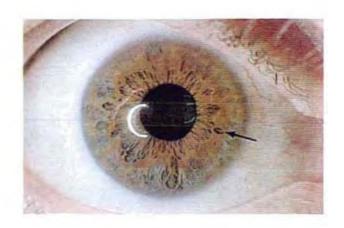


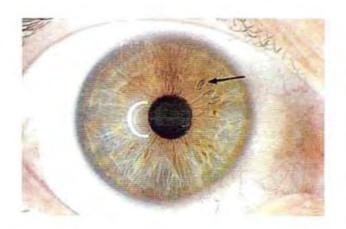






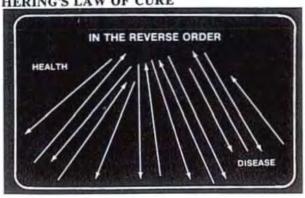
INDICATES: Tissue destruction, extreme hypoactivity, complete lack of sensitivity, nerve and blood supply absent. A serious condition. The result of complete suppression.

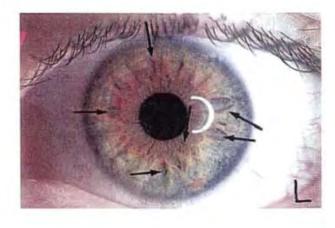






HERING'S LAW OF CURE

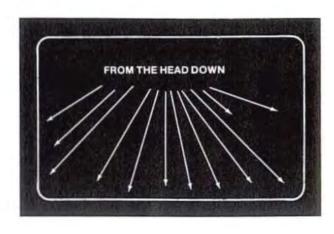




IRIS SIGN: HEALING SIGNS

OBSERVE: Lesioned areas with white calcium luteum lines making a criss-crossing "knitting" appearance.

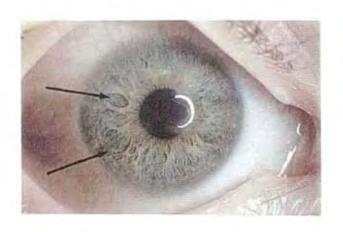
INDICATES: Tissue regeneration, healing, rebuilding and recovery. Nerve and blood supplies are increasing. Process follows Hering's law of cure. Is a result of right living and proper dietary management.

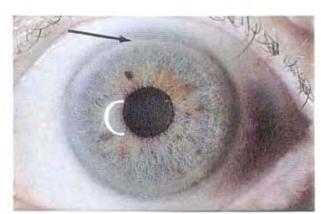


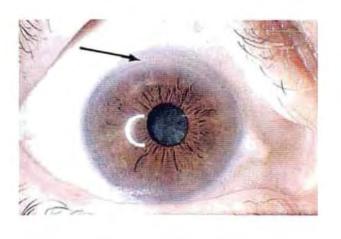
IRIS SIGN: ARCUS SENILIS

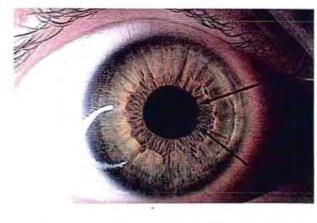
OBSERVE: In the topmost portion of the iris, in the brain area, an opaque are giving the iris an almond shape.

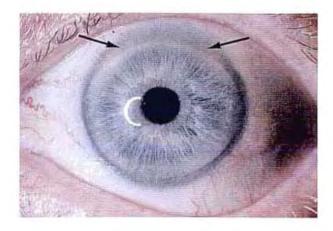
INDICATES: This is the classic sign of "old age," It represents a lack of circulation in the head area. It is often associated with failing memory and a decline in cerebral functions.

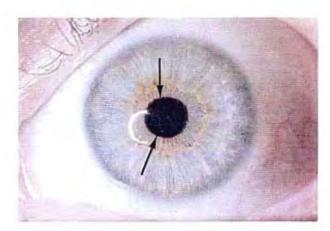


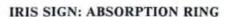






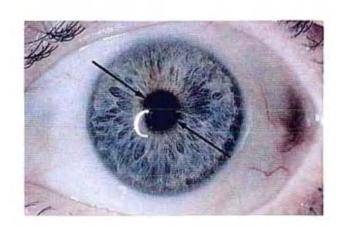


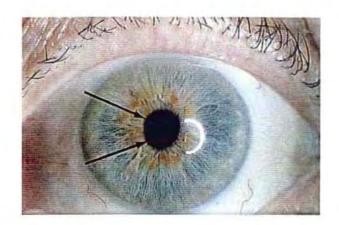


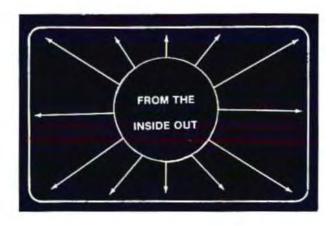


OBSERVE: Pupillary margin at the innermost portion of the iris.

INDICATES: Efficiency of the gastrointestinal nutrient absorption ability. Darkness in this area is associated with absorption difficulty to the degree of darkness.



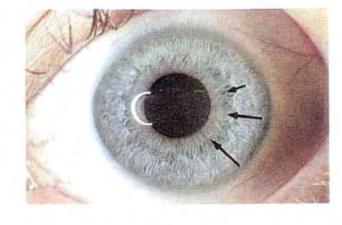


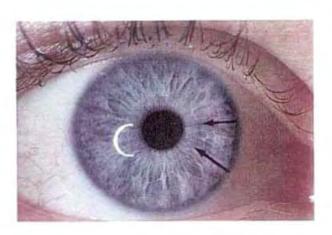


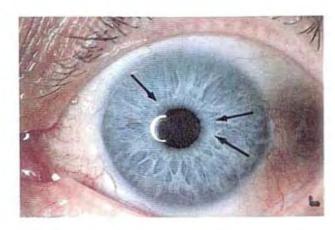
IRIS SIGN: OVERACID STOMACH

OBSERVE: Intense whiteness in the stomach ring. When ring is whiter than any other portion of the iris.

INDICATES: An excess of hydrochloric acid. Associated with burping, belching and "heartburn."

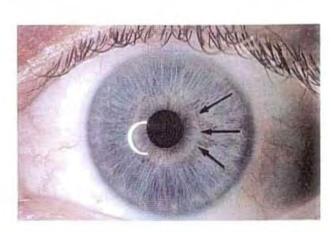


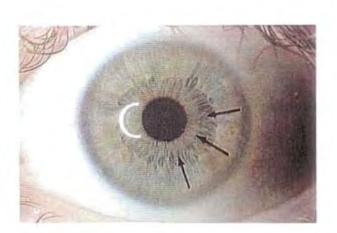


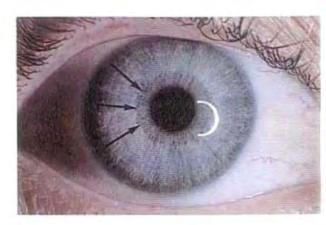


IRIS SIGN: UNDERACID STOMACH RING

OBSERVE: A "halo" appearance surrounding the pupil in the stomach zone. INDICATES: An imbalance in stomach chemistry in which protein digesting hydrochloric acid is insufficient. Indicates a lack of organic sodium and a potential protein anemia. The darker it is, the more severe the condition or inactive the stomach.







IRIS SIGN: OVERACID BODY CHEMISTRY

OBSERVE: A predominant "whiteness" which is reaching all areas of the iris tissue. INDICATES: Chronic acid-forming

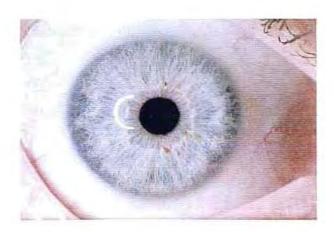
metabolism as a result of dietary imbalances containing too much of the acid-forming foods, such as sweets, wheat

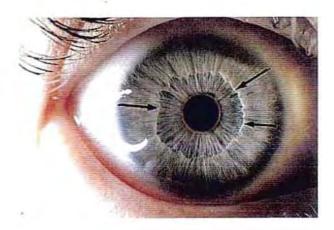
and dairy products.

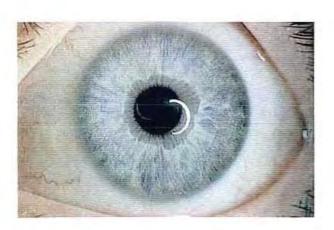
IRIS SIGN: AUTONOMIC NERVE WREATH

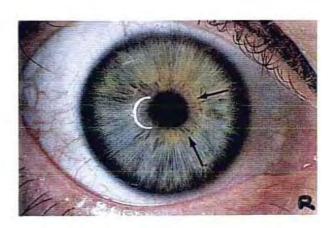
OBSERVE: A landmark feature approximately 1/3 the way out from the

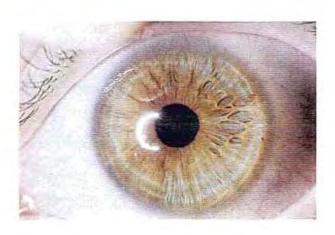
INDICATES: Autonomic nervous system response, condition and intestinal integrity.

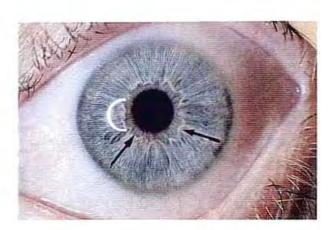












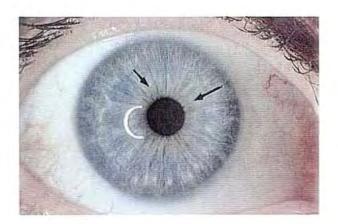
IRIS SIGN: THE COLON

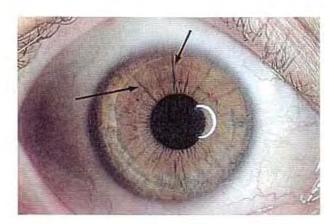
OBSERVE: The shape, depth and continuity of the autonomic nerve wreath. INDICATES: Condition and functional integrity of the large and small intestines.

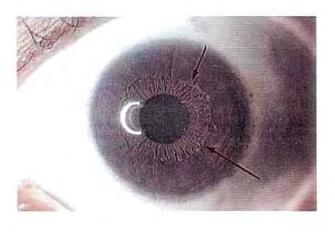
IRIS SIGN: RADII SOLARIS

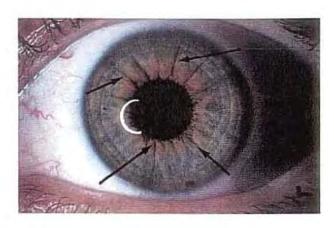
OBSERVE: Rays or spokes radiating out from the autonomic wreath or pupil.

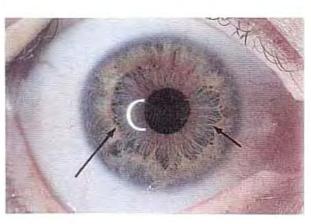
INDICATES: Toxin absorption occurring from the colon and channeling into the tissue which the ray passes. Recognized as either radii solaris major or radii solaris minor.

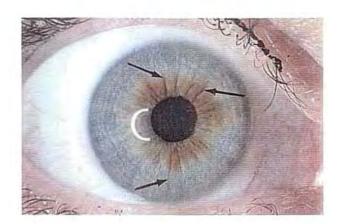












IRIS SIGN: POOR NERVE SUPPLY

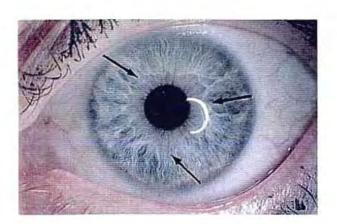
OBSERVE: Portions of autonomic nerve wreath that are broken or reduced from the predominant quality.

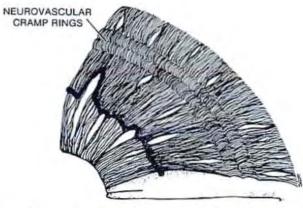
INDICATES: Weakened nerve supply to specific organ or tissue areas adjacent to the break. Poorly defined wreath indicates a weak autonomic nervous system and/or intestinal insufficiency.

IRIS SIGN: CRAMP RINGS OR NERVE RINGS

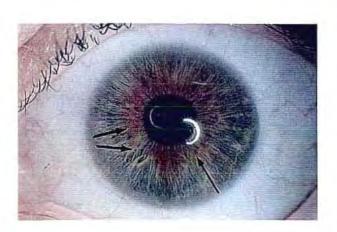
OBSERVE: Circular arcs or portions of arcs spread throughout the iris.

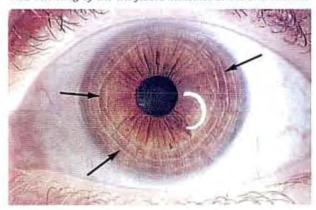
INDICATES: A condition of anxiety, tension or stress in the environment which is finding its way into body tissues, resulting in rigidity, stiffness and restriction of blood and nerve supplies. Also known as "neuro-vascular cramping."

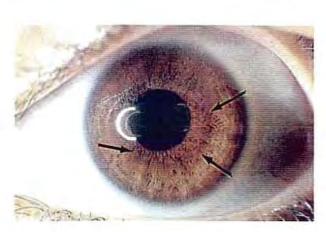


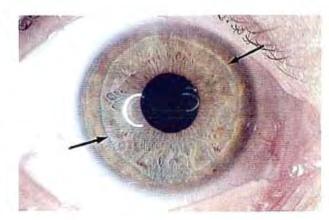


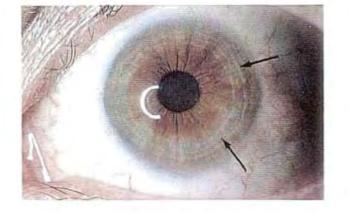
Iris section displaying neurovascular cramp rings. This buckling of the iris fibers indicates stress and tension







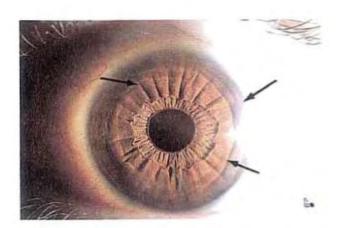


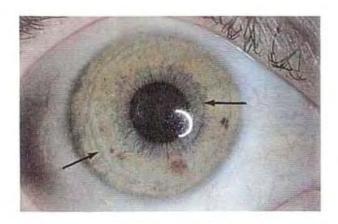


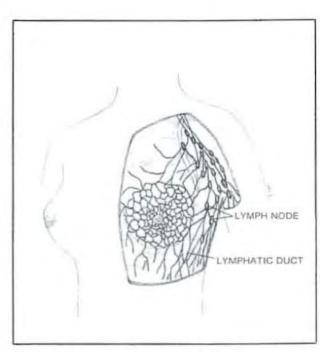
IRIS SIGN: LYMPHATIC ROSARY

OBSERVE: Just inside the periphery of the iris, small, white beads, clouds or pearls, resembling a rosary, on occasion.

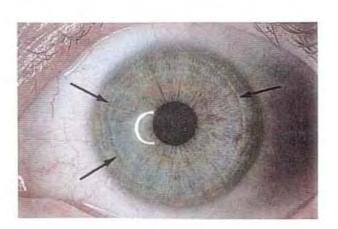
INDICATES: Congestion, stagnation, swelling and enlargement of the lymphatic tissues.

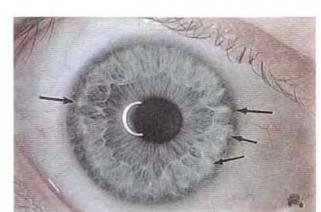


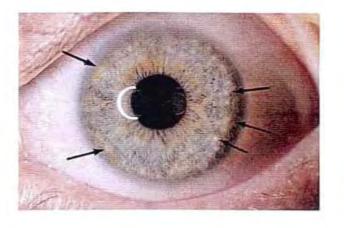


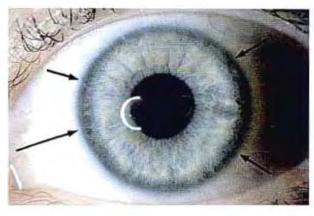


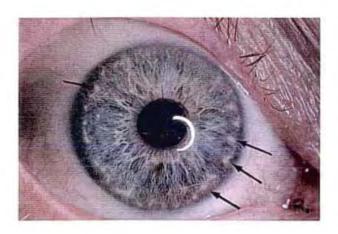
Lymph nodes in female mammary, axillary region.

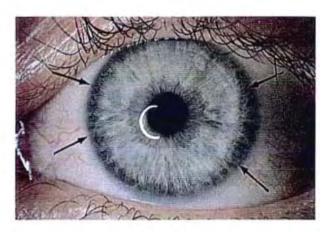








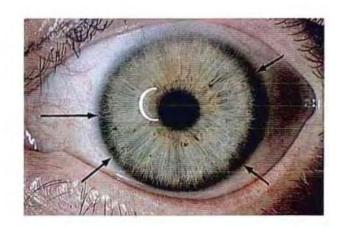


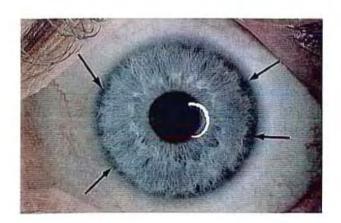


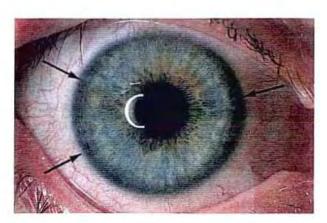
IRIS SIGN: SCURF RIM

OBSERVE: Outer periphery of iris adjacent-to the sclera.

INDICATES: Toxic encumbrance of the eliminative skin tissue to the degree of darkness and depth of the sign. Poorly eliminating skin and metabolic imbalance due to a lack of silicon.







IRIS SIGN: CHOLESTEROL OR SODIUM RING, CALCIUM OUT OF SOLUTION

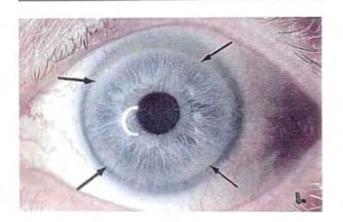
OBSERVE: At the iris periphery adjacent to the sclera a white, opaque deposit in the cornea varying in depth and intensity.

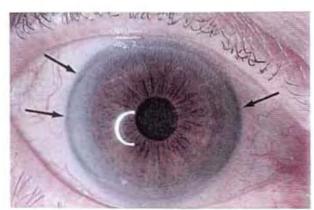
INDICATES: Chronic buildup and absorption of inorganic salt and/or heat-damaged fatty oil substances. Associated with hardening of the arteries, high blood pressure, calcium out of solution, creaking joints. Heated oils (frying) and table salt are primary sources of this sign.

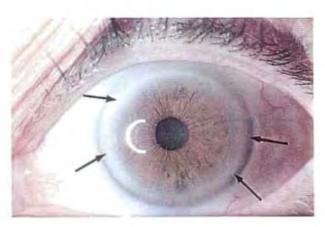
IRIS SIGN: ANEMIA IN EXTREMITIES

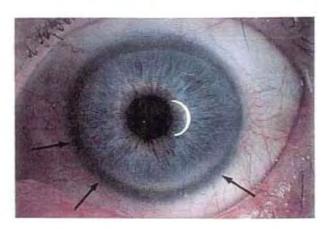
OBSERVE: At the iris periphery a white, hazy opaqueness differing from the sodium ring.

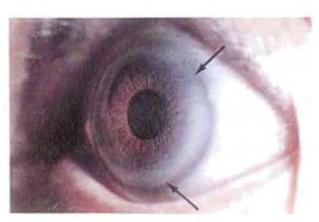
INDICATES: Impeded blood circulation to the arms, hands, legs and feet. Extremities are often cold with this sign. When found in the brain area marks the onset of senility.

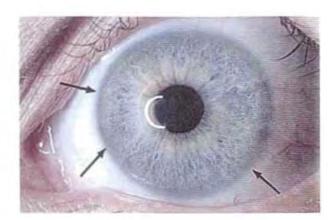








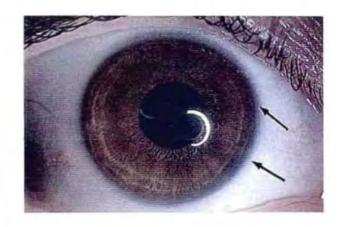


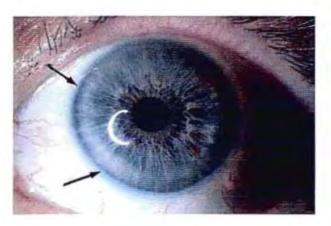


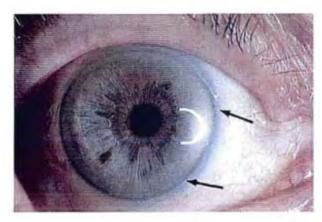
IRIS SIGN: VENOUS CONGESTION

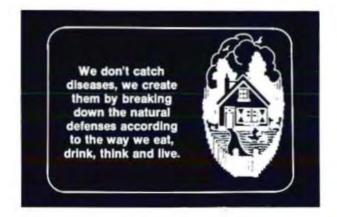
OBSERVE: A blue line at the intersection of the iris periphery and the sclera.

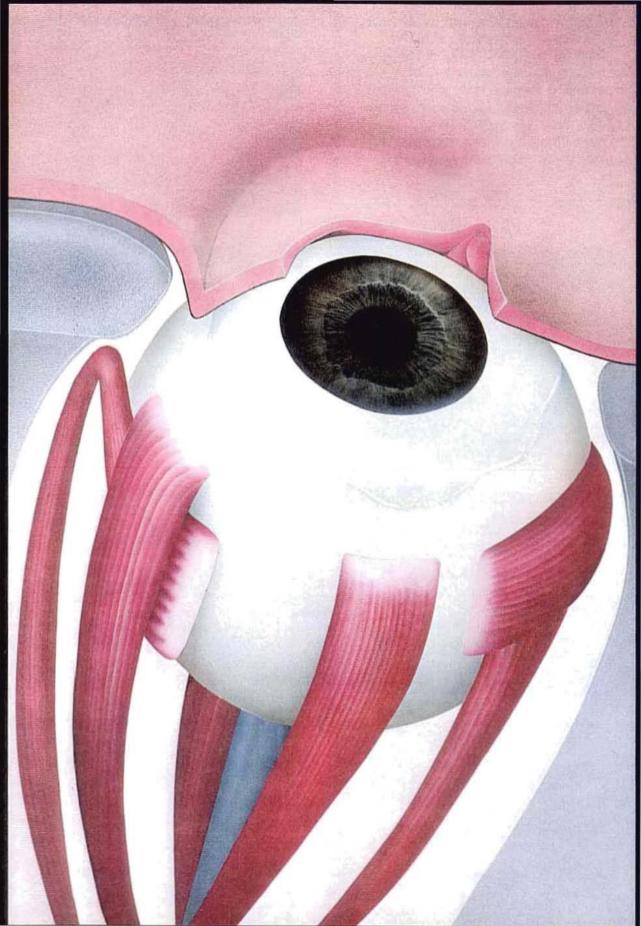
INDICATES: A lack of body oxygenation. Blood supply is chronically short of needed oxygen. Lack of exercise and iron anemia are common causes.



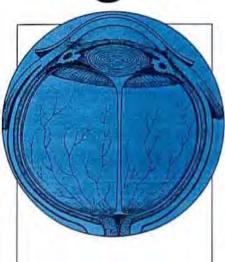








eight



The eye is the window of the soul; even an animal looks for a man's intentions right into his eyes.

-H. Powers

God made the human body, and it is by far the most exquisite and wonderful organization which has come to us from the Divine hand.

-H. W. Beecher

Only that day dawns to which we are awake.

- Thoreau

The eye of the Master will do more than his hand.

-Franklin

In actual life every great enterprise begins with and takes its first forward step in faith.

-August Schlegel

Anatomy of the eye

The eye develops in the embryo as a protrusion of the forebrain. By the sixth week of pregnancy, the formation of the iris begins from the mesoderm at the edge of the optic cup and from the neurectoderm layers of the cup. The cornea, sclera, pupillary membrane and iris stroma develop from mesoderm tissue, while the neurectoderm gives form to the sphincter and dilator muscles in addition to the anterior and posterior iris epithelium.

By the eighth or ninth week, the vascular system of the iris is developing rapidly into the familiar vascular arcades iridologists call iris fibers. These are what most iridologists consider to be the iris fibers or trabeculae. At this point, anatomists seem to differ on their explanation of the trabeculae as found here:

"...we recognize in it (the iris) delicate markings, which are formed by elevations and depressions of its anterior surface.... The markings are chiefly formed by radially directed, projecting ridges, which are nothing but blood vessels lying in the stroma of the iris, and running from the ciliary to the pupillary margin." Fuchs' Textbook of Ophthalmology

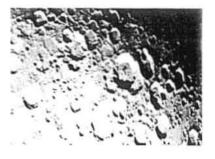
"The vessels form the bulk of the iris; they run radially for the most part, giving rise to the streaks which can be seen on the anterior surface." Wolfe's Anatomy of the Eye and Orbit

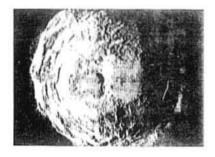
"The iris stroma proper is composed of a network of fine and minute beams and strings of connective and elastic tissue." Applied Anatomy of the Eye

"The vessels lie in a delicate stroma which is made up of fine collagenous fibers along with some elastic fibers arranged in general as interlacing bundles forming a lattice work...." Volume II—System of Ophthalmology, Stewart-Duke-Elder

As this vascularization occurs, the anterior chamber is formed when the mesoderm withdraws behind the cornea. Pigmentation of the posterior epithelium is relatively advanced by the twelfth week, and by the sixteenth week, the sphincter muscle shows up in the anterior layer of the marginal sinus.

Muscle cells that develop from the epithelium are later separated from it by the stroma. The dilator muscle begins to develop from the anterior layer of epithelium in the fifth month and is almost complete by the sixth month. Before the sixth month is over, the vascular arcades of the iris have branched into three or four layers, while rapid growth of mesodermal cells cause the stroma to thicken. When the marginal sinus closes during the seventh month, the pigmented epithelial layers have formed the base of the iris. The superficial layer of vascular arcades in the pupillary membrane atrophy one by one, leaving the deeper layer exposed. The line of junction, which forms a sinuous, scalloped circular line, is called the iris frill, or collarette, referred to by iridologists









as the autonomic nerve wreath. By this time, the sphincter muscle is functional. According to the German iridologist, Josef Deck, the irides continue to develop until children reach six years of age.

Major Features of the Eye's Anatomy

The eye, a hollow organ filled with fluid, has an outer surface made of three layers of tissue: the sclera (including the cornea), the choroid and the retina. Except for the transparent cornea, the sclera is white and opaque (the white of the eyes). The center layer of tissue, the choroid, contains pigment and many blood vessels, and at the front of the eye the choroid is made up of the ciliary body, the suspensory ligament and the iris. The retina or inside layer of the eye is coated with photoreceptor neurons-120 million rods and 7 million cones-which connect with two underlying layers of neurons before the axons of the ganglion neurons pass through openings in the sclera to make up the optic nerves. As Dr. Kritzer has pointed out, the optic nerve represents a portion of the brain itself. I call the eye "the instrument of a million strings" because of its many nerve filaments. The tissues of the eye are nourished by 33 separate arteries.

We are able to measure the depth of the gullies and the height of the ridges of the moon. We determine the depth of the ocean and graph the height of our mountains though they are many miles away. The next step is to see, measure and determine the activity of the trabeculae, lacunae and collarette, as well as the appearance of healing fibers in the irides, as it varies according to our lifestyle.

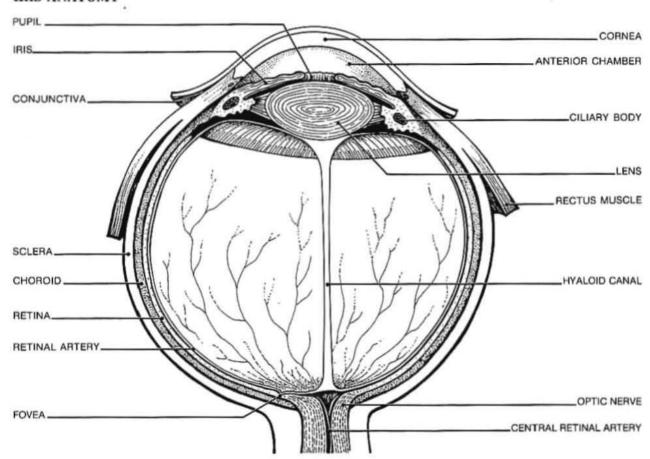
The Iris

Much medical research has been lavished upon the iris, although not from the standpoint of iridology, and the astute student will discover that much of this research tends to confirm iridology. In the following chart is a comparison of terms used by iridology and by Western medicine.

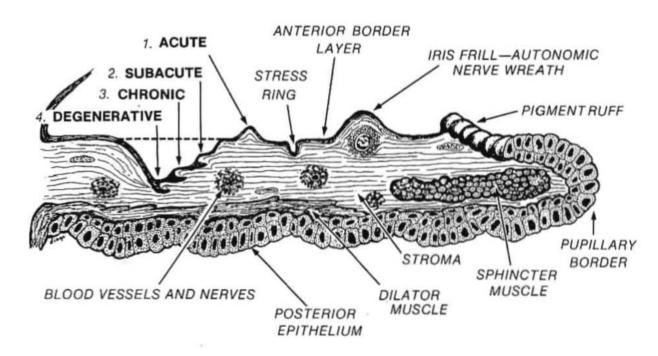
lridology	Western Medicine
Psora	Hyperpigmentations or naevii iridis
Healing signs	Bridge trabeculae
Lymphatic rosary	Brushfield spots
Radii solaris	Radial folds
Area inside the autonomic nerve wreath	Pupillary zone of the iris
Area outside the autonomic nerve wreath	Ciliary zone of the iris
Autonomic nerve wreath	Collarette, minor vas- cular circle and iris frill
Inherent weakness signs, lesions or lacunae	Fuchs' crypts
Nerve rings	Contraction furrows
Iris fibers	Trabeculae or radial ridges
Arcus senilis	Pannus

Along with the lens, the iris divides the eye into anterior and posterior chambers. The pupil, a round opening at the center of the iris, is displaced slightly upward and nasally with respect to the center of the cornea. We find that the typical diameter of the iris is about 12 millimeters, and its thickest part is the autonomic nerve wreath. The iris is attached to the ciliary body at the iris root.

IRIS ANATOMY



Cross section of the eye.



Cross section of the iris, illustrating the stages or levels of trabeculae: acute, subacute, chronic and degenerative.

HIGH MAGNIFICATION OF RODS AND CONES

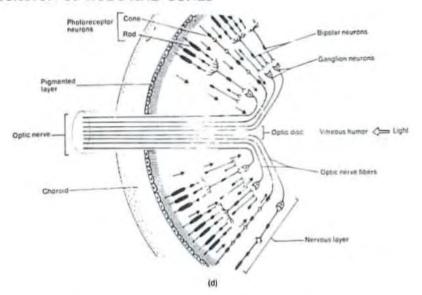
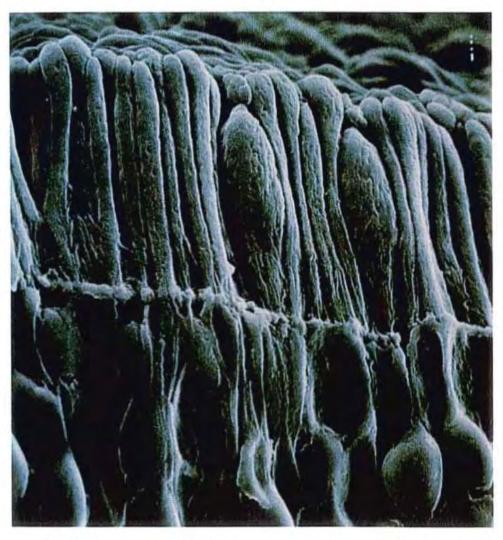
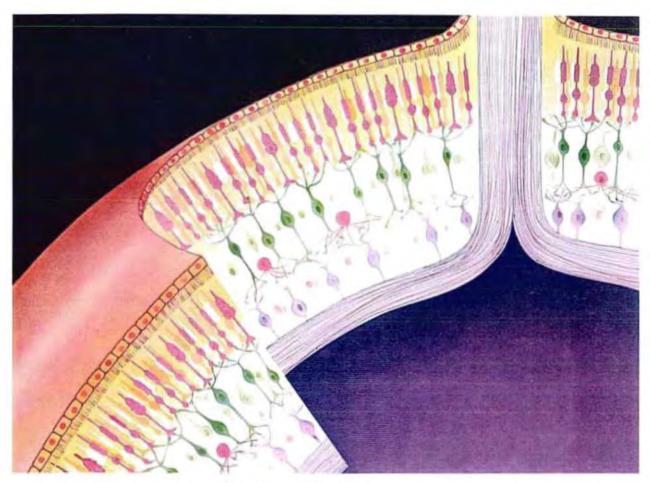


Diagram of the rods and cones as positioned in the human eye.



Magnified here approximately 45,000 times, the cones and rods are the visual receptor cells which convert light into electrical energy. There are around 120 million rods and 7 million cones in the human eye.



Artist's interpretation of rods and cones.

One of the functions of the ciliary body is to produce the aqueous humor that fills the anterior chamber and bathes the iris. The aqueous humor enters the anterior chamber through the openings in iris fibers that iridology calls inherent weaknesses and medical science calls Fuchs' crypts. I don't find any contradiction between iridology and Western medicine in the fact that two distinct functions are attributed to these separations of the iris fibers because I believe both are correct.

If we were to view a cross section of the iris we would see four layers: the anterior border layer, the stroma, the muscle layer (sphincter and dilator) and the posterior pigment epithelium. Iridology is most interested in the stroma and the pigment.

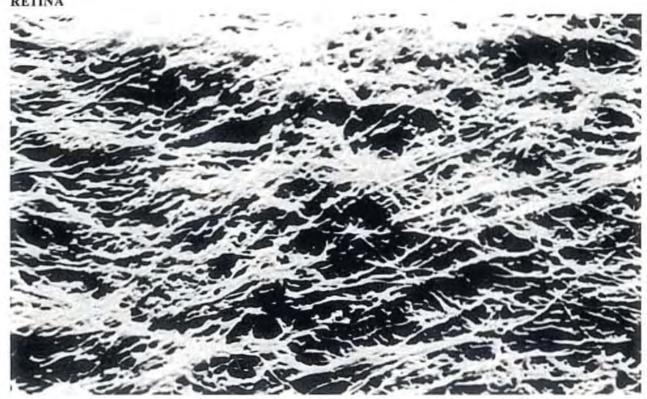
The area inside the autonomic nerve wreath, called the pupillary zone, is relatively flat and smooth, unlike the ciliary zone which may be marked by hills, valleys and other topographical variations familiar to both iridologists and other researchers. It is interesting that medical science has found nerve

rings, which it calls contraction furrows, to be represented in matching locations in both the surface layer of the iris and the posterior pigment epithelium. The nerve rings are considered permanent by medical science.

The interior margin of the pupillary zone shows what we call the absorption ring, termed the pupillary ruff by Western medicine. This is the inner edge of the posterior epithelial layer, which curls around the iris where it surrounds the pupil. When the iris dilates, this portion of the epithelium retracts; when the iris contracts, it is exposed on the anterior surface of the iris. In iridology, we interpret this exposure as signaling hypoactivity of the stomach and we further point out that the degree of relaxation or constriction of the pupillary margin varies considerably from individual to individual.

When the pupil remains comparatively relaxed even under bright light, we consider it a sign of ennervation; on the contrary, a state of constriction that is consistent indicates hypertension.





The retina, magnified 20,000 times in the scanning electron microscope. The surface of the retina is a dense underbrush of nerve fibers. The optic fibers transmit electrical impulses to the brain.

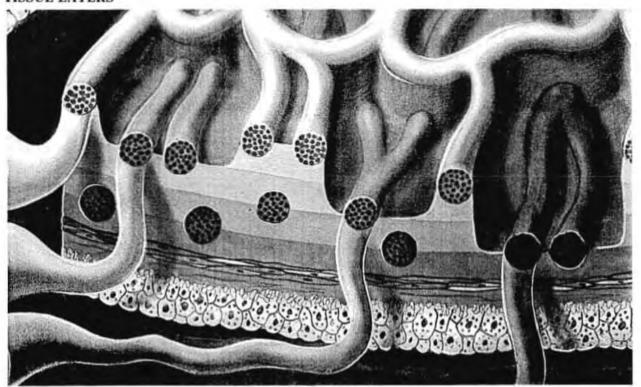
In light-colored eyes, the sphincter musclewhich contracts the pupil size-is sometimes visible as a whitish concentric ring approximately Imm wide in the pupillary zone. In the iris chart, this area represents the stomach zone, also. When it appears extremely white, we find that the stomach is overacid, When it is of a darker color than the tissue in the ciliary zone, we note a lack of hydrochloric acid or an underacid condition of the stomach. Both the stomach and the sphincter muscle are innervated by the parasympathetic nervous system.

The ciliary zone of the iris, outside the autonomic nerve wreath, is where we find the greatest variation in topography. The radial ridges called iris fibers in iridology and trabeculae in Western medicine are formed by three or four layers of blood vessels coated with connective tissue and imbedded in the stroma. These blood vessels migrate to a larger vessel called the circulus arteriosus major surrounding the outer perimeter of the iris and in the other direction toward the pupil where they join the circulus arteriosis minor. Beside the nerve rings in the ciliary zone medical researchers frequently find

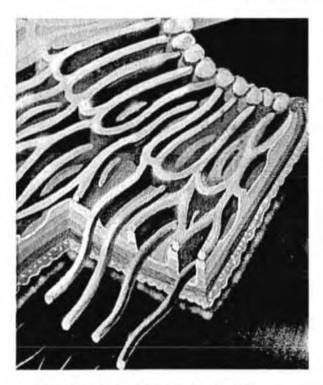
crypts next to the autonomic nerve wreath and peripheral crypts around the outer edge of the iris, some of them hidden beneath the scleral margin. Again, in iridology, these crypts are interpreted as signs of inherent weaknesses in specific organs and tissues of the body. They are of varying depth and width, at times gaping widely. The depth, of course, partly determines the color shade; the deeper the crypt, the more the dark posterior pigment epithelium shows through. These crypts are sometimes observed to be spanned by networks of white healing lines, which research has shown to be made up of delicate fibrous tissue, called bridge trabeculae.

As we go to the back of the iris, we find the pigment epithelium, which contains melanin granules that account for its dark color. This epithelium, together with the sphincter and dilator muscles, is embryologically formed from neurectoderm, the same tissue which makes up the brain and spinal cord (central nervous system) in the developing fetus. We find it is this similarity that reflects in the iris the genetic inheritance of the individual.

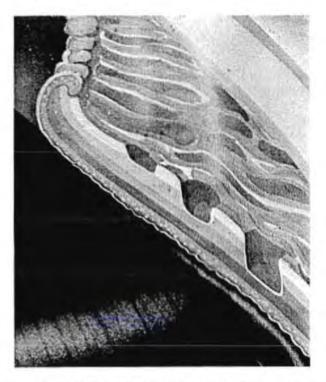
TISSUE LAYERS



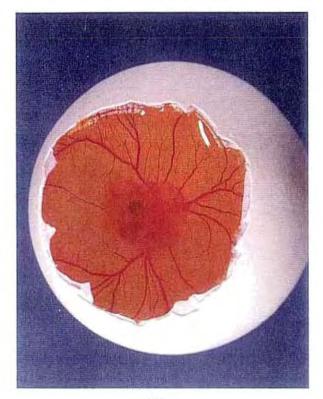
Four stages of tissue activity as found in the iris.



Artist's rendering of the four levels of iris anatomy. The rising and falling of an iris fiber reflects the inflammation that is reflexly expressed in the iris.



Cross-section view of the four levels of iris anatomy portraying the anterior border layer, iris stroma, muscle layer and posterior pigment epithelium. The position in which the fiber rests within these layers is noted as acute, subacute, chronic or degenerative.



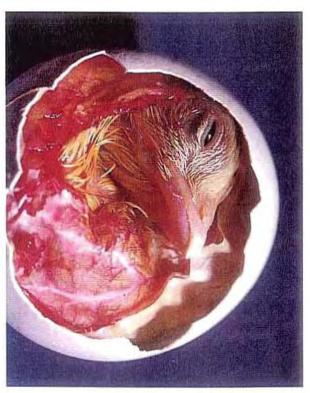
5 Days



11 Days

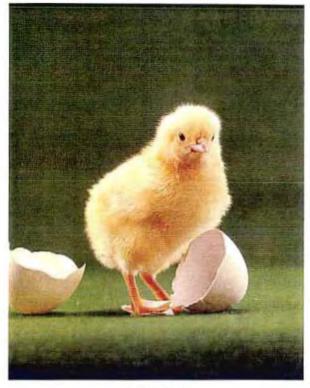


15 Days



21 Days



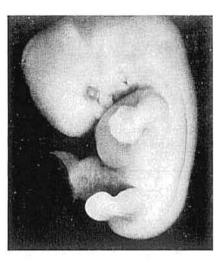


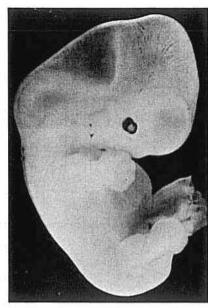
Hatching Chick

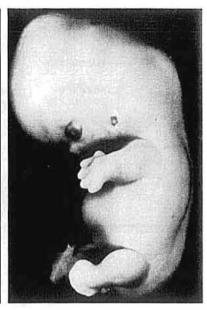
Pullet Chick

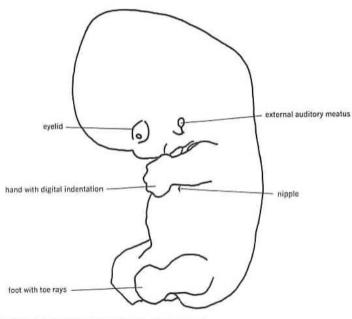
In watching the embryo develop from its very first day on through the hatching of the chick, we note that the eye holds a prominent place in tissue formation in all species. Nature needs time to develop this complicated telecommunications center. It is comprised of an incredible network of nerves, one of the most sensitive, high-specialized tissues in the body. This is why nature begins with the brain and eye so early. She has a deadline to meet, a day in which all activities of the body resonate with the symphony of this instrument of a million strings.

EARLY EYE DEVELOPMENT









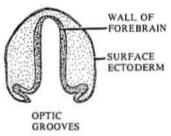
Note the prominence of the eye within the developing embryo.

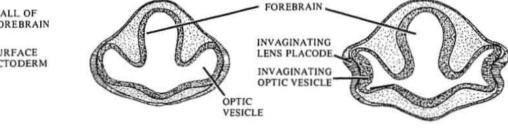






THE EYE-AN EXTENSION OF THE BRAIN

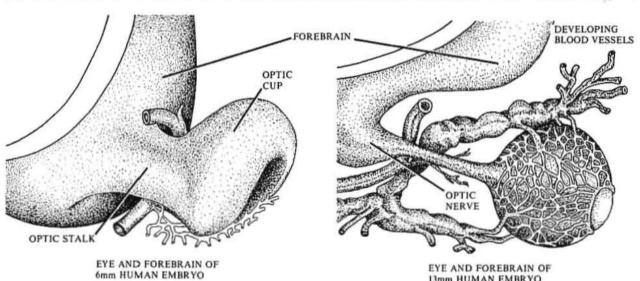




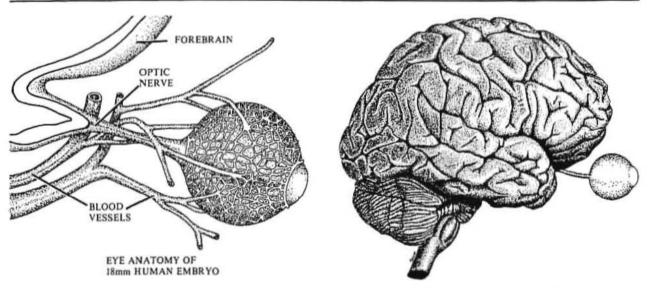
CROSS SECTION OF FOREBRAIN 22-DAY EMBRYO

CROSS SECTION OF FOREBRAIN 4-WEEK EMBRYO

CROSS SECTION OF FOREBRAIN 5mm EMBRYO (AFTER MANN)

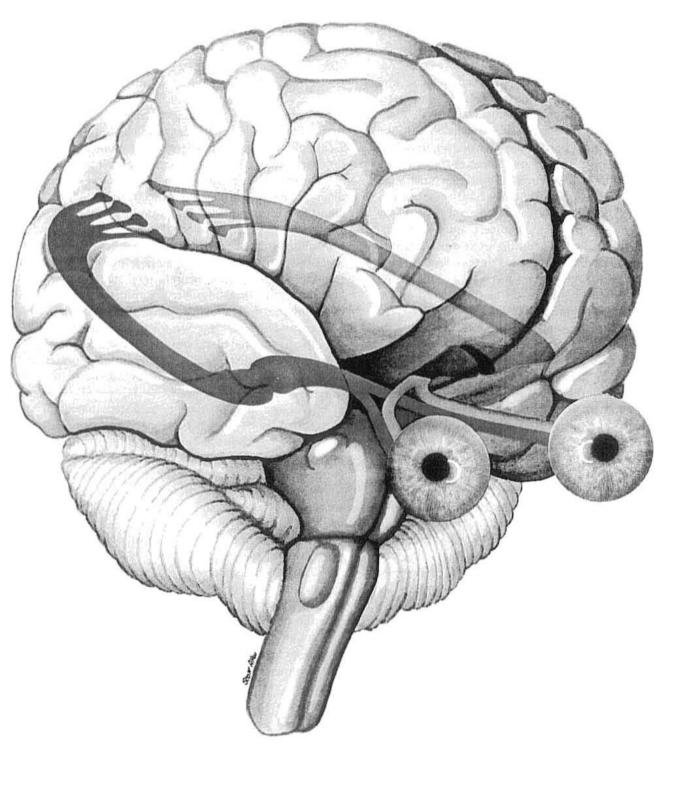


13mm HUMAN EMBRYO



THE EYE - EXTENSION OF THE BRAIN

In developing the foundations for our studies in iridology, we brought forth the fact that the eye is an extension of the brain. Thus, the eye is useless without the brain. In iridology, we read that which is being extended from the brain-the computer or central switchboard for receiving and sending messages to every organ, every activity and all bodily functions-mental and physical. This readout in the eye is a mirror of what actually happens in the brain, as well as reflexly in the whole body.



The eye-externally visible extension of the brain.

Muscles and Nerves of the Iris

The sphincter muscle is located in the pupillary region of the iris, just beneath and firmly connected to the stroma. It is also tightly joined to the portion of the dilator muscle that it overlaps. The sphincter muscle is controlled primarily by parasympathetic nerves entering the eye through the long ciliary nerves, arising in the ciliary ganglion, whose branches come from the third cranial nerve and originate in the oculomotor nucleus. The sphincter muscle has many sympathetic nerves as well.

Because of its origin and association with the posterior pigment epithelium, the dilator muscle is made up of cells that share characteristics of both epithelial cells and muscle cells. Since the function of epithelial cells is primarily that of diffusion of gases or liquids and the function of muscle cells is primarily that of movement, there is some confusion among medical researchers concerning what causes dilation of the iris. The nerve supply to this muscle is basically sympathetic, from nerve fibers that come from various thoracic segments of the spinal cord and at times from the eighth cervical.

Together, the sphincter and dilator muscles work to enlarge or contract the pupil of the eye, much as a camera diaphragm is adjusted to control the amount of light entering the camera. But there is more to it than that. Because of pupillary changes in response to pain, fear, excitement, fatigue, a number of disease conditions and drugs such as alcohol, atropine and opiates, it has become obvious that the nerves which control the sphincter and dilator muscles are linked to brain centers other than those specifically concerned with visual function. Interestingly, the muscles of the iris are the only ones in the body derived from neurectoderm tissue.

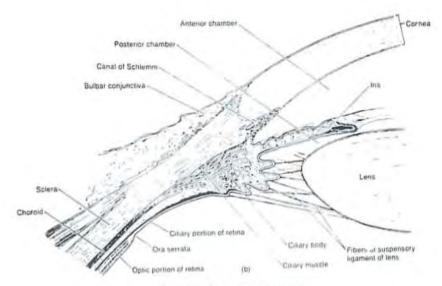
There are several varieties of nerves to the iris: sympathetic and parasympathetic nerves controlling the iris muscles, the vasomotor nerves that regulate blood flow, and the sensory nerves. The largest nerve trunks, sensory and vasomotor, derive from the trigeminal or fifth cranial nerve, entering the iris root from the ciliary body and tracing throughout the stroma to end near the iris fibers. The sympathetic and parasympathetic nerves enter the iris with the larger nerve trunks, from which they are distributed to the dilator and sphincter muscles and to the surrounding stroma. "The network of nerves is extraordinarily rich, so much so that ... every stromal cell and chromatophore receives its own nerve supply." The iris has been estimated to contain over 28,000 individual nerve fibers. Medical science has, so far, found no function for these nerve fibers that seem to end blindly in the stroma. Perhaps researchers have been too short-sighted in their exploration of the possibilities. It is here, possibly, that iridology had a reason to be born.

The research of Walter Lang (Die anatomischen und physiologischen Grundlagen der Augendiagnostik) proposes a set of neural pathways which would account for the physiological eye changes associated with disease states, recognized by conventional Western medicine, and with abnormal tissue changes in the body, recognized by iridologists. Lang points out that afferent autonomic nerve impulses from the various organs and tissues of the body reach the anterior thalamic nuclei of the diencephalon, which acts as a "file cabinet" or storage area for information on all anatomical conditions. He further suggests that this information is transmitted to the hypothalamus, which functions as a central relay and control station in the brain, responding to specific neural input to maintain homeostasis in the body. Nerve impulses from the hypothalamus follow pathways via the oculomotor nucleus and the Edinger-Westphal nucleus to the muscles, stroma and blood vessels of the irides, where they are assumed to stimulate topographical tissue changes, corresponding to specific organ and tissue changes elsewhere in the body.

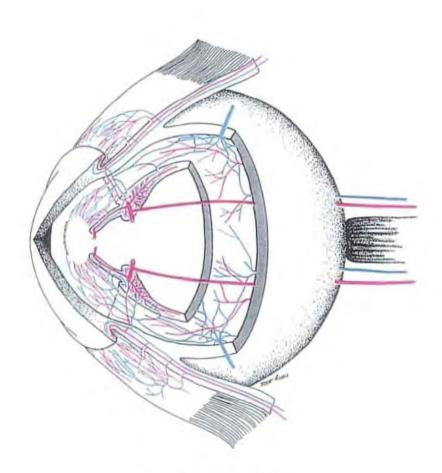
How can areas of the iris be differentiated to correspond to the various organs and tissues of the body? As Lang shows, a single nerve fiber controls only 5 to 10 muscle cells in the iris, as compared to controlling 200-300 muscle cells in the extremities. This means that changes reflexed to the iris are highly specific to certain zones. Because neural system organization is the same in all human beings, the same tissue areas of the body will always reflex to the same areas of the irides.

The interaction between the stroma layer of the iris and the underlying layers of muscle tissue and pigment epithelium (representing the genetic inheritance of the individual) is basically an interaction between acquired changes and the individual's genetic constitution—inherent strengths and weaknesses. Thus, we find that iridology is well correlated with what we know of the body's neurophysiology and the anatomy and physiology of the eye.

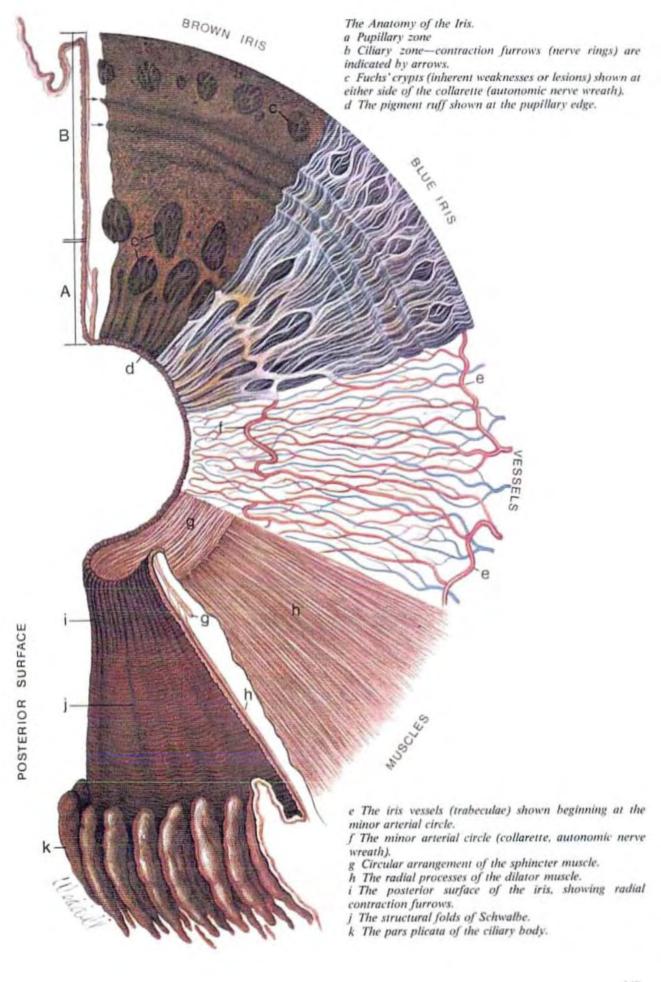
^{*}System of Ophthalmology, Volume II, Stewart Duke-Elder.

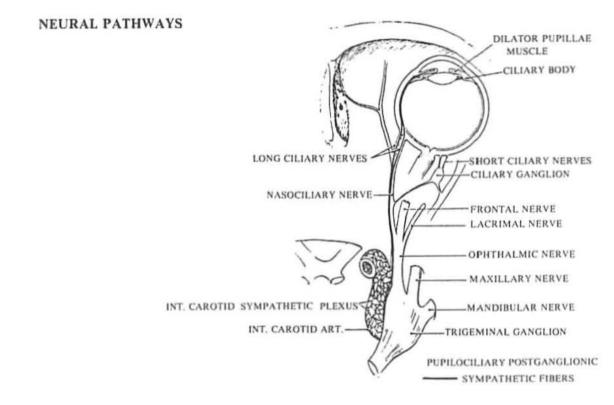


Cross section—eye anatomy.

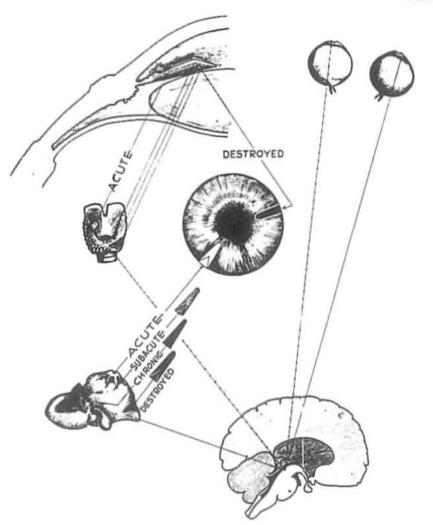


The blood supply to the eye.

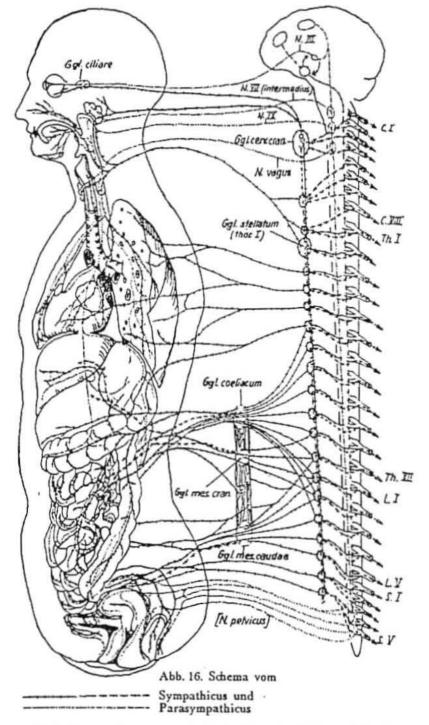




Nerve supply to the eye.

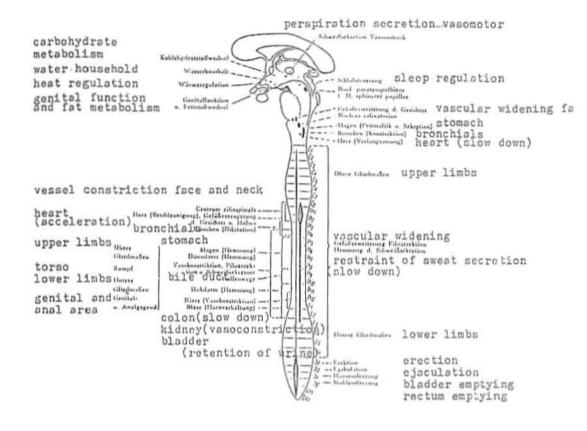


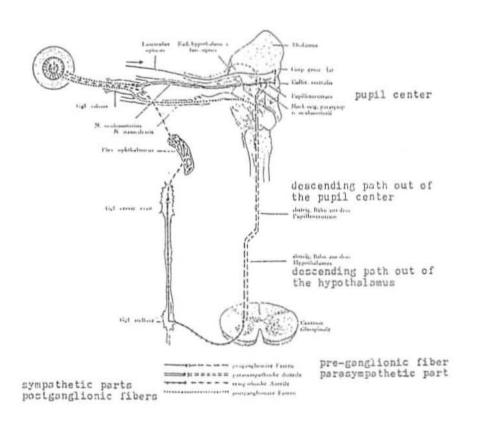
Correlations among brain, nerves, iris and inflammations in various organs.



(Nach RAUBER-KOPSCH, Anatomie des Menschen. Thieme, Leipzig)

Diagram of the sympathetic and parasympathetic innervation of the iris musculature. The leading arch of pupil reaction. (According to M. Clara, Das Nervensystem des Menchen, Barth, Leipzig)





Sympathetic/parasympathetic nerve supply to the eye.

Insect and Bird Eyes

Compound eyes are frequently found in insects and in some marine animals. A fossilized eye, 500 million years old, has been discovered to have an organization similar to that of a horsefly. Compound eyes are extremely effective at detecting movement.

One type of spider, for example, has eight eyes with which it easily tracks its prey from eye to eye. It can't see objects well more than a foot away but it is extremely sensitive to movement. The horsefly's eye has 7,000 separate facets. Each facet picks up a tiny part of the scene around it, forming with the other facets, a kind of mosaic picture. This is typical of the compound eye.

While there is evidence that birds may navigate over long distances by sensing changes in the earth's magnetic fields, they are also known to have extremely keen distance vision. The U.S. Navy has been experimenting with pigeons to improve the efficiency of its search and rescue missions at sea. The pigeons are kept in transparent "bubbles" under the belly of a helicopter. When the birds see something in the sea below, they peck at an electronic lever which signals the men in the helicopter. If the observation is confirmed, the birds are rewarded with food. Since pigeons see far better than humans, it is hoped that this approach may help save lives of those lost at sea.

The owl hunts at night and needs sharp vision in darkness to find its prey. It is not surprising, then, to find the owl's eye is proportionately larger, for its size, than that of birds who locate their food by daylight. The owl is said to have more rods in its retina to see better at night. We also find that the owl can rotate its neck through 270 degrees and can invert its head. Its eyes are 8 times larger than its brain.

The functioning of a compound eye is dramatically demonstrated in the honeycomb, that architectural phenomenon constructed by the honey bee. The bee's eye (see cross-section drawing) is a complex of hexagonal viewers, each one transmitting to the bee's brain the image of that which is before it in a perfect six-sided frame! This visual guide to honeycomb production is explained by Dr. Robert J. Jensen, DC, in his article, "Honeycomb through the Compound Eye," which appeared in the American Bee Journal, May 1965. He says, "...the bee could simply trace the hexagonal pattern constantly present before its eyes and in this way build an exact, unvarying, hexagonal pattern of honeycomb....

"The outer surface of each facet of the compound eye is convex which magnifies the picture brought into the retina (this explaining how the worker bee may stand only 1/4inch above its work, but yet sees the projected cell pattern in the true and proper size of honeycomb).



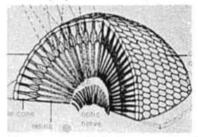
Close up of bee and his eye.



Bees working in honeycomb.



Close up of bee and honeycomb.

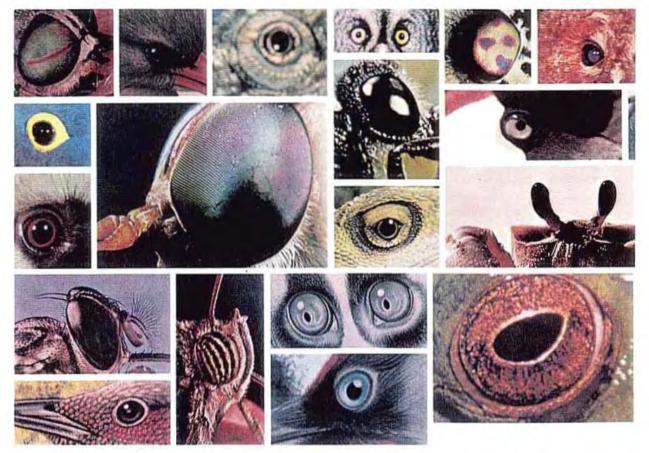


Cross section of the hexagonal bee's eve.

"Another factor which gives very sound evidence to the importance of the compound eye is the distribution of the brain matter in the honey bee. The brain is divided into three main parts, the smaller section being in the middle of the forehead, while the two larger sections are situated one directly behind each compound eye. This alone points out the fact that the honey bee has an extremely important and technical job for the compound eye to perform.

"Guided by a visual pattern, the bee has only to form the wax walls of each cell with its telescoping trowel-like mouthpiece according to the pattern present before its eyes.

"This theory is easily acceptable if one only considers that the angles of the individual hexagonal cell of the honeycomb never vary even one degree! The honey bee has no equipment other than the hexagon eye by which it could measure so exactly and meet such rigid specifications."

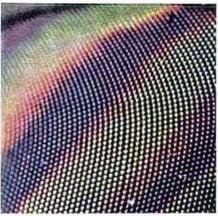


Nature has created a tremendous variety of eye shapes and forms in the animal kingdom.

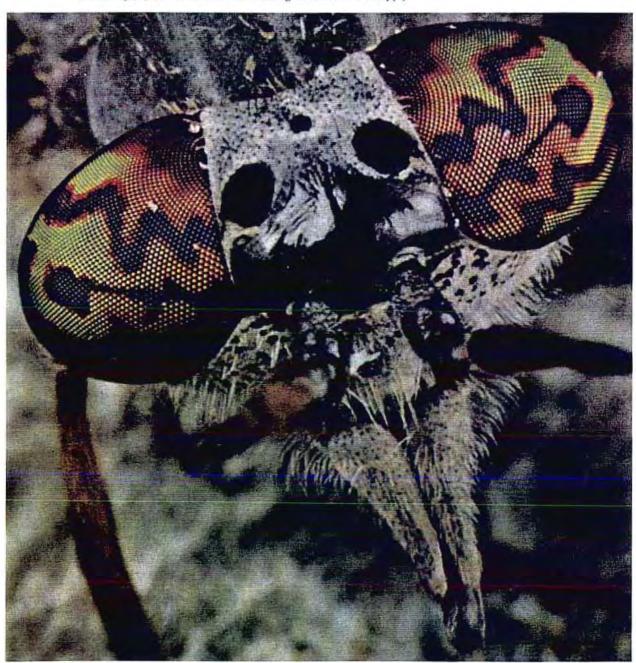








The eyes of insects have long been lauded as the most complex to be found in the animal kingdom. We may be surprised some day to find that the insect eye pales in comparison to the human eye. (See the section on scanning electron microscopy.)



EYESIGNS IN THE PIGEON WORLD-What Animal Eyes Reveal by Maurice B. Archer, DC, ND

Pan Am's recent regular Trans-Tasman flight from Melbourne to Auckland was uneventful and only the fact that the cargo happened to be racehorses rather than humans made for a variation from the dreary norm. Mid-journey, Co-Captain J. D. Anderson decided to take a stroll and visit his prize cargo. At the best of times, temperamental creatures like racehorses can panic in strange surroundings and injure themselves. For this reason, their groom was constantly in attendance, more for the reassuring word and pat than any chores to be performed. It was somewhat a surprise to "J.D." to find the groom carefully studying his charges' eyes. To the inevitable "Why?" the 'groom ventured almost nonchalantly, "To see how they are."

Further conversation revealed that the groom to whom iridology meant absolutely nothing, had for some time just "known" he could determine the condition of health and any disturbance in organic function in the irides of the various horses he had been responsible for. Nor did J.D.'s comment that he, too, had had his irides "read" by a practitioner some years before seem extraordinary to the groom.

In another field of animal husbandry, iris analysis has been placed on a more scientific plane. Racing pigeons may not have much anatomically in common with racehorses, but the attention the breeding of racing pigeons has received is no less intense than that given their four-footed fleet

counterparts, and for very obvious reasons. Pigeon racing in England is big time and a money-spinner for stables producing winners.

An English publication, Racing Pigeon Pictorial, has a circulation of over 13,000, and they have given permission to reprint, from their issues No. 52 and No. 56, the photographs and material on racing pigeons.

While professing little knowledge of pigeon anatomy and conceding that this should be of great concern only to another pigeon, this author nevertheless has been tempted to read basic signs in the illustrated irides. One outstanding characteristic common to all the pigeons presented is what would appear to be excoriations in the stomach ring. Curiously, there is no mention whether they are right or left irides, but in this feature, it does not matter. One cannot but conjecture, also keeping in mind the amount of inbreeding in these instances, that in this very specialized field of pedigree breeding, the demanding and high-stress performances essential in racing birds has produced a syndrome something akin to gastric ulceration evidenced in high-pitch human executive performance. What we would term an "autonomic nerve wreath" is plainly apparent in almost every case; interesting, in view of the related gastric lesions.

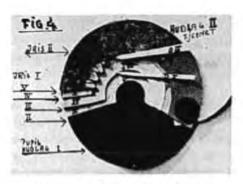
Some readers may care to obtain these issues of Racing Pigeon Pictorial and do a little analysis themselves—and please correct me if the pigeon edition of Gray's Anatomy reveals that the species' metabolism is not governed by an autonomic nerve system!"



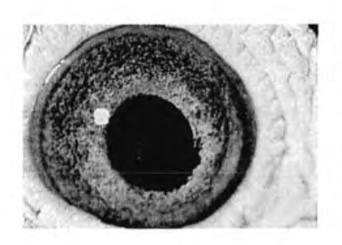
Mr. Ovesen in "Another Approach to Eyesign," enumerates the major points in pigeon iris analysis as follows: "In conclusion, I would say that the value of the eye depends on the following: 1. The depth of the eyesign, i.e., the thickness of the various layers of skin; 2. The width of the eyesign, i.e., the hole in the various layers of skin around the pupil; 3. The coloration of the correlation; 4. The colour of Iris II and the perforation of same, i.e., the depth of the rivers and valleys and their colours; 5. Numbers of dimensions in Iris I; and 6. The quality of the breeding circle."



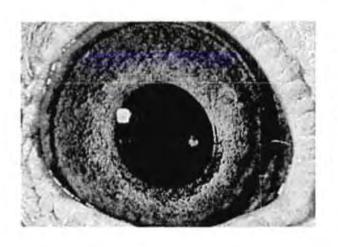
Excerpts and photos from "The Birds of H. Hamplett." Eyesign comment by Professor Optic with photographs by Anthony Bolton. Racing Pigeon Pictorial, No. 52, Vol. 5, May 1974.



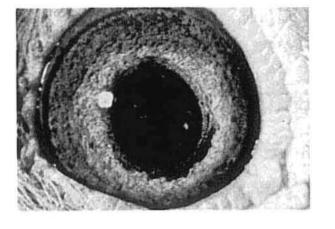
Excerpts and photos from "Another Approach to Eyesign" by Borge Ovesen of Denmark. Racing Pigeon Pictorial, No. 56, Vol. 5, August 1974.



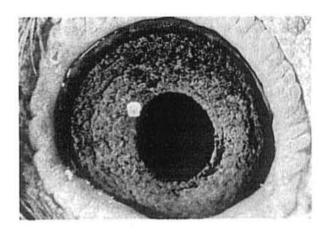
5NU67K7501 Sire of No. 12. I understand this also is a son of Nos. 1 and 2. Once more we see an outstanding example of the dual-purpose eye. More of the dam's eye can again be seen in this one, similarly as you saw with No. 4. The basic sign is sufficiently wide, and possesses the valuable green quality, together with a very bold and positive composite state. Elsewhere within the basic sign you can clearly see many outstanding distance lines. Serration, primary a breeding quality, can be seen at its best throughout the complete circle. The iris is very heavily built up in the mountainous effect, with many layers of excellent rich quality. Distance lines in the iris are very strong for stock purposes at which this bird must excel. I would strongly desire to mate with a good dark or black sign. As you will see later, this has been done with incredible success. Should this bird be asked to perform on the road, it could scarcely



6NUTIN44637 2nd Open Midlands, NFC Nantes 1973. I understand this to have been bred directly out of No. 1. We see yet another outstanding dual-purpose eye. The wide basic sign possesses a mixture of dominant yellow and green qualities, and clearly you can see how this is well peppered with distance dust and lines. There is an adequate degree of composite state present, which denotes the true racing prospects. Good positive serration is present, surrounding the complete basic sign. Finally, the iris is very full and well balanced, which denotes a beautiful picture for breeding. Good distance lines are very evident, and typically you again see the "oil painting" type of picture. This bird must succeed at both racing and stock.



7NU71K35689 6th Open Midlands NFC Nantes 1973. Another direct bird off No. 1. A likeness and relationship can easily be detected here, although this cannot be admired quite to the extent of the sire. The basic sign, very wide, is very dark and dominant. It portrays good distance capabilities, particularly for racing, by way of the wider composite area. The serration is clearly positive, and very bold throughout. The iris, which does tend slightly to give way a little towards the rear, primarily spells out racing prospects, but once again possesses lots of character, and more than plenty for stock purposes. This must be admired tremendously as an outstanding dual-purpose bird.



8 Nestmate to Star. Sire of No. 10. I understand this to be the nestmate to No. 1. Study these two eyes, because they really are an absolutely incredible nest pair. Seldom does one find such outstanding breeders in the same nest. They are not two eyes which look alike, although they have one quality in common, and that is the necessary prospects for stud. I cannot really say that I admire this eye more than that of No. 1, but my feelings of admiration are certainly equal. Firstly, notice the excellence and desirability for long distances, small showing of the pupil. The basic sign portrays much green breeding quality, and clearly boasts excellent distance lines and dust. The composite state is present, but only slightly. Next comes serration, which is most evident throughout, and of excellent quality. Finally, the iris is so exceptionally well-balanced, which primarily denotes perfect breeding potential, providing of course, all the true character is present, which it is in this case. Within the iris you see many, many layers of tissues making up a great mountainous effect, so full of tremendous character. Wonderfully portrayed are the distance lines, also within the iris. Indeed, the eye of an excellent breeder, worth its weight in gold.

nine



Our belief at the beginning of a doubtful undertaking is the one thing that assures the successful outcome of any venture.

- William James

Man can learn nothing unless he proceeds from the known to the unknown.

-Claude Bernard

The outcome of any serious research can only be to make two questions grow where one one grew before.

-Thorstein Veblen

Importance of the pupil

The pupils of our eyes are essential to our survival and well-being, simply by virtue of the visual data they transmit to the brain. But more is going on here than "meets the eye," so to speak.

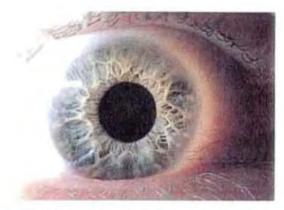
Researchers, for example, have found that many people can feel when someone is staring at the back of their heads. Advertising men test the effectiveness of their ad material by noting whether clients' pupils dilate, indicating responsiveness to the ad. Desmond Morris, author of *The Naked Ape*, notes that we unconsciously use pupil dilation or contraction to convey interest or disinterest, arousal or aversion, to other people. Lovers enjoy gazing into one another's eyes to see the interest each is generating in the other via enlarged pupils. Obviously, the pupil is a socially important communication symbol, whether we are aware of it or not.

Our purpose in discussing the pupil of the eye is to emphasize the additional value of features of the eye other than the iris as indicators of abnormal conditions in the body. The nerves of the eye cannot be assumed to be isolated from one another, and it would appear obvious that the "camera diaphragm" function of the sphincter and dilator muscles (and associated innervation) must be intimately correlated with the function of the retinal nerves and must, therefore, be affected by any malfunction, disruption or alteration in the optically-sensitive portion of the fundus. It is not surprising nor magical, then, that distortions in the shape of the pupil or changes in the iris which surrounds it, reflexly indicate abnormal tissue conditions elsewhere in the body.

Pupil Observation. Although pathological indications of the pupil of the eye are not directly part of Iridology, it is important to know something about them. The normal pupil is slightly off-center in the iris in the nasal/temporal direction, a phenomenon familiar to most iridologists. The electromagnetic vibrations that pass through the pupil to interact with the rods and cones of the retina trigger nerve impulses to the brain that provide most of the information we know about our external environment and one another. Normally, an individual's pupils are of similar size and are perfectly round, although genetic inheritance may account for some size differences.

The dilation and contraction of the pupil are directly dependent upon the functioning of the iris, particularly the sphincter muscle imbedded in the stroma and the dilator muscle associated with the posterior pigment epithelium directly beneath the stroma. While the pupil adapts in size, according to the amount of light present and according to whether near or far vision is required, its speed, degree and stability of contraction indicate general neuromuscular condition. This





(Top) Dilated pupil (usually a sign of ennervation) as compared to (Bottom) normal pupil.

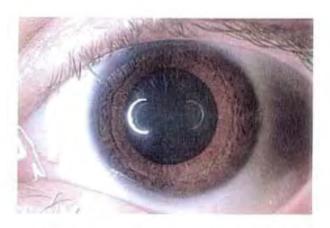
is controlled to a great extent by the thalamus and hypothalamus, two of the most important centers of the brain. The thalamus and hypothalamus, as parts of the central nervous system, assist in directing and coordinating many of the activities of the autonomic nervous system.

While it is not our intention here to extensively discuss the human nervous system, it is necessary for those who are interested in Iridology to understand some of the complex features associated with the anatomy and physiology of the irides. The nerves to the sphincter muscle belong to the parasympathetic division of the autonomic nervous system; the nerves to the dilator muscle belong to the sympathetic division. Both these divisions of the autonomic nervous system cooperate in directing the functions of glands, organs and muscle tissue in the bodyincluding the muscles of the irides. Since the pupils are constantly adapting to changes in light and changes in visual distance, an intricate coordination between sympathetic and parasympathetic divisions is necessary. Because the radial muscles of the iris converge toward the sphincter muscle, at the outer margin of the pupillary zone (the periphery of the maximum dilation area), we call this plexus the autonomic nerve wreath. Similarly, we suggest that the innermost margin of the pupil comprises a second important plexus representing the central nervous system (via the hypothalamus).

What we refer to as the "degree of pupil tension or relaxation" directly reflects the tone of the whole body, as determined by the central nervous system. If the pupil is too relaxed and shows poor tone, the iris muscles-reflecting the musculature of the entire body-are flaccid. If the pupil is too contracted, the muscle fibers of the iris reflect a tension experienced by the whole body. Via the central nervous system and the autonomic nervous system, dilation and contraction of the pupil are influenced by physical and mental responses of varying kinds, including fear, pain, excitement, boredom and fatigue. The level of fatigue or anxiety can be gauged from the tone of the iris and the pupillary margin. All body orifices correspond in their degree of tension and relaxation to that of the pupil of the eye.

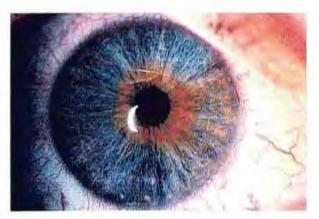
The pupillary margin or border may take on the appearance of leather, and from the color of this border, we can assume the condition of the stomach. When it is light brown, we see that an active inflammation is present; when it is dark, muddy brown, we understand the condition is long-lasting





(Top) Constricted pupil (possible as a result of shock, high tension or drug use as compared to (Bottom) an enlarged pupil.

and in a chronic stage. The latter condition is often found when a person's nutritional habits are poor, resulting in a stomach that is tough, scarred and relatively inactive. However, the brown ring around the pupil can also be caused by drugs. The German iridologist, Josef Deck, refers to a condition of the pupillary margin called "the sugar edge," which has been correlated with diabetes according to research by a Zurich ophthalmology professor named Vogt. The pupillary seam is said to show excessive swelling resembling the "icing on a cake."



An irritated nervous system can cause a contracted pupil.

Frequently, the pupils of the eyes reveal drug ingestion or physical malfunction. With excessive use of alcohol, the pupils become dilated, while in opium ingestion, the pupils may contract almost to pinpoints. When a person has had a stroke, the pupils fail to dilate or contract when a bright light is directed at the eye. It has been clearly demonstrated that the pupils react according to various physical and biochemical states.

According to a University of Chicago research project, the pupil of the eye responds to sights, sounds, odors, tastes and human speech by dilating or contracting, depending on the degree of interest or aversion of an individual. By taking motion picture films of the eyes of people engaged in various experimental sensory response tests, Dr. Eckhard Hess, the psychologist who designed the experiments, found that the pupils accurately express the emotional responses of individuals to virtually anything experienced. Shock, for example, immediately registers as pupillary changes as one thinks about the problem, with the largest dilation appearing just as a decision is made. After that, the pupil size returns to normal. A woman who claimed to love abstract art was shown to be lying when her pupils were observed to constrict as she examined several abstract paintings. The pupils do not lie because their response is directly determined by the brain.

A typical examination for pupil dysfunction requires a dimly-lighted room. When a bright light source is directed on the eye, both pupils normally contract in what we call a consensual reaction.

If it is noticed that a patient's pupils contract as he looks at a near object but fail to react when a bright light is shone into the eyes, this reaction indicates the Argyll-Robertson syndrome—a sign of possible syphilis. First, the right eye is examined, then the left. If one pupil contracts more than the other, this is called aniscoria. (The same term is used if one is larger than the other.) Aniscora is also an indication of syphilis. Always examine the two pupils in normal light to check for genetically-inherited differences in size before exposing the pupils to a light source in a darkened room. If the pupils are different sizes to begin with, they will dilate and contract correspondingly.

Abnormal contraction of the pupil is called miosis; abnormal dilation is mydriasis. Abnormal states of pupillary reaction may be caused by anything from eyedrops to food poisoning.

When pupils differ in size (generally they are similar—about 4-5 millimeters in diameter) the cause may be congenital, but if it is not, the difference may indicate eye disease, neurological disorder or the use of medication. Some pupils appear lighter than others or cloudy in appearance, possibly evidence of cataracts. There may be corneal injury or abnormality. Biochemical imbalance can also alter conditions in the pupil—for example, lack of vitamin B lowers nerve tone, and lack of phosphorus results in nerve depletion. Extreme fatigue produces a dilated pupil.

Corresponding to the influence of the nerve plexuses of the irides, conditions of stress and strain in various organs may be indicated. Any organ showing great irritation which includes more than one nerve ring in the iris will exhibit pull, through reflexive action, on the muscle fibers of the iris. The pupillary margin may be drawn toward that portion of the iris representing the area of greatest irritation in the body. The direction of the pull, inward or outward, depends on whether the stimulus comes from the central nervous system or the autonomic nervous system. For example, if the autonomic nervous system is under greater strain than the central nervous system, the pupil will be drawn toward the affected organ.

When great strain on the central nervous system results in a pull toward the pupil, the pupillary margin may become flattened. The flattened surface implies lack of tone, diminished function and the relative incapacity of the organ directly opposite the area of pull to recuperate. However, it must be noted that flatness of the pupil on one side may indicate simply that the stomach is congenitally flat.

Importance of such pupillary manifestations has been confirmed in the work of Josef Deck, Europe's foremost iridologist.

Flattening of the superior circumference of the pupils indicates temperament or disposition problems, worry, depression and other negative psychological tendencies.





Inferior flattening of the pupil refers to the pelvic organs. Sensory and motor innervation may be impaired. Occasionally, weakness and restricted movement of the legs may be involved or an overt problem, such as flat feet.





Lower temporal deformations may accompany weakness and restricted movement of the arms.





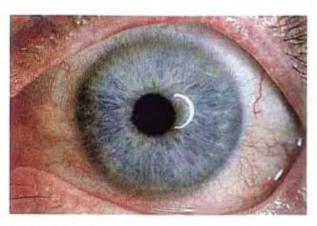
While a left temporal flattening may be primarily related to the arm-cervical plexus, the diaphragm may also be affected, or a cardiac condition may be present. The latter is most strongly implied when lateral temporal flattening is evident. Lateral temporal flattening may show nervous impairment of breathing, spinal weakness or cardiovascular problems.



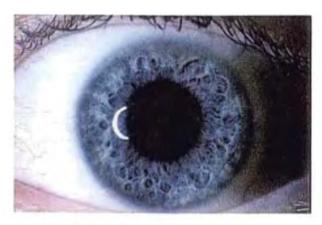


Superior temporal flattening may indicate hearing loss of psychosomatic origin. Occasionally, a tumor of the auditory region of the cerebral cortex may be the source of the problem. Aneurisms or benign gliomas in this region are not particularly rare.

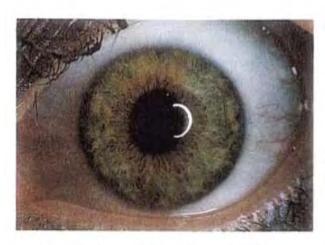




In nearly every eye, the pupil is situated nasalward. Like the iris, no two pupils are alike.



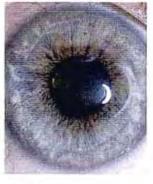
All orifices of the body compare in activity to the integrity of the pupillary response.



An ellipsed pupil is a sign of possible nervous dysfunction.



Superior lateral flattening



Inferior lateral flattening



Severely deformed pupil—ellipse



Superior and inferior flattening



Ellipse



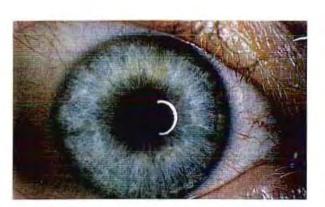
Ennervation



Ennervation



Inferior temporal flattening

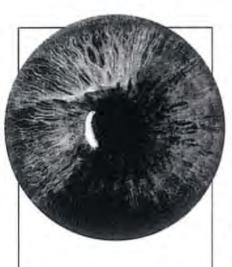




We use the pupil as a diagnostic sign in patient care. By noting pupil size, irregularities of form and response, we can analyze the functional integrity of the nervous system.

The same iridology camera should be used at all times, making sure that the film type and camera settings are consistent, in order to accurately determine changes in pupillary response.

ten



Modern man is the victim of the very instruments he values most. Every gain in power, every mastery of natural forces, every scientific addition to knowledge, has proved potentially dangerous, because it has not been accompanied by equal gains in self understanding and self discipline,

-Lewis Mumford

The conditions of our life render the study of health now especially important. Our ancestors lived more in the country, more in the open air, more in agricultural operations. We are to a much greater extent concentrated in cities, work much more in houses, offices, and factories; our occupations are sedentary and stooping, and are a greater tax on the brain and nervous system. The people of our great cities are less vigorous than their forefathers.

-John Lubbock

Eye color and variations

As we observe the eyes of members of the various races and ethnic groups throughout the world, it is of great interest to note the variety of colors among their irides. Some of the pioneers of iridology as well as later researchers have subdivided the categories of iris colors into black, brown, gold, dark blue, green, light blue and steel gray.

From my experience, I have concluded that there are two basic "true" eye colors-brown and blue. This agrees with the work of pioneer iridologist, Pastor Felke. While I respect the views of those who hold other opinions. I do not believe there is sufficient evidence to confirm the natural occurrence of various shades other than blue and brown, excepting changes in coloration due to the genetic blending of the brown- and blueeyed types. My view is supported by the research of Dr. Martin R. Filmer, South African iridologist and homeopath, who has observed the effects upon the irides of several generations of racial intermixture among native Africans with dark brown eyes and Dutch and British settlers with the blue eyes typical of their culture and geographical background. Additionally, I believe Dr. Josef Deck, the foremost European iridologist, acknowledges only the brown "hematogenic" eye and the blue "lymphatic" eye as the basic true iris colors.

Pastor Felke and others have conjectured that the blueeyed, blonde-haired people migrated toward Northern Europe in ages past while brown-eyed, dark-haired people moved naturally toward the warmer climate zones.

When we examine the anatomy of the iris, we find that the blue color of irides is due to the reflection of light from the posterior epithelial layer as seen through the unpigmented stroma. Blue eyes appear that way for much the same reason that lakes and oceans appear blue. In the case of brown irides, we notice that the pigment cells of the stroma are responsible for the eye color, the shade of brown being determined by the quantity of pigment present. Pigment in the stroma of the brown iris hides the trabeculae excepting in nerve rings or crypts.

I have examined many thousands of eyes from light brown to dark brown, from light blue to dark blue, as well as many brown eyes in which the blue was observed to be coming through. When it comes to color, the evidence is heavily weighted in support of two basic colors—brown and blue. Considering the many ethnic groupings throughout the world, intermarriage accounts for some variations in iris color while genetic anomalies may account for others.

The eyes of children born of blue-eyed parents are darkest at birth, from my observations. This is due to the fact that the stroma contains very little pigment and is very thin, allowing the posterior pigment to be visible as a dark bluish color. During the first few years of life, the iris stroma thickens and if it also develops more pigment cells, it takes on a brown color. If the pigmentation does not increase, however, the iris appears as a light blue or blue-gray. The iris is usually fully developed by age six.

The infant is born with the least amount of acidity in the body, which tends to lighten the iris color as it increases. As the child is introduced to foods other than mother's milk and is exposed to various chemical additives and medications, eye color may be unnaturally modified, as the pioneer iridologist, Liljequist of Sweden, has pointed out. After years of ingestion of drugs and medications, an individual's irides may assume a dark, murky appearance.

I do not believe that a basic difference in eye color, whether blue or brown, has anything to do with the relative purity or degree of health of an individual's body. However, I do believe there are basic differences in brown-eyed and blue-eyed people. Brown-eyed people seem more subject to glandular and blood-related disorders (such as liver, spleen, and circulatory problems). Blue-eyed people seem more subject to lymphatic tissue disorders, catarrhal problems, acidic problems (such as tonsillitis, colds, allergies and arthritis). Other differences are due to cultural customs and geographic locations. The food habits of certain cultures go back generations, centuries, or even thousands of years. The amount of sunshine, quality of air, altitude and other geographic and climatic features affect the metabolism and body chemistry in ways that science has not yet measured.

Neither the blue-eyed races nor brown-eyed races can be properly considered "pure," considering the thousands of years of cumulative effects of intercultural mixing as a consequence of trade, conquest, migration and so forth. But it is evident that the mixture of brown-eyed and blue-eyed people may result in a "new" race. The intermingling of genes and consequent shifts in body chemistry and structural makeup may require certain adjustments in nutrition, climatic conditions, and cultural context to allow for healthy and harmonious living.

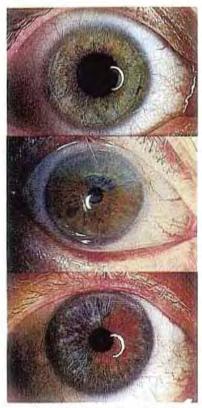
To some extent we may correlate brown-eyed persons with an increased degree of skin pigmentation, yet we must recognize that there are many light-skinned persons with dark brown eyes. The same holds for blue-eyed persons, most of whom are notably light-skinned, but some of whom (in India, for example) are quite dark-skinned. It is common, however, to mistake the effects of drug accumulations in the irides for the natural or inherited eye color. Changes in color can occur from quinine, iron preparations, sulfur, iodine, and drugs derived from coal tars, resulting in an overlay of discoloration on top of the natural pigmentation of the iris. Many people cannot distinguish the difference. Some blue eyes appear almost brown as a result. As nutrition is improved and the body tissues are gradually cleansed of toxins, the eye becomes lighter.

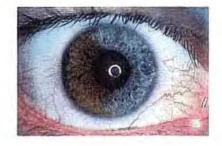
John Beddoe, MD, author of *The Races of Britain*, has written about the three classes of eyes—the light, intermediate and dark. Yet, he may have been unaware of the difference between natural and acquired eye color. He writes of dark gray eyes, brownish-gray eyes and light hazel or yellowish eyes formed by streaks of orange. We find that such eye colors can be acquired through drug accumulations, which raises doubts about the scientific usefulness of Beddoe's observations.





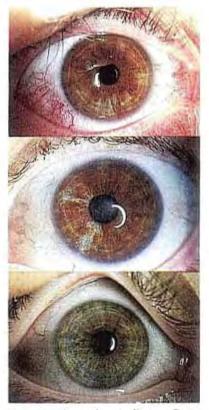
Young Xingu women being led away from a hut where they were kept in seclusion for almost two years as part of a ceremony connected with the onset of menstruation. The women have lost some of their pigmentation and their skin is several shades lighter than normal.





While brown eyes are the most difficult to read and analyze, we find that in computer analysis we may see the opposite. In the scanning computer, there will be three color plates developed so that the brown pigment layer can be ruled out and decisions will be observed much more easily.

The color of the iris has been shown to be highly significant in the study of genetics. It gives clues to which genetic traits come from a particular parent.



Are there significant differences among people with differently colored eyes? In the 1970s, a five-year research project was undertaken by Drs. John Glover and A. L. Gary of the Chattanooga Institute of Human Studies into the possible relationship between eye color and personality type, Testing groups of light-eyed children and dark-eyed children, they found that dark-eyed youngsters did better at tests with time limits which required initiative to solve problems under pressure. Member of the lighteyed group did better on tests requiring thoughtfulness, perseverence and remembering. Light-eyed children were better listeners, more patient, and understanding. Dark-eyed children were more impulsive and hot-tempered, with a tendency to blame others when things went wrong. Green or hazel-eved children appeared to respond best on all the tests, showing stability, determination, imagination and an awareness of their own limitations.

The stamina of the blue-eyed group seemed to be offset by sentimentality and a tendency to get caught up in routine, as well as moodiness and a likelihood of bearing grudges. Gray eyes showed courage but also obstinacy and a weakness for routine. Those with light brown eyes were often individualists but shy and somewhat antisocial, showing difficulty in taking orders, (The report noted that many adults with this eye color are self employed.) The darkbrown or black-eyed person can take command in a crisis and make effective snap decisions but is often impatient, impulsive and bad tempered.

In another test conducted at Penn State University, brown-eyed people were found to have faster reaction times than blue-eyed people. The darker the eyes, the faster the reactions, regardless of sex, race or socio-economic status. One theory offered was that the melanin pigment in brown eyes may be linked with a substance in the nervous system that speeds up nerve impulses.

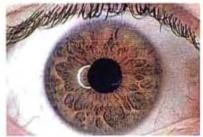
This kind of research is interesting, but neglects, just as Beddoe's work does, consideration of the difference between inherited and acquired eye color. The fact that children were used in the tests lends greater strength to the value of the research, since acquired changes in eye color would be less in children than adults. Nevertheless, it is necessary to be cautious about such research results, because it is known that drugs, medications and junk foods may alter the blood chemistry in such a way as to modify the personality, temperament and behavior of a person. This is evident through research done with hyperactive children.

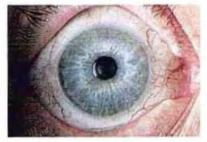
In analyzing differently-colored irides, it is much easier to observe fibers in the blue iris than in the brown iris, particularly when the latter are very dark. The pigment layer in the stroma of the brown iris makes it more difficult to see separations in the fiber structure. What appears white in the blue iris appears a lighter brown or buff in the genetically determined brown iris. It takes more experience in observing brown eyes in order to gather information.

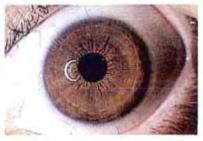


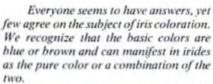






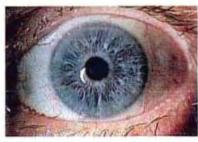


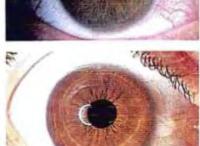


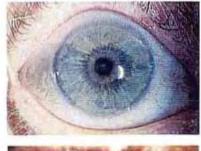




If science has computed that there are no two snowflakes alike in a space of four million years, what chance do we have of duplicating an iris? With all possible combinations of genetic heritage, the variety of coloration is infinite. Even the irides of identical twins are different.

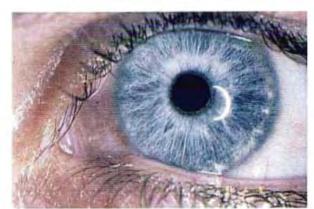




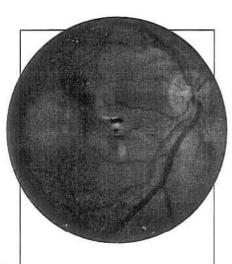








eleven



We must have courage to bet on our ideas, to take the calculated risk, and to act. Everyday living requires courage if life is to be effective and bring happiness.

-Maxwell Maltz

The real conquerers of the world indeed are not the generals, but the thinkers; not Genghis Khan and Akbar, Ramses, or Alexander, but Confucius, Buddha, Aristotle, Plato and Christ.

-John Lubbock

Diseases of the eye

It is not the purpose of this book to present a treatise on pathology, however, the practicing iridologist should be aware of certain diseases of the eye which are visible during the iris examination. Glaucoma, cataract, and inflammation of the eye itself are but a few of the conditions that will be encountered. These conditions are indications of nutritional imbalances, but are not considered in the same manner as other iris signs.

As we have previously stated, iris signs and discolorations do not indicate pathology of the eye itself, but refer to conditions elsewhere in the body. However, no modern iridology textbook would be complete without at least a brief survey of injuries and abnormalities of the eye itself and diseases of the body indicated by disturbances of the eye.

There are increasing numbers of people who will only go to health professionals who use natural methods, but in cases where severe forms of pathology are encountered which need to be treated by specialists, the patient needs to be referred to the appropriate professional.

Not to be forgotten are the various accidents that can leave lasting marks and scars on the iris. For instance, a cactus spine penetrated my eye and left a scar which has often been misinterpreted as an iodine deposit. Bullet wounds and other traumas may also be noted.

Occasionally the iris itself may be deformed, leaving a hole or space where iris fibers are normally found.

Eye operations may leave portions of the iris incomplete as in the case of an iridectomy, and one may find remnants of stitches in the case of remedial surgeries, such as corneal implants. A familiarity with these phenomena will prevent an inaccurate analysis.

Of all the doctors in the world today, there are probably more who work with the eyes than any other part of the body. They are the ophthalmologists, optometrists, oculists and general practitioners.

These two globular structures, our eyes, which protrude from the brain on thin stalks, command a great deal of our attention while influencing every detail of our lives.

There are two areas of the iris to which we look for information concerning the condition of the eyes. One is the area which represents the eye itself and the other is the five sense area of the brain.

The eye area of the iris tells us the physical condition of the eye itself, i.e., inherent strength or weakness, level of under- or overactivity, levels of toxicity or encumbrance, nerve and blood supplies, etc. An inherent weakness in the five sense area indicates the possibility of a cerebral difficulty which is having an effect on the eyes. In this case, a good eye structure can manifest symptoms of being faulty when, in fact, it is not. We would then go after brain correction rather than an eye correction.

When we consider the fact that 86% of all we know is learned through the eyes, it is little wonder that the eyes receive so much attention. We have organs which process air, water, earth and light. It is the light that has an overwhelming influence on our lives and is the most elusive and intangible aspect of nature.

As a part of the brain, the eyes are subject to all the influences, organ conditions and tissue reactions occurring in the body which are monitored and controlled by the central computer, the brain.

Diseases of the eyes are often the result of a breakdown of other portions of the body. As soon as any one system becomes underactive and not working to its highest potential, the eyes begin to fail. Given all the stresses in life, the cumulative effects are felt first of all in the highest part of the body, the head. Here we must overcome gravity, fatigue, and poor circulation.

I find brain anemia in practically every patient who comes into my office. If there is a lack of blood in the brain, you can be sure there is also a lack of blood in the eyes.

Compounding this common situation are such factors as climate, altitude, irregularity in living habits, stressful occupations and unfulfilling marriages—all undermining the state of health and affecting the acuity of vision.

After the age of 40 most people are wearing glasses and experiencing other eye problems. As we grow older and the health level begins to fall, we find that a loss of visual acuity is an indication that our bodies are not well.

While there are many ways of trying to determine bodily conditions, such as hair analysis, the SMA tests, urinalysis, fecal analysis, blood analysis, etc., we do not find any one that gives a more complete picture of the whole situation than the science of Iridology.

Rather than being a one-sided analysis looking at an isolated factor, iridology gives us a more complete way of looking into the body. Why not use iridology as an adjunct to other forms of optic analysis and take advantage of this unique perspective?

Certainly a doctor wouldn't depend on a urinalysis as his only source of information for the complete story of bodily condition, nor would he depend on just the blood analysis. When using the information available through the iris, we find that we have one of the most complete forms of analysis available. We can see the unity of every organ working in concerted action with all other organs.

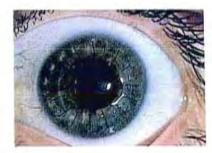
The science of Ophthalmology, coupled with iridology, can become a very powerful ally in the struggle against degenerative processes in the human body. The marriage of fundus observations and iridological observations should make one of the greatest professions in the world.



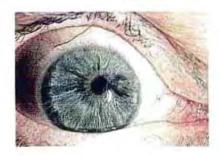
Cataract



Trauma (shot in eye with BB gun).



Corneal implant.



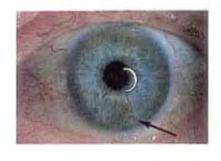
Old Herpe's infection—damage to pupil.



Coloboma (embryonic defect).



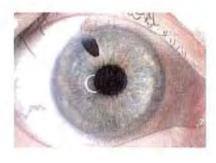
Pterygium



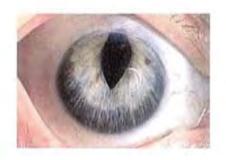
Left: Cactus spine penetration

Right: Glaucoma.





Right and left: Iridectomy.



It is helpful to remember that the eye is an extension of the brain, that great biocomputer which monitors and controls the functions of the body. Its nerves, blood and other fluids are directly or indirectly influenced by the brain's response to any abnormal condition of the body. Western medicine has recognized this to a certain extent in the science of Ophthalmology, and when the science of Iridology is fully understood, a great advance will come about in the analysis of conditions which disrupt the health of the human body.

THE EYE AS AN INDEX OF HEALTH by Louis H. Schwartz, MD

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Doctors, taking a leaf from the poets, are learning to judge their patients by their eyes. Thanks to the growing science of Ophthalmology—the study of eye structure, functions and diseases—the eye has become a barometer to general health. Although the fact is not generally known, this organ may reveal more about disease and physical well-being than any other. Why is that so? Because a very large number of internal disorders leave their telltale marks in the eye, and the sensitive instruments of modern science enable the physician to see and study them in the living state. The diagnosis of nervous disorders

depends in large measure upon information obtained from an examination of the eyes. At the same time, the organ of sight tells us the condition of the blood and the circulatory system. It furnishes an index to the state of the kidneys. It shows up the presence of infectious diseases, poisons and intoxicants. Derangement of the endocrine glands, functional diseases, disturbances of the generative system and the special sense organs likewise leave evidence in the eye. Even vitamin deficiencies are readily detected there.

Still more significant, the signs of constitutional disease frequently appear in the eye before they show up elsewhere in the body, or they may be present only in the eye. Thus in multiple sclerosis, an insidious disease which destroys the nervous tissue of the brain and spinal cord, visual symptoms such as recurring attacks of blindness may precede the direct onslaught of the malady by several years. Likewise in high blood pressure, the first signs may occur in the eyes. Those who know the science of the eyes can often forecast these disturbances.

Several years ago a robust, well-developed man of forty-four, who had not been to a doctor since his childhood, consulted me because his sight was failing. Objects looked indistinct to him and were often distorted in shape. On the surface, his health seemed excellent; his eyes were bright and clear. Upon examination I found the interior of both eyes hazy. Numerous flame-colored hemorrhages and white exudates surrounded his optic disc. The blood vessels of the retina were distorted. It was clear he was suffering from kidney disease and high blood pressure. I referred him to a physician who

specialized in internal diseases, and told the specialist: "If you can keep this man alive for more than a year, you'll be doing remarkably well. In all probability he will have a cerebral hemorrhage and it may come almost any day."

Within three months the patient was down with an apoplectic stroke, followed by another six weeks later. He died approximately eight months from the day he originally consulted me.

Some ocular manifestations of conditions affecting other parts of the body are matters of common knowledge, as for example, the bleary red eyes associated with an attack of measles, the watery eye of hay fever and coryza, the blotchy bloodstained eye in whooping cough, the "staring look" and the protruding eyes in goitre, and the puffy, baggy eye in kidney and heart disease.

Many other danger signals of constitutional disorders which the eyes afford are less familiar, however. Such is the bloodshot eye occurring in scurvy and the cloudy, full, red, greasy eye of vitamin deficiency. Triangular white spots in the corners of the eye, looking like dried foam, indicate deficiency of vitamin A. In the absence of such spots, the ophthalmologist can still detect a lack of vitamins when the patient complains of night blindness. Then he can verify this complaint by means of a dark adaptation test—a test for determining the individual's ability to recover from glare and adapt himself to changes in light.

Congenital syphilis also leaves its imprint on the eyes of its victims. Children afflicted by syphilis from birth rapidly develop inflammation of the eye: a cloud forms over the cornea; sight fails. On the other hand, acquired syphilis in many cases first comes to the attention of the eye specialist when the patient awakes some morning to find that one eyelid droops and cannot be raised. At the same time the eye is crossed and he sees double. As a rule, this condition is a late manifestation of syphilis. The same symptoms are frequently encountered in locomotor ataxia, another disease of the brain and spinal cord. Frequently the ocular disturbances appear before other characteristic symptoms such as an unsteady gait. And again it is the oculist who sees the case first.

The pupils of the eyes often have tales to tell about a patient's health. A man complaining of blurred vision and dull headache believes he needs glasses. The eye specialist notes that when the patient looks at near objects his pupils contract, but when a bright light is thrown into the eyes, the pupils fail to respond. This is known as the Argyll Robertson pupil—a very abnormal reaction. That man will not be relieved by glasses. He needs treatment for syphilis; the disease has been latent in his system for twenty, thirty, or forty years. Yes, it's just as easy as

that, for permanent Argyll Robertson pupils always point an accusing finger at syphilis of the nervous system. The same reaction also occurs in general paresis of the insane, another syphilitic infection.

Many other pupillary distortions supply clues to deep-seated illnesses. When, for example, the pupils are irregular in outline, instead of round, the doctor knows that his patient is stricken with a serious affliction. The condition may be due to pyorrhea, autointoxication or to infection in the tonsils or the generative organs. It may also stem from gonorrhea, syphilis, tuberculosis, rheumatism or gout.

П

In the "good old days," not so very long ago, the appearance of the tongue and the rate of the pulse were the deciding factors in determining the state of health. The eyes were only of minor importance, because no one knew how to examine the interior of a living eyeball. The moment an observer attempted to do so, his head blocked out the light, and everything within the eye became pitch black. In 1851 Helmholtz solved this difficulty by reflecting light into the eye by means of a mirror, while at the same time he looked through a little peephole in the center of the mirror. This invention, called the ophthalmoscope, revolutionized the diagnosis of disease by opening up new worlds for observation and study. But there were limitations, for the new instrument was difficult to handle; it required much practice and experience. Hence, for many years the ophthalmoscope was employed by only a comparatively small number of specially trained ophthalmologists. Then a little over a quarter of a century ago, the electric ophthalmoscope was invented. This eliminated all the difficulties of the old, nonluminous apparatus. It became possible for any doctor, after a minimum of special training, to peer within an eye almost as easily as he could sound a chest or measure blood pressure.

When the physician looks into the interior of the eye with his ophthalmoscope, the retina and the head of the optic nerve are spread out before him. Since the optic nerve and retina are extensions of the brain, the examiner is actually looking at living nerves. The ophthalmoscope also discloses the arteries and veins which nestle within the transparent layers of the eyeball. These vessels furnish remarkably accurate information concerning the circulation of blood, not alone in the eye but in most other parts of the body as well. And nowhere else are they thus unveiled for examination and study. This is significant because degeneration of the arteries and veins within the eye reflects corresponding deterioration of the circulation in other organs where blood vessels are invisible. Thus hemorrhages and inflammation seen at the back of the eye enable the physician not only to recognize cerebral and circulatory maladies, but also

to predict ensuing disturbances. With this knowledge, a doctor can save his patient from prolonged invalidism, severe suffering or an untimely death.

Does this sound like gross exaggeration, a fantastic dream or wishful thinking? Let's take a simple illustration of ophthalmology's practical application. Thousands of people throughout the world are afflicted with arteriosclerosis and high blood pressure. Until quite recently, doctors could do very little for advanced cases. Some died suddenly; the less fortunate dragged out a miserable existence, beset by one wracking complication after another. Today an operation on the spinal nerves adds years of comfort to the lives of many of these unfortunates. But before the surgeon can operate, and in order to know how far to go, he must have accurate data on the patient's circulation. The best evaluation is made through the ophthalmoscope. Only in the eyes can physicians obtain the most complete and detailed information. When we see the veins tortuous and beaded and the arteries narrowed down to fine threads, we know just how far the disease has progressed. If hemorrhages also appear, additional deductions follow.

If fluffy white exudates and other signs of inflammation are present in the retina and optic nerve, we can tell that the degenerative process is eating away at other organs as well, and then the patient's condition is very serious indeed. These signs are the surgeon's guideposts.

A healthy optic nerve, seen through the ophthalmoscope, has a light pink color with a white depression in the center. Now let us suppose that the oculist finds that the optic disc is no longer pinkish, but entirely white, or perhaps bluish or grayish white. Then the doctor knows that he is dealing with a case of atrophy or degeneration of the optic nerve. Optic atrophy may be due to locomotor ataxia or it may be secondary to fracture at the base of the skull or hemorrhage within the optic nerve. Again, it may follow brain tumor, Bright's disease, diabetes, syphilis, sepsis or leukemia. In some instances, the physician is able to tell from the eye alone which of these maladies is responsible for the trouble, but in others a careful investigation of many other factors is necessary.

When the oculist finds the head of the optic nerve swollen and streaked with gray white lines and surrounded by tiny hemorrhages, he immediately thinks of meningitis. When he sees a few small, pale yellow spots in the vicinity of an inflamed optic disc, then the physician is certain, beyond all doubt, that he is dealing with a case of tubercular meningitis. If the swelling of the head of the optic nerve is so marked that it protrudes above the surface of the retina into the globe, the hapless sufferer is almost invariably afflicted with a tumor of the brain.

A young housewife who came to me purely by chance would have died within the year had not the ophthalmoscope revealed the presence of a brain tumor. Headache and insomnia had driven her to four physicians in succession. Each examined her with blood and urine tests and X-rays. She received treatment for neuralgia, migraine, indigestion and hysteria-all to no avail. The last doctor suggested that she was suffering from a sinus condition, and it was this diagnosis which brought her to my office. Finding her sinuses perfectly normal, I studied her eyes. Although externally they looked healthy and although her vision was good, the ophthalmoscope revealed a swollen optic nerve head in both eyes. In view of the fact that the blood, urine, and blood pressure were normal, I forthwith made a diagnosis of brain tumor. The patient was referred to a neurological surgeon who successfully removed a large growth from her brain.

Π

Thus far, the question of eyesight has scarcely been mentioned, yet a person's vision may also furnish excellent clues to his health. For instance, sudden blindness in one eye may indicate nephritis, cardiac disease, arteriosclerosis, diabetes, septic infection or even uremia occurring in pregnancy. A somewhat different history of loss of vision might suggest malaria or poisoning from arsenic, wood alcohol, lead, or an overdose of quinine. Rapid blackout affecting one or both eyes in an apparently healthy individual is not unusual in hysteria. On the other hand, when a heavy smoker suffers a dimout, there is a strong presumption of tobacco amblyopia, especially if the patient complains of a dark cloud in the line of vision. When a person past middle life says he actually sees better in a subdued light, and is dazzled by sunlight, he is probably developing cataracts.

Ordinarily, when speaking of visual acuity, we are referring to central vision, which is tested by reading letters or figures on a chart. In addition to this direct vision, however, there is an indirect or peripheral sight, also known as the field of vision. When you are looking steadily at a distant object, you see other objects less distinctly to the right, left, above and below. This space, representing your field of vision, includes whatever can be seen while the eye is fixed upon a single object. Peripheral vision permits us to see approaching objects before they enter the line of direct vision. It also enables us to move about without colliding with surrounding objects.

Optical charts of the field of vision clear up many a baffling mystery of disease. If the outer half of the field of each eye is blind, the pituitary gland is enlarged, usually because of a tumor. Defects in various sectors of vision occur in affections of the central nervous system. Contraction of the boundaries in all directions suggests either degeneration of the retina and atrophy of the optic nerve, or a malady called retinitis pigmentosa. In hysteria and other functional neuroses, the fields are not only contracted, but become smaller and smaller the longer they are tested.

In addition to these irregularities in the field of vision, some diseases are characterized by islands of blindness. The patient may know of their presence or he may be wholly unaware of them. Every normal eye has a blind spot corresponding to the entrance of the optic nerve. This area, known as Mariotte's blind spot, has a definite size, shape and place in the field of vision. When it is abnormally large, it points to specific dcular diseases such as glaucoma (hardening of the eyeball), or to purulent infection. An area of lost vision in the center of the field-an abnormal condition-typifies tobacco-alcohol poisoning, Leber's disease or multiple sclerosis. Victims of migraine usually complain of peculiar islands of blindness-dark spots which grow larger and larger to the accompaniment of flashing streaks of light and bright lines.

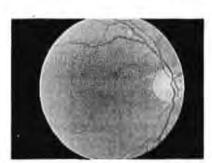
Sometimes, diseases which defy the ophthalmoscope become apparent only through study of the fields of vision. A short time ago, a very capable physician brought me his nephew for examination. A 19-year-old college student, the boy complained of recurring attacks of blurred vision. Neither the ophthalmoscope nor all-around physicial examinations had yielded the slightest evidence of the cause. We measured the area of his vision; it turned out to be well within the normal. Finally, tests for blind spots within the fields showed the young man blind to red and green at the center of his line of vision, although he could clearly recognize those colors off-center. With this evidence, we knew that we were dealing with a case of multiple sclerosis. It required no superhuman powers of wizardry to foresee a future of misery and tragedy for the

unfortunate young man—tremors, paralysis, invalidism and death—all within the next few years. When the diagnosis was originally made, the boy felt and looked to be in the best of health. But as time went on the disease took its course, and the ultimate outcome was inevitable, for multiple sclerosis is one of the still unsolved mysteries of medicine.

IV

Many, many more affections beyond those already cited are accompanied by changes in the eyes and frequently may be so recognized. A partial list would include such familiar illnesses as scarlet fever, influenza, mumps, diphtheria, ervsipelas, leprosy, chorea, neurasthenia, typhoid, relapsing fever, smallpox, plague and chicken pox, to say nothing of many less common disorders. At the same time, though, it should be borne in mind that the eye alone is not always an infallible guide. Ocular signs of internal trouble are not present in every case, for no patient presents all the possible symptoms of any disease. Also, the physician does not ordinarily base his diagnosis on a single symptom, although he can do so in exceptional instances. On the contrary, he avails himself of every possible aid, whether it be in the eye or elsewhere. Finally, an appraisal of general health must begin with a careful routine physical examination. This should disclose what further investigations of particular organs are necessary.

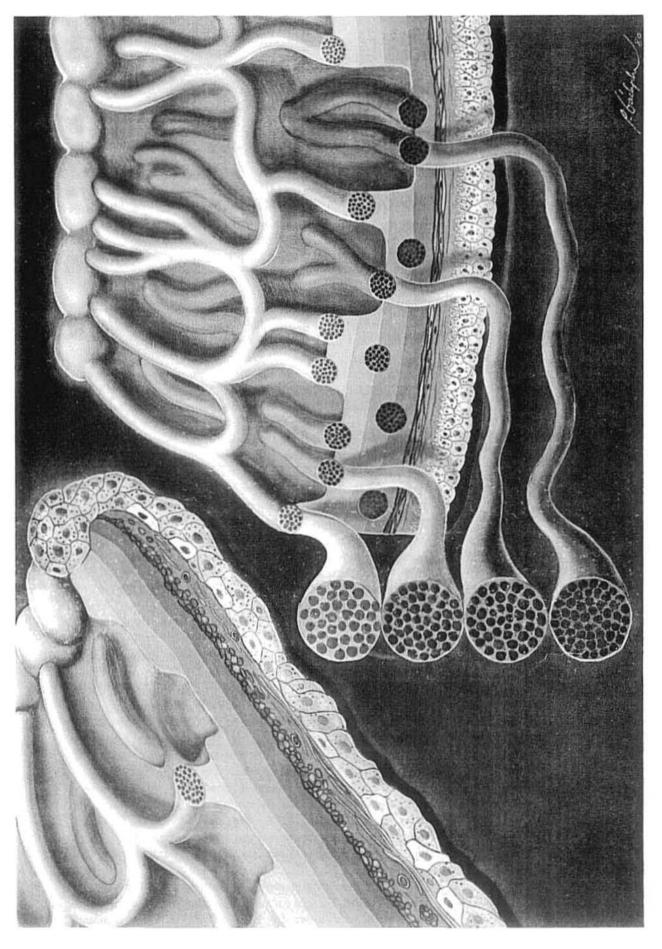
Certainly no one should have his eyes examined purely to determine the state of his general health. On the other hand, it is equally certain that no physical checkup is complete without a careful examination of the eyes. A study of the eyes will many times elicit data which cannot be found elsewhere. From an examination of the eyes, the ophthalmologist is often able to tell much more than the patient's state of health at the moment; he may bring to light maladies from which the individual has long since recovered, and he may even venture to predict, with uncanny certainty, disorders which will ensue in the months or years ahead. Thus, the eye is not only the "mirror of the soul" but a most remarkable reflector of sickness and health as well.



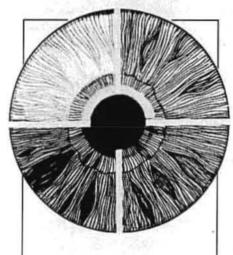




Fundus photography is used by ophthalmologists as an aid in diagnosing body conditions.



twelve



"Nature does not make superfluous organs. Images direct themselves to the object that has caused them, and from thence they are taken by the impression and transmitted to the common sense, and they are judged."

—Leonardo da Vinci

"All eternity will feel it all in body is connected with one another and all affected differently according to buildup and makeup to respond to everything that happens in vibration, movement, color, etc. Every ray entering our bodies has an affect on our nervous system and affects every nerve connected with it."

—La Vater

Four stages of tissue activity

In describing the stages of disease as found in the iris, I believe it would be helpful to give the medical definitions of these terms and then show how they relate to iridology.

According to Taber's Medical Dictionary:

Acute: Sharp, severe, having rapid onset, severe symptoms and a short course: not chronic.

Subacute: Between acute and chronic, with some acute features, said of the course of a disease.

Chronic: Long, drawn out; of long duration; designating a disease showing little change or of slow progression and long continuance. Opposed to acute.

Degenerative: Deterioration or impairment of an organ or part in the structure of cells and the substances of which they are a part. Opposed to regeneration. (We must add here that it is the point at which the body can no longer keep up with the disease; the balance has been tipped and there is a steady decline of tissue integrity.)

Inflammation: Tissue reaction to injury. The succession of changes that occur in living tissue when it is injured. The inflamed area undergoes continuous change as the body repair processes start to heal and replace injured tissue.

Iridology is used as an index to the various stages of inflammation found in the body. The iridologist must be able to determine when an inflammation changes and what brings about the change. This is accomplished by observing the fiber density, tone and color.

The stages of inflammation manifest in the iris as follows:

Acute Signs. Acute signs appear as an increase in the dimensions or prominence of the superficial iris fibers. They appear elevated with a change in color to white in the blue iris and very light yellow in the brown iris. The intensity of the white or yellow varies according to the activity of the acute process.

Acute inflammations represent an increased or disturbed metabolic rate in the area in which it is found, attended by an increased supply of blood, hormonal secretions, lymph and nerve force. It manifests as discomfort, discharge, inflammation of tissue, fever and pain. The more active the acute process, the greater the disturbance of the usual biochemical balance in the corresponding area; generally the change is toward extreme acidity.

Acidity and catarrh always work together; wherever there is acidity, there is a catarrh, phlegm, or mucus medium to carry the acids away through the five elimination channels. This elimination may occur in only one organ or in several organs simultaneously.

An acute condition may result from such pathogens as a mechanical irritation, chemical deficiency or bacterial invasion.

Acute symptoms such as aches, pains and discharges may also be signs of a latent chronic condition. We can distinguish this situation from the former condition by studying the history of the individual. If he has used suppressive medications over many years, if he has been "burning the candle at both ends" for a long time, there is a good chance the symptoms represent the emergence of a latent chronic condition. On the other hand, if he has been living correctly, eating sensibly and letting mucus eliminations proceed without suppression, then the symptoms probably represent only a minor acute elimination without an underlying chronic condition.

When treating an acute condition, suppressive medication should never be used. These only dry up the mucus and drive the catarrh deeper into the tissues, stopping the free flow of the catarrh, and causing regression into a subacute condition. It is best to assist the elimination with water treatments, herbs, manipulation, nutrition, etc. Rest, eat less solid food and let the elimination take place. In this manner, the tissue is cleansed and returned to a higher state of vitality.

However, if the acute condition is the result of a chronic condition found elsewhere, it is important to find the source of the difficulty and tackle it—not the superficial symptoms.

The acute symptoms which stem from a chronic condition are cared for in a different manner than those acute symptoms which began in the initial buildup of a chronic disease. We virtually ignore the acutely active secondary organ and concentrate on detoxifying the chronic tissue that is creating the disturbance. A good example would be that of the toxic bowel, which, in our culture, is very often the culprit. The absorption of toxic waste from the bowel can cause an acute reaction in what we call the secondary organ, which gives rise to a host of symptoms. We must detoxify the bowel first, disarming the cause of the problem.

Iridology is a master science in detecting the chronic conditions which are behind many of the acute symptoms that adults have, those that were not properly taken care of in their younger years.

It is for us to find out if we are treating first causes of acute manifestations or the chronic reaction.

Many times we do not realize the extent of the interrelationship between the different organs. It is well to recognize that we must take care of the whole body and treat it as a union of various organs capable of working in perfect harmony with one another in order to experience optimum function.

Western medicine, as a rule, suppresses acute symptoms. However, if no changes are made in the diet and lifestyle habits of the patient, the root of the problem prevails and the acute condition retreats into a subacute stage.

Let's be clear on this. Suppression of symptoms is always a mistake, whether the expression of symptoms is a sign of an acute, subacute or a chronic condition.

Iridology is an invaluable aid in determining whether we are developing a chronic condition from an acute condition or reversing from the chronic back to the acute, as found in Hering's law of cure.

Subacute Signs. The subacute stage is expressed through the iris in a similar manner as the acute stage; however, the white or yellow is less intense; the white is a grayish white; the yellow is more pigment-influenced and cloudy. The fibers are not elevated, rather they have receded back into the stroma and reflect less light.

The metabolic rate has not been sustained. There is a lesser degree of blood, lymph, and nerve flow, and the vital force is depressed. There is less pain and discharge for the moment, often leading us to mistakenly assume we are "cured." The subacute condition will finally regress into a chronic condition if the diet and lifestyle habits are not corrected.

Chronic Signs. Chronic signs in the iris appear as dark gray in the blue iris and a dull dark yellow brown in the brown iris.

The metabolic rate is lowered with a concurrent decrease in blood, lymph, and innervation. The immune system is weakened to the point that it can no longer resist so-called disease.

In a chronic state, the body functions are quite sluggish. Toxins are not eliminated properly, often being picked up and deposited in other tissues, which have decreased resistance. Fatigue results, and the body is slow to respond to corrective therapy.

It may take many years to build a chronic disease as a result of poor eating and living habits. It may lie latent for many years before new symptoms are expressed.

All too often, the chronic condition is taken care of by more suppressive treatments, so the patient's original trouble is still not cared for. We do not cleanse the blood nor make certain that all elimination organs are working at their highest potential. We do not give the proper biochemical support or rest, and the patient continues to live with deteriorating habits.

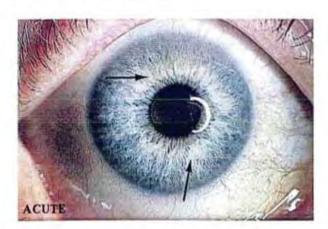
When a chronic condition grows active and symptoms emerge, it is an attempt by the body to get rid of the underlying factors causing the problem.

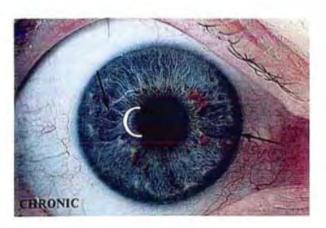
If the chronic condition is not brought back into an active state, it will become degenerative.

Degenerative Signs. Degenerative signs are expressed in the iris as a disappearance or recession of superficial fibers so that the lowest level is in evidence. The typical appearance of such an area is black.

The degenerative condition is indicated when the body no longer has the strength to produce a fever. It is slowly but steadily losing ground. We have a condition or ailment which is now difficult to reverse or correct, such as any one of these: arthritis, emphysema, cancer, diabetes, etc.

There are different symptoms expressed in every stage of activity. The homeopath endeavors to analyze the body by symptoms, whereas iridology goes directly to the iris and analyzes the state of inflammation as it is manifested in the eye. The vital force of any one organ is dependent upon the vital force of every other organ. The upgrading of the elements in any one organ is dependent upon the upgrading of the elements in every other organ. Each state of inflammation is treated through the application of nutrition, rest, adequate innervation and good circulation. In this way, we take care of the patient instead of the disease.

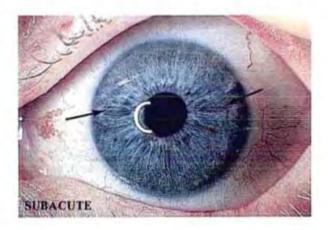




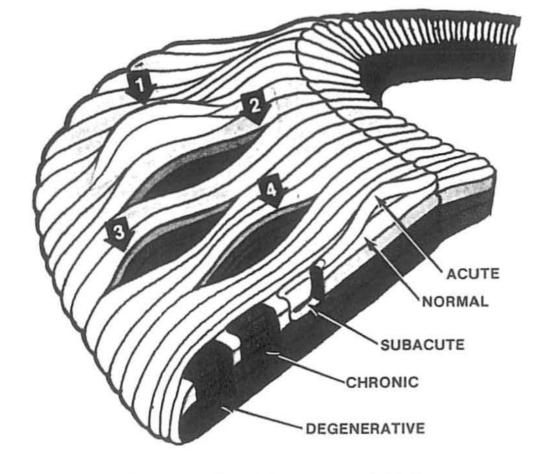
The body is a miraculous self healer. Even in the chronic state it can reverse disease. When it reaches a state of degeneration, however, the vital force is so diminished that the breakdown of the tissue is stronger than the regenerative power. Even in this condition, iridology, in its basic philosophy, offers a ray of hope. We must cleanse, then nourish and strengthen the integrity of the whole organism so that it will be able to reverse itself through the previous stages from which it evolved. Once this is accomplished, once it has again reached an acute state of activity, it will carry off the accumulated mucus, latent infections and miasmic conditions. This is the elimination stage or healing crisis.

No one ever had an allergy condition or flu who didn't have colds earlier in life which were not properly treated. No one ever had a chronic condition such as asthma, who didn't have a subacute condition first, such as sinus trouble, hay fever, coughs, bronchial troubles, etc. This process has been graphically illustrated in my chart titled "Pathways to Health and Disease According to Hering's Law of Cure," and is further discussed in the chapter on Hering's law.

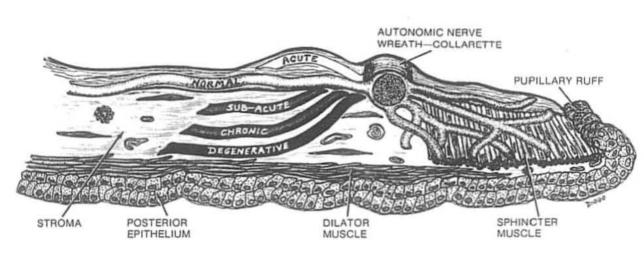
The study of the stages of inflammation, their location and the length of time they have manifested in the body is the foundation of iridology. These inflammations can develop into as many as 16,000 different disease names; but iridology does not name







The four stages of tissue imbalance as seen in the iris fibers.



Cross section of iris showing four stages of abnormal tissue activity.

diseases. It can only determine the stages of inflammation, whether acute, subacute, chronic, or degenerative. It can determine where the inflammation is, as well as when it leaves.

We dress the wound but let nature cure as much as possible, and when there is a need for assistance, it must be given according to nature's law. We must not treat for the sake of relief but for the elimination of the various stages of inflammation found in the body. Suppression is not the answer. The body must be restored through elimination of the cause of dis-ease.

Western medicine takes care of symptoms without getting rid of the underlying chronic condition. Suppressive treatment simply drives symptoms back in the body to reappear later.

The day is coming in which the true physician will forsake the practice of suppressing symptoms in favor of the natural laws of reversing disease and building a healthier body.

It is the diet and the mode of living which are going to make useful changes in the body. Sunshine and solar treatments may be necessary. Hydrotherapy, herbal therapy, acupuncture and massage will also help. We may need to listen to good music, have good friends and be around people who make us feel better. We may have to keep away from people who bring our attitude down or compromise our moral programs in life. We need to keep on working toward positive goals so our minds can generate the uplifting vital force that takes care of our physical body as well.

We have to break old habits of smoking and the drinking of coffee and alcohol. We have to give up the old habits that deplete the vital forces within our body. We cannot abuse this vital force continually without diluting its power and, if we want to develop strength appreciably, we cannot afford to diminish it by unwise living habits.

The symptoms created from the four stages of inflammation in the body run into thousands. If treatment of the symptoms is the objective, one must be a mastermind to analyze the exact nature of them and devise the exact combination of treatments that make them disappear. I believe it is much more efficient to locate the source of the problem, and with an understanding of the development of inflammation, assist the patient in the reversal of the disease process. This is why I consider iridology so valuable. It assists me in finding the primary organ that is afflicted and its influence on the other organs, thus allowing me to monitor the reversal process.

Symptoms come and go—but the root cause of a problem persists until it has been corrected. Whenever a chronic sign or lesion shows up in the iris, we know that the patient has gone through many different symptoms before that particular condition

manifests. Many of the symptoms have been forgotten by the patient, but they will return again as we reverse the problem and bring healing signs to the dark, chronic areas.

We know that whenever we see a lesion in the iris, we can expect to find a bacterial invasion or buildup in the corresponding tissue. This situation will be reduced or eliminated when the vital flow of energy is returned to that tissue. Also, at the point that the tissue strength has been restored, it will throw off the toxic material which has settled there. This new level of efficiency will also change the host—making it unfavorable to bacterial and parasitic invasion.

A case in point was a patient who complained of skin disturbances. During the healing crisis, head lice appeared. I asked the patient if she had ever had head lice before and she said, "Never!" After the crisis had terminated, the head lice were gone; the heavy scurf rim on the iris had diminished and the anemic condition of the brain had improved. A month later the patient reported that she had found out from her parents she had had head lice at the age of five, which were treated with kerosene. However, nothing was done at that time to change the host that had attracted the head lice. Lice cannot live in strong, healthy tissue. It was only through a complete elimination through the healing crisis and the rebalancing of the chemical elements that we changed the host and got rid of the lice, once and for all. Iridology revealed that a complete rejuvenation of tissue took place, which was accomplished through nutrition, iridology's therapeutic partner.

Bacterial consciousness hit in the early 1900s. The remedy consisted of finding the "bullet" that would kill the germ. Nothing was done about changing the constitutional integrity of the host so that the germs could not take root. It is only through balancing the body chemistry with proper nutrition that we can accomplish these changes.

To bring on a well-conducted convalescence, if you are now in a chronic condition or have a chronic inflammatory lesion within the iris, it is necessary to retrace and go back into the acute state. It must be kept in mind that the chronic sign originally was of an acute nature. It demonstrates that the condition was incorrectly treated and was not eliminated through a catarrhal discharge at one time. To bring about the retracing, we have to go through what is called a healing crisis. The iris provides the only way of watching the process of change in the body,

There are four points that we must consider in bringing these healing crises to an elimination stage.

 Make sure that the innervation is well developed and unhampered. This can be done mechanically and chemically.

- Make sure the blood is clean and chemically well balanced.
- 3. Make sure the circulation is efficient, that the blood travels at the proper rate of speed to every organ and tissue. This can only be done when the vital force is strong enough to govern the blood flow. One sign that indicates a problem in this area is called anemia in extremities, a term the iridologist uses to signify faulty oxygen supply to the extremities. Even though the bone marrow is producing blood of excellent quality, if it doesn't circulate properly, the tissues become anemic. This, in time, will cause hundreds of symptoms, from headaches to gangrene.
- Make sure that there is adequate rest. A
 person who is tired and fatigued cannot
 eliminate properly, nor can he rejuvenate,
 repair and rebuild.

Each organ needs certain chemical elements in order to function properly. When an inflammation manifests, it is the result of either too much or too little of a needed element. When the improper ratio is corrected, good health is restored.

We do not treat any organ by itself; we treat the entire body. We treat the patient, not the disease. Iridology gives us the ability to penetrate the inner workings of the human body, to behold its incredible organization. To kill a "germ" inside the body does not eliminate the cause of disease or get rid of chronic settlements in the body. The "germ" exists only when the environment of the organism is favorable to its growth.

Many of the antibacterial, antiviral medications and other metabolic inhibitors that act as suppressants actually predispose the patient to the degenerative diseases such as arthritis, heart trouble, asthma, emphysema and so forth. It is in using these that we develop what we call *iatrogenic* diseases, those which are caused by the treatments themselves. These are becoming all too common as more and more drugs are administered. If we continue to suppress the roots of our troubles, we will find one day there won't be enough drugs to alleviate all the symptoms which arise in the body as the result of their misuse.

As we take care of diseases, we proceed a step at a time. In one organ, we remove a little of the acids. In another, we dilute the miasmic settlements. In another organ, we build up the chemical balance. In yet another, we develop a degree of resistance. As we put all these things together, we find that eventually the chronic disease is broken down little by little to the place where we can finally eliminate it through the reversal process. It is to our advantage to realize that it is not necessary to wait for a disease to appear before starting to remove some of the toxic miasmic conditions which have developed over a period of years. We know that daytime sleepiness which comes whenever we sit can be caused by a lack of magnesium. Frights and fears can come from a lack of manganese. Certain eruptions in the skin such as boils, psoriasis, and so forth may show a need for silicon. We find that we can care for many of these symptoms through chemical feeding. It is well to realize that this biochemical feeding can help balance the body.

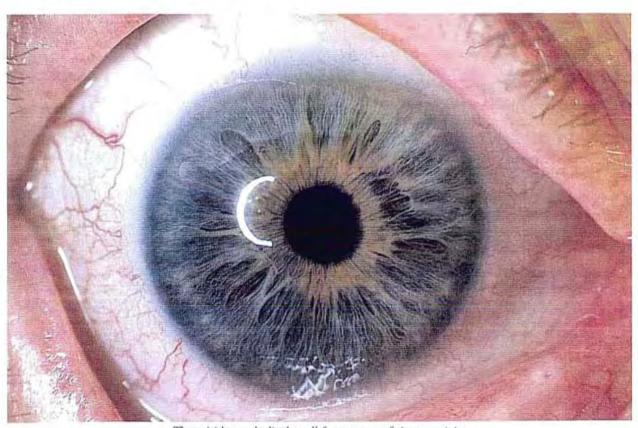
Herbal treatments can be useful, as can the homeopathic remedies. It was Henry Lindlahr who said he never hesitated to prescribe homeopathic medicines, herb decoctions, extracts and the vital chemical remedies for his patients. These remedies assist in the elimination of morbid matter from the system, thus building up blood and lymph on a normal basis. These deficient mineral elements will be supplied to the system in an easily assimilable organic form. Herein lies the legitimate scope of my remedies. Dr. Lindlahr further states that all medicinal remedies which build up the system on a normal, natural basis and increase its power to fight against disease without inflicting injury upon the organism are welcome and consistent with nature cure methods of treatment.

When substances which are not congenial to the system accumulate in any part or organ of the body in sufficient quantities, they will indicate their presence by certain signs and abnormal colors (stages of inflammation) in the corresponding areas of the iris. In this way, nature makes known by her records in the eye which substances are injurious to the body and which are harmless.

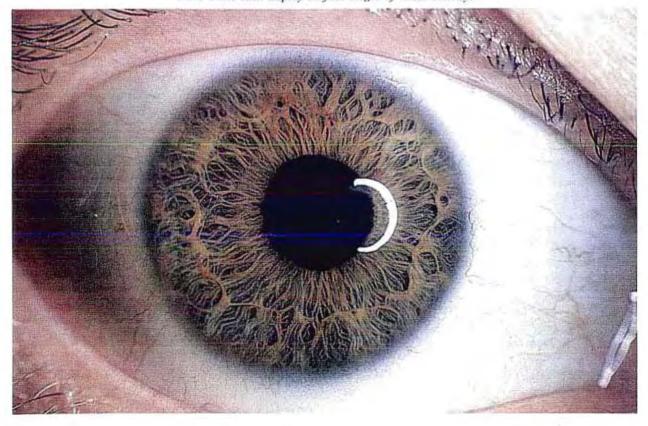
We find that there is no skin eruption—no matter what it may be—which can be properly handled through externally-applied treatments. It is an evolvement of many body processes. Skin eruptions are compelled to come forth by a general disease state within the organs.

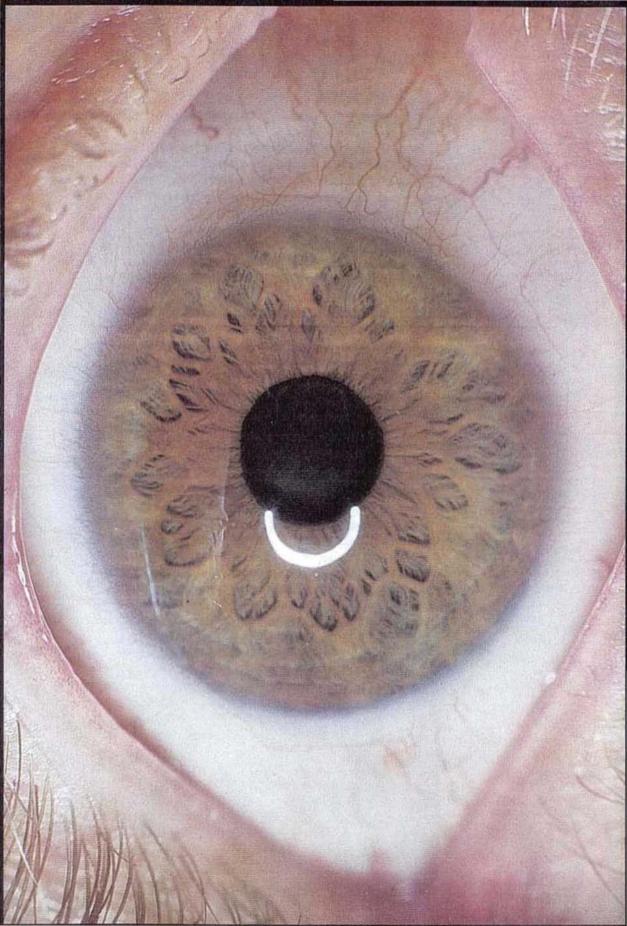
Dr. F. M. R. Walshe, writing on clinical medicines in the Lancet, December 16, 1950, page 784, stated, "Judgment is the essence of the clinical method in its fullness, Diagnosis is the product not of guessing, but of a sifted experience by which the significant is recognized by such rapidity that the steps of reasoning are not discernable to the uninitiated." We can also say that if the diagnosis or analysis is not correct, the treatment will not be correct either.

There are no two patients with the same symptoms, the same route of troubles in the same place at the same time and development. For this reason, without a way of determining the accumulated effects of the symptoms in the body and the stage they are in, it will be difficult to find any scientific basis for treating the patient.



These irides each display all four stages of tissue activity.





thirteen



Constantine Hering

If greater attention were given to the universal laws which govern all forms of life, we would naturally mature with a respect for the guiding agencies which reveal themselves in the operation of nature.

-Manly P. Hall

The race advances only by the extra achievements of the individual.

-Charles Towne

Creativity is what cannot stop, cannot backstep: faster or slower, it always goes ahead through, alongside, above, regardless of crises or systems.

-Jose Rodrigues Migueis

Hering's law of cure

The proper and orderly functioning of our world and universe proceeds according to eternal truths embodied in the form of recognized law. In all disciplines there are basic, fundamental laws that form the foundation upon which material reality draws its existence. All of scientific inquiry, investigation, and research is devoted to revealing those laws as they relate to the physical world.

In the realms of body, mind, and soul, there are also laws. Traditionally, the laws of the body are the domain of the medical doctor, the laws of the mind are the domain of the psychiatrist or psychologist, and the laws of the soul the domain of priest or pastor.

In the realm of natural health therapeutics, there are also laws. There are the healing powers of sun, earth, air and water which, when applied according to law, become our most powerful agents against disease and illness.

Hering's law of cure was discovered while working with these natural laws, and it has proven to be the greatest discovery ever made in its field. It is consistently verifiable and constantly working in the body of every person. When all the preconditions for its activity are present, it functions with amazing results.

Often observed by medical people, it is almost always misunderstood. Just as the earth has always been a sphere, there was a time when it was "absolutely known to be flat."

Hering's law is an angel in disguise, a harbinger of healing. When it is manifested, disease is overcome. As a consequence, healing takes its place where there was previously corruption and disease. During the healing process, there is a departing of the negative causative influences. As they leave, various symptoms are always present, such as fever, aches and pains, discharges of all kinds, swelling, tenderness, flushing of color, and others. There are classical signs of physical disorder which are traditionally regarded as disease and suppressed with drugs, surgery, and radiation.

There is a great need to make a clear distinction between the symptoms of a disease process and those of the healing process. They are two distinct processes. One is the result of the body succumbing to disease; the other is the result of the body overcoming disease.

The disease process and the healing process are treated alike by traditional medicine. There is a basic underlying presumption behind this practice. The way in which health is viewed is directly responsible for this error. By today's standards, health is measured in terms of absence of symptoms. If you don't hurt anywhere or have any symptoms, it is assumed you are healthy and well. In other words, if you're not sick—you're O.K. By this standard, we reduce the health level of the populace to just above the symptom threshold and hold it there, allowing the population to wallow in a morass of subclinical illness that comes to the surface in the many forms of degenerative diseases which we are now witnessing. Approaching health care by this standard, the blessings of the healing process are not recognized as beneficial, but instead are dealt with as though they were manifestations of disease. The symptoms are suppressed and true healing is thwarted.

Everytime the body gains enough vitality to correct an internal imbalance, it is hit again with a suppressant. In time, this process undermines the health-building principles, allowing an infiltration of the degenerative killers.

This is why the miracle of Hering's law of cure is basically unknown among allopathic practitioners.

When the body is in a healing process, it is essential to give it all the assistance possible in order to promote the evacuation of disease elements manifesting as phlegm, catarrh, mucus, fever, etc. This is nature's way of righting what was wrong, and we call it the "reversal process." It is a key principle to Hering's law of cure. I believe the nutritional field is proving Hering's law of cure more than ever. It is not just the presence of the reversal process that we should be aware of; we must also realize that we cannot avoid it. It is inevitable that we will experience the reversal process when we live correctly and do the right things according to the laws of healthy living.

During the 19th century, the European homeopath, Constantine Hering, made a discovery which has ever since guided and inspired those who follow the path of natural healing. Hering's law of cure states, "All cure comes from within out, from the head down and in reverse order as the symptoms have appeared in the body." For the past 50 years of my practice, I have found that Hering's law provided an excellent tool to work with, a law that confirmed the results of iridology repeatedly.

In iridology, we find that nature has given us a window into the interior of the body. The iris is the most complex anatomical structure to meet the outside world, revealing the degree of pathology existing in any organ. As healing progresses in the body, we find the dark lesions in the iris gradually filling in with white healing lines from the "inside out," indicating the tissue changes taking place within the body. The process of healing culminates in a healing crisis, an elimination process in which the strengthened organs and tissues finally throw off the toxins and acid wastes that had caused the problems. Often during a healing crisis, we find the nose runs, the ears discharge, the tonsils enlarge, and fever sets in-a reversal of symptoms that may have begun decades ago. It is a great satisfaction for both

iridologist and patient when an examination of the irides reveals the appearance of white healing lines. This is a sure sign that the right path has been taken.

Pathways to Health and Disease

I have developed a chart showing the pathways to health and disease observed in the iris. My chart, based on experience, conforms closely to Hering's law of cure which, in all probability, was also derived from experience.

My chart shows how the degenerative processes that lead to chronic disease all begin with the superimposing of factors that undermine health and vitality upon the inherent weaknesses of the body. Beginning with the suppression of acute symptoms and catarrhal discharge, the body is forced to internalize catarrh and toxins even deeper into the inherently weak tissues and organs, moving through the subacute to the chronic stages and, if untreated, to the degenerative stage. All four stages can be seen in the iris.

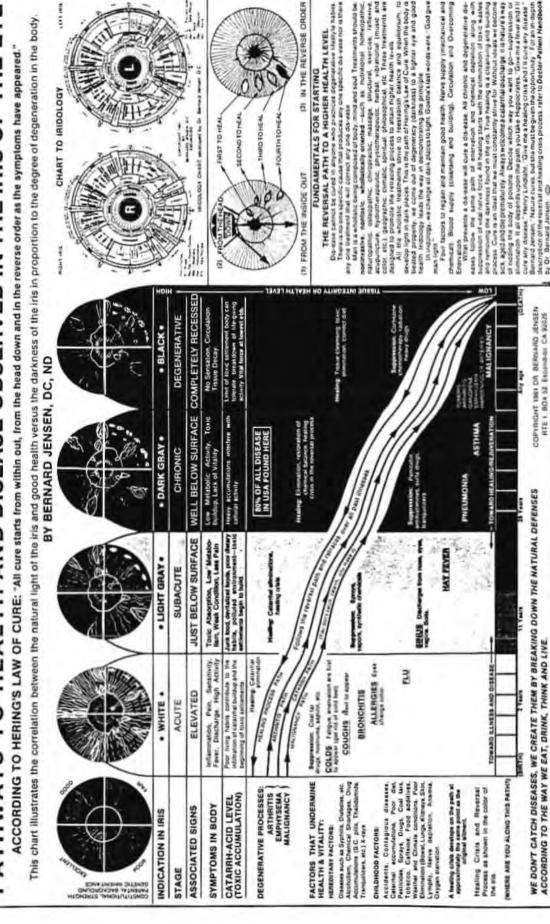
Typically, as a condition proceeds toward the chronic stage, more powerful drugs are needed to suppress symptoms. We find that 80% of all diseases in the United States are in the chronic stage. But when we learn what we need to know to get started on the reversal path to a higher health level, we can retrace the path back to wellness.

As we adopt right-eating habits and a better way of living, our bodies mold to the new pattern. Our state of health retraces backward along the same path that led us downhill during the period of suppression. We experience a series of healing crises that retrace past illnesses, starting with the acute conditions, then moving one by one into reversal of subacute, chronic and degenerative conditions—each time retracing old illnesses and throwing off catarrh and toxins our bodies have held.

To bring about this reversal process, we need to take care of the nerve supply and eliminative channels, cleanse the blood and build up vitality. Tissue rejuvenation cannot be accomplished with drugs. It must be brought about by good nutrition. We find that what prevents a disease will cure a disease.

As a rule, a healing crisis will develop along the retracing pathway at about the same point as the original ailment—because we have brought the body back to the point of health where the condition developed, and it is then strong enough to throw it off.

PATHWAYS TO HEALTH AND DISEASE OBSERVED IN THE IRIS OF THE EYE



How Do We Find the Source of the Problem?

All primary care health professionals begin their work with a new patient by examining the patient and by inquiring about symptoms. The physician may find inflammation in the throat. But what is causing the problem? The blood pressure may be high. Why is it high? We find the patient has a temperature. There is infection somewhere, but where? A laboratory urinalysis may show a problem in the kidney area. Which kidney? And is the condition in the kidney itself or is it reflexed from some other organ? The patient may complain about stiffness in the joints, weight loss or menstrual disorders. Where is the cause and the solution to the problem? On the inside. Always on the inside. Change comes "from within out" as Hering's law of cure states so well.

Iridology provides the only means of analysis that traces the source of the problem, whether it is in an organ that shows an acute condition in the iris or whether that organ is reflexly irritated by some other part of the anatomy. The iris reflexes tissue conditions **inside** the body.

"All cure comes...from the head down," says Hering's law. What does this mean? It means many things. A good philosophy is part of getting well—a philosophy that brings cheerfulness, happy moments and an attitude of determination to overcome. Where is a person's philosophy? In the head, we say. The person who nurtures hatefulness, destructive ideas, misery and other negative feelings is sowing the seeds of dis-ease, not health. Such an individual will experience difficulty in getting well. We must reevaluate and restructure the "nourishment" that goes into the mind as well as the nourishment that goes into the body.

For example, according to R. H. Van Wyck, Director of the Vancouver Institute of Applied Psychology, "Each physical state is accompanied by a psychological counterpart, and strictly psychotrauma or heavy emotional material is also reexperienced during the reversal and healing crisis process." Dr. Van Wyck uses iridology to determine the degree of toxicity in the body. He has observed that a patient's ability to improve behaviorally is linked to the level of toxic accumulation. A healing crisis, then, helps get rid of psychological "junk" as well as toxins at the physical level.

From a wholistic health perspective, we must look at the whole person—not only the body, but the attitudes and emotions as well. Are there marital problems? Is the individual working for Ulcers, Inc.? These things need changing in the head first of all. The patient may need a new direction in his thoughts to give him the faith, inspiration and courage to embark on a new path, to become a "new person," so to speak, "from the head down."

Health is learned and earned. Dis-ease often takes many years to manifest, and the return journey to good health is not an overnight trip. Health is the reward to the person who lives a better life. It is a goal worth setting and striving for, but we must work for the changes that occur. We must "feel better" in the mind before we can "feel better" in the body.

As we start the process of building a new body, probably eliminating catarrh or losing weight, our bowels function better and other elimination channels improve. We select foods with greater wisdom and forethought. To gain in wisdom and understanding is to reach for the finer things in life. We realize we deserve the very best. This is cure coming "from the head down."

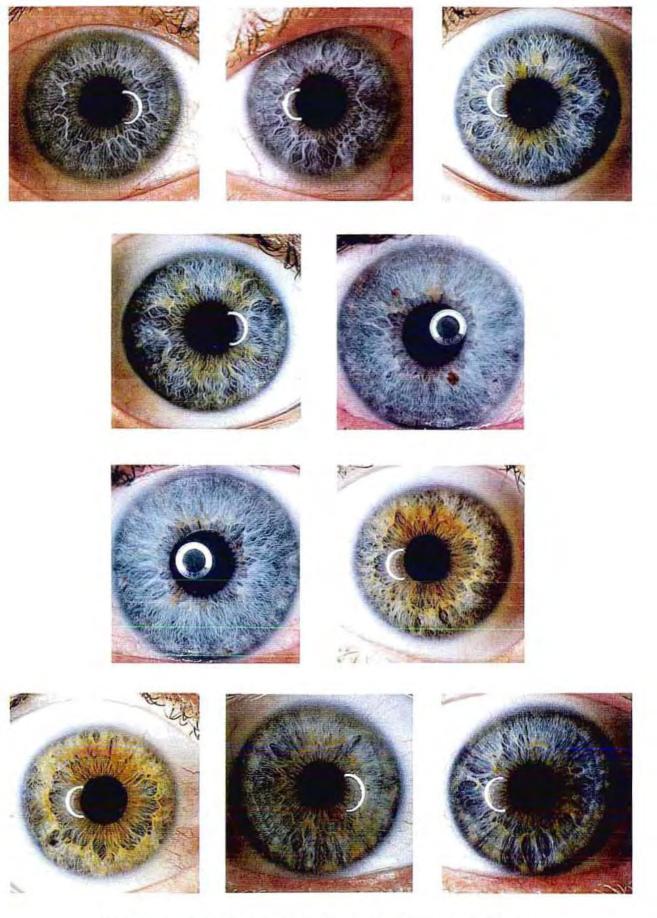
It was Dr. Lindlahr who said that the true homeopathic medicines and high potency doses are so highly refined and rarified that they cannot possibly produce harmful results or suppress nature's cleansing and healing efforts. On the contrary, if employed according to the law of homeopathy, "like cures like," they assist in producing acute reactions or a healing crisis, thus aiding nature in the work of purification and repair. I believe in this approach, and I believe that foods are nature's way of supplying biochemicals in the right dilution according to homeopathic principles. Hering's law works beautifully with the science of nutrition.

Ignorance is the source of most health problems. How can we expect to have a first-rate body on third-rate foods? Do we read the labels to find out what we are buying that will soon become part of our bloodstream, our cells, our tissues? The body does the best it can with what we give it, but we must learn to work with nature and not against it.

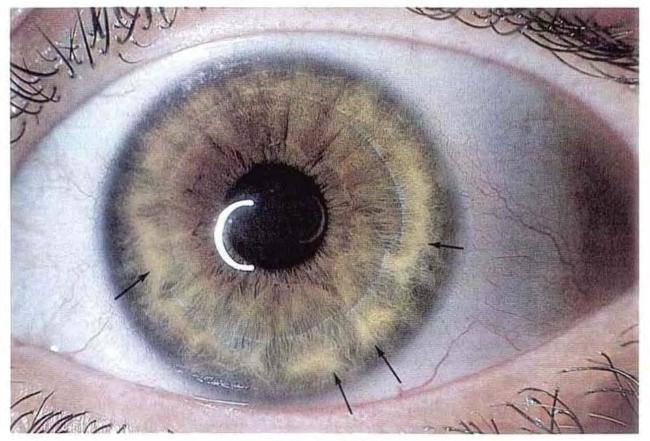
The great secret of iridology is the translation of what is going on inside the body from what appears in the irides. The iris speaks the language of tissue conditions, and when we learn to translate and understand that language, we begin to see why a wholistic approach is necessary. Every cell in the body affects every other cell. Every organ affects every other organ.

We find that we cannot work at a high-tension job, come home to a poorly-cooked dinner of devitalized foods, stay up late watching television and expect the body to remain healthy. To carry off the nerve acids and the indigestible substances in the foods, a little catarrhal condition develops. Instead of letting it run to get rid of toxic wastes, we hurry to the doctor's office to get a suppressant for these unpleasant symptoms. The symptoms disappear—but not the problem that caused them.

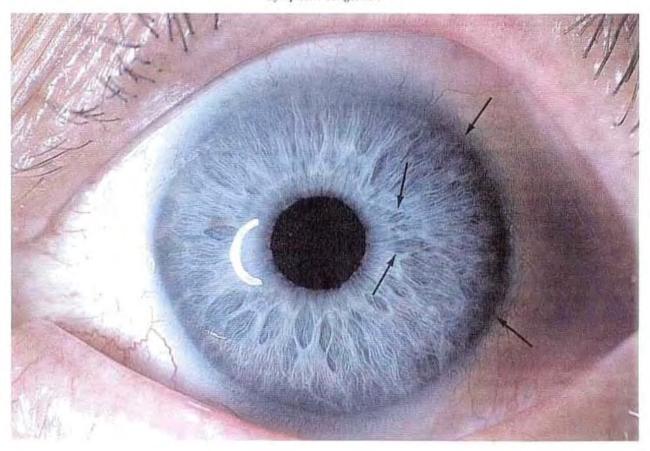
The combination of catarrhal-producing foods and suppressants is potent, a dangerous pattern of living. Toxins are retained in the body, and we



The above eyes display the acute signs we look for in anticipating the healing crisis.



Lymphatic congestion



Underactive skin as evidenced by scurf rim and pocketed condition.

advance to the flu stage. We take medication for the flu symptoms, further interfering with the body's natural defenses. The body's millions of antibodies are slowly being destroyed. There is too much toxic material for them to handle. We live in a body that is no longer capable of defending against dis-ease, so we return to the drugstore and the doctor's office over and over again. We are "hooked" on medical treatments that only give us a temporary respite before we are back for another treatment. Doctors make a living on such people.

Next, we move into the chronic stage—asthma, arthritis, rheumatism or some other typically chronic manifestation. We have literally earned this dis-ease state for ourselves by our living habits. To get off this "merry-go-round" of deteriorating health, we realize we must take a new path.

The iridologist looks into the eyes and reads the life history of that person in the iris markings. The dark lesions, nerve rings, radii solaris and so forth reveal the path that has been taken—and indicate the new path that must be embarked upon to bring light into the dark places of the irides.

When we treat the whole person, providing wholesome food for both the body and the mind, every cell, tissue and organ responds. Fasting alone is not enough. Exercise alone is not enough. Rigid diets that have "done wonders for somebody else" are seldom adequate and often disappointing. We have to take a balanced approach, a wholistic approach. Organs that may have been hypoactive for years begin to react to the influx of new energy by gaining strength and rejuvenating the cell structure. When the health of the whole body has risen to a certain level, a "healing crisis" occurs.

We have to recognize that when we are working for a healing crisis, we are going to activate storage places of chronic settlements and toxic materials that may be settled in inherent weaknesses in the body. As we increase the vital force and the chemical balance in the inherently weak organs, we find that we activate the toxic material settled there. When we activate that material, it goes back into the bloodstream and it starts its process of being eliminated from the body. This is not always a pleasant time.

During the healing crisis, we liquify this old, stored-up toxic material that has become concentrated and settled in the various organs. As it becomes free flowing, we find it works its way out through the elimination channels and through all the various orifices of the body.

When this healing crisis comes, do not attempt to stop it. We find this catarrhal elimination is a means of cleansing the body, making us whole again, as we are supposed to be. You may find a great weakness comes in these few days. It invariably lasts about three days. After that your strength will return and you will come back feeling fairer than all the king's youth.

The healing crisis exemplifies what is meant by Hering's law when it speaks of cure coming "in reverse order as the symptoms have appeared." The difference is that this time the elimination of toxic material is being assisted rather than repressed. A healing crisis generally occurs after a period of increasing well-being and health, and its duration is usually three days or less.

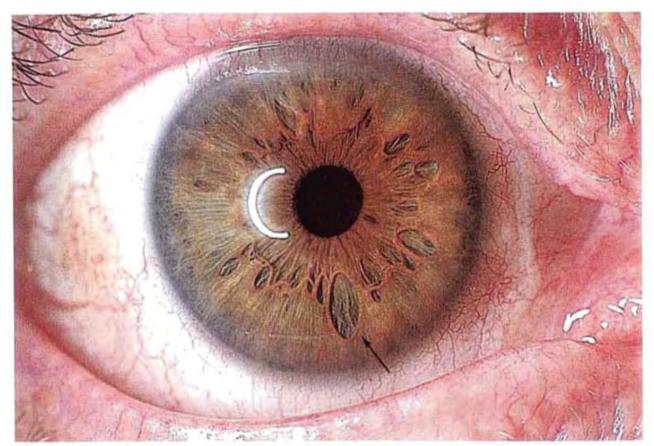
Is it possible to get well through the reversal process? Skeptics say, "Well, it sounds good—the theory is wonderful. But does it work in practice?"

When Hering's law and the reversal process are applied in practice, the patient undergoes a cleansing program which results in a healing crisis. This crisis is both important and beneficial, an elimination process triggering the recurrence of old physical problems-the nose runs, the ears discharge, the tonsils enlarge, fever returns to burn out waste products-almost as though memory tapes of these events in the brain were being brought together and all played at once. Conditions once suppressed by drugs or other treatment are now released. Keep in mind the fact that the healing crisis generally occurs at a time when the patient has advanced to a level of enhanced strength, energy and physical and mental well-being due to good living habits. As the person continues in a pattern of healthy living, he or she may encounter several healing crises at various intervals of time; each one releasing different physical problems of the past.

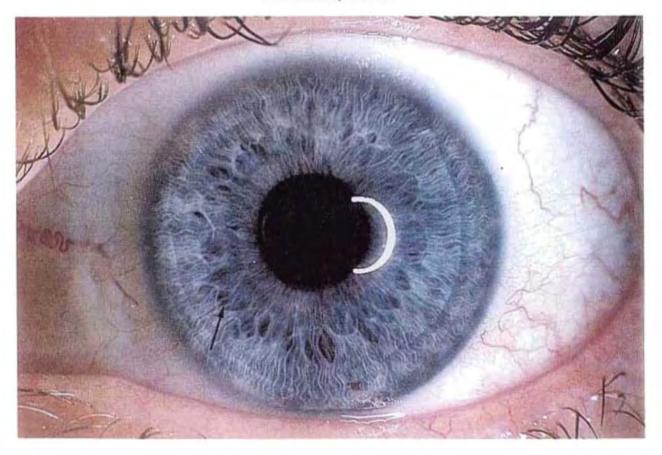
If the remedy is well chosen, the proper chemical elements are restored to the organs that have lost their power and energies because of past improper chemical balance. And if we can build up the vital force, we find out that it is here the nature cure will take over and there will be a speedy and perfect readjustment. Nature will have her way. The disorder runs its course and the return to normal conditions will be quicker and more perfect than if drugs are used. We find that drugs, when used, will bring on a removal of the symptoms; but, it is not just the symptoms we want to get rid of. We want to start nature's healing process. This will be interrupted if we use drugs, and suppression will take place instead.

We have to use remedies that assist nature in removing the old encumbrances; whereas allopathy changes the acute inflammatory healing effort into a chronic destructive disease through suppression.

The experienced iridologist can predict the reverse order of symptom removal in his analysis, which will later constitute proof of the correctness of the analysis and of the treatment undergone by the patient. The healing crisis is often severe enough to inspire the patient to permanently adopt a new and better lifestyle when it is over.



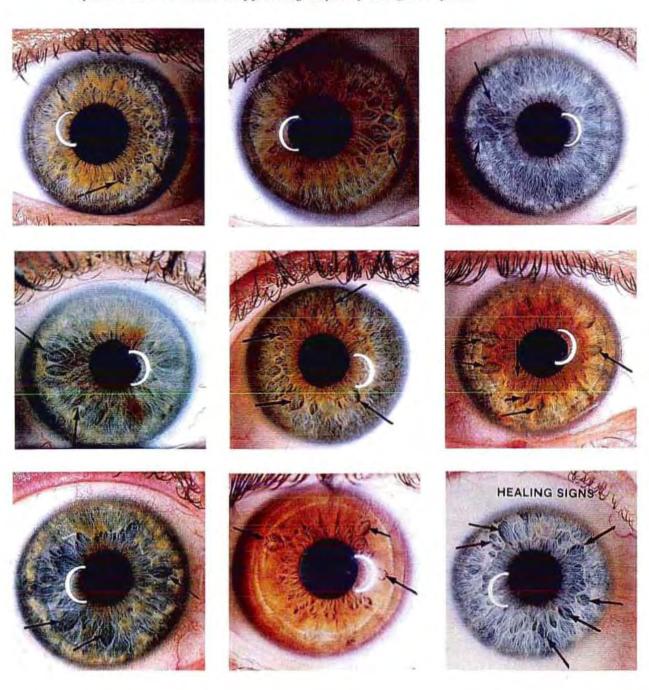
Inherent kidney weakness



Underactive digestive ability, small intestine.

We cannot provide a new foundation for the body without first going through the elimination process, an experience which is seldom comfortable. We work for the crisis in our practice because we realize it is an effective method for cleansing the body, getting rid of chronic conditions and restoring good health. The goal of perfect health may never be attained, but in the reversal process, we understand that new tissue replaces the old, and a better body is being made. This remarkable process is apparent to the iridologist as he observes white healing lines filling in the dark crypts in the irides.

The irides shown below display healing signs, which take the form of a tree within a lesion area, branching out toward the iris perimeter. These signs and the changes in the body which produce them are the reward of following the path of Hering's law of cure.



Psora and the Skin

The irritation of an itch on any part of our skin always draws our attention so that we want to take care of it immediately. We can seldom do much about a stomachache or kidney pains, but we always want to put something on an itch. The skin is accessible. We often suppress eliminations that appear through the skin, and it is the suppression of catarrh that develops what we call psora within the body. And psora is a fundamental source of our chronic maladies.

Suppression at the skin level drives the condition causing the itch into the body where it begins to affect the organs. Psora is the oldest chronic miasmatic disease known to man. Even the most robust consitution finds it difficult to destroy and extinguish psora by its own strength.

Psoric itch is the oldest and most prolific of all the chronic diseases. It has been mentioned in the Bible, which dates it back at least 3,500 years. Hahnemann, the founder of homeopathy, claimed that psora is the universal mother of all chronic diseases.

During the 14th and 15th centuries, the psoric itch became a terrible problem due to the drugs used during that period. People scratched continually because of their unbearable itching. But, the more it was suppressed, the more it spread throughout the population.

A crisis comes when our bodies begin to eliminate the toxic material within. When our vitality has reached a stage where our internal organs can begin to throw off catarrh, these toxic materials have to get out through the eliminative channels, including the skin. We call this a healing crisis, and it is usually induced by proper foods and right-living habits that have brought a better chemical balance to the body. This is the ultimate solution to the problem of psora.

The key is replacement. Old ways of life must be replaced by new ones. We must eat better food, rest more, change our outlook on life. The psychological aspect is easily as important as the physical aspect, and a good philosophy of life is an intimate part of getting well. The mind needs nourishment and rest as well as the body.

We must realize that health is learned and earned. The common cold is a friend of mankind, not its enemy; the cold is an eliminative process for getting rid of catarrh, and this eliminative process can best be assisted by eating less (or even going on a three-day juice fast) and getting plenty of rest.

It is time to face the fact that the American preoccupation with hot dogs, hamburgers, cola drinks and the avalanche of sweets available everywhere is an invitation to misery. These are the

greatest catarrh producers we can force on the body. The combination of suppressant drugs and catarrhal-producing food is particularly potent. Those who take suppressants at the onset of a cold, cough or bronchial disturbance quickly advance to the "flu stage" of susceptibility.

Chelation

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 atherosclerosis, 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.

In the iris, we find what we call a cholesterol ring in many of our patients. This iris sign indicates that cholesterol, calcium and sodium have come out of solution in the blood to deposit on the arterial walls. We can take care of this problem by tissue cleansing and dietary changes, but I believe chelation is an effective means of speeding up the cleansing process. Chelation also takes the toxic heavy metals out of the system, a very important step.

Dr. B. F. Hart points out several conditions that are helped directly by chelation: (1) coldness in the extremities due to interference of blood flow by arterial deposits; (2) ulcers on the legs, ankles or feet, particularly in diabetics; (3) angina pectoris; and, (4) mental problems due to impeded blood flow to the brain. He notes that ten or more treatments are necessary for best results. Potential users must have tests to see if the heart and kidneys are capable of normal function during the process.

Patients undergoing chelation are asked to stop using white flour products, sweets, alcohol, tobacco and coffee, since these items reduce the response to treatment. They also take vitamin and mineral supplements. Chelation has had mixed success with rheumatoid arthritis, scleroderma and other collagen diseases.

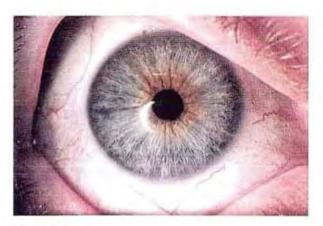
I believe chelation fits in with Hering's law, because it reverses a physiological phenomenon which contributes to chronic disease. But chelation alone isn't enough. We need to take care of the bowel and revitalize the body by taking in nutritional foods. We need to pay attention to exercise and attitudes. In other words, we need to treat the whole man.

Wintertime is so often a period of colds and flu that I cannot help wondering whether we have taken proper care of our bodies the preceding summer, by eating plenty of fresh fruits and vegetables and getting sufficient sunshine, exercise and fresh air. Winter involves eating fewer fresh foods, indoor living away from fresh air, heavier clothing that interferes with elimination through the skin and lowered physical activity. According to insurance statistics, March-the last month of winter-is the time when there are more catarrhal ailments and more deaths from penumonia than during any other time of the year.

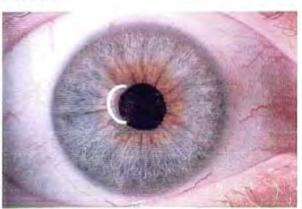
In deliberately setting about to activate the reversal process, we require approximately a year to overcome most health problems. The cell structure cleanses and rejuvenates slowly. Young people reach

The following story is taken from my case history files and represents a living example of Hering's law as it was experienced by this young man over a five-year period.

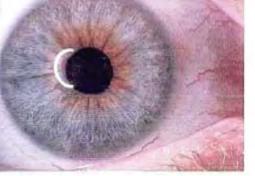
Val came to me in 1977 and was a pretty sick man from a physical and mental standpoint; his doctors had given him only a few weeks to live. He was 52 pounds overweight with retained water. The doctors had taken liquids away from him, and told him that he might as well die at home as in the hospital. Test results revealed glomerulonephritis.



BEFORE



AFTER



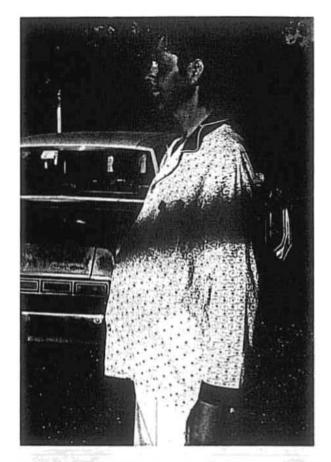


The above photos are before and after examples of a patient who followed the cleansing process and discovered the value of Hering's law of cure.

the healing crisis before older people, but it will come sooner or later for anyone who has the determination and self discipline to stick with it.

Asthma cases are the most difficult that have ever walked into my office. I do not welcome asthmatic patients, because they have often resorted to the most powerful suppressant drugs on the market. Yet, I have seen Hering's law of cure at work in many asthma sufferers, the most desperate of whom is the emphysema patient. The results in many of these cases have been wonderful.

In looking into this man's eyes, I noticed that the greatest chronic and degenerative lesion was in the bowel area. Finding deep lesions in the bowel and kidney areas, I recognized from past experience that most elimination diets stirred up toxic material to such an extent that the kidneys had to take care of all the stirred-up acids. This caused an extreme elimination to take place through the kidneys. placing a tremendous burden upon them. With this in mind, I skipped the kidney entirely, and worked strictly on the bowel. I considered the bowel condition to have preceded the trouble that now existed in the kidney. We worked on all the





eliminations. We worked on the skin, which was quite dark and black. I found the toxic condition was very heavy in the bronchial tubes also. While he had a great inherent weakness in the right kidney, I realized that its effectiveness in taking out the toxic material in the body could not be counted upon.

His tests showed a very high creatinine level. It was determined that there was more to taking care of this condition than just the creatinine. Other toxic conditions were revealed that were not evident in the testing. I suspected that all his troubles had begun in his childhood. He was a man who lived mostly on a farm and had nothing but starches, creamed wheat cereal and milk in his early days. This heavy milk drinking had produced a heavy catarrhal condition



Note the signs of edema in these photos. Val was 52 lb overweight due to excessive water retention. (Opposite page) During the cleansing, 32 lb were lost

(Opposite page) During the cleansing, 32 to were lost (mostly water).

that his elimination channels could not properly handle. His one-sided diet program had finally developed into the extreme bowel condition that is associated with these problems.

Our first task was to break down the chronic condition settled in the bowel. Healing signs began to develop there as a result of this effort. It was a sign that he was beginning to develop the proper amount of calcium required to overcome the inherent weakness and the settled toxic condition. While he had been a heavy milk drinker, heavy grain eater, he was not handling calcium properly in the body. He was depleting his body of calcium because he was not digesting it properly. Through heavy eating, not fasting, which was just the opposite of what we usually do, I found that we were not overworking the kidneys, but were able to bring on a heavy acid elimination through the use of liquids. As a result, the bowel condition began to change. This was one of the things we had to do in order to get a greater support of healing in the kidney area, which was yet to come.

In 30 days, he lost 32 pounds. This 27-year-old man began to feel wonderful, feel marvelous. All at once one day, when he was saying he never felt better in all his life, he developed a healing crisis. The 31st day, he developed diarrhea. We treated it as a perfectly natural thing. He was averaging 30 bowel movements a day! He was on the toilet constantly for three days. We found the waste material that passed from him was unbelievable. He couldn't believe it himself.

The diarrhea lasted for a period of three days. He lost 12 pounds in those three days, just through the diarrhea action. This was his first healing crisis.

While he had lost 32 pounds, he gained some 4 or 5 pounds again, after the crisis was over. He continued his healing process by eliminating his past poor habits and all those things that were draining the natural resources and energies.

In another four or five months, he developed another crisis. This time he had diarrhea again. He had an acute elimination of catarrh along with it. This lasted only three days. He lost another 10 pounds. This crisis came after he was feeling his best. After the crisis, he came back feeling better than he had felt in many years.

During his third healing crisis, he had vomiting and digestive disturbances which lasted a matter of three days. During those crises, he ate practically no food, and used vegetable broths. He had a good deal



of rest. During this time, his eyes were showing healing signs in the kidney areas. He had no kidney reaction up until this time.

Recently, he had another healing crisis. This time he had a mental crisis, which is in tune with the law, "from the head down." This is most interesting. Why didn't it start to begin with? Along with this occurrence, he was feeling better. He had more courage, more will to stick to his diet. His motivation was strong because he began to realize that this was a way of getting well. This inspiration kept him going so he did not go back to his old ways of living.





Now, we observed that as he approached the third healing crisis, he was down to his normal weight of 142 pounds. Physically, he looks like a new person. He has gone back to work again.

There were other things happening from a physical standpoint. He was experiencing bloody excretions from the testicles which usually occurred in a nocturnal emission. This situation was practically all gone after the third and fourth crises had occurred.

Now I want to show you the first pictures that were taken of this man's eyes. In comparison, you can see the same eyes five years later as they lighten up, showing the healing signs or the calcium luteum lines as they begin to form in the intestinal tract and in the kidney areas. Here again is the reversal process showing how we cure from within out, from the head down, and in the reverse order.

He had bronchial troubles as a child. During the last crisis he had, there was an extreme exudation from the lungs. This was a heavy catarrhal elimination taking place. It is since this experience that he has gotten his energy back and is on the road now to good health.

He must recognize that he will always have the inherent weakness in the kidney and that it will always require watching and being taken care of properly. It is well for him to know this and to act accordingly, which he has been doing. He has now rejoined society with courage. He is so happy to work at two jobs now, since he has not been able to work for some years.

Usually, in such serious degenerative conditions, it is said that it takes about five years to claim that any cure has taken place. It is now five years since Val first visited our office and started on the reversal process. After the fifth year, he is feeling his best in his whole lifetime.

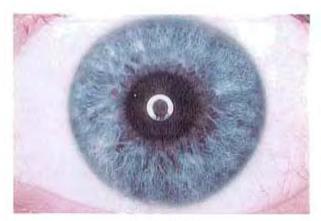
Now that you have a demonstration of the physical aspects of Hering's law you will note that very little has been said about the healing crisis that comes from the head down.

In the following pages, this aspect of Hering's law will be covered by way of personal interviews with Val and another patient, Michael. You will see how the head clears up as the rest of the body clears up, and how Hering's law of cure works "from the head down." These patients will speak for themselves.

The following photographs of Val's eyes were taken over a period of five years, shown in sequence on these two pages.



June 1977 (right)



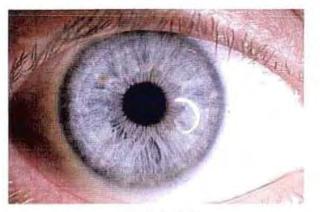
June 1977 (left)



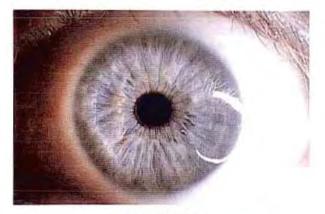
January 1980 (right)



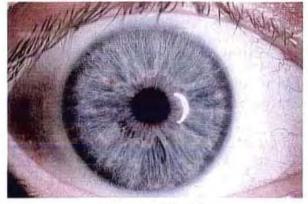
January 1980 (left)



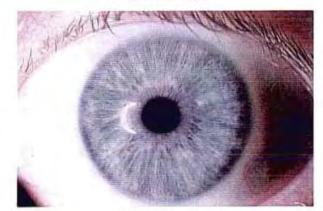
June 1980 (right)



June 1980 (left)



February 1982 (right)



February 1982 (left)



A patient's history being taken through closed-circuit television.

***DR. BERNARD JENSEN'S IRIDOLOGY PROJECT THREE

Before I became acquainted with Hering's law of cure, I found in my sanitarium work people got well in living as perfect a life as possible. They developed healing crises, especially after feeling their best. It was unusual, to say the least. Venturing into this further, I found a reason. I discovered, during this Project 3, I had been following Hering's law of cure, an old homeopathic principle. This project has proven invaluable in counseling patients to their ultimate health level and the reversal system they would encounter.

Michael came to me at one time a very sick man—a man who had to find his way out—a man who had found the depths of despair and was mentally distraught with a body that could not be managed.

Many doctors had worked with him and had tried to bring him back to health again, but to no avail. He had three diseases all rolled into one.

First of all, he had psoriasis that had started some 6 or 7 years previously. Secondly, he developed diabetes. When he came to us he was taking 40 units of insulin a day. The psoriasis did not respond to any treatment. He had a diabetic condition that was an inherent weakness which he had brought into this life. However, this was only the second disease to take care of.

The third one that afflicted him was arthritis. When he first came to office, he could not put his coat on. It was practically impossible to get food to his mouth. He had had nothing but orange juice for 9 months. He had hit the bottom of the ladder, was at the end of his rope, so to speak, and was still seeking a way out. This was the time when someone had to reach out and find something to help. Someone had to be able to turn him around and show him a new way to go.

He proceeded to go through our tissue cleansing program and in only 7 days, the man was able to wear shoes for the first time in 9 months. He was able to put on his clothing by himself. He was able to use his arms once again. We found that the first thing that was leaving his body was what had arrived most recently. He has more worlds yet to conquer. He has a greater job to do. He has to get in there and take care of the diabetes. We found that after the treatment for a month or so, he was able to drop his insulin from 40 units a day to 20 units a day. We found other improvements. Not only was the pancreas working much better, but in another month, the psoriasis improved. The dry scaling skin was finally changing. We didn't have to use the vacuum cleaner every morning to pick up the scales that had dropped off his body. We could hardly believe the changes that were being made through this type of treatment. It is only to bring out that fact that we show the pictures here so you can see how this man changed.

I can only say that this man was a good patient. He was able to listen. He was one of a new breed of patients that must arise one of these days. They are persons who are willing to listen and who are willing to work—to apply themselves to change in the kitchen, to change ideals; to change what has been taught in the past.

From the Head Down

In taking care of the physical body we have given you the examples of both Val and Michael and the problems that they had from a physical standpoint. We have demonstrated to you the reversal process in the physical manifestations, as they relate to the healing crises.

In following Hering's law of cure you should realize that we have to reverse, go back over our past symptoms. We must go back and experience the acute diseases that were not taken care of properly in our childhood. We have to travel the reverse path by living another way. The reversal process is allowing our innate intelligence to activate properly within our bodies so that a healing crisis can take place.

Now that the healing crisis is taking place, we come to the second part of the cure. This occurs from the head down. I have mentioned how the brain must be cared for with good blood. You cannot expect sweet thoughts with a sour stomach. If the elimination isn't right, the thinking processes become drugged from stagnant material. And in this same way, the mind becomes drugged with an accompanying loss of mental acuity. Our future hopes begin to drown in the toxic acids. We find that our insight, outlook, uplook and everything else is lost. We become negatively attached to the physical body. All we can think of is our knee, kidney, hips or skin. We find that the physical ailments are taking over our mental activities. Sickness becomes an obsession and we cannot handle it properly on a mental level. As we start taking care of the physical body and start to change our ideas, we find our desires are beginning to come from another direction. This change of attitude starts the cure from the head down.

As the mind changes, the physical body gets a new incentive. It gets a renewed motivation from the brain areas. In this way, the mental equipment helps to start the physical process of regenerating the various organs in the body. This becomes a "chicken and the egg"—or which-comes-first story. I believe that both go together. I have found that disease is developed by both head and body. I believe also, that cure comes by way of both head and body. It behooves us to take care of both systems simultaneously.

A spiritual person will claim that he got well from a spiritual outlook. When our desires are mentally correct, we automatically choose the things that are good for us physically. At this point, that royal road to health begins to show itself. It usually begins as a mental, physical and a spiritual change in our life.

We have discussed making changes from a

physical standpoint that produce the healing crisis and reversal process; now I want to bring up the subject from the head down. As changes have been made physically, I want you to note what goes on in the mind and how it is changing.

When people who have gone through these experiences are questioned about their mental attitudes, I find that the happiest moments come when the head is put into a new direction. This is why I believe that you must be happy to be well, but you also have to be well to be happy.

Interview with Val "From the Head Down"

Dr. J—Today Val and I are sitting in my library having a little talk about his condition. It is now the end of a 5-year period since he originally saw me, and he's here from Tennessee for a visit. Well, Val, how are you?

Val-I'm feeling fine.

Dr. J—It has been an uphill struggle all right, hasn't it? But it is constantly getting better. Are you able to do more than you used to?

Val—I can do anything I want, really. I work at night and go to school during the day. Of course, that's not altogether good, but I'm getting away with it. My weight is about 142 and I'm finally back to my normal self.

Dr. J—Right. You finally made it back, which is the way of this reversal system. We've got to go back in reverse order through the problems we have acquired, and that path is not easy. Now, you had a couple of healing crises when you were here, and then you had some when you went home. You had one not too long ago. Can you tell me about it?

Val—It started out as a small cold, and it got worse and worse. I was coughing up phlegm all day and all evening. I wasn't feeling good and was drained of my energy, but I was working and had responsibilities so I thought I could just keep going. I'd stop in at the health spa and lie in the whirlpool. That water is 125 degrees, you know, and it really does massage you. I would lie in it and then get in the cool swimming pool. Then I'd go to the eucalyptus steam room and breathe out and get phlegm out of my lungs. Also at the time I was drinking a lot of tea and trying to get as much rest as I could, but I just couldn't seem to get over it. I was coughing all this phlegm up.

This went on for four weeks, sometimes letting up and then coming back, and I knew that as long as I was doing what was right I might just as well expect it to last ten weeks if it must. I was going to wait it out and work on it. Of course, a lot of people wanted me to go to the hospital, saying I had walking pneumonia, but I thought that's their term for it. I term it an elimination.

I didn't want it to get out of control, so I was doing everything in my power to control it while allowing it to come out. After about seven or eight weeks, it started to clear up, but then I noticed I had low blood sugar symptoms. I had to eat every two or three hours and get enough rest to eliminate bad headaches. I got off all the honey, because of the natural sugars, and felt a lot better after that, but I still had the problem. Following the elimination process from the lungs, there were no more low blood sugar symptoms.

Dr. J—Would you say that there was always a catarrhal condition in the elimination process with all your healing crises?

Val-Yes.

Dr. J—And you were having an old discharge from the urinary organs—discharging blood many times in the urine. Have you had any more of that discharge?

Val—I was doing that a lot before I came to the Ranch. I was swelling up terribly bad all over, including the scrotum, and secreting a lot of blood. But after I had two healing crises, one here at the Ranch and then another hard crisis at home in May 1977, the blood in the urine cleared up. I haven't had a problem like that for a good three years now.

Dr. J—Well, that's wonderful. But that problem was also part of a catarrhal elimination, and that's why I'm bringing that out. Is there any catarrh eliminated from any other part of your body? Outside the lung structure?

Val—In the bowel. I still notice a lot of mucus within the bowel lately.

Dr. J—In the elimination process, you go in reverse through your old problems. Catarrh is carried off while bringing down the metals in the body, and the drugs, and the old toxic settlements that have been liquified and are now on the run. They are discharging.

Val—I don't want to forget the skin either. At times my wife is repeatedly telling me—especially with this last crisis and the catarrh of the lungs—that I smell bad. Even shortly after taking a shower and skin brushing. I still smell bad. Whenever I go through a crisis this happens. Also the urine is quite yellow.

Dr. J—And all that happened without any extreme change of diet. It just came right on because it was time for it.

Val—That's about how it was. I recall about a year or two ago, in an interview we had together, you predicted I would have a catarrhal elimination through the lungs, and then at one time I thought I had hit it, but it went away within a day or two. Then this latest one came on fast, and after about the fourth day I was getting weaker, with more phlegm coming up. I felt sure then that this was the one you

were speaking of. I should have had a lot more rest, and that's why it took me from 6 to 8 weeks to get over it.

Dr. J—It takes a lot of energy to go through a crisis, and of course you would be more tired during that time. But it was only because you were eliminating; it takes energy to eliminate.

Now, Val, in my work I've been trying to work with what is called Hering's Law of Cure. To me, this concept is the most important one in the healing profession. Hering's Law of Cure is a homeopathic law stating that we cure from within out; from the head down; and in the reverse order that we have come into our problems.

Now, do you see that you have in the reverse order picked up some of your old troubles? I'm thinking of old lung and bronchial problems, and of old discharges of catarrh. Did you ever have any catarrhal troubles when you were a kid?

Val—I have had bad earaches in the past, and I usually get a cold every year, so phlegm and catarrh are probably the worst things I encounter.

Dr. J-What did you do for it?

Val—For the ears my mother made a salt pack to drain the ear. And we did have cough medicine.

Dr. J—What kinds of foods did you have as a kid—a lot of wheat and milk?

Val—A lot of milk. We lived on a farm and drank milk from morning to night. A lot of meat and potatoes. A lot of gravy. Not a lot of pastries, but some. Eggs, milk, meat. We were farmers. Plus we had creamed wheat cereal every morning.

Dr. J—You were on a good catarrhal diet. But you know we've got to realize that it isn't always necessary to take drugs to suppress the catarrh. Too many drugs can dry the catarrh up in the body, and then it is carried away and deposited in the weak organs. Too much of any one thing or food can cause trouble. What kind of food did you have in the army?

Val—Strictly mess hall food. The same food I had on the farm. A lot of milk and dry cereals. And no raw vegetables. Nothing raw—everything cooked.

Dr. J—You have had mess food all your life, and this is what I'm trying to bring out. I don't mean to criticize. I come out of a Danish family and lived most of my life on Danish pastries and coffee—20 cups a day. I don't know how I got by. But there is something else, Val, the most important thing I can ask you.

We cure from within out. You have demonstrated that well, starting off with the diarrhea and taking care of the stomach and then adjusting your body internally.

The second part of the cure—that is, curing from the head down—you've indicated in a couple of remarks about how much better you feel mentally. Will you talk about what you were feeling when you were sick, and then, as you went through the healing crises, how they changed your outlook?

Val—Well, I'll tell you that all through my life I've been very shy and a little awkward and didn't apply myself very well. I always shied away from responsibility and felt uncomfortable around people who really wanted to make something of themselves. I was always in the background, right on up to when I got sick. It was after the second healing crisis, after I had gone home that I realized I wanted to make some goals for myself, because I had learned from the experience I had gone through.

Since that time, I have become more deeply convinced I should make everything out of life that I can, reaching for the best, making goals, and striving to improve myself. I need to get an education. I need to put my priorities in order and really put my act together. I'm reaching 40, but I never have done this in the past.

In a lot of ways, I feel I've wasted too much time and now I want to make it up with definite goals and commitments, and I want to work very, very hard. Right now I'm working on my vocation, my family, and my religion. My wife is working with me. I want to keep the best of the old ideas but eliminate everything negative. I want to put into my life everything positive and use my time wisely. I had no desire to do this before.

I have changed mentally. I don't want to overdo myself or get out of reality here; but I know my limitations. I want to keep within those. My desire and general attitude have changed tremendously. I also want to eliminate some old friends. I love them, but they don't do me any good. They are negative people who sit when they could be doing something to better themselves and help other people. I want to be around people who have goals in life and who help to lift other people up. Above all, I want to help people by giving them my knowledge.

Dr. J—You're thinking that you would like to help others because if you have been able to get through your problems they can too?

Val—That's right. In fact, I've already helped many, many people just in Clarksville, Tennessee. In my home, I've helped many people, and then they want to do something for me. So they give me a Thanksgiving dinner or speak highly of me and refer me to other people. And, you know, I'm only scratching the surface right now. I hope to break it open.

Dr. J—So your sickness has actually helped you to get straightened out mentally.

Val—Yes. Looking at it spiritually, I had inherited weak kidneys and a few other problems, and my heavenly Father loved me so much he used these problems to bring me through a sickness so I might learn from it and correct a lot of mistakes. These six years of sickness have taught me how I avoided what other people were trying to teach me, but now I'm ready to listen and do something with my life. This whole thing has been a great blessing to me.

I wasn't really living before I went into my sickness. When my wife and I sit down to talk about it, so many times we realize we weren't living like we are now. We were living day to day. I can't even compare the way it was to what it is now. Even though a lot of things we were doing were okay, we were just scraping the surface of life. Now we have found hidden treasures of knowledge. This work is a hidden treasure of knowledge. There are so very few people who understand it.

Dr. J—It is like a man who has been in jail for five years. He feels that everybody should have that experience. I think that everybody at some time should experience a sickness, to value good health.

Val—But you know what's sad is that although my friends think my recovery is wonderful, they also think, 'Don't tell me what I should be doing other than what I've done all my life.' They don't want to change. They think it's wonderful for me, but not for them. It makes me feel bad, but if they're not interested, I have to push them aside.

I have to go on with whoever is interested. I've had people come to me who are sick of being sick, and I've been able to help them. Some have been faithful to what I have suggested they could do, and some have tried for a week and forgot it. It was too hard for them. Still I call them up and try to lift them a little bit, and tell them to come talk to me when they want to.

Dr. J—Do you feel that your mind is sharper—more alert and aware—since you've gotten out of these troubles?

Val—I feel like a 50-pound weight has been lifted off my mind. I can't sit down and watch that 'boob tube' unless there is something very interesting on it. I've got to be doing something constructive. Before, I would just lie and watch TV. Now I'm a busy person and I feel really good.

Dr. J—So, then, as soon as the body gets better, we find that the mind gets better along with it. You are now on the well side of life in the mind and in the physical body and can move ahead.

Val—One of the nicest things I do now is to write. I love to write about my history, and the thoughts flow out in a way that is superior to what I ever did before. Also, if I hadn't gone through these crises and cleaned out I never would have been able to have a healthy family relationship with my wife or my children. Not like I've got now.

Dr. J—It's wonderful to hear a thing like this. In conclusion, then, what we're seeing here is the three aspects of getting well. That is, we cure from within out; and you recognize that. We've had to get after the digestion and the bowel before anything else changed. And, of course, we started with the kidneys. It's five years now from the time you were given up to die—you had only 3 weeks to live—and here you are speaking this way tonight. It's almost unbelievable.

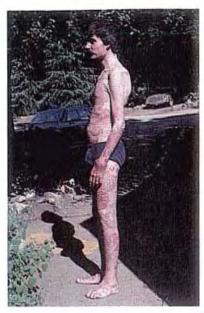
So the cure has come from within out, and from the head down, and certainly in a reversal route, as we found from bringing out all the old things in the past. We know that you are on your way.

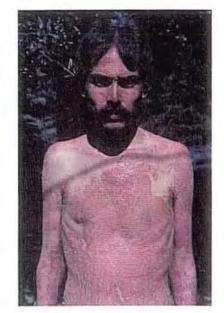
Val-I think that I am. I know I am!

Dr. J—Wonderful. I want to thank you. It has been an inspiration to me to see you come out of where you were to be what you are today. And your breaking into this health work is also a wonderful thing. All I can do is wish you all good and hope you never stop realizing you will have everything that you want, with a healthy mind.



Val and Dr. Jensen







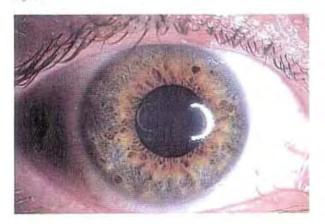
The extent of the psoriasis when treatment began.

Interview with Michael "From the Head Down"

Dr. J—First of all, Michael, your eye is getting bluer. I think you have more of a blue eye dominance than you thought in the past. In our analysis we are always

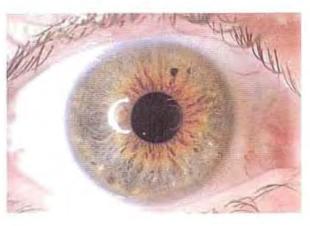
talking about a murky eye, a dishwater eye. Your eye is clearing up, like an old dirty shirt that's gone to wash. It's worn and torn, but it's getting clean, and that cleanliness is absolutely beautiful.

Before



Before





After

Afrer

With arthritis, diabetes and psoriasis, I'm particularly interested in what happens from the inside out. The pancreas is showing beautiful healing signs, and an adjacent condition inside the wreath in the bowel is also improving. We are reversing these problems as they get less and less severe.

Your body is getting stronger, and as one organ gets stronger another also strengthens. As the pancreas strengthens, the digestion is better and you have more strength to do another cleansing job. Then the skin will be worse for a while, but it will commence healing and balance itself out.

I think you're the kind of person who will have 30 healing crises—30 elimination processes, before you get well. For a lot of people, everything accumulates and there is one big fight, like having 90 boils at one time. In your case, some things will come out and then you must find more strength so that more can come out. We must clean up this dishwater eye.

It is wonderful to see the beautiful healing signs in these bowel pockets, because they mean more strength—more power and mobility—to eliminate gas and toxic material. The condition is becoming more acute, which means active. When it was chronic, it was redundant, ballooned, gaseous, old, lazy.

Michael—You know what I've noticed in this whole process? Before I started the colemas, my left side—my left wrist, hand, shoulder, and elbow—seemed to be hurting the most. Now my right side hurts—my right foot, my right hand. These fingers have curled more, whereas this left hand hasn't gotten any worse. My left hand is my good hand now, but it used to be the other way around. And I'm thinking it is because I have been cleaning out the area toward the end of the bowel better.

Dr. J—Yes, in fact, as we see by looking at the iridology chart, what is adjacent to the bowel areas shows us what organs are affected, and this bowel pocket is opposite the hand and arm area on the chart. I feel that everything is going beautifully, and now I want to find out how curing from the head down is coming along. Do you feel stronger mentally?

Michael—Yes. Everything comes easier. The therapies, the eating right, the colemas. It's all easier to do.

Dr. J-Mentally?

Michael—Mentally. There is a lot less resentment and conflict. Less tension and anxiety. Before, I would resent having to get on the board—even setting it up and putting it down—because my hands would hurt and create tension. There's less of that. I just go ahead and do it because it is moving me towards health.



Psoriasis-back and elbow



Psoriasis-dorsal view



Side view

Dr. J—In the very beginning, did you ever ask, 'Why me?'

Michael—Oh, many times. I would cry sometimes. I'd push myself to go out in the world as much as I could, and I'd go to grocery stores where I saw nobody with psoriasis or with difficulty walking. I knew they were out there but I never saw them. And when I was going to college I saw people who seemed

insensitive to the world and their lives, drinking beer and eating pizzas. They didn't have to worry about anything physically. And I used to ask myself, 'Why? Why me? Why aren't they sick?'

Dr. J—This is kind of a strange question, but did you ever think that having these problems is of tremendous importance—even value—to your life in other ways?

Michael—Yes. I have at times felt that the purpose of my being sick was to give me something very difficult to overcome so I would gain insight in depth—that other people don't necessarily have.

Dr. J—Do you feel that you have become wiser?
Perhaps more patient or compassionate?

Michael—Well, I think for the most part it's made me more irritable, from being uncomfortable.

Dr. J-ls that because you are stronger mentally now, and you want to go faster?

Michael—That may be. I used to sacrifice myself too much. I don't now.

Dr. J-Do you feel that, after all you've been through, you would like to help other people?

Michael—Oh, yes. I'm always helping other people, and more so now because I'm more knowledgeable.

Dr. J—Are you going to wait until you are well before you tell somebody what you've been through? Michael—That does enter my mind. Who's going to believe me, and want to do what I've been doing, looking the way I do?

Dr. J—In most cases, they can't even believe you were twice as bad as you are today.

Michael—But even though in a way the psoriasis may be worse, it is better because of the cleansing. I get depressed sometimes when the psoriasis is worse. When it gets less, I'm happy. I have thought of helping people, but I also know that I just want to get well and then take a little vacation. There is going to be a time when I'm just going to run and ride bikes, and take my shirt off at the beach. Just do the things I haven't done in a long time.

Dr. J—Did you ever think that perhaps all you've gone through is a preparation for what is going to happen later in your life?

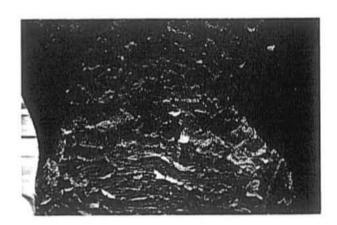
Michael-Yes.

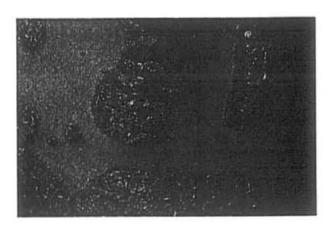
Dr. J-l've often said that this world is like playing checkers; you have to make certain moves before something can happen. In this case, you have a better life yet to come, and all of this will eventually help you.

Michael—I have thought of that, but I need to look behind at it all as I'm leaving it. I'm just beginning to feel that I'm doing that. Every time I've done an elimination diet I'm always at my best—right afterward. Then I slowly creep back; my face gets red; psoriasis builds up again and I'm slowly back to being sick. It will take a while until I am farther away from being totally engrossed in being sick.

Dr. J—Many people have gone through these things, as you and I have gone through them, so that when they eventually get into the work that is to be of greatest value to them, they don't repeat what has happened before. We become wiser.

Michael—What I would really like to do is get into comedy. I always wanted to be a comedian as a child. And I know that you once wanted to be one too.





Drug settlements in the body makes healing difficult.

Dr. J—Do you think comedy could be helpful to healing?

Michael—Definitely. If you laugh, you pull yourself out of being depressed and a victim.

Dr. J—As I've said before, I don't think that anything just happens; everything happens just, or justly. It is strange, but I think we'll both look back at this work we've done as a blessing. This is a step up in your training, in your wisdom, as you change from the old to the new. Sometimes we look at what seems bad but turns out to be good. I would say you have a wonderful life ahead because of the improvements you have made. I'm talking about a state of consciousness as you change your body. You're on

the way. I teach a path to my patients rather than a cure, and look at the path you're on.

Michael's wife—I'd like to say something. Michael and I talk about what we're going through now—how our leisure activities are narrowed and my role around the house is different because I do things that my mate would normally do. We've made adjustments that people do in their 60s and 70s, after a lifetime of raising a family and taking each other for granted. We're experiencing difficulties now, in the beginning stages of our relationship, so when he is well, we will be so much stronger, so much more dynamic and grounded, because we've seen the dark side. When we talk about what it will be like in our 60s and 70s, we see a much better life for ourselves than for most people of that age because we're going to be so well equipped by what we're learning now.

Dr. J—Because now you're learning about your deeper selves.

Wife—Exactly. I know that there are very valuable lessons—perhaps we don't know how valuable they are and won't until we're on the other side of it all and looking back. But right now, we're different from our friends who don't know a lot of what we know, because they haven't experienced what we've gone through.

Dr. J-So it has been a good experience for you

Wife—Yes. A hard one and one that I would not have chosen to go through. On the other hand, it is quite obvious that I have chosen to go through it because I am staying in this relationship. Obviously, I am choosing to learn these lessons now.

Dr. J-Suppose that the problems had kept getting worse.

Michael-We wouldn't have been able to last.

Wife-I'll say this. When in the past Michael's attitude had been very negative and he resented his treatments-I'm speaking of before we met youwhen he would not do his treatments and would make excuses, I would resent him deeply and be very, very angry. So it does help that Michael is getting better physically and we are seeing signs of improvement. What helps me the most, however, is when his attitude is good. When he believes in what he is doing and is making an all-out effort, I'm right there with him regardless of the physical evidence of the moment. I believe in this process, but I also believe that he can impede himself mentally in ways that we can't detect. It is very important to believe 100% in what you're doing and to feel that you're on the right path. When he is doing this, I am content.

Dr. J—And closer to him. This is what I was trying to bring out, because I don't think that even a marriage just happens. I think it happens justly. We come together so each may learn a lesson from being together.

Wife—I agree. From that premise, I wonder what I am learning in being with Michael now? Although I am aware of some of the things I am learning, I'm not aware of the deeper reasons for being together. I am accepting the fact that he is who I belong with. I have never questioned that, even though I have a lot of reasons to.

Dr. J—There are many shortcomings, but the very fact that you see meaningful possibilities here is very important to you.

Wife—Yes. I feel that I belong with him. I have never questioned that,

Dr. J—You're not just offering sympathy?

Wife—I'm aware of how people often hook up with people who are ill to work out their need to be needed, and that can really be a sick relationship. Michael and I don't feel that way.

Dr. J—No, because you feel that it is part of a plan that is good for both of you. Again, as I said a moment ago, a sickness can be a blessing. That's an awkward thing to say to someone who is sick, but sickness is a stepping stone to greater things. It is a matter of patience and confidence that better things are on the way. In India, they say that, what a man is at his deepest, he really is. And this is where the true healing starts, from deep within. All this trouble has come about to help you reach your deeper selves. Both of you are digging deeper now and wanting to reach deeper together.

Wife-Exactly. And people who are well usually don't find something deeper until they are much older. We are being forced to seek it and use it now.

Michael-That's right. At times I have felt like I am living my old age now, getting it out of the way.

Dr. J—I'm glad you are saying that because I've gone through the same thing. I was sick at 20 but now at 74 I feel better than I did then. I was given up to die then. It is nice to get it all over with.

Michael—I have noticed lately that I've been laughing more. It's been quite a while since I laughed. I used to think about how when I was watching an old TV show with my wife, she was laughing but I wasn't. I realized that it took so much more to make me laugh than it used to because I was so concerned about what was happening to me. Well, I'm beginning to laugh a little bit more now.

Dr. J-1've said many times you cannot expect sweet thoughts with a sour stomach. And you can't expect them with psoriasis, diabetes, and arthritis. But as you overcome these a little bit, you find that you can acquire the balance needed for the rest of the healing. Laughter helps to balance the suffering and resentment. The purpose of our little talk is to show that we can go forward after being at the bottom, in the darkness. I feel that man's extremity is God's opportunity—or we could say, it is wisdom's opportunity or the patient's opportunity. It is the opportunity to see what lovely things we can add to our lives. But, you see, it is in our dark moments when

we seek hardest and reach highest, so these serious moments become a stepping stone. We have to recognize that the mind is a healing agent, if we use it properly. So, the more humor you can develop from now on, the more jokes you can tell, the more good it is going to do you. You're on your way. My wish is that you get the very best.



Michael, Dr. Jensen and Michael's wife



The aggravation of disease from a personal standpoint can put a cloud over the mind. "We cannot expect sweet thoughts with a sour stomach," and for this reason, all stress in any organ has an effect in every other part of our being. Each element is connected: mind, body and spirit.

"I Had My Crisis"

I am a 70-year-old lady who first started on this path to health by having arthritis throughout my body, especially in the neck. The doctor who treated me said that drugs would bring the only relief for the terrible pains in my neck. So I took Percodan to ease pain; Bulazolidin, by mouth, also for pain; Pheynlbutazone, a steroid, once a week; and Ascriptin daily. I was told to cat anything I wanted, that coffee and diet had nothing to do with arthritis. I took these prescriptions for one year and still was not getting much relief.

Then I changed direction. I started a nutritional program, an elimination program and natural food supplements. It began Friday, January 29, 1982, with an examination. I was asked to drop all drugs, much to my reluctance. I started trembling, and withdrawal symptoms developed. Nevertheless I went right into the program outlined by Dr. Jensen wholeheartedly.

Within a week, I found myself free of pain and feeling very well without drugs. One-and-a-half months passed by and I was feeling better all the time. One day I noticed that I felt exceptionally good; then the very next day, I developed a fever of 105 degrees, swollen face and eye, with a headache such as I had never experienced before (and I have had many headaches). I thought my whole world had collapsed.



Here we see the difference in Michael's face after cleansing and nutritional supplementation.

I needed encouragement, and received it. I was told it would only last three days—and it did! I can hardly believe it lasted only three days, and then I felt so good again, just as Dr. Jensen said I would.

Now I can't understand why I have such mucus coming up—I've never had this—but during and since the crisis, it has been an excessive elimination. I have no pain now and have felt good for the past couple of weeks since my crisis. What a three days—what a crisis!

Dr. Jensen's Comments

A little weak—lost 5 pounds and throwing up a lot of mucus mainly mornings. Doctors said 5 vertebra arthritic, not good, and with spurs. Chelation 20 days - 2 hours intraveneous daily.

I didn't expect this crisis so soon, but recognized the crisis situation. Came after nature shows you how good you can feel.

Reversal took away immediate symptoms but this was a chronic condition and possibly will take a couple of years to reverse enough to be in the best of health from within out—and I mean from deep within.

Crisis usually lasts 3 days; fever, pain and other symptoms come back, depending on constitution response and what kind of patient we are treating. It came back after vital force built up that could handle fever and terrific reaction. Patient feels good immediately after crisis.

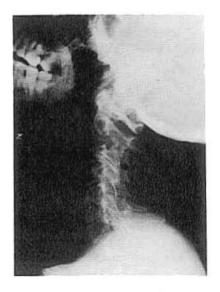
This crisis manifested quickly because of four things put into effect immediately:

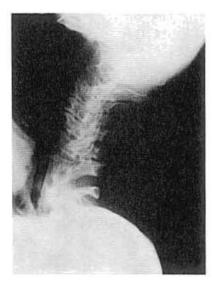
> build up of nerve supply; build up of clean and well-fed blood; build up of circulation; and, rest.

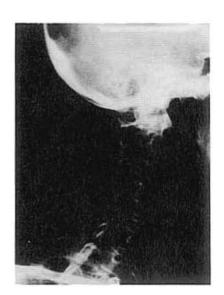
Analysis from iris:

Senility. Needs blood to brain.

Poor circulation throughout; poor elimination of toxic waste and chronic settlement began to move; proper chemical balance was being restored through proper nutrition; proper electro-chemical force restored to develop a healing and a crisis. Personally, I feel that this crisis had a lot to do with drug withdrawal, particularly the steroids.







X-rays of cervical spine showing arthritic spurs of 70-year-old lady.





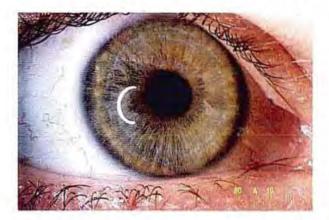
A First Experience with the Healing Crisis by Donald V. Bodeen, DC, of Poughkeepsie, New York

A lovely young mother presented herself at my office with the not unusual complaint of intermittent acute headaches plus a growing concern about her progressively poor posture. But that's not what this story is about. How many times a doctor becomes more interested in the secondary complaints than the primary one! All symptoms of this patient pointed toward a systemic toxic condition with a long standing case of psoriasis being unmentioned, but not unnoticed.

The therapeutic history was typical; treatments spanning eight years with dermatologists, B12 injections, ultraviolet light, tar baths and coal tar ointments, most of which were not only ineffective and suppressive, but also depressing to the patient as she began to realize that she had to "live with it."

The novice's bold initiative being barely overcome by faith that nature knows best, a suggestion to work on an entirely different approach to the problem was offered and the challenge was accepted!

Our Jensen Model 110 camera was yet two years down the road, so we picked up our flashlight and magnifier and went to work. A strong constitution was expressed by a blue eye, but adulterated by years of poor living habits. The lack of major inherent weaknesses was offset by a toxic condition, placing a burden upon the usual channels of elimination, thus forcing the skin to deal with this overload. The migraine-like headaches and secondary complaints were but the cries of a system which could not remove toxic wastes as fast as they were accumulating. Thus the major therapeutic thrust was toward



detoxification through fasting, diet modification and supplementation. This was complemented by massage and herbal preparations as well as abdominal castor oil packs. In addition, chiropractic manipulative therapy was employed specifically to palpable spinal fixations. Not the least was an ongoing process of patient education directed to uplifting the spirit. Attitude plays a most important role in all of life and more especially as one is trying to get well.



Patient's irides, Bodeen case

Much to the delight of all, the patient began to respond-first by just feeling better, and slowly by a remission of the psoriasis. As the patient begins to feel better, one ought to be giving thought to the healing crisis. (The newcomer to fasting and natural therapeutics would do well to take this subject seriously.) In this instance, the doctor-patient relationship of ongoing education paved the way for an understanding of this crisis long before its forceful manifestation. Nonetheless, the day it arrived was not without its attendant trauma. This young lady, having progressed to the point of near total remission was within 24 hours covered with scaling, itching, psoriasis from head to toe, including her face, where she had never before experienced it. She looked a mess and felt even worse! The agony was tempered only by her awareness that she had labored hard for this day. The doctor was in equal agony trusting that Hering's law would be vindicated, but deprived of the assurance only experience can provide. You wonder if you helped unleash a monster! Truly that is exactly what had been done and now it was time for the suppressed condition to manifest with all its fury in the effort to break forth from the long years of suppression and part company.

During the crisis, the patient did not make any changes in the suggested regimen save necessary palliative care for the acute itching. This was the time to wait it out, and wait we did. Those next few days seemed like an eternity for both doctor and patient. But nature rewards patience. Within the week, the lesions were improving.

I wish you could see how a lovely new skin was built under the old as it shed off much like a snake sheds its old skin. Residual scarring from the lesions also disappeared in several weeks. It now has been two years since the crisis. As summer approaches, this patient looks forward to beaches, bathing suits and pretty blouses with short sleeves.

The Mental Effects of Physical Degeneration

In the foregoing case histories, it becomes evident that there are many factors operating to create a disease condition in the body. We have found time and time again that as a person begins to feel better physically, there occurs simultaneously a change in the mental attitude. A clearness of thinking, alertness, and awareness are regained. This phenomenon is the direct result of releasing from the body, at a cellular level, the stagnant metabolic waste and toxic encumbrances accumulated there.

Subacute and chronic conditions often present the illusion that all is normal within the body. In many cases, the only complaint is a persistent feeling of tiredness, lethargy, fatigue. Even when the patient becomes motivated to question the constant lethargy, he is often silenced by a doctor who can find nothing wrong with him. Nonetheless, these subacute and chronic conditions are latent in the tissue, resulting in the lowered state of activity which we interpret as fatigue.

Between the acute and subacute stages, symptoms are manifested which aid in determining the existence and location of a problem.

These symptoms are body messages-signals that indicate a housecleaning in progress, and call for support in the elimination of toxic waste. Unfortunately, in the midst of the cleanse, the sanitation department is laid off and the power is shut down when suppressant drugs are administered by a well-meaning, but unaware, physician. This abrupt change drains the energy that the body has mounted to defend itself against toxic accumulations, sending the congestion deeper into the tissues where it is less noticeable. Thus, the cure is proclaimed-"no more symptoms means that all is well." But what about this lack of energy, this draggy, tired feeling? Fatigue is a natural reaction to the suppression of catarrhal discharges within the body. It is a form of defeat, of depression.

Unless one follows a constructive health program, he will be constantly riding the fence between subacute and chronic tissue activity, experiencing the accompanying lack of vitality. Not being sick doesn't necessarily mean one is well, and most certainly, it cannot be interpreted to mean that the individual is functioning at his highest potential. I believe we must be responsible for the conscious stewardship of our bodies. Perhaps at one time one could safely rely on his intuitive sense of vital balance to guide in the ways of healthy living, but those days disappeared with the garden of Eden. Our world today is polluted with substances and vibrations that have literally numbed our sense of right and wrong. Each of us represents, in miniature, the status of our environment, and we must make a conscious, consistent effort to bring it back into balance.

Cleanliness is not next to godliness; it is godliness. Clean tissues have the power to function at their highest potential. Encumbered tissue falls short of that goal and becomes a breeding ground for disease-producing processes.

The mental cellular structure is particularly sensitive to toxicity and congestion. Muddled thinking, indecision, fear, frustration, confusion are the children of darkness that take over as the body falls prey to uncleanliness.

Our minds can sometimes misinterpret the actual status of our bodies. Often we are programmed to expect a certain sequence of events in the system of healing, and this influences our understanding of the true nature of health and vitality. Many experiments have been done in which

both actual medication and placebos have been given to test groups in order to determine just how much recovery is due to the psychological effect of taking a drug. The results were not surprising. A great percentage of those participants who received the placebos felt "better" after taking their "medication."

So it is with suppressing symptoms. When one is rid of the aggravating cough or nasal drip, he thinks he is well. But does he have the energy to do a full day's work, then go play tennis, swim, or jog? Does he have an all-pervasive sense of well-being or inner joy that is magnified by each breath he takes?

Healing occurs when the body is rejuvenated. When right-living habits take over, there is an immediate change in the body's response, and one of the first areas where it manifests is in the thinking ability.

It is almost impossible to reach for the higher things in life, to meditate, plan, and maintain a cheerful disposition while the body is mired in physical distress, pain, and suffering. The greatest destroyer of will power is poor health. We can become so grounded by illness that we live in darkness continuously, losing all hope of a better condition.

Once a positive commitment is made on the mental level to forsake bad living habits and to take up corrective habits, there is an immediate response on the physical level-which is the next step on the road to health and rejuvenation. This little seed of positive thinking can be carefully nurtured into a powerful, overcoming force which will lead the body into renewed health. The body needs a good leader. For a lack of that leadership, it stumbles and falls into every unhappy situation. It is every person's duty to become aware of the laws of nature and to firmly abide by them. Self discipline, firmly established and adhered to, is our first line of defense against physical degeneration. As I've said many times before, "It's not what you do some of the time, but what you do most of the time that counts."

When the digestion is underactive, the protein absorption slows down. Protein is the staff of life, feeding the brain and nerve tissues. Starvation symptoms are always associated with disease conditions, either through poor dietary habits where the food is foodless, or through poor absorption where the body simply does not take up the nutrients—or both conditions may be present as is often the case. It's not only what you eat that counts, but what you digest and absorb.

Life goes along quite unexpectedly, painfully, and sadly when the mind is not under control. The Greek philosopher, Plutarch, is recorded to have commented on this subject when he said, "Should the body sue the mind before a court judicature for damages, it would be found that the mind had been a ruinous tenant to its landlord."

Marriages, finances, jobs, relationships, and plans all fade away into disarray when the mind is not in harmony with clean living. The mental vision is obscured, attitudes are poor, and these things become reflected in the health of the body. A downward spiral gains momentum unless arrested by a steadfast determination to turn things around. Often times, the comfort of knowing a familiar habit, albeit destructive, has greater power than a life-giving habit because the latter is unknown. Fear of the unknown can only be overcome by a strong willing and wanting to do better. Until that moment is reached, the answers to regaining health and vitality are out of reach. In this sense, all better and positive things await our arrival into the yet unknown realms of our consciousness. There is a better path to take. The choice is ours: to remain attached to habit and passion, or to venture out into unfamiliar territory and seek the help and counsel needed to effect a positive change.

All functions of life are inseparably bound together into a wholeness. When the mind is down, the body follows along; when the body is down, the mind gets caught also; but, when the spirit is high and flying, both the mind and the body follow joyously. Physical well-being is definitely a function of mental and spiritual attitudes.

A nervous rash can come when the mind is out of balance. I've found on numerous occasions that skin troubles treated externally with salves, ointments, and medications could only be relieved by going deep within and straightening out the mental attitudes.

When the body goes into an acid condition, the health begins to fail. Body acids are made in many ways. I've found that the worst of these acids are the direct result of inferior mental activities, those full of hate, revenge, selfishness, and other negativities. Joy, peace, and health cannot abide in the same house with destructive and degenerative qualities. They are mutually incompatible. To have the one, you must be rid of the other. In a sense, we must look within ourselves and throw out the lesser qualities in favor of the greater ones.

Stress and anxiety is something that can be cured in most cases when we start properly from within. Every case of sickness has attached to it a tiredness, a strain, and a stress. These people want to get rid of things, they want to "fly the coop" so to speak. "Just give me a chance to get away; I want to get a second wind; I'm all fed up; I can't take any more," are phrases I hear all the time from people. When a person is all fed up with disharmony, it takes a different kind of feeding to straighten them out. Diet alone will produce good results, but it will not

cure the troubles until there is change also in the mental and spiritual diet.

We have foods for the body, mind and soul. No aspect can go long without proper feeding before symptoms of dis-ease begin to appear. Starvation of good things in one department leads to a breakdown in the others. A diet full of good thoughts, good words, and good deeds cannot be improved upon and will yield a man's highest possible potential. Health, vitality, peace, joy, and wisdom are all the fruits of good living. I mean good living to be that which is in harmony with the universal laws of nature. All these things must be interwoven into a fine fabric that does not express weaknesses, pains, aches, discharges, or disease. These are the qualities of fragmentation, discord, and imbalance.

Many of the patterns to which a person becomes attached and which are not good for him are developed very early in life. They become chronically ingrained and incorporated into the very fabric of a person's being. They are, as a consequence, quite difficult to dislodge. This may seem odd, but often a sickness or disease is a blessing in disguise. Many people must go to the edge of life with imbalance before they have a sufficient realization that they must make a change. Their present pattern is literally destroying them in a most unpleasant manner. They become sick of being sick and are ready to hear of a new way to approach life. They become receptive to change; they finally realize that their investments in a degenerative lifestyle have made them insolvent, bankrupt, and that the natural laws can be disobeyed for only so long before their most precious gift fades away.

A child trying to get along with his mother or father is early put into positions of stress and anxiety. The child develops ways of reacting to these conditions which become tightly entrenched into the behavior patterns. Later in life, these patterns are transferred into ways of dealing with other relationships. If the behavior was not totally successful as a child, its chance of being successful later in life is impaired. As a consequence, the pattern becomes locked in, leaving other possibilities or options in behavior out of reach. This leaves "just getting by" to be a rather poor choice and does not lead to greater fulfillment in life.

All patterns, whether successful or not, have a physiological response in the body. Health and well-being are the result of the former, illness and disease the fruit of the latter. An unhealthy chronic pattern started early in life has its flowering later in adult life. Every wrong turn in childhood has the potential to produce health problems later.

Chronic diseases are made through the lack of knowledge and the suppressant activities which are commonly used in treating disease conditions. In most cases, we are seeing the accumulated results of years of abusive behavior patterns made manifest in the body.

Retracing the path back to its origins is often the best and only approach to truly effecting a cure of the troubles. Without ever getting to the cause of an imbalance, we are forever chasing symptoms which are a reflex reaction to that original cause.

A successfully implemented program will reveal itself in the iris by the presence of healing lines, a sure sign that rejuvenation is underway. Bringing light into dark places is a very rewarding experience for both doctor and patient. It happens according to this wonderful law of nature which we call Hering's law of cure. "Healing proceeds from the inside out" both physically, mentally and spiritually, "from the head down," in a likewise manner, "and in the reverse order as the symptoms have appeared."

Even though one may realize that our current belief system is no longer adequate, finding another system is not easy, and changing one's way of thinking and behaving is still more difficult. This is why I believe so much in "from the head down" as we have learned in Hering's law. Our attitudes and beliefs must change before our bodies can realize any lasting benefits on the path of health.

Hering's law of cure indeed represents a totally different concept of the methods by which vitality is regained and maintained. It calls for a new thought pattern, a new lifestyle—a cleansing of the old in preparation for the creation of true and lasting health.



Example of healing lines as viewed in a patient who worked very hard to create them.

fourteen



Dr. Wilhelm Schuessler

"Joseph Max vonPettenkofer, a German chemist, did not contact the disease even though he deliberately swallowed a cholera bacteria, a virulent culture. This was a source of amazement for a century later. He also was one of the first to state that hygiene was a matter of good health rather than just good manners."

"It is fair to say that a basic biological difference exists between natural and synthetic products and substances, despite their chemical identity and apparent physical similiarities. Extensive laboratory experiments prove this."

-Rudolph Hauschka, D.Sc.

Homeopathic concepts in iridology

Homeopathic principles harmonize so well with the wholistic perspective of health that it should come as no surprise to find that health concepts in homeopathy, iridology and nutrition seem to come from the same deep well of wisdom. I regard homeopathy as one of the great healing arts.

My study of homeopathy began with Charles Gesser in Florida many years ago. From him and other homeopaths, such as V. G. Rocine, I gained many valuable insights which led to important discoveries in my own work. I am convinced that unprocessed foods contain the biochemicals we need in naturally triturated form, potentized to the level of electromagnetic vitality our bodies need. The concepts of vital force, chemical imbalance and even Hering's great law of cure come from homeopathy. I believe the homeopathist can use foods and get the same results or better than those obtained from the usual homeopathic remedies. The right foods, in the right amounts, are cell salts, but foods also build new tissue, which cell salts do not.

We find that homeopathists study everything Western medicine offers and more. For three generations in England, homeopathists have been selected as personal physicians to the royal family (They deliver the babies, too!). Europeans generally regard homeopathy as one of the most highly developed and effective of the healing arts, but it is not as well known to most people in this country.

Homeopathy was developed in the early 1800s by Samuel Christian Hahnemann, who studied medicine at Leipzig and Vienna. Hahnemann became disturbed at allopathic medicine's poor record in healing. Searching for a more effective means of healing, he found through research that the same medications which produce a certain set of specific symptoms in a well person would relieve those same symptoms in a sick person. For example, when Hahnemann took quinine, he developed fever and chills, the symptoms of malaria. Traditionally, quinine is given to counteract malaria symptoms. This principle Hahnemann called "Similia, similibus curantur," which means, "Like cures like."

Hahnemann's most surprising discovery was that the power of a medication or remedy was increased proportionately to its dilution. Homeopathic remedies, therefore, are in extremely small dosages, which avoid the problem of "undesirable side effects" associated with conventional medicine. It is believed that the medication is attracted to the unhealthy cells in the body and arouses them to acute activity in which toxic accumulations are thrown off.

Ultra-Molecular Dose

Medicines are prepared by diluting I part of the original substance (solid) or tincture (liquid) in 9 parts milk sugar or an 87% solution of alcohol and distilled water. The mixture is triturated (reduced to a fine powder by rubbing) in a bottle for some time until the substance is uniformly distributed throughout the dilutant. This is known as the IX dilution. This mixture can also be made in proportion I to 99 and is then known as IC dilution. Repeat this process as many times as desired from IX to IC (low) up to 30X, 200X (high) or beyond.

The number of molecules in one gram/mole of any substance is approximately 1 x 1024.

Hahnemann requires the physician to administer one remedy at a time.

See Schuessler's Abridged Therapy for more information.

The 12 mineral combinations (cell salts) are as follows:

Cell Salts	Latin Abbreviations	
Potassium chloride	Kali, Mur,	
Potassium phosphate	Kali, Phos.	
Potassium sulphate	Kali. Sulph.	
Sodium chloride	Natrum, Mur.	
Sodium phosphate	Natrum, Phos.	
Sodium sulphate	Natrum. Sulph.	
Phosphate of lime	Calc. Phos.	
Fluoride of lime	Calc. Fluor.	
Phosphate of magnesia	Mag. Phos.	
Phosphate of iron	Ferrum. Phos.	
Silica	Silicea	
Calcium sulphate	Calc. Sulph.	

Ten signs or symptoms of the cells for certain indicated salts:

- 1. Pain
- 2. Inflammation
- Constipation or congestion
- 4. Anemia
- 5. Catarrh

- 6. Nervous disorders
- 7. Swellings
- 8. Bony growths
- 9. Suppurations
- 10. Decay

In contrast, drugs administered by Western medicine are used in such potent quantities that they virtually paralyze groups of cells, prevent an acute reaction and stop a healing crisis from developing. They have undesirable side effects, long-term effects that are harmful to the health, and they invite a chronic condition. That is one reason why homeopaths and other nature-cure proponents object to allopathic medicine.

Homeopathy does not make any distinction between physical and mental illness. Physical illness has a mental aspect, and mental illness has a physical aspect. This is particularly true in the realm of emotions, which influence both our mental and physical states, playing one against the other. During an emotional outburst, the appetite is lost, mysterious pains appear, the whole body is stressed. Likewise, a body imbalance can upset our mind and emotions, provoking an emotional outburst.

We need to realize that alleviation or elimination of symptoms—by whatever method—is ultimately insufficient. It is not enough in itself to halt or delay the deterioration of tissue. Unless new tissue grows in place of the old, healing cannot be said to have taken place. Even though the homeopath takes all symptoms to mind in preparing a remedy, we must realize new tissue comes only from food, properly digested and assimilated in the body.

Homeopathy quickly spread across Europe to England and to the United States. Constantine Hering, who had studied at the Surgical Academy in Dresden and at the University of Leipzig, brought homeopathy to the United States in 1833. Hering's law of cure has become one of the most useful concepts in natural healing. Physicians such as Henry Edward Lahn and Henry Lindlahr studied homeopathy and used it together with iridology. (I first studied iridology with Dr. Lindlahr.)

While homeopathy has the theory of Hering's law so usefully developed. I believe it is impossible to reverse any condition completely—taking one back to the original cause of most troubles—in less than a year, and in most cases several years. It takes many years to produce a chronic condition in the body and likewise the chronic lesion in the iris fibers. To get rid of a disease, any remedy must take the patient completely back to the original acute condition, retracing the path of the chronic condition.

The symptoms can be forced to disappear through medication, but even if the immediate symptoms leave, the disharmony of the disease is still there.



Dr. Jensen and Charles Gesser, Doctor of Homeopathy.

Suppression

Many people have suffered with disorders from past use of suppressive drugs. The body was not allowed to rid itself of toxic material which caused the symptoms. In many cases, a medicinal drug poisoning takes hold of a particular condition and the side effects or accumulated effects go along with the suppressed condition present in the body. It is well to use the tissue salts to help break up these conditions, and we find that an antitoxic course of using Nat. Mur. and Kali. Sulph., in alteration, will help to remove some of the past suppressed conditions.

It is imperative that the patient has the necessary ingredients to reverse the problem clear back to the condition that first started his problem. These ingredients will have to include a variety of remedies. In most cases, a homeopathic remedy would not be sufficient to complete the whole job.

It is well to consider nutrition as the first approach, because all tissue is in need of chemical balancing. We may need to use mechanical methods to improve circulation. The patient needs rest, and above all, the brain must have every opportunity to be restored chemically, psychologically and physically. No single remedy can supply all that is needed.

The most important thing about Hering's law is that it describes stages of the healing crisis, the natural means the body uses to throw off toxic settlements at the root of chronic disease. I discovered the validity of Hering's law almost by accident.

A woman once came to me with multiple leg ulcers and a history of failure on the part of Western medicine to bring any improvement. My training was mostly in chiropractic, but the only thing that interested her was a nutritional approach. She was so sincere and determined I decided to go along with a food routine. Although hardly more than a novice in dietetic investigations, I was certain there must be some way to help her overcome this unusual condition. She had an accident several years before from which she had not quite recovered, when she scratched her leg while swimming. The scratches developed into ulcers, open sores, running with yellow-green pus.

To get the ulcers to heal, I knew she needed calcium, but the question was how to get it into her system. Western medicine had tried everything in the book to adjust her calcium balance, and nothing worked. At the time, I was reading G. T. Wrench's The Wheel of Health about the food habits of the Hunzas. Their diet was about 60% greens, so I decided to try direct-sun vegetables with this woman.

I recognized that the sun had control over calcium and that perhaps this was the key.

I selected parsley, beet greens, leaf lettuce, celery greens, turnip greens and others, chopped them up finely and added them to water. Letting it stand for an hour, I squeezed the liquid through a linen cloth and had her drink the green juice.

The results bordered on the miraculous. In 16 days this lady's leg ulcers cleared up entirely. This particular case made me a believer in the value of nutrition.

Not long afterward, I met a homeopath named V. G. Rocine from Norway. This man had concentrated on learning which chemical elements were needed by the individual organs of the body, and what foods contained these elements. Like Henry Lindlahr, Rocine believed that the old homeopathic methods were not always enough to bring a healing crisis, to replace old tissue with new. So, he was investigating and experimenting with foods.

It was V. G. Rocine who taught me, "We are made of the dust of the earth," and I regard him as my greatest teacher. I studied with Rocine to find out what tonics, soups, broths, essences and so forth had the calcium, silicon, sodium, iodine and other biochemical elements important to human health. I learned that inorganic chemical elements do not have the same effect on the body as the biochemical elements. Plant life takes in inorganic elements and raises their vibratory level, so they can be assimilated by living tissue in the body.

What I learned from Rocine I passed along to the lady whose leg ulcers had been healed. She continued to see me as part of her on-going health program, and we were using heat treatments to get rid of toxins through the skin. During this time, she suddenly became seriously ill. I was surprised and puzzled.

I didn't know what to think. She went into body tremors, twitching and finally convulsions. Had I done something wrong when everything seemed to be going so beautifully? I asked her, "Have you ever had tremors like this before?" "Yes," she answered, "After an accident I was in six or seven years ago." Despite my worries, the crisis was over in about a half hour.

That was my introduction to the retracing process in Hering's law of cure. My patient had chosen the path of health, and as her body molded to the good food, exercise and fresh air, the old was cast away to make way for the new. Nature cures, but needs the opportunity. After several months on a healthy regimen, this woman had retraced all the way back to a six- or seven-year problem. Neither she nor I could believe that an actual illness would come out of the health work she was doing. We were right. It was a healing crisis, not a disease crisis.

INDICATIONS FOR CELL SALTS

Potassium Chloride Kali. Mur. 6X	Potassium Phosphate Kali. Phos. 6X	Potassium Sulphate Kali. Sulph. 6X	Sodium Chloride Natrum, Mur. 6X	Sodium Sulphate Natrum. Sulph. 6X	Sodium Phosphate Natrum. Phos. 6X
Catarrh	Body odors	Vertigo	Constipation	Acidity	Chills
Any pain/inflammation	Despondency	Heart palpitations	Stomach	Rheumatism	Fever
Coated tongue	Anxiety	Anxiety	Catarrh	Heartburn	Flu
Constipation	Fearfulness	Sadness	Bronchitis	Constipation	Diabetes
Asthma	Cry easily	Toothache	Cough	Diarrhea	Vomiting
Burns	Poor memory	Headache	Vomiting	Epilepsy	Diarrhea
Earache	Muscle weakness	Limb pains	Low spirits	Fever	Edema
Epilepsy	Nerve disorders	Catarrh	Headaches	Vertigo	Catarrh
Headache	Asthma	Skin eruptions w/scaling	Skin pallor	Vomiting	Constipation
Painful urination	Backache	Chilliness	Colds	Parasites	Acne
Leucorrhea	Constipation	Fleeting pains	Heartburn	Joint stiffness/swelling	Malaria
Pleurisy	Cough	Intestinal disorders	Slow digestion	Coated tongue	Bronchitis
Tonsillitis	Diarrhea	Asthma	Weak eyes	Nervousness	Cough
Vomiting	Fever	Chicken pox	Hay fever	Irritability	Earache
Colds	Headache	Earache	Drowsiness w/muscular weakness	Lumbago	Fever
Sore throat	Impotence	Falling hair	Hangnails	Fibrositis	Headache
Coughs	Leucorrhea	Hives	Unrefreshed sleep	Anemia	Jaundice
Bronchitis	Ulcers	Flu	Alcohol hangover	Bedwetting	Kidney stones
Measles	Vertigo	Measles	Loss of taste and smell	Eye discharge	Liver problems
Chicken pox	Dyspepsia	Sinus	Craving salt	Headache	Vertigo
Mumps	Sleeplessness	3700 450	Insect stings/bites	Hives	Biliousness
Croup	Lack of pep		Anemia	Menstrual pain	Asthma
Abscesses	Shingles)	Asthma	Urinary problems	Acidity
Anemia	Abscesses		Diarrhea	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Synovitis
Backache	Bedwetting		Earache		Urinary problems
Biliousness	Earache		Eye pain		
Diarrhea	Nervous indigestion		Dandruff		
Eye inflammation	Hay fever		Hiccups		
Flu	Menstrual pains		Hives		
Menstrual pain	Urinary problems		Menstrual pain	19	
Sinus	Simul Problems		Sinus		
			Sunstroke		
			Urinary problems		

INDICATIONS FOR CELL SALTS (Cont'd)

Phosphate	Fluoride	Phosphate	Phosphate	Calcium	Silica
of Lime	of Lime	of Magnesia	of Iron	Sulphate	Oxide
Calc. Phos.	Calc. Fluor.	Mag. Phos.	Ferrum Phos.	Calc. Sulph,	Silicea
6X	12X	6X	12X	12X	12X
Anemia Bone disorders Malnutrition Tuberculosis Asthma Bronchitis Constipation Cough Croup Poor dentition Headache Leucorrhea Vomiting Rickets Creeping skin sensation Numbness Coldness of timbs Chicken pox Diarrhea Earache Hemorrhoids Flu Measles Menstrual pain Mumps Sinus Urinary problems	Teeth cavities Bone disorders Hemorrhoids Corns/callouses Hair problems Skin cracks Sluggish circulation Loose teeth Muscular weakness Backache Sinus problems Synovitis	Spasms Whooping cough Lockjew Leg muscle cramps Hiccups Tetanus St. Vitus dance Spasmodic pain Colic Cough Cramps Diarrhea Golter Hay fever Neuralgia Sciatica Headache Shooting pains Muscular twitching Menstrual pains Flatulence Acidity Asthma Earache Urinary problems	Any inflammatory condition Constipation Flesh wounds Sprains Contusions Abscesses Acne Anemia Bronchitis Cough Diarrhea Earache Epilépsy Fever Hemorrhage Headache Kidney disorder Measles Pleurisy Pneumonia Rheumatism Vertigo Vomiting Chicken pox Eye inflammation Hemorrhoids Hay fever Hives Flu Sinus problems Sunstroke Synovitis Urinary problems	Catarrh Acne Abscesses Wounds Sore throat Colds Diarrhea Esrache Headache	Brittle nails Arthritis/rheumatism Arterlosclerosis Acne Asthma Cough Poor dentition Leucorrhea Sties Ulcers Tonsillitis Dyspepsia Stomach pains Abscesses Acidity Dry, brittle hair Hay fever Sinus problems Synovitis



AFTER

The miraculous healing of those leg ulcers and the woman's healing crisis three or four months later were landmark experiences in my work with nutrition and homeopathic principles. I saw how food contained "potentized" biochemicals that worked just as well as the homeopathic cell salts prepared by successive dilutions. I also noticed that the healing crisis as described in Hering's law could be brought on by eating the right foods. In other words, the homeopathic principles could be brought out by foods, and this was one of my most important discoveries.

I began to see in Hering's law of cure that disease is cured "from within out"—getting rid of toxic accumulations; "from the head down"—replacing old thoughts, attitudes and feelings with new; and "in reverse order as the symptoms first appeared"—recent conditions leave first, earlier conditions last. It may take years for organs in a chronic state to revitalize to the point where old, dried catarrh can liquefy and be brought out through the eliminative channels.

As I became more familiar with iridology, I could see Hering's law at work there, too. Where Hering's law says we are cured from "within out," I could see that the stomach and bowel inside the autonomic wreath were where most of our problems started. Where it says, "from the head down," I could

see reflex conditions involving mental functions in the brain area. The darker areas were the trouble spots, the chronic conditions. To reverse them, we had to raise the tissue condition to the acute stage, bringing white healing lines in the irides before the patient would go into a healing crisis, a reversal of symptoms.

These were homeopathic principles, and they worked beautifully with iridology. As I delved deeper into iridology, I found that many homeopaths in the past had used it. They were more capable of making effective use of iridology because they understood it. They knew about symptom reversal and healing crises, and could apply that knowledge to the iris where dark holes (lesions, lacunae, crypts) turned white (acute) as a healing crisis approached. Homeopathists could easily understand hypoactivity shown in a certain organ area of the iris meant a lack of some biochemical. And they could incorporate what they saw in the iris into their total symptom picture. For the homeopathist to go through a repertoire of symptoms and to come up with the right remedy really takes fine diligent work. I have found that working with foods and right-living processes proves Hering's law of cure very well, even for chronic cases. By following the right method, using the right remedy, you can watch the healing lines appear in the irides. Then you know a healing crisis is on its way. If the healing lines are not coming in, you are missing the mark with your patient and you know you have to try another direction. When the healing crisis finally comes, the whole iris is white, acute. All organs and tissues are hyperactive, supporting one another in the supreme effort to cast off the old and let the new come in.

At least 50% of my patients have come to me after other doctors have failed to help them. Most of them wanted to do the right thing but didn't understand what to do. So I launched a teaching program to supplement my office visit schedule. Patients needed to know that health was more than a bottle of pills or an operation; they needed to know that health is a way of life. When they begin to understand, their eyes are opened, and they can truly say, "I see!" Health means something very personal, once it is understood. When people realize that life's problems can be overcome, hope enters.

We need to understand that all nature cure principles help in the overcoming of chronic disease. Diet alone is not enough. Exercise, fresh air, sunshine, good mental attitudes—all are important. To treat a person with homeopathic principles without changing the diet and exercise routines is found to be fruitless. The correct combination of balanced remedies will yield the greatest good. And iridology will show us when we are on the right track.

Biochemic Cell Salts for the Iridologist

Linus Pauling predicted, several years ago, that the greatest advances in the field of science will come in medicine, biochemistry and molecular biology. He says that the motion of the atoms and how this motion applies to the function of the cells will become more understood in the years ahead. Pauling feels that someday we will not have drugs or treatments for diseases, but rather a medicine for the individual person. Such a system of care has been used for almost 100 years by the homeopaths in the form of Dr. W. H. Schuessler's 12 cell salt remedies.

Dr. Schuessler founded his work on the teachings of the eminent pathologist, Professor Virchow, and also Professor Moleschott (of the University of Rome). Moleschott asserted that, "The essence of disease is the cell changed pathogenetically." Through the book Cycle of Life (Kreislauf des Lebens), Schuessler was given the main idea of his "Biochemic Therapy" by the following: "The structure and vitality of organs are conditioned by the necessary amounts of inorganic constituents. It is owing to this fact that the proper estimation of the relation of the inorganic substances to the various parts of the body (an estimation which

neither proudly disdains other momenta, nor indulges in extravagent hopes of itself) promises to agriculture and to medicine a brilliant future."

Thus, it was a very wise piece of advice from the late Sir William Gull (one of the court physicians to Queen Victoria), who said, "In the medical school you will be taught to classify everything and give a name to everything, but you will never be a successful practitioner unless you can cast this tendency behind you. You must never treat a case of pneumonia, but always John Jones or Mary Robinson."

Dr. Schuessler observed that the human body, when reduced to ashes, contained only 12 minerals in the form of salts. He felt that a lack of one or more of these salts would keep the nutrients supplied by the digestion and the blood from entering the cells, causing them to malfunction. Thus, a lack of cell salts creates an imbalance in the body chemistry. When we eat good foods, assuming they are digested completely, they enter the blood in the form of molecules. When they reach the cell, the cell must put out the energy on its own for these molecules to enter the cell across the cell membrane. When the internal environment of the cell is lacking in the salts, this process does not take place. Rudolph Virchow taught Schuessler that disturbances in the body, called diseases, were actually signs of changes in cellular metabolism. All the famous biochemists in medical history have taught us that biochemic remedies alone were not sufficient, that good nutrition is a must along with them. Cell salts may have a healthbuilding effect on the body and they may remove symptoms; however, it is actually food that the body needs to maintain its optimum chemical balance and health.

The cell salts are prepared in minute dosages. The more minute or diluted the salt, the more powerful an effect it has on the body.

In all acute stages, biochemic tissue salts should be taken dissolved in water, i.e., nine tablets to an ordinary tumbler three-quarters full of water; a "sip" or mouthful for each dose, every quarter to halfhour.

In subacute, or less urgent cases, three tablets every two or three hours, slowly dissolved on the tongue. In chronic or old-standing cases, take three tablets daily.

For acute and subacute symptoms, 3X to 12X potency is given, and for very chronic symptoms, as a rule, the 30th to 200th potency, in very frequent repetitions, i.e., about once every 12 or 24 hours; and in less chronic symptoms, the 6X to 12X every four, six, or twelve hours.

An X after a number means that the salt has been prepared on the decimal scale. The IX potency is made by triturating (mixing and grinding) one part of the tissue salt with nine parts sugar-of-milk. Each succeeding potency is made by triturating one part of the preceding potency with nine parts sugar-of-milk, thus 2X is one part of 1X and nine parts of sugar-of-milk.

Most homeopaths agree that no more than a 3X or 6X dosage is advisable for those not under a doctor's care. In high dosages, the cell salts can have a very powerful effect on the body and should be used with the utmost care and guidance of a homeopathic physician.

These little tablets do their work in an amazing way. Absorbed by the tongue directly into the blood, the ingredients bypass the digestive system, which is often the system causing the problems. In their extremely diluted form, these salts become an ionic form of the minerals. Once to the cells, as carried by the blood, the cell finds it does not need to put out any energy to absorb the ion. If the cell is lacking in the needed element, it will have an electrical imbalance that will attract the ion into the cell. If the cell is balanced, it will not have the electrical attraction and the ion will be repelled. Thus, we can see that, once balanced, an intake of more of the salt will do us no harm—if we could only say the same for medicines!

Following are the 12 cell salts:

Calcarea Fluorica, Fluoride of Lime. Calcium fluoride occurs in nature as "fluor spar;" and in the body, is found in the surface enamel of bones and teeth as well as in the elastic fibers of skin, connective tissue and the walls of blood vessels. Hence, a deficiency of this salt leads to bony tumors; rough, loose and sensitive teeth; delayed dentition (in infants); relaxation of tissues and blood vessels causing flabby flesh, varicose veins, hemorrhoids and displacements of organs.

Calcium phosphate is "bone earth," one of the principle constituents of the soil in fertilized land. It has a special affinity for albumen from which it builds new blood cells as well as bone tissue, gastric juice and the dentin of teeth.

A deficiency of it leads to a secretion of albumen. It is the great remedy for growth problems; hence, is indicated in the defective development of children as well as after acute and weakening diseases and anemic conditions. It is invaluable in all cases of defective nutrition. Besides the above-mentioned, the following are some of the indications for Calc. Phos.: defective union of broken bones, cramps, spasms and numbness, sensation of coldness and creeping in parts of the body and head. Coldness of extremities, sluggish circulation, susceptibility to colds and catarrh; spinal curvature, sore breasts; chronic tonsillitis and night sweats.

Calcarea Sulphurica, Sulphate of lime-Calcium sulphate. This salt occurs in nature as gypsum, alabaster or selenite, and is commercially known as "plaster of Paris." It is present in connective tissue, as well as in liver cells, extracting their water in the same way that Sodium Sulphate does with the leucocytes in the intercellular tissues. A deficiency of Calc. Sulph. delays the destruction of worn-out corpuscles, by which the blood is overcharged with them, thus causing skin eruptions and catarrh of mucus membranes. Calc. Sulph. is the remedy for preventing suppuration or arresting it after it has found a vent and continues to ooze away chronically, as in old fistulous abscesses. It is useful in pancreatic, liver and kidney disturbances, frontal headaches with nausea, and in excessive sensitivity of nerves as well as cravings for fruit and acids.

Ferrum Phosphoricum, Phosphate of iron-Ferric phosphate. This tissue salt is found in all tissue cells of the body, but chiefly in the hemoglobin or coloring matter of the red blood cells, also in the muscular coats of blood and lymph vessels and hair cells. The iron of the blood cells attracts oxygen from inspired air, and this is carried to every cell throughout the organism by the mutual action of ferric phosphate and potassium sulphate. A disturbance in the equilibrium of the iron molecules in the circular muscular fibers of blood vessels causes a "relaxation" leading to dilation of the vessels with an accumulation of blood. As all illnesses commence with congestion or inflammation of some organ or tissue, the prompt use of this salt will cut short the first stage of the disease, and prevent all further complications; but should the disease pass into the second stage, ferrum phosphate may be more useful when alternated with Kali. Mur.

Ferrum phosphate is a great children's remedy, as it increases bodily development, regulates the bowels (i.e., prevents both constipation and diarrhea), improves the appetite and relieves debility and listlessness. It is indicated especially in the first stages of all fevers, congestions and inflammations, pains, recent mechanical injuries and the first stages of all diseases; also in vomiting of food and blood, nosebleed, teething fever, inflamed hemorrhoids, retention of urine in children, excessive menses, insomnia and congestive headaches.

Kali Muriaticum, Chloride of potash—
Potassium chloride. This tissue salt must not be confused with potassium chlorate or chlorate of potash, which are not tissue salts at all, but powerful and poisonous drugs in the crude state. Kali. Mur. has a special affinity for fibrin, so if the cells below the epidermis suffer any irritation, a secretion takes place under the skin, raising it up in the form of a small blister.

Kali. Mur. is indicated in all inflammatory or catarrhal conditions, such as chickenpox, measles, burns and scalds, leucorrhea, jaundice, acne and asthma.

Kali Phosphoricum, Phosphate of potashpotassium phosphate. This is a great nervous tissue remedy for all those numerous modern neurotic disorders comprised under the term "neurasthenia," as well as most paralytic conditions of the nerves and muscles. Kali. Phos. is a constituent of all the fluids and tissues of the body, but especially of the gray matter of the brain and nerves, the muscles, blood cells and plasma. It is nature's great "antiseptic," hindering decay in the organism. The oxidation processes, the exchange of gases in respiration and the saponification of fat are all brought about chiefly by the presence of Kali. Phos. It is found that the nerves retain their vital properties very completely for a long time in a solution of this salt. Kali. Phos. is the chief remedy in offensive secretions and excretions; it is also specifically indicated in all states of either nerve depression or excitement, including despair, sexual impotence, loss of nerve and mental power or after great mental and bodily strain; also, nervous giddiness and squinting.

Kali Sulphuricum, Sulphate of potashpotassium sulphate. This tissue salt has a special affinity for epidermic and epithelial cells, the former being the outer membrane of the integument (skin) and the latter, of the inner surface (or mucus membrane) of the body, lining all the internal organs. Together with Ferrum. Phos., Kali. Sulph. is the great carrier of oxygen to the cells and tissues, the oxygen taken in by the iron in the red blood corpuscles being carried to every cell in the organism by the reciprocal action of Kali. Sulph. and Ferrum. Phos. A deficiency of this tissue salt causes deficient oxygenation leading to the following main symptoms: hot flashes or chills, weariness, heaviness, giddiness, palpitation, anxiety, fear, sadness, toothache, headache and pains in limbs that tend to increase indoors especially in warm and close rooms or the warm air of summer, but which are relieved by the fresh, cool, open air, out of doors, all due to want of oxygen, which every cell in the body requires for its proper growth and development.

Kali. Sulph. is required in the following: catarrhal discharges (especially when the mucus secretion is yellowish and slimy), dandruff, psoriasis, and diseased condition of nails (rough and ribbed).

Magnesia Phosphorica, Phosphate of magnesia—magnesium phosphate. This tissue salt is contained in cereals and beer, so when anyone has an intense "craving" for this beverage during illness (as often happens) it is probably because there is a lack of magnesium phosphate in their tissues. It is (like Calc. Phos.) a constituent of bone, teeth, brain, nerve,

muscle and blood cells, and a disturbance of its molecules results chiefly in cramps, spasms, neuralgia and paralysis. The cells of the white matter of the brain and nerves, and the terminal bulbs of the nerves in muscles, are chiefly dependent upon Mag. Phos. for their functions. It benefits mostly those who are lean, emaciated and of a highly nervous temperament. According to Schuessler, Mag. Phos. is the great remedy for fatty or "caseous" degeneration, as it ensures the independent activity of all the cells, and sound cells are able to reject substances which encumber them.

Mag. Phos. is indicated in headaches, rheumatic pains, throat spasms, muscle cramps, hiccoughs, squint, in teething infants, hypertrophy of prostate gland, colicky pains, asthma, spasmodic palpitation of heart, spasmodic yawning, insomnia from brain exhaustion and profuse perspiration.

Natrum Muriaticum, chloride of sodium sodium chloride. In this tissue salt, we have our old familiar "common table salt" which is abundant on earth, in the sea, and even in the air, to a distance of about 60 miles inland around the sea coast. It is a constituent of every liquid and solid in the body, its function being to regulate the degree of moisture within all the cells and intercellular spaces, which is accomplished by its powerful affinity for water.

If no Natrum. Mur. is found in the cells, the water is retained in the intercellular spaces and a waterlogged condition results. There is a craving for salt, which, however freely supplied, does not remedy, but rather aggravates matters because the altered cells cannot absorb the particles of sodium chloride unless supplied in molecular form, attainable only by means of the "trituration process" by which certain ions can be released into the cells.

Altogether, Natrum. Mur. is the most important tissue salt in the body; all others are dependent upon it for their solution and distribution, since it is the great controller and distributor of water throughout the body. The following are some of the chief indications for Natrum. Mur. as a tissue remedy: delirium tremens, eyestrain, vomiting of watery mucus, hay fever, either excess of heavy sleep or insomnia, falling hair, early morning headaches, chronic constipation due to dehydration, rapid pulse intermittent with palpitation, hangnails and cracked finger tips, numbness of hands and feet and greasy skin.

Natrum Phosphoricum, phosphate of soda sodium phosphate. This tissue salt is found in the blood, muscles, nerve and brain cells, as well as in the intercellular fluids. The great importance of Natrum. Phos. may be inferred from the fact that its presence in the blood, in quite infinitesimal quantity, is by means of the wonderful process of catalysis, capable of decomposing lactic acid into the harmless compounds of carbonic acid and water.

Natrum. Phos. "fixes" the carbonic acid in the blood until it arrives at the lungs, where it is released during expiration in exchange for oxygen which is absorbed during inspiration by the attractive power of the Ferrum. Phos. contained in the red blood cells. Uric acid is kept soluble in the blood by the presence of Natrum. Phos. Whenever there is a deficiency of this salt, uric acid is combined with soda, which is deposited in the joints, producing gout and inflammatory rheumatism. Natrum. Phos. also emulsifies fatty acids; it is principally indicated in all acid conditions of the blood; headaches on top of head; sour breath; pain over and inside eyeballs; red, blotched tongue coated yellow at root; nausea; loss of appetite and habitual constipation.

Natrum Sulphuricum, sulphate of soda sodium sulphate. This is what is known as "Glauber's salt," which is the chief constituent in many mineral waters. Natrum. Sulph, does not appear in the cells, only in the intercellular fluids. It regulates the elimination of superfluous water from the system, including dropsical fluid, and that arising from the decomposition of lactic acid by Natrum. Phos.

Natrum. Mur. helps the division of the cells in order to increase their quantity, whereas Natrum. Sulph, withdraws water from worn-out leucocytes and thus accomplishes their disintegration. Natrum, Sulph., by irritating the epithelial cells and nerves of the pancreas, bile ducts and intestinal canal, also helps the normal secretion of these organs. Through a disturbance of the molecules of Natrum, Sulph., the elimination of superfluous water from the intercellular spaces is retarded, which may lead to vesicular eruptions containing yellow serum or moist herpes. Natrum. Sulph, is therefore chiefly indicated in twitchings of hands and feet, constipation, liver and kidney disorders, gallbladder troubles, earache, burning in nose and mouth, enlarged prostate and awakening at night with asthma attacks.

Silicea, silicic acid—silica. This tissue salt occurs in nature as quartz and flint (from which glass is made) and it is due to its hardness that straw, bamboo and certain grasses owe their stiffness, as well as the bran of wheat and other cereals; they all contain more or less Silicea. It is found also in connective tissue, including the brain; hence a deficiency of Silicea leads to difficulty of thought and bad memory. Cases of sudden loss of memory are sometimes alleviated by Silicea in molecular doses. As long as people persist in consuming white bread and white flour products, they will be liable to bad or blank memories, which are becoming more and more prevalent in this country where people no longer bake their own whole wheat bread with fresh yeast. Silicea also is found in

the whites of eggs, in hair, nails and the epidermis, as well as in the connective tissue; hence its action on the brain, spinal cord and nerves is due to the connective tissue covering of the nerve fibers. A disturbance of the Silicea molecules can cause swelling of the cells, which may remain stationary, or disappear through absorption by the lymphatics.

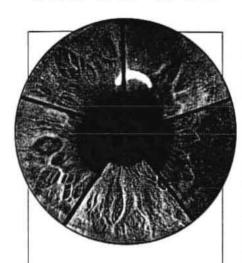
These cells can be enabled to throw off the pus by a molecular supply of Silicea, which also can cause absorption, through the lymphatics, of an effusion of blood in any tissue. If the absorption of a seroalbuminous secretion in a serous sac cannot be effected through Calc. Phos., then Silicea should be used, as the delay in absorption may be caused by a deficiency in Silicea in the subserous connective tissue.

Silicea acts chiefly upon the organic parts of the body: bones, joints, glands, skin and mucus surfaces. It is specifically indicated when the system is irritable and weak, and the nerves easily aroused to exhausting agitation. When connective tissue cells are deprived of Silicea, especially in elderly people, they atrophy.

The following are some of the chief particular indications for Silicea: fatigue; greater mental than physical strength; over-sensitivity to noises; absentmindedness, crankiness; headaches from nape of neck to vertex, often settling in one eye; nausea; nervous exhaustion; falling hair; sties, floating spots before eyes; red tip of nose; violent sneezing; thickening of nasal mucus membrane with congestion; intensely painful hemorrhoids; large abdomen in children; uric acid deposit in urine; brittle and ribbed nails with white spots; and weak ankles.

For the iridologist, this information is helpful in determining a person's nutritional needs. When we see a weakness in the skin, for instance, we can look to the cell salts and find that Silicea is the salt most present in the skin. We might also use Silicea for the lymphatic rosary sign in the iris. We can compare the symptoms and conditions listed in the Schuessler charts to those found in the acute/chronic charts for each organ. This comparison will be an additional confirmation that an acute or chronic condition is actually in need of support. We may find an acute condition in the iris and find that the person's diet and lifestyle provide all that is needed for the body to function. But if we find that some of the symptoms or problems listed in the symptoms charts, or in the cell salt indications, correspond to the organ they are stored in or used by we can begin to see a clearer picture as to what organs in the body are causing problems.

fifteen



"During World War II, it was discovered that in an emergency the liquid of a young coconut could be used as a substitute for blood plasma. It was discovered by doctors in Figi that using sterilized coconut fibers for sewing surgical incisions caused them to heal much faster than when using catgut."

"In China more than ten centuries ago a technique was developed in using the pulse for diagnosing illnesses. Some 51 different pulses were found located in eleven different parts of the body. Each health problem was linked to a different pulse."

Alternatives in health care

There are alternatives in nearly everything—in energy, forms of government, religions, and many of the substances, processes and concepts important to life. In our many roads to Rome, we may travel by car, train, or bus. Searching for a healthy way to live, some take the raw food route while others may follow Pritikin's diet. Where would we be without alternatives? Different types of people demand and create them. We are still looking for more efficient heating solutions, faster computers and alternatives to war. There will always be a search for new and better methods.

Now we come to health care. Doctors do a good job following the allopathic method. Their followers fall into this path and are taught to take medication whenever ill. What do they take? The medication field is a big one, covering millions of people. Look in any woman's purse or in any bathroom medicine cabinet.

There is one ultimate end to everything; that's when we go to the job we are called to do on the other side. The doctor is often the first to see us on arrival and the last to see us go. During the span of our lives, we are subject to the particular system of doctoring we have chosen. When we are born, we are designed to flourish best through breast-feeding from a healthy mother. However, some are not so fortunate, and "modern" ways were developed, such as weaning formulas (canned, processed, synthetic foods) and vitamins. We have been drugged, harrassed, polluted, smogged, even cheated and starved out of the optimum health we were designed to have by following a customary trend guided by an unknowing mother or doctor.

We are stuffed, starved and snacked on foodless foods. We join the crowd. We have been eating this way for years. It is said to be the "American way" and many say, "It has never bothered me." We choose the tennis shoes we wear, the dog we like, the clothing we put on our backs—according to what advertisers tell us is good. But we seldom choose the doctor we really need. Often we can't even die the way we wish to—we end up on the doorstep of our doctor and he chooses for us.

At work, we are tardy; at school, we have a programmed lunch; at home we are just TV watchers with no hobbies, no motives, no sex—and getting fatter every day. We make lifestyle changes only when forced. First we start crying, moaning, searching, and wondering why we have troubles. Then we start seeking alternatives.

There are many paths, opportunities, salesmen, advertisements and scientific answers to take care of a person's plight. There are many ways offered to satisfy a person's needs. With so many kinds of people, all trained by different kinds of parents and educational systems, no one comes out with a uniform program to follow. Everyone from the local bartender to the old folks of New England has a remedy for the cold. Remedies range from the Hunzas' suggestion of taking boiled fat from a Siberian bear's foot, to the traditional doctors' drugs. Incidentally, they all admit there is really no cure for a cold.

Who am I to offer an alternative to all this? Is there a complete answer? What is the best path for you to take? Can anyone help you? Are you different? Are you ready for some answers? Are you satisfied or prefer no changes? Who are you? Who rules the roost? Who do you listen to? Can you do any thinking for yourself? Maybe it is your destiny to have problems? It is probably your lot. What's the use? You won't get out of this life alive anyway.

The doctor monitors your life program: "You have three weeks to live. Science has no answers to your problem yet." They give you all that modern medicine and surgery can offer, but it is not enough. When all this is happening right before our eyes in practically everyone's life, we need an alternative way to go. We don't have any choice in hospitals yet for whatever treatment might be for our highest good. We can pray as we want to, as we prefer, but that's about all.

Personally, I am glad alternatives have developed, so I may choose natural food instead of junk food and cotton instead of nylon. I'm glad I know the difference between sulfured and unsulfured foods. What options we may consider, however, depends on our education, society, job pressures, laws, money, and who we vote for.

There are a few things we can offer as alternative ways for a broad cross section of people, whether trained or untrained, whether poor or rich, whether Baptist or Buddhist. An answer to many problems and conditions is found in the analytical science and practice of iridology and in nutrition. With these companion studies, we can improve our way of life, elevate our health level, learn a cleaner way of life, and above all, replace old body tissue with new, better functioning tissue. Doing so will demonstrate the results of replacement therapy in our thinking, a development which leads to better health, a longer life, following a way approved by God.

Most of us go to the doctor because of symptoms arising in the body from which we want relief. We wait for these symptoms to become bad enough to force us to go to the doctor, and he uses them in his diagnosis. The iridologist, on the other hand, doesn't have to wait until the patient recognizes symptoms, he can discover imbalances at the level of subclinical inflammations. Waiting for symptoms to arise in the body when adverse conditions have been going on for

years is hardly a safe way to maintain health. We cannot continue to treat only symptoms. We must get at the cause in order to adjust the body and bring it back to the proper balance.

To treat high or low blood pressure without considering the whole body is futile. Because the brain is in constant communication with all the symptoms and inflammations of the body, it is to the brain that we should look for our information. The eye is an extension of the brain, and the iris is a "map" with complete expression of all the conditions existing in various organs and tissues in the body. It is the logical place to look for our problems in terms of the present state of our body. The eye, by identifying the source and type of our problems, shows what changes need to be made for the future.

Iridology does not take the place of other methods of diagnosis or analysis; it has only added to those methods. When we stop to think that possibly we are only 25% or 30% correct in the diagnosing methods that we have today, it certainly behooves us to use every option possible to raise that percentage.

To find the way to complete wellness in the body, it is best to go to the record found in the iris. I think it is almost criminal that 7 out of 10 Americans over the age of 40 have a chronic disease, according to the U.S. Public Health Service. Where have the doctors been at the beginning of these chronic diseases? Most patients go to a doctor too late. Is there some way of diagnosing or analyzing these conditions when they first emerge? Is there another way to see what is going on in the body? Yes! It is through iridology.

We offer an alternate, non-invasive method of analysis, not one that claims to treat a disease, but which teaches a path of life that is elevating—physically and mentally. This alternative is not the easy way. It is not the socially-favored way. However, it is a powerful tool for whole-body analysis, a life-changing option for which some patients and doctors are ready.

It is for these people that I am writing this book. I can wait for the others to catch up when the going gets tough, when the need pushes them to extremes or when the inner call comes. Iridology does not claim to be a complete science. Is there one that is? Iridology is not the whole answer. Is there any system that has the complete answer? It cannot tell many things in the detail necessary in some cases. Is there any method that can provide the data every time?

I do not criticize the art of the medical profession. There are cultural biases marring the state of consciousness of society today, and Western medical practice is geared to those biases. Medical doctors are trained and equipped to do many things. They can differentiate between glomerular damage and calculi inflammations causing irritation in the kidney. They are able to determine the count of spermatozoa. They are well-versed in discovering a ruptured follicle in the ovary. They determine well whether pregnant women have enough oxytocin to stimulate uterine contractions. They can determine nystagmus and color blindness. Medical technology has made really remarkable things possible. All these things are wonderful.

But doctors need to face up to the current limitations of their field. Do they have a concept of the patient's needs in terms of right-living habits? Are they able to bring about the elimination of toxic waste without harm to the body's organs? Do they recognize that suppression of any stage of inflammation creates a more chronic condition? Are they aware of the difference between a disease crisis and a healing crisis? Do they know how to determine in that crisis whether a patient is getting better or worse? Do they have any way of determining when there has been a replacement of new tissue for the old?

Can doctors identify the secondary effects and locate the primary source of low-grade infection in the body? Are there means of telling through biopsy and tissue analysis whether there is an inherent weakness behind the inadequate function of that tissue? Can they appreciate the irritating and often dangerous side effects of drugs or correctly appraise the influence of pollution on health? Can they determine how much of the problem must be taken care of in the kitchen, teaching people how to prepare food correctly? How much time and effort do doctors put into changing people's consciousness in terms of attitudes, health habits, jobs, and marriage?

Iridology can analyze stages of inflammation and show the progression of inflammation from acute to degenerate stages as the body deteriorates. It also shows regression of these inflammations as the body molds to a different and better way of life, going from the degenerate to chronic and back to the acute stage' again. It is an ideal monitoring system for observing toxemias. It has many advantages in monitoring tissue changes, such as stasis in the body which may indicate tumor formation, which other analyses do not embody.

Iridology catches the subtle, stealthy chronic diseases that have crept into the tissues like a thief in the night. It is an ideal system for locating many subclinical conditions and their causes. One would think that with only these few items mentioned, everyone would be ready, willing and eager to learn this alternative way of analyzing human ills. Iridology is an important adjunct to be used in response to an appeal for an alternate way of living. It offers a new choice where only disappointment has been encountered from taking a traditional path.

As long as there are options in practically every avenue of endeavor today, I ask, "Why not try this one?" Iridology was born to take its rightful place as an alternative to many outworn, inadequate, and unworkable approaches in more traditional health care.

To go an alternative way doesn't mean that we should become argumentative and defensive in our society, meetings, and homes. Rather it should knit us closer because we have found a method that fits our nature, a way of harmony and natural appeal. Above all, it helps bring about, in the end, a stronger and healthier patient.

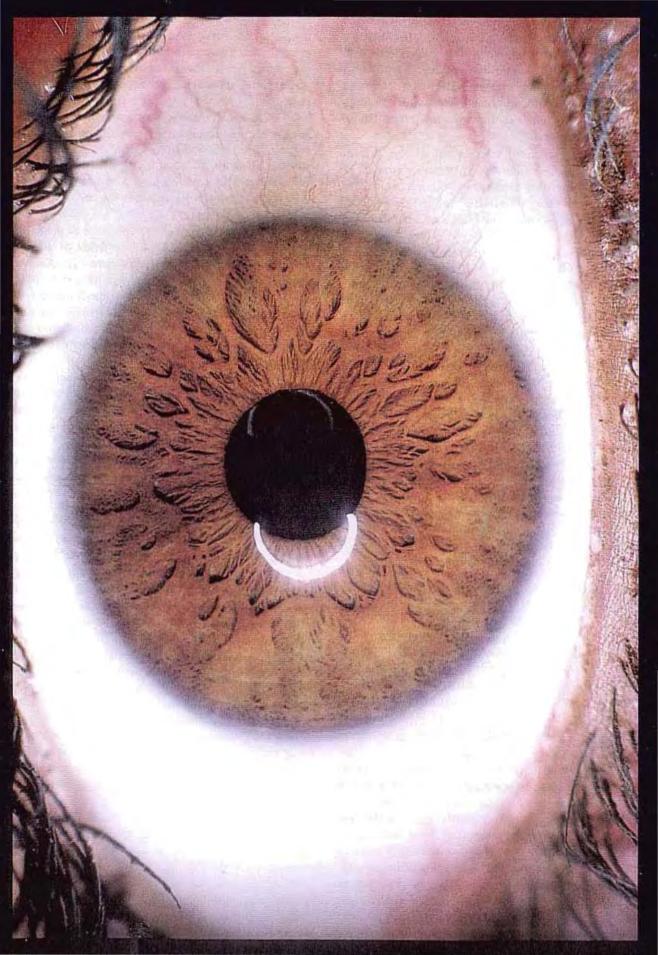
I recognize that Western medicine is probably the most life-oriented of all the fields of science today. Possibly it is making more progress than we can conceive of at this moment. But until more of its shortcomings are resolved, other methods can be used supplementarily with good results. Considering all the recent progress in surgical methods, no one can say that modern surgery is not a valuable and wonderful tool.

With regard to accidents, emergencies, and warfare, Western medicine is one of our most effective approaches. When a sudden, severe trauma occurs, that is not the proper time to hand a person a glass of carrot juice to cure his ills.

Western medicine has developed in ways in which iridology, I feel, will never compete. But certainly no one in Western medicine believes he has reached the ultimate in any aspect of health care.

None of us can afford to point a finger at someone else, while claiming our own way to be perfect. It is time to turn our swords into plowshares, so that mankind can enter into the harvest. Our primary goal should be to develop a system of preventive health care, to help turn the tide of the disastrous increase in chronic disease that causes so much suffering, heartbreak and financial grief in our country. I should think there would be greater glory in preventing an operation than in performing one, in preventing a disease than curing it, in helping people live to a ripe old age in active good health than in sustaining the senile as hopeless vegetables.

This is what iridology is all about.





Body systems represented in the iris



Inherent weaknesses with toxic settlements undermine systemic function.

Garden of Eden was an ideal setting where all living things, including man, functioned in harmony until that fateful day when man ate of the fruit of the tree of knowledge. From that point on, everything changed. Man attemped to become a law unto himself, largely disregarding the natural law of the Creator. This gave rise to the culture-nature split so widely discussed by philosophers. Nature does not take care of man. Instead, man must use his cultural knowledge and his two hands to take care of the garden over which he has dominion. The same life forces and energies present in the Garden of Eden are still with us today, available for use in giving life to the vegetable, the weed, the animal or the man. If we allow these forces and energies to run rampant, the weeds will choke the garden. It is up to us.

We may look upon the

body as a garden, a complex

environment in which

nutrients and energy are

distributed according to

natural laws that govern the

relationships among the

various living structures within that garden. To carry

this analogy further, we may

recall the story of the

Garden of Eden. The

The health of the human body, like the Garden of Eden, has become transformed by the course of human civilization. We have the choice and the duty to become masters of our cultural heritage and to use it wisely or else become victims of it, undergoing needless suffering—physically and mentally. Each of us is the master of his own domain—the body; we need not wait until diseases develop to take a wise interest in our own health. We can learn how to prevent disease and place the life-giving energies of nature at our disposal, to live in joyful wellbeing.

Much of what civilization has to offer is either useless or detrimental to health. Without fresh air, sunshine, clean water, and wholesome, natural foods, we would suffer and die despite the best efforts of modern science and industry to save us.

We find that the muscles must be exercised and nourished or they will atrophy. If our nervous system is not properly cared for we will ache. If the heart and mental faculties are not in harmony the heart will weaken and suffer from overwork. The skin needs the right care and nutrients or it will wrinkle. Every part of the human brain must have what it needs to maintain, repair, and rebuild itself or the mental faculties will deteriorate. When we do

not care properly for the beautiful garden of the body, we find ourselves unable to accomplish our mission in this life.

Man has access to a good deal of the knowledge necessary to take care of his body and its health, and there is much that could be said about the various healing professions. But the sun is rising today on a new approach that goes beyond the many specialized branches of primary health carethe wholistic approach to health. The wholistic outlook requires that we view the body's systems as a single, interrelated system: the whole person. And we may treat the whole person through many different channels: nutrition, exercise. sunlight, fresh biochemical, mechanical, mental or combinations of these to keep us from becoming one-sided or extreme in our approach to health.

Iridology takes into consideration the whole person: body, mind and spirit in his social and environmental context.

Either a deficiency or an excess of certain chemical elements in the system can make the body vulnerable to toxic settlements or bacterial and viral invasion. When our work or personal habits become extreme in any single direction we may use more of one biochemical element than others. Poor attitudes or excessive emotionalism can create physiological imbalance and invite dis-ease conditions. The health professional must keep an open mind to the many ingredients that produce good health. It is not enough in building a strong bone structure to have an adequate intake of calcium and phosphorus foods; sunshine also has much to do with building healthy bones. To assist an ailing heart or poor circulation, a change of climate may be the best answer. Chiropractic treatment may be the best approach to certain nerve problems. A flexible array of options is the best guarantee of success in treating patients.

Of all the approaches I have used, I consider nutrition of primary importance. The vital processes at the level of cell metabolism function properly only if the right foods are eaten. The human body is made of "the dust of the earth," not just iron, calcium or silicon. We must have both variety and balance in the diet to have good health.

In addition to the foregoing, the following four considerations are necessary to restore health to the total body.

Number 1: Nerves. All physiological functions in the body depend upon the proper working of the nervous system. If the afferent nerve channels do not signal a particular organ's need to the brain, that organ is in trouble. Yet the nervous system is also dependent upon the other organs and systems of the body for support—the stomach, the kidneys, the blood, and lymph. By taking care of the nervous system, we assure unimpeded communication between all body structures and the brain.

Number 2: Blood. The second consideration is the blood. It is said, "The life of the body is in the blood thereof," and if the blood is laden with toxic materials, every tissue and organ in the body is affected. If the blood is lacking in sufficient iron it will also be lacking in oxygen, the primary element in metabolic cell processes. A healthy bloodstream depends upon good nutrition, digestion and elimination. A toxic bowel can produce a toxic bloodstream. Any change in the acid/alkaline balance of the blood immediately affects all life processes in the body.

Number 3: Circulation. A healthy bloodstream cannot do its job if circulation is inadequate. The blood must reach into every cell of the body—from the stroma of the iris to the cartilage and tendons of the gross anatomy. The spinal disks must be fed just as well as the musculature. Wherever blood does not enter, the lymph system carries nutrients and removes wastes. Good circulation requires exercise, as the old adage, "Use the body or lose it," suggests. Circulation can be improved not only by exercise, but by improved mental outlook, barefoot walks in grass or sand, Kneipp water treatments or change in climate. Heat, excessive humidity and sedentary occupations are among those conditions that can interfere with proper circulation.

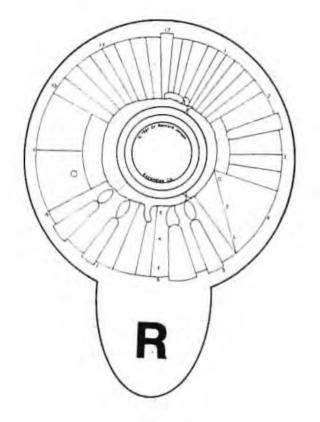
Number 4: Rest. The fourth consideration in getting well is rest—peace, calmness, relaxation, sleep. Rest is a natural cure. In rest the body's energies are free to focus on recreating, rebuilding, rejuvenating. When we are busy we may be tearing down the body faster than it can be rebuilt. A tired body cannot repair itself, digest food, eliminate wastes or circulate blood properly. A tired body contains an excess of toxic acid wastes. Everyone who is sick is tired, low in metabolic rate, underactive in all functions. In the tired body, "Nature is no longer doing her duty."

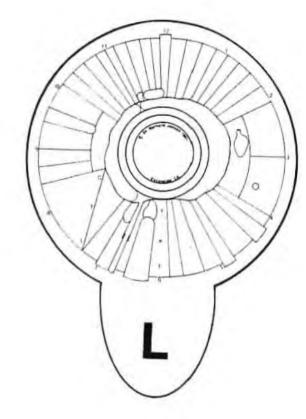
In summing up, we notice that the brain governs all the nerves and, through the nerves, the activities of the organs. The brain plays a vital role in healing and in maintaining health through the autonomic functions; and also, through our psychological outlook, be it cheerful or depressed, courageous or fearful, determined to overcome or giving in to defeat. The nerves, blood, circulation and rest affect the brain and vice versa. We can understand why it is so necessary to treat the body as an interrelated community when we realize that the absence of one essential biochemical element can result in a cause/effect chain of circumstances in the body resulting in sickness or even death.

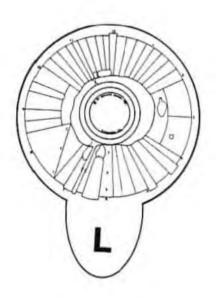
NOTE TO THE READER

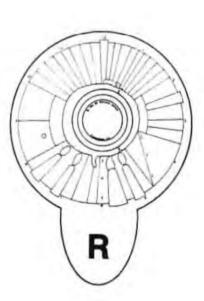
Section II of this book involves the detailed discussion of the iris as it relates to specific locations in the body.

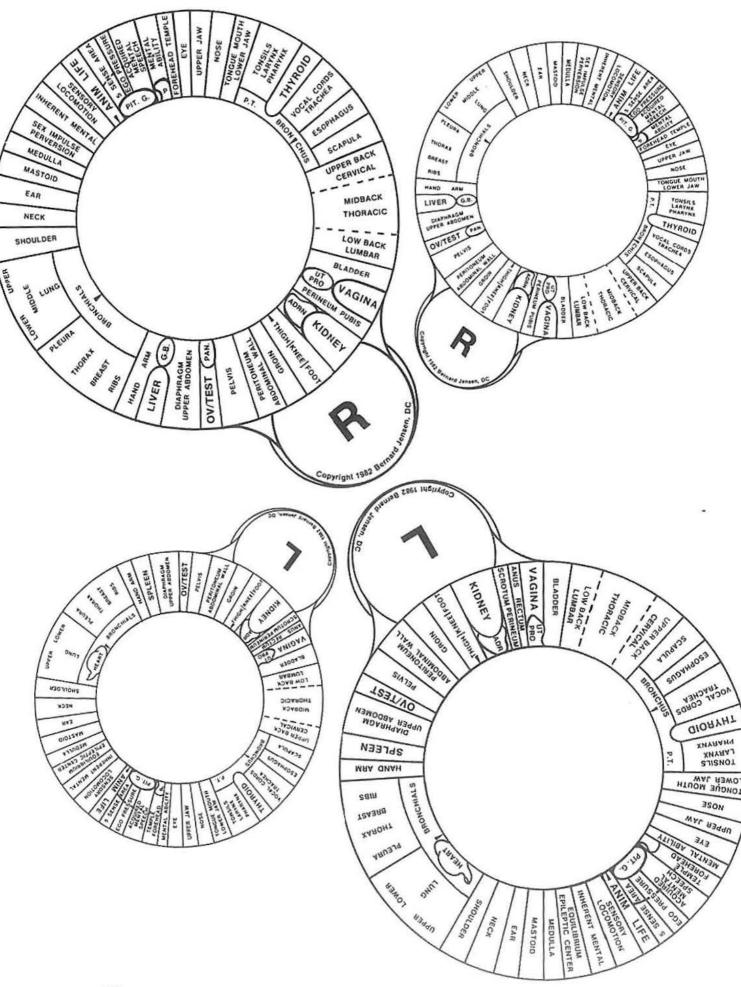
In order to facilitate clarity and understanding of this work, you will find a valuable tool between pages 228 and 229. Carefully remove the mylar sheets by cutting them loose near the binding. Trim to size. Keep in a safe place for future use. Should they become lost, duplicates can be made from the printed masters on pages 227 and 228. Most printers or photography laboratories can prepare a transparency for you.

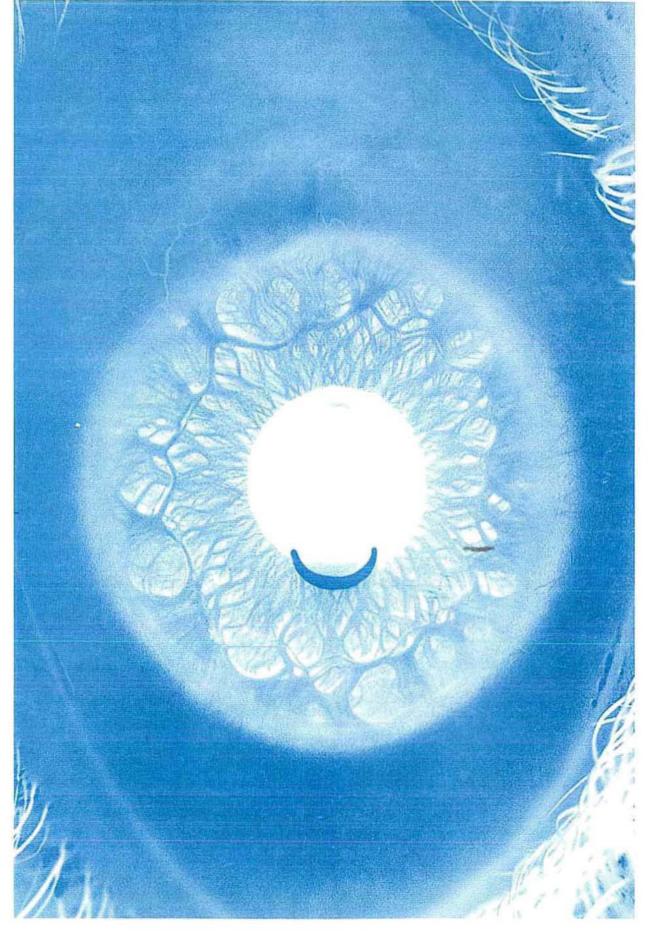




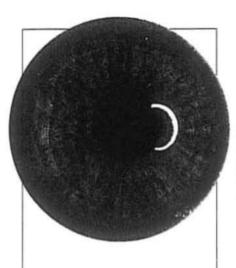








one



"There is but one way of seeing things rightly, and that is seeing the whole of them."

-John Ruskin

"The light of the body is the eve."

-Matthew 4:22

Five channels of elimination

The major eliminative channels of the body are the colon, skin, urinary and lymph systems. Together with a fifth major channel, the respiratory system (which will be treated in the next chapter), these make up the body's systems for the elimination of toxins and wastes. When the eliminative systems of the body are functioning effectively, blood, lymph and tissue fluids remain relatively clean, a prerequisite for good health. When one or more of the eliminative channels are not functioning well, the others are forced to compensate. If they are unable to handle the overload, toxins and waste products find their way back into the bloodstream, circulating throughout the body and settling in the weakest organ and tissue areas. Toxicity in the body lays the groundwork for disease.

The function of the health professional using iris analysis is to identify, from the irides, the areas of the body where problems are evident, trace the problems to their source and assist the patient in developing a natural program for restoring health. Frequently, a problem elsewhere in the body may be traced to pathology or malfunction in one of the climinative systems. Iridology is a rapid and reliable means of accomplishing this task.

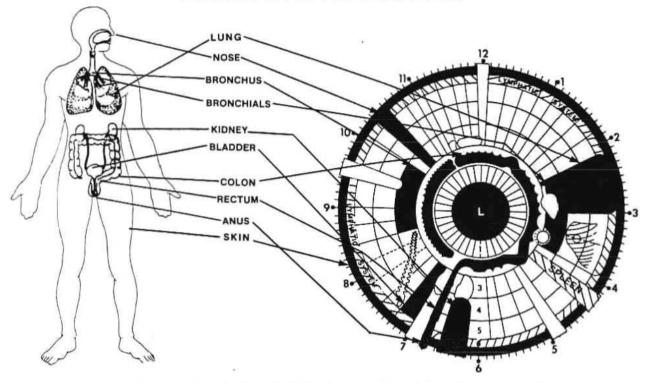
External toxic waste sources include pollution, smoking, junk foods, drugs and medicines. Internal sources include the normal breakdown products of cell metabolism and the abnormal breakdown products associated with fatigue, stress and emotions such as fear, resentment, jealousy, anger, hate and excessive grief. Additionally, I am convinced that people in the United States eat far too many wheat and dairy products. The imbalance resulting from lack of variety in the diet can cause problems with the digestion that encourage more toxic wastes to develop.

It is obvious that without adequate elimination of wastes the blood cannot remain clean, thereby allowing toxic materials to be circulated through the entire body. Conversely, the eliminative channels cannot work efficiently without the right nutrients, neural integrity and supportive glandular secretions. The skin needs to be kept clean; it needs fresh air and sunshine. A sufficient amount of liquid intake is necessary for proper lymphatic, bowel and kidney function. Exercise is needed to keep the blood working to remove cell wastes, to move the lymph along, to get the lungs pumping, to generate skin perspiration and to assist in developing good bowel tone.

The Colon

From the iris chart we observe that the autonomic nerve wreath, approximately one third of the radial distance from

ELIMINATIVE SYSTEM



These diagrams illustrate where the different organs that work toward a common goal are reflected in the iris. The dark areas are organs normally considered a part of the system. These organs may also be a major part of another system. The cross-hatched organs are those of another system and function that contribute to the control of the system illustrated. When making an analysis, we are looking for the common link between lesions in the eye. Check to see which system or systems they fall in and you will have a better idea of the main problem to be corrected with proper living habits.

the pupil to the periphery of the iris, separates the gastro-intestinal tract from the other organs. The gastro-intestinal tract, of course, serves the dual functions of digestion (and assimilation) in the stomach and small intestine and of waste elimination in the large intestine or colon. Notice on the chart that outside the stomach area, immediately encircling the pupils of both eyes, the area devoted to the intestines is dominated by the colon, regardless of the fact that the entire colon is usually only six feet in length as compared with the average twenty feet for the small intestine. This is an indication of its importance.

In iridology, we find that the area corresponding to the intestines is almost invariably the darkest portion of the irides. It is also seldom lighter in color than lesions elsewhere in the irides. This suggests that the bowel is usually the most toxic system in the entire body. I would further suggest that the colon is, itself, the most toxic area of the bowel and the descending colon is more problematic than the ascending or transverse colon. Many pathological conditions of the body can be traced directly back to the colon, due to the fact that when the colon is taken

care of, other problems as diverse as torticollis, asthma and leg ulcers often go into remission.

Before probing into the various problems of the colon and their accompanying signs in the iris, let us examine some of the reasons why the colon is such a problematic area of the anatomy. For one thing, it carries more toxic material than any other eliminative system, a combination of waste products from metabolism and undigested foods. Secondly, because of poor elimination habits, poor eating habits, spasticity of the colon and other conditions, toxic wastes are frequently held far too long in the colon. The normal period of time from ingestion of food to bowel elimination is eighteen hours. Many of my patients have reported claims by their previous physicians that a bowel movement every few days or even every two weeks or so is normal. With a proper diet, exercise and rest, these same patients return to a regular elimination pattern of from one to three bowel movements per day, without laxatives. This may be considered a normal elimination regimen. (Note that frequent bowel movements do not necessarily mean that a patient is not constipated. If the iris reveals chronic toxic settlements in the bowel

ELIMINATIVE SYSTEM

ORGAN	FUNCTION	ACUTE SYMPTOMS	CHRONIC SYMPTOMS
COLON	DIGESTIVE AND ELIMINATIVE FUNCTIONS —Peristalsis moves food and wastes along passage —Food in the stomach starts mass peristalsis that moves the colonic masses into the rectum —Secretion of mucus —Intestinal bacteria digest remaining carbohydrates and release carbon dioxide and methane gas. They also help break down remaining protein into wastes and hydrogen sulphide gas. —Removal of water from feces —Intestinal bacteria aid in production of riboflavin, nicotinic acid, biotin, folic acid and vitamin K —Absorbs inorganic solutes (chemicals) and secretes them into blood to be detoxified by liver	-Gas -Tenderness in abdomen -Odorous diarrhea -Tension in muscles reducing force of movement -Spastic condition in colon -Headaches -Problem in colon can affect any organ in the body through nerve reflexes	-Gas -Protruding abdomen -Headaches -Lack of peristaltic action -Congested, caked mucus lining -Lack of intestinal bacteria -Low vitamin production -Bad breath -Backache, hemorrhoidal pressure -Prostate pressure -Hard, dry stool -Low-grade infection possible
LUNGS # ?	Two lungs are located in the chest area in the thoracic cavity; they are covered with pleural membrane. The right lung is larger with three lobes; the left is smaller and contains two lobes, leaving room for the heart. The primary function of the lung is gas exchange with the blood and lymph	Painful breathing Excessive catarrh production Local inflammation of part of lung Asthma, excessive mucus production Pneumonia possible Scar from pneumonia possible Difficult breathing (dyspnea) Irritation from marijuana/tobacco smoke can cause acute condition	-Poor elimination -Emphysema or other breathing difficulties -Coughing/spitting -Loss of surface area for gas exchange -Shortness of breath -Faintness/dizziness -Throat catarrh -Poor posture -Smoker's damage (usually to lower lung)
BRONCHIALS	Major air passage in lungs Contains a great deal of muscle which can spasm Gas exchange takes place in end of bronchials	Coated tongueClear mucusBronchial asthma; wheezingPain in lungs when breathingPneumoniaAllergiesTightness in chest	-Feeling of oppression -Emphysema -Shortness of breath -Coughing up mucus (thick, opaque) -Allergies
KIDNEYS	Controls blood volume by regulating water content of the bodyRemoval of wastes and acids from the bloodHelp regulate blood pHRemoves materials from the blood then replaces those neededProduction of urine	Skin problems, hives, rashes Inflammation of glomeruli from infection elsewhere in body Obstruction of urethra/lack of urination Loss of weight from fluid loss Frequent urination Cystitis or infection of urinary bladder and mucosa of the urethra from kidney Pain in back, below ribs Bowel gas can cause problems KIDNEY FUNCTION AFFECTS ALL ORGANS	- Itching, heart symptoms, rapid pulse over 90 - Retention of water - Kidney stones possible - Urine contains excessive protein or other electrolytes (minerals)(cloudy) - Acid blood/tissue condition build-up - Edema - Painful joints (swelling ankles) - Uremia and toxemia possible - Gout - Cloudy urine, pain under ribs/middle back - Skin problems; nausea, headache

ELIMINATIVE SYSTEM

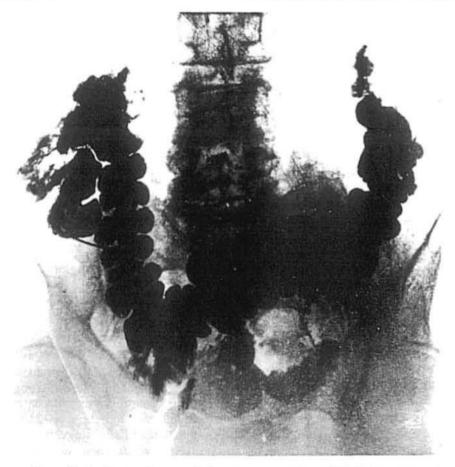
ORGAN	FUNCTION	ACUTE SYMPTOMS	CHRONIC SYMPTOMS
SKIN tl S	Called "the third kidney" because it removes acids from the bloodLargest organ in the bodyHelps control body temperatureProtects the body from bacterial invasionExcretes water and saltsReceives external stimulusSynthesizes vitamin DRetieves kidneys by sweating which removes toxins and mineral wastes, catarrh and acids	-Excessive sweating -Oily skin -Sensitive to heat and cold -Hives -Warts -Eruptions	-Lack of sweat -Poor complexion -Cold and clammy skin -Loss of hair -Lowered blood circulation -Dry skin -Bacterial invasion easy -Burn/heat damage -Acne
LYMPH GLANDS	Neutralizes toxins and poisons Returns water from tissues to blood Returns leaked protein to blood Fat transport system in body Some hormones are transported by lymph system Destruction of foreign bacteria Production of antibodies Makes up largest content of fluid in the body; carries more waste than the blood	Neck and armpit gland enlargementGland inflammationExcessive catarrh	-Lumps in breasts -Edema/water retention -Lowered immunity -Difficulty gaining weight -Allergies -Swollen glands
SPLEEN # 7	-Filtration of old or damaged red blood cells -Filtration of bacteria and blood debris -Production of antibodies -Production of lymph cells and plasma cells -Storage of blood in case of hemorrhage	Mononucleosis possibleSore throatSlight feverHigh blood pressureEdema possibleAltered white blood cell countSign of infection in the body being loughtExcessive bleeding	Lowered immunityMenstrual problems with excessive bleedingAnemiaBleeding problems, easy bruising
DIAPHRAGM # %・	-Large muscle that controls breathing	-Pain on deep breathing -Hiccoughing often	—Shortness of breath —Fainting
PLEURA £ 9	—Sac that encloses the lungs	-Severe stabbing pain in chest; often is better when lying down	Low pain in side Higher temperature at night
GENERAL NOTE ON ELIMINATIVE SYSTEM	All CHRONIC diseases have catarrh as a part of the condition present. Drugs affect the eliminative organs most, as they are responsible for their removal. Eliminative problems stress the body's inherent weaknesses most, as toxins travel throughout the body and settle there.		

area, the patient does not have a clean bowel.) Wastes held too long in the colon putrify, produce gas, harden from excessive water loss and block the movement of additional material coming down through the digestive tract. Additionally, food substances such as sugar, chocolate and coffee tend to destroy healthy intestinal flora such as acidophilus, leaving the bowel defenseless against undesirable gas-producing forms of bacteria.

Although the bowel is abundantly supplied by autonomic nerves that assist in generating the peristaltic motion which moves food and waste materials along, it is greatly lacking in nociceptors, the receptive neurons for painful sensations. Abuse of the bowel, then, can continue for many years without undue discomfort. But tissue damage occurs regardless of the absence of pain.

I am convinced that the colon is the source of relatively frequent low-grade infections that sap strength and vitality. Seldom detected by conventional diagnostic approaches, low-grade infections are rather easily discovered by examination of the irides. Diverticula often contain toxic material not moved along with other bowel wastes, and are revealed as small dark lesions in the irides. Many black dots or black areas can also indicate worms, which are not uncommon in the bowel. Diverticula are ideal breeding places for worms. One of my patients had 113 diverticula on the descending colon, verified by X-rays. These small bowel pockets are more common than most health professionals realize, and they must be taken into account when low-grade infection is suspected.

Another frequently encountered problem with the bowel is prolapsus of the transverse colon, bringing pressure upon the organs of the pelvic region and allowing the stomach to slump into a position commonly referred to as "fishhook" stomach. The prolapsed colon is most frequently caused by the combined effects of gravity and chronic fatigue, the latter permitting a weakening and loss of the muscle tone which ordinarily holds the transverse colon in its proper place. In the iris examination, a prolapsed colon appears as a flat area or dip across the top of the autonomic nerve wreath, the extent of the dip corresponding to the extent of the prolapsus. A prolapsed colon cannot be restored to its original



X-ray illustrating prolapsus of the transverse colon which brings pressure symptoms and other symptoms throughout the body as a result of chemical and mechanical imbalances.

position, but slant board exercises and other physical exercises, along with appropriate diet, can usually bring about great improvement.

As a consequence of pressure caused by a prolapsed colon, we frequently find accompanying problems. The "fishhook" stomach allows an acid puddle to develop, provoking flatus, pyrosis (heartburn), and regurgitation. Lower back pains are not infrequent. We may encounter retroflexions, in which the uterus is tipped over the rectal area, restricting menstrual flow and resulting in cramps and constipation. One or both of the fallopian tubes may be blocked, causing menstrual irregularity or even sterility. Ovarian cysts may develop, complicated by stenosis of the passageways through which the toxic material from the infection normally would drain. Among men, prostate trouble can follow prolapsus of the colon. Pressure on the sigmoid colon can interfere with the passage of bowel wastes, allowing bowel pockets and ballooned conditions to develop. This backing up of wastes in the descending colon is the precursor for many troubles developed on the left side of the body-for example, angina pectoris, cardiac palpitation, aortic insufficiency, diaphragmatic pressure, and bladder problems. Pressure on the rectum may cause protrusion of veins and development of hemorrhoids.

The iridologist must be alert for particularly dark lesions in the colon area of the iris, for these are often inherently weak tissue areas through which toxic material passes, reflexly affecting other organs. These lesions are found where the autonomic nerve wreath extends outward to a large point.

Nervous system conditions can affect the bowels. Lack of neural integrity can result in a sluggish bowel. Colitis may accompany or follow a siege of nervous irritability brought on by such things as job pressures or marital troubles. A spastic condition of the colon may result from emotional causes. We must be alert to the interrelationship among the emotions, nerves and bowel distress. Emotional stress can be at the root of bowel tension and inflammation. A stricture in the bowel appears in the iris as an inward pull on the autonomic wreath, while a ballooned bowel appears as an outward push on the wreath.

When we are trying to distinguish between appendicitis and cecal inflammation, we must carefully examine the area at five o'clock in the right iris. Many cases of cecal inflammation have been incorrectly diagnosed as appendicitis, but the iris reveals the location of the inflammation.

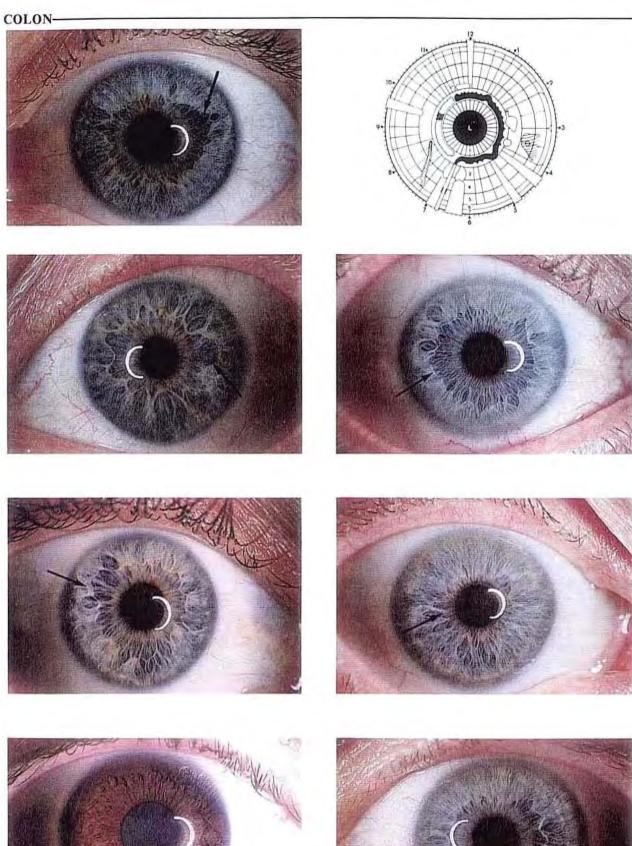
Discolorations (other than shades of white or gray) found in the area of the irides corresponding to the bowel are often due to drugs. Sulphur, commonly used a generation ago (sulphur and molasses, sulphur water tonic, etc.) shows up as a yellowish cast of the iris. Iron habitually taken as a blood builder (often constipating in its effect) may appear in the intestinal tract as a dark rust-colored settlement. Here, we are referring to the manufactured iron supplements, not to the iron naturally occurring in foods. The effects of some drugs upon the bowel mucosa may be tissue damage rather than drug settlement.

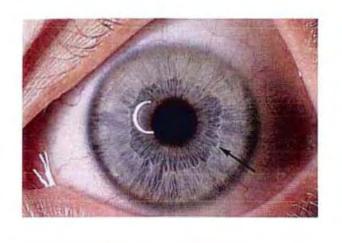
The radii solaris, described in the chapter on markings of the iris, begin in the intestinal area of the iris and radiate outward like the spokes of a wheel. passing through various organs and indicating a transfer of toxic material from the bowel. Keep in mind that blood vessels of the intestinal tract provide nutrients for every organ and tissue in the body. On the iris chart we observe that the brain is directly over the transverse colon; radii solaris to the brain is indicates a "pipeline effect" in which toxins are passed directly from the transverse colon, possibly accompanied by psychological problems. The deeper the radii solaris, the greater the toxic effect. If the radii solaris originate from the autonomic nerve wreath, the effects are as potentially dangerous as when they originate from the pupil.

For many years, I compared my iris observations with X-ray examinations to determine the accuracy of the iridology analysis, with regard to bowel problems. It was demonstrated that the signs in the irides were quite reliable, and I would urge others to use the same comparative method until familiarity with the various bowel problems is achieved.

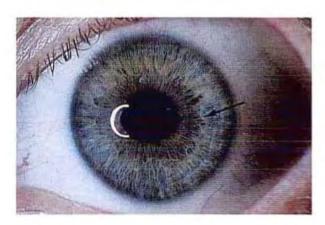
To restore the colon to health, it is sometimes necessary to go on a cleansing program to assist in removing toxic settlements. Cleansing the bowel, however, will not rebuild the bowel wall tissue, and a diet rich in sodium, magnesium and chlorine, plus supplements of vitamins B6, A, C, and D will be most helpful, following the cleansing program. Avoid the use of laxatives. Lactobacillus acidophilus culture should be taken along with a chlorophyll supplement and alfalfa tablets. Alfalfa, fenugreek and comfrey teas may be used and slant board exercises and massage are excellent.

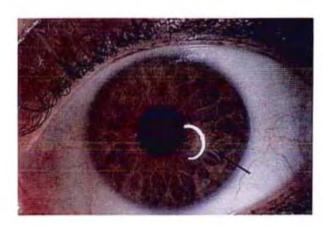
A clean colon is vital to the health of every organ in the body. Of course, while a patient is taking care of his gastro-intestinal tract, he may experience an increase in putrefaction, fermentation and flatus, especially as the healing crisis approaches. When the crisis is underway and the accumulated toxins are being eliminated, flatulence will be reduced. The healing crisis brings about increased activity and bowel disturbance, and the patient should be taught to welcome these signs because they signify that new tissue is replacing the old.



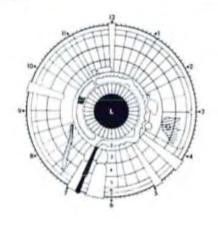


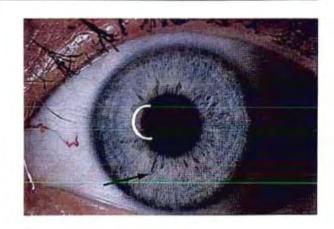


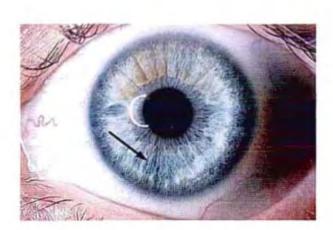




RECTUM









The Urinary System

The kidneys, ureters, and bladder make up the urinary system. The average kidney is a little over four inches long, three inches wide and an inch thick, with the right kidney located a little lower than the left, and somewhat smaller. In addition to their function of filtering wastes from the bloodstream, the kidneys help adjust blood pressure, determine the amounts of water and electrolytes eliminated from the body and control pH. We know also that the kidneys help regulate the amounts of potassium, sodium and chlorine in the body.

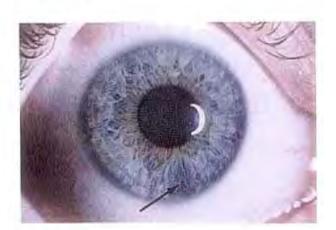
Near 6 o'clock in both irides, we find the area corresponding to the kidneys. The bladder is located just prior to 5 o'clock in the right iris and just after 7 o'clock in the left iris. When lesions are found in these areas, it is always advisable to check the condition of the bowel inside the autonomic nerve wreath and adjacent to these organs. As pointed out in the discussion of the colon, toxins from the bowel under certain conditions may be reabsorbed into the bloodstream and transported to the kidneys and bladder. If these organs show inherent weakness or if they are weakened by lack of essential nutrients, they are more susceptible to tissue damage from these migrating toxins.

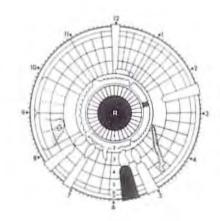
When the irides reveal a general acidic condition in the body due to chronic dietary imbalance, metabolic disturbance or pathology in one or more organs, the kidneys and bladder may be forced to bear the increased burden of elimination. If the problem is not corrected, continued stress on the kidneys and bladder will cause tissue irritation which will show up in the irides.

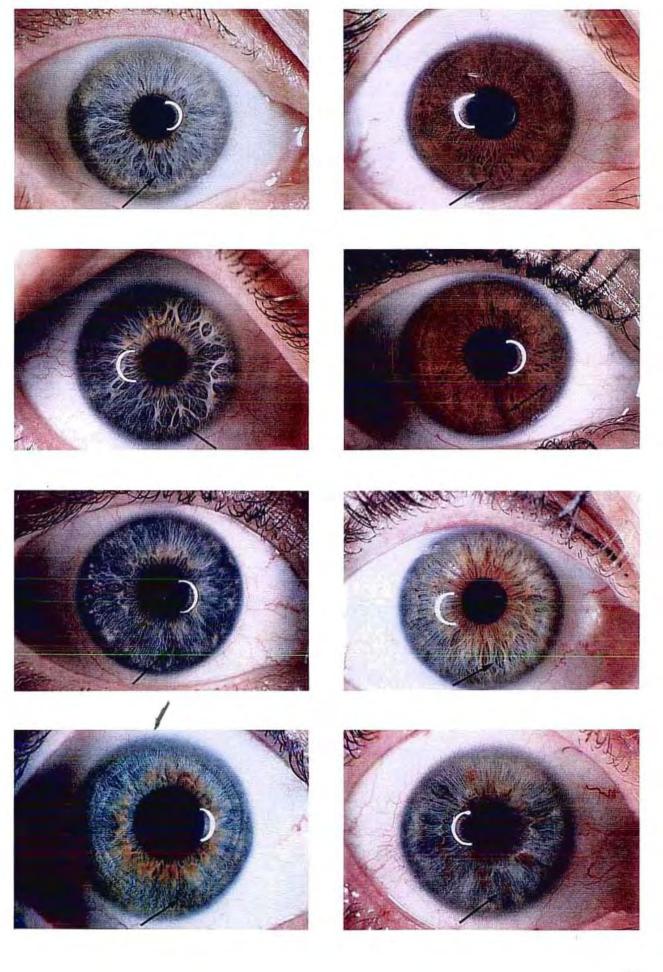
As in the case of other pairs of body organs symmetrically located in the right and left sides of the body, the kidneys may differ in size, structure and functional capacity. One may reveal inherent weakness, while the other may be normal. Conventional diagnosis of kidney pathology relies largely on laboratory analysis of blood or urine, which do not show whether one kidney or both are affected. Iridology immediately indicates the source of the problem, whether it is the left kidney, right kidney, or both. It must be kept in mind, however, that iridology analyzes tissue conditions and does not reveal differences in the biochemical composition of the urine passed by the kidneys. Nor will iridology reveal the presence of kidney stones, but it may indicate tissue irritation resulting from them. A dark lesion, indicating chronic toxic settlement, would be sufficient reason to suspect the presence of stones and any corrective treatment program must take this into account.

If the kidney area of the iris shows inherent weakness, special precautions need to be taken in the diet to maintain the kidneys in as healthy a state as possible. Citrus fruit should be eliminated from the diet, and other ripe fruit should be eaten sparingly. The exception to the caution against citrus is lemon juice, which may be taken periodically to help clean the kidneys. Carbohydrates cause less work for the kidneys than high-protein meals. Raw, warm goat milk is good, Vitamins C, E and B12 help strengthen the kidneys and prevent infection. Liverwort herb tea (one-half cup three or four times per day) is helpful in purifying the blood and the kidneys. Juniper berry tea is good. Father Kneipp recommended one juniper berry the first day, two the second day, and so on up to fifteen berries before going back to one berry, and this was considered a kidney treatment. Care must be

RIGHT KIDNEY



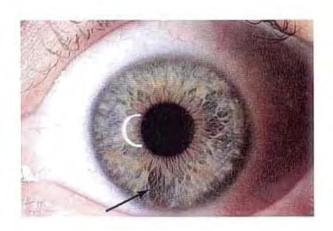


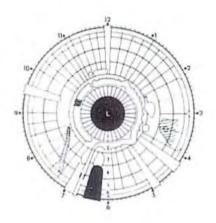


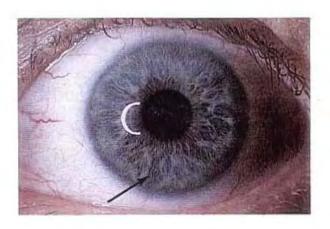
taken in the use of juniper berry tea, since if it is too strong at the start, it may irritate the kidneys rather than help them. Vegetable broths and juices are healthy for the kidneys, as are teas of oatstraw, shavegrass, uva ursi, parsley, kelp and corn silk. The latter may help when there is gravel in the urine. Foods containing silicon and chlorine are necessary. Foods containing magnesium and potassium may

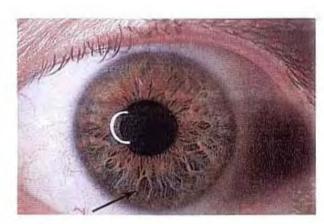
help cleanse the kidney tubules and a sufficient amount of sodium must be in our foods to neutralize metabolic acid wastes. Tea made of kernels of ordinary wheat is useful, as is the protomorphogen made of kidney substance. Hot and cold sitz baths can be used. And, of course, we should drink plenty of fresh water. (If the urine is heavy in color or odor, it is a sign that more water is needed.)

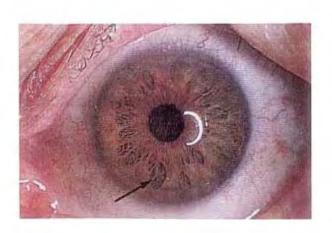
LEFT KIDNEY -

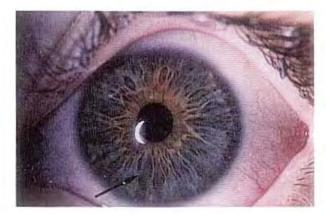


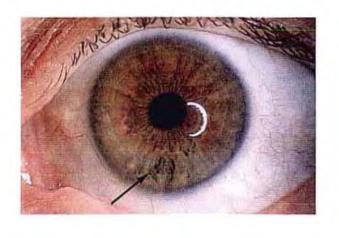




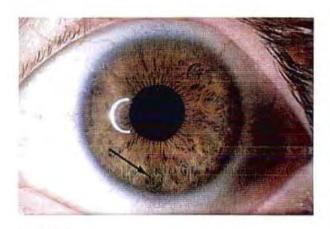


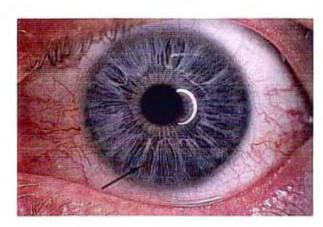




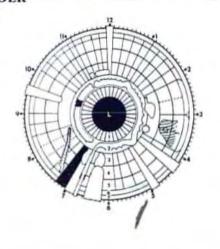


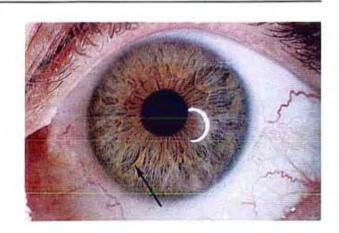


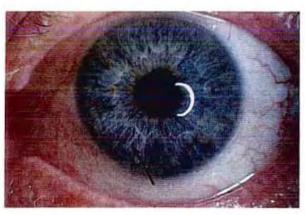


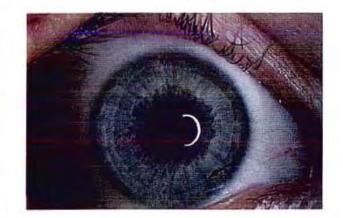


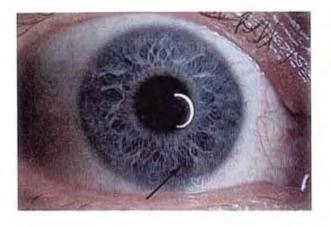
BLADDER -

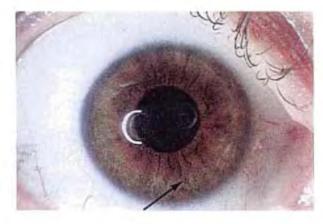












The Skin

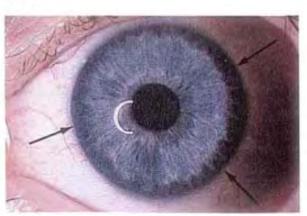
The skin is one of the most important—and most neglected—of the eliminative organs. Adults have a skin area estimated at from 2,000 to 3,000 square inches which eliminates about 2 pounds of waste material per day. The skin has two main layers, called the epidermis or outer layer, and the dermis, a thick underlying layer. The epidermis of the palms of the hands and soles of the feet have five layers, while the rest of the body has four. Sweat glands, approximately 3,000 per square inch, help control electrolyte and fluid balance in the body and assist in regulating body temperature.

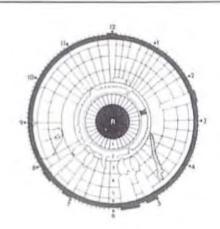
The scurf rim around the perimeter of the iris provides information about the condition of the skin and the blood vessels just beneath it. The presence of a scurf rim shows an accumulation of toxic material due to poor elimination from the skin. Among those with the poorest skin elimination, the scurf rim becomes almost black, while a dense, dark, and wide scurf rim indicates an excessively toxic body, overladen with wastes.

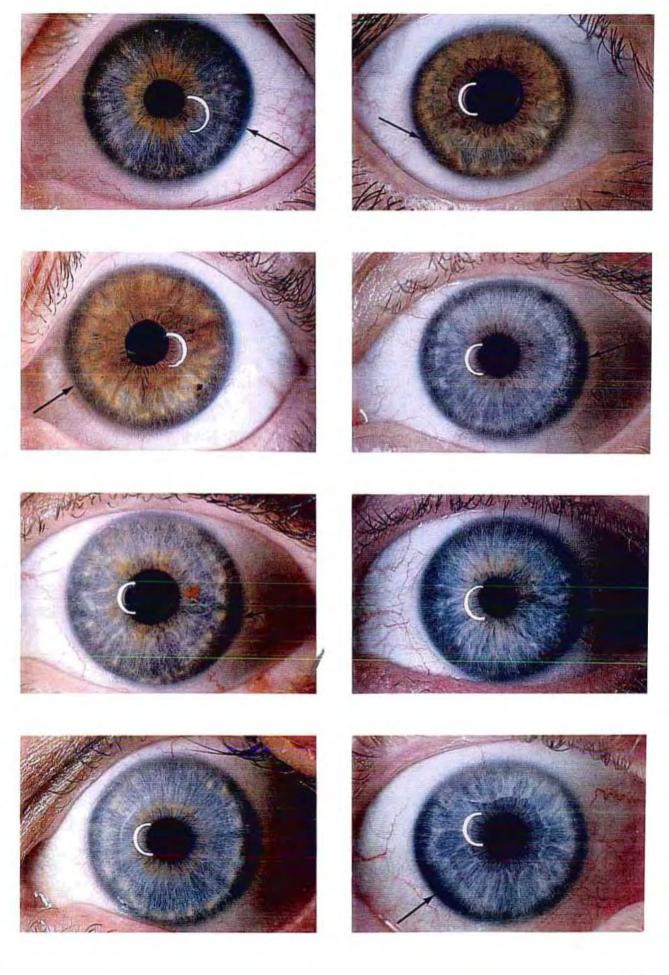
If the scurf rim appears darker over the lungs, we know that poor skin elimination has contributed to an overload of toxic material there, and the same is true for other organs. It may also indicate a suppressed condition in an organ. For example, a dark scurf rim in the feet area of the irides may be the result of efforts to suppress foot perspiration. Suntan oils, deodorants, and other chemical substances used on the skin promote a scurf rim by blocking the sweat glands.

In a healthy skin, the capillaries constantly bring wastes to the sweat glands, which in turn, eliminate them. At the same time, the cells of the epidermis are constantly dying and, together with the sebaceous glands which produce oil, tend to block the sweat gland openings unless the body is kept clean. Skin brushing with a natural bristle brush, neither too soft nor too stiff, is excellent for improving skin elimination. Additionally, our skin needs sunlight and fresh air; and exercise is needed to keep the sweat glands functioning properly. Foods especially good for the skin are those containing silicon, iron, potassium, and vitamins A, B, niacin, and PABA. Supplements such as rice bran syrup, alfalfa sprouts, kelp, and oatstraw tea are excellent.

SKIN-







THE SCURF RIM by V. L. Ferrandiz, MD, ND

(Distinguished medical doctor and naturopath of Barcelona, Spain, and prolific author of over a dozen books on the wholistic approach to the healing arts.)



In the iris, the scurf rim is very well apparent around the iris itself, as a species of irregular path, of larger or lesser width, showing toward its inner margin, some pointing projections of dark color, more or less visible to the trained eye of the observer.

This scurf rim is formed by a sort of conical patches, of irregular configuration with their vertex towards the center and their base towards the periphery of the affected zone and when toxins are eliminated they spread covering the skin zone which takes in a darkly pigmented color.

The scurf rim is very intensely apparent when skin diseases (so-called) like pimples, abscesses and especially eczemas of several types, are treated by artificial or antinatural means like external ointments containing antibiotics, cortocoids, etc., which forces the eliminative process to go backwards, towards the interior of the system.

This scurf rim shows also a species of small brooms, so-called because they have their origin in the thicker area of the radiations or very short lines irradiating from the scurf rim towards the pupilla, of dark color, forming like a crown or a guirnald. According to Lane and others, these small brooms make their appearance when acute diseases have been suppressed without their cause removed.

When the "solar rays" unite with these small brooms to conform a compact tissue, this is a sign of a severe neurosis of toxic hereditary origin in the corresponding organ to the zone.

These small brooms are differentiated from the solar rays in that the later ones go from the pupilla towards the periphery.

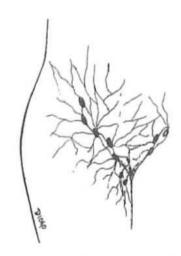
When the small brooms appear in the area corresponding to the brain, they are a sign for dizziness or vertigo, migraine, epilepsy, amnesia, diminished action of the mental faculties, with a sensation of heaviness in the head and tendency to be sleepy, and at times auditory difficulties.

The Lymphatic System

In contrast to the bloodstream, which is continually recycled through the body, the lymph travels along a "one-way" system or network of vessels and nodes to empty into the bloodstream. Lymph is formed in the tissues and flows through a



Lymphatic pathways of the female axillary/mammary regions.



Lymphatic pathways of the groin.

specialized system of capillaries and vessels interspersed with one-way valves into major blood vessels. The main functions of the lymph are to pick up bacteria and proteins which have escaped the blood vessels, to deliver them to lymph nodes where they are filtered out, and to supply lymphocytes to the bloodstream. Additionally, the lymph system carries fat from the intestines to the blood.

The lymph system is important in responding to infection, and there are about 465 lymph nodes in the human body that filter out and process pathogenic microorganisms. Major lymph nodes are found in the axilla, groin, neck, mediastinum, abdomen, pelvis wall and intestines (Peyer's patches). Certain organs are largely lymphoid in function, including the appendix, spleen, thymus gland, and tonsils. The

thymus gland, whose function was a mystery until recent years, is now known to produce lymphocytes and to assist the body's immune functions. While the lymph system removes cancer cells and undesirable substances such as hydrocarbon particles and destroys them by phagocytosis, it can also serve to spread them when the system is overloaded. For example, cancer cells from a tumor may spread throughout the lymph system and establish additional neoplastic growths.

Lymph is a transparent liquid part of the blood, and in order to do its work in the body it has to get out of the blood vessels. It accomplishes this by leaking through the capillaries, the tiny vessels at the ends of the arteries.

After it has done its work of bathing the body's tissues it finds its way back into the blood through a separate circulation network—the lymphatic system. This system is subject to the same problems as are blood vessels themselves. When lymph vessels are blocked, fluid pools and the area swells. That is lymphedema.

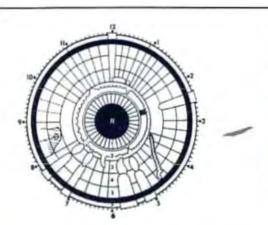
There are various causes, including tumors, scarring from surgery or radiation treatment. Or it may occur as the result of an abnormality present from birth—malformation of a section of the system, for example. Sometimes when this happens the swelling may not be apparent until adulthood.

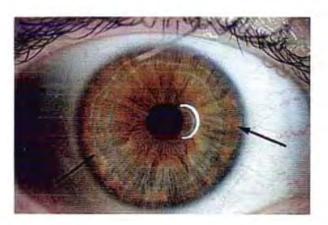
The lymphatic rosary in the irides indicates excessive congestion in the lymph system. The rosary, usually found near the outer edge of the iris, may be scattered in any area of the iris. If the lymph system is loaded with toxins, the body will be overloaded with acids and become catarrhal, which increases the body's vulnerability to disease. We must keep in mind that the lymph gets rid of wastes and toxins missed by the blood, and these cannot be allowed to accumulate in the body. Those with toxic lymph streams frequently cough and produce expectoration, complaining about susceptibility to colds and flu. Often they have poor diet habits and poor elimination.

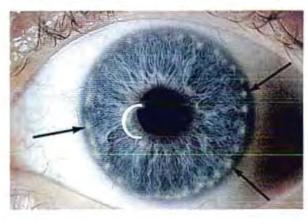
The tonsils are the terminus of the lymph system in the throat, a means of ridding the body of excess toxins through the gastro-intestinal system. If the tonsils are removed, this filtration and elimination channel cannot perform its natural function, and the consequence is an overburdening of the rest of the lymph system.

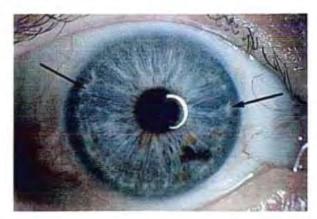
The healthy functioning of the lymph system requires exercise and sufficient liquid intake. Foods high in potassium, sodium and chlorine are good for the lymph system, as well as vitamins A, B12, panthothenic acid, and C. Celery, watercress, golden seal, and saw palmetto are supplements that benefit the lymph system. Overweight persons should eat parsley.

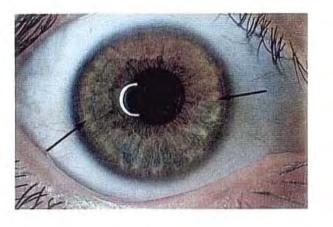
LYMPH-

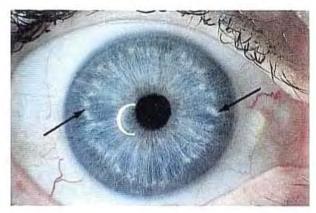


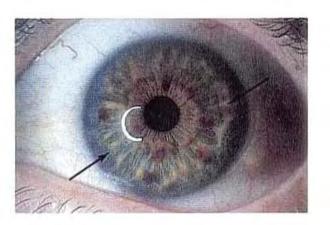


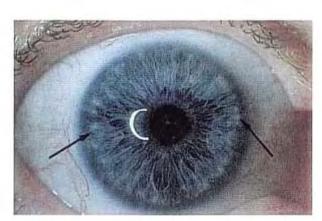


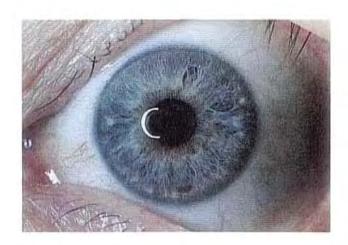




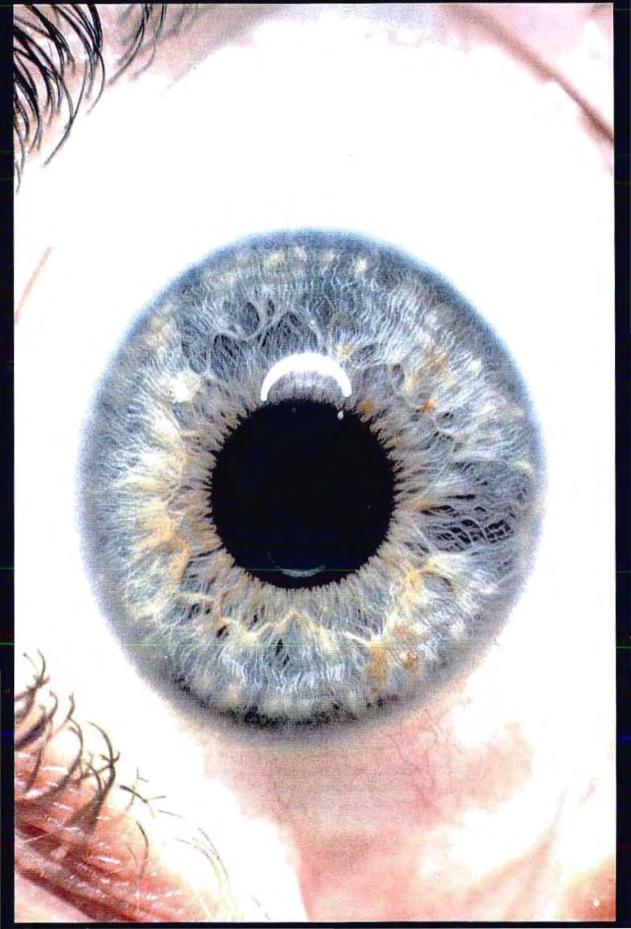




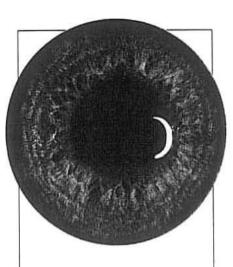




This iris indicates congestion of all channels of elimination.



two



"The essence of science is to discover identity in difference." —F. S. Marvin

"For us believing physicists
the distinction between past,
present and future is only an
illusion, even if a stubborn one."

— Albert Einstein

Breathing and the respiratory system

The respiratory system functions to bring oxygen to and remove carbon dioxide from the blood, which exchanges these gaseous substances at the cellular level. Oxygen, of course, is necessary for cell metabolism and carbon dioxide is one of the main waste products of cell metabolism. As mentioned in the previous chapter, the respiratory system is one of the major eliminative channels; but because it performs an assimilative function—taking in oxygen—its role is more complex than that of an eliminative channel. The parts of the respiratory system we will discuss in this chapter are the lungs, bronchi, pleura, trachea, and the medullary association in respiratory function.

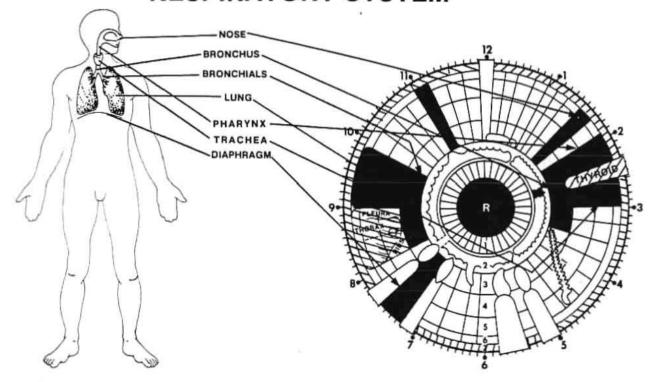
Without oxygen, cells cannot survive. Nor can cells continue to survive if carbon dioxide wastes are allowed to accumulate indefinitely without removal. When we breathe, air is drawn through the nostrils down into the trachea, through the two main branches of the bronchi with their numerous subdivisions, and finally into the alveoli, tiny sacs of which there are 300 million in our lungs. It is here where carbon dioxide is removed from the blood and oxygen is accepted by the crythrocytes. In his article in *Scientific American*,

J. H. Comroe, Jr. estimated that if the interior surfaces of all 300 million alveoli were spread out flat, they would form an area the size of a tennis court!

Many mechanisms are involved in the process of respiration. The chest muscles expand and contract the size of the thorax, allowing fresh air to come in, and expelling carbon dioxide in the exhalation. Nerves in the cerebral cortex allow us a certain amount of voluntary control over our breathing-that is, we can increase the rate and strength of respirations, or decide to hold our breath for a certain time. But for the most part, control is vested in the autonomic nervous system. Neuroreceptors in the carotid and aortic bodies sense changes in blood acidity or blood pressure and adjust the respiration to compensate. Pressure-sensitive nerves in the lungs themselves help control the depth and rhythm of breathing, while the pneumotaxic center in the pons further adjusts the rhythm. The partial pressure of carbon dioxide in the arterial blood stimulates neuroreceptors in the medulla to adjust to faster or slower breathing. All these mechanisms exist for coordinating respiration with the survival and well-being of the human body under differing physical and mental circumstances.

Each lung, enclosed by the pleural membrane, nearly fills its portion of the thoracic cavity, with allowance for the heart space. The pleura is sufficiently smooth and moist to protect the lungs from discomfort due to friction from breathing

RESPIRATORY SYSTEM



The respiratory system serves the entire body through the blood. The lungs are the main organ in the system where the blood is cleansed of waste gases and fresh oxygen is added. The nose, bronchus and bronchials are passages for the flow of air into the lungs and for the release of waste gases. The medulla, trachea and pharynx are also part of this system. Look to the outside of the iris for signs of venus congestions, a lack of oxygen in the blood.

movements. Inflammation of the pleura, accompanying the disease called pleurisy, causes pain during respiration. The total capacity of the lungs is about 6 quarts, but we normally inhale and exhale about a pint of air each respiration.

In the left iris the two lobes of the left lung are found between 2 and 3 o'clock while in the right iris the three lobes of the right lung are located between 9 and 10 o'clock. Pleura, thorax and ribs are between 3 and 4 o'clock in the left iris and between 8 and 9 in the right. The nipple and breast are represented in the middle of these areas, while the bronchi are in Zone 3, nearer the pupil.

Respiratory system problems resulting from colds, flu, asthma and allergies are always accompanied by the movement of catarrh and acids through the bronchial tubes; however, this may also be caused reflexly by toxic conditions in the bowel. In fact, a patient of mine with chronic asthma once obtained complete relief when an enema flushed out a pocket of popcorn from his colon. The bronchial area should be checked in all cases of shortness of breath, as should the diaphragm (between 7 and 8 o'clock in

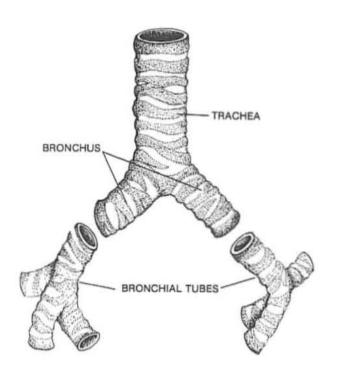
the right iris and 4 and 5 in the left), in case of reflex activity.

Recent research indicates that inhaled pollutant particles not cleared from the lungs by normal exhalation or mucus discharge are removed from the body in two phases: 30 days or 300 days. People who smoke skip the 30-day phase and pollutant particles remain in their lungs for a year or longer. Moreover, the longer one smokes, the longer the cycles become—some particles remaining for two years.

Neural distress may be at fault in respiratory disorders, and it is advisable to check the medulla at 11 o'clock in the right, 1 o'clock in the left.

In the past, disease of the lungs was the major health concern of physicians around the world. They spent most of their time combating the tubercle bacillus or "white plague," commonly known as pulmonary tuberculosis or TB. Today, TB has lost the hold it once had, although it is not completely conquered. Chest physicians are as busy as ever dealing with a modern respiratory plague—lung disease, due to tobacco smoking.

In most respiratory system problems, we can simply observe where signs of inflammation are



Anatomy of the upper respiratory tract.

indicated in the irides, but the thyroid gland (on the chart protruding into the bronchi on both irides) can also be a source of trouble. It is well to check all Zone 3 organs—heart, bronchi, adrenals, solar plexus, etc.—when analyzing the irides for respiratory problems.

To encourage healing and well-being in the lungs and respiratory system, foods high in calcium and silicon are excellent, plus vitamins A, B, C, and D. Herbal supplements such as comfrey, alfalfa sprouts, and fenugreek tea are helpful.

One pack a day of cigarettes will put 1/4 cup of coal tar into the body over a year's time.

Nonsmokers and passive smokers, those exposed to chronic smoke from others smoking, have been found to suffer respiratory dysfunction comparable to that of light smokers. This was brought out in a survey of 2100 persons conducted by the University of California.

An insurrection broke out recently between nonsmokers and smokers on a commercial air flight forcing the pilot to land the aircraft prematurely.

The following articles appeared in the Globe, December 22, 1981, and Newsweek, October 12, 1981, respectively. From the Globe—"A remarkable new device may give the breath of life to thousands with deadly lung diseases. In tests at the Harbor-UCLA Medical Center in Torrance, California, a 3-inch plastic tube fitted with a valve increased the breathing power of emphysema victims by as much as 40 percent.

"Dr. Karl Wasserman, head of the research team, told Globe: 'The tube gets people with chronic obstructive lung diseases to strengthen their respiratory muscles.'

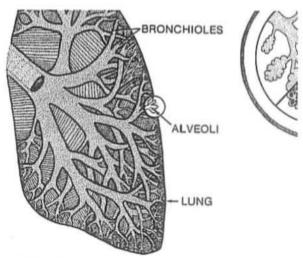
"Emphysema strikes the air sacs in the lungs, filling them with mucus and eventually making breathing impossible. It kills an average of 10,000 Americans each year.

"The device was tested on seven emphysema sufferers, who breathed through it for 30 minutes each day. The valve opening was decreased every week. 'After six weeks, all seven showed dramatic improvement in their breathing,' says Wasserman."

From Newsweek—"After more than a decade of acrimonious debate, wholesale technological change and enormous expense, the 1981 American car has achieved the air-pollution standards set out in the Clean Air Act. But now, just as the goals have been reached, the auto industry has launched a massive lobbying campaign in Congress to roll back the auto-emissions standards. 'The proposals are bad for the health of the American people,' says Clarence M. Ditlow, III, director of the Center for Auto Safety. 'Auto emissions are still the largest single polluter.'

"GM's reckoning, pollution-control equipment now costs buyers an average of \$725 a car, and the new requirements will cost even more—for only incremental improvements in emission control. 'The issue is whether the consumers ought to pay extra for the equipment on their cars which does not buy them anything valuable,' says Betsy Ancker-Johnson, GM's vice president for environmental activities.

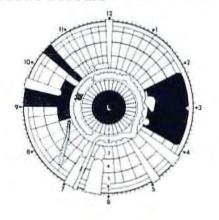
"In the name of helping its customers, the industry wants a rollback of the tough 1981 air-pollution standards, especially for nitrogen-oxide emissions, to the much less stringent 1980 levels."

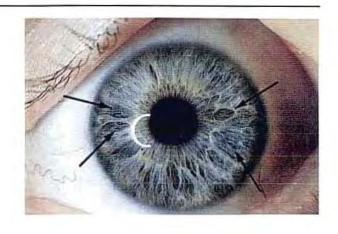


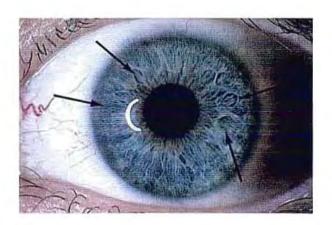
CROSS SECTION OF LUNG

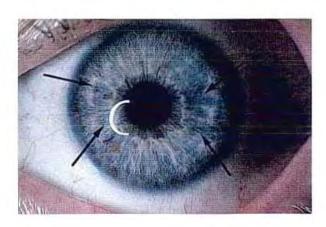
Cross section of the lung, with enlargement and cross section of the alveoli.

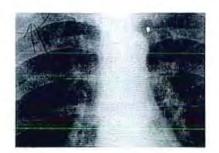
RESPIRATORY SYSTEM











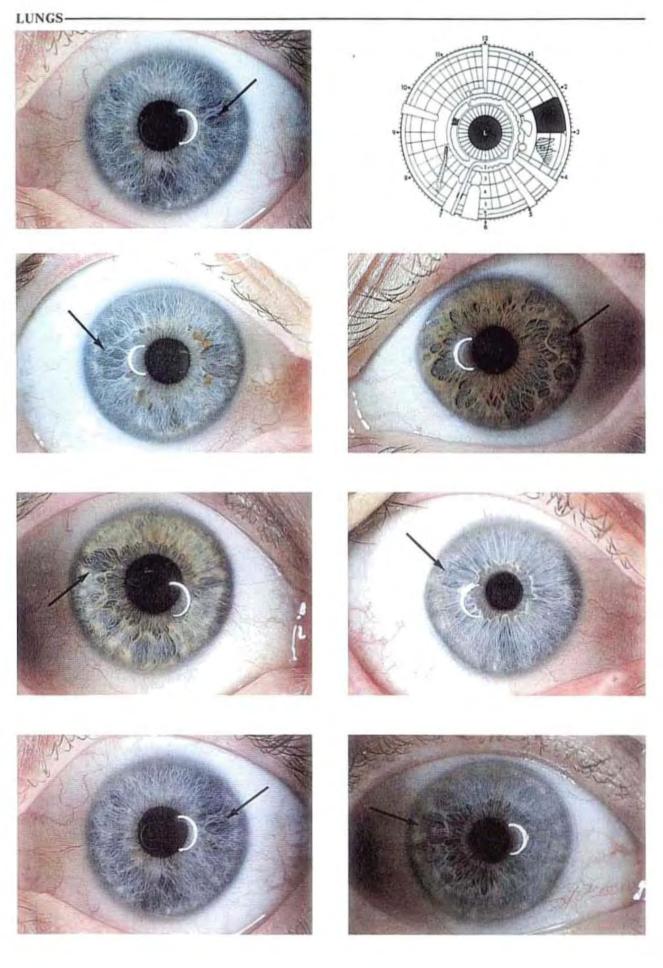


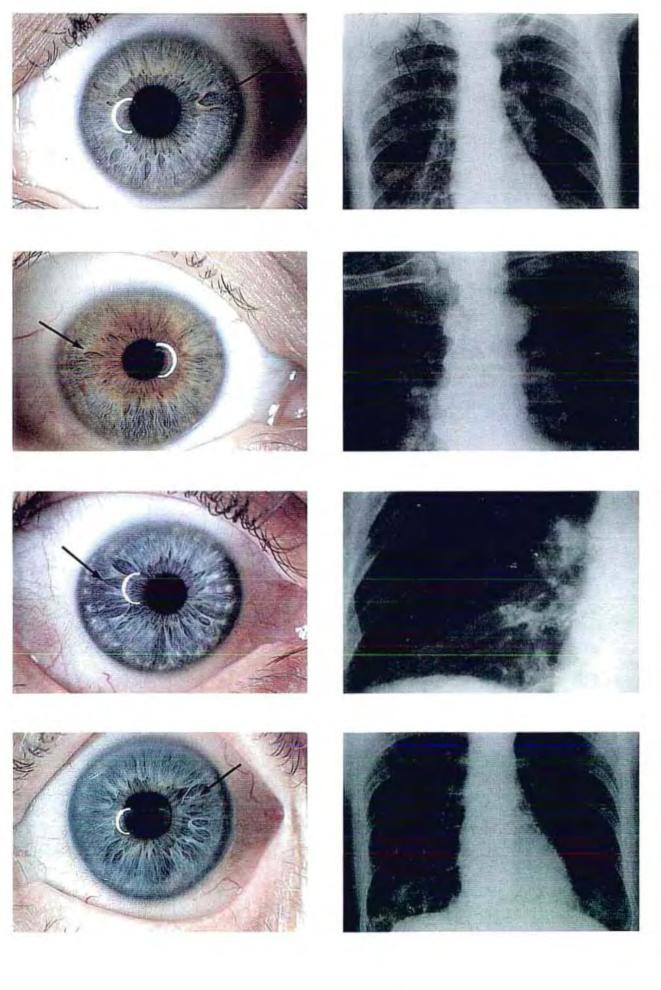


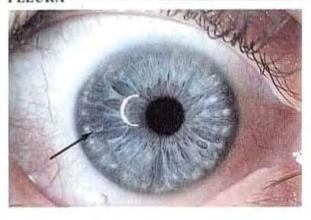


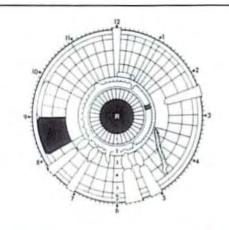


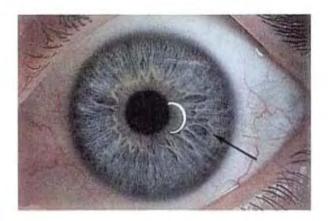
These X-rays indicate heavy catarrhal bronchial and lung conditions. These will show up as chronic signs in the iris.

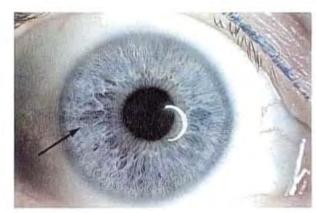


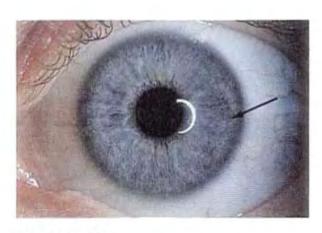


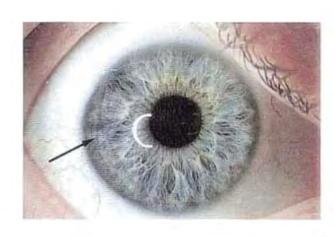






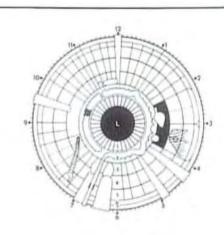


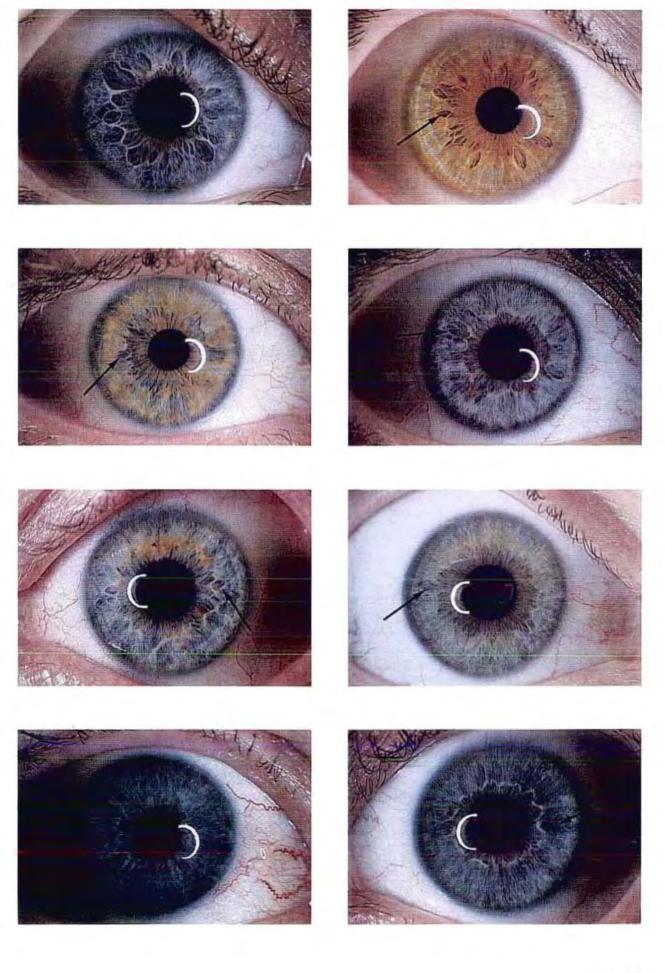


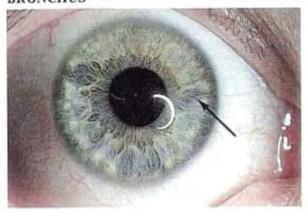


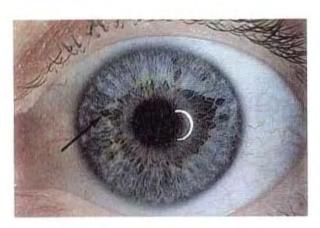
BRONCHIALS

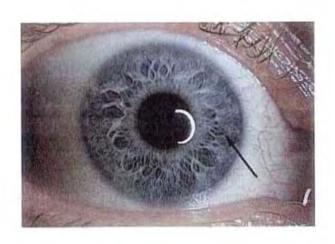


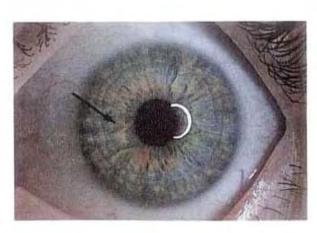


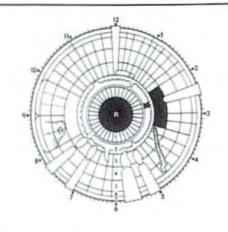


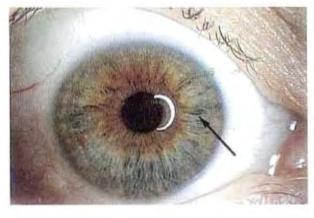


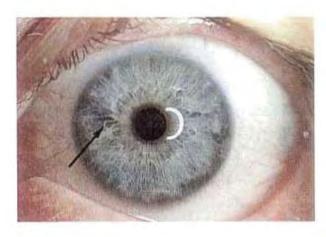


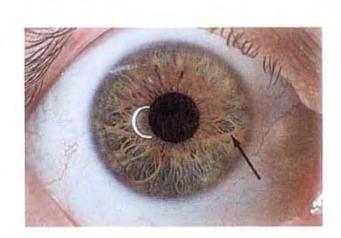


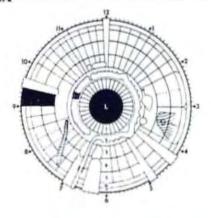


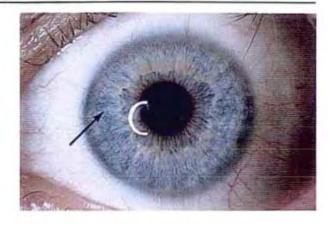


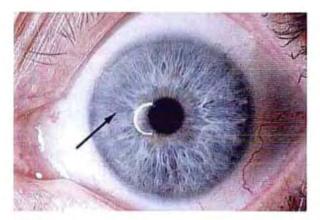


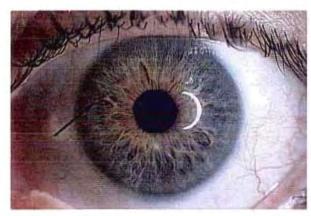




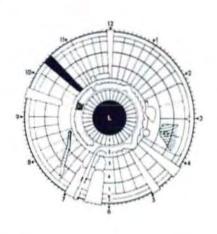


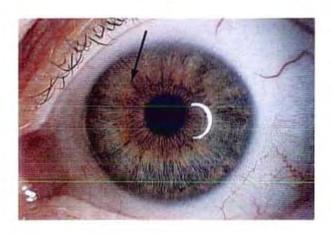


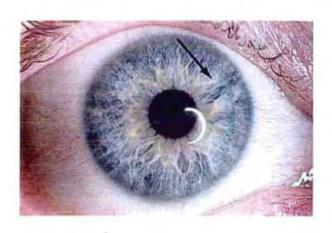


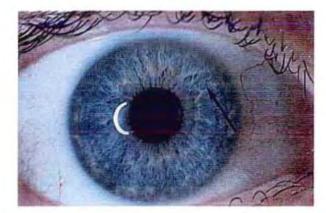


NOSE-

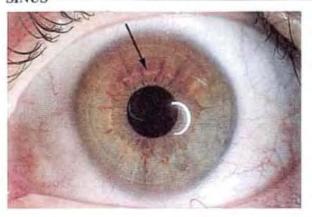


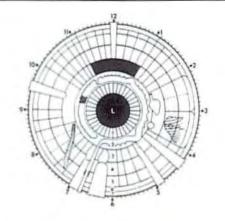


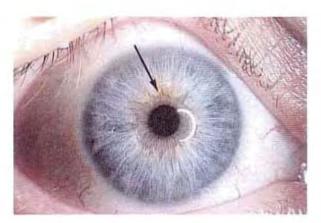


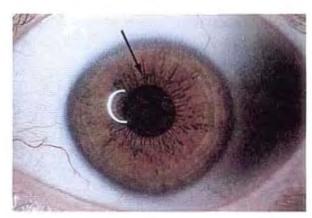


SINUS-

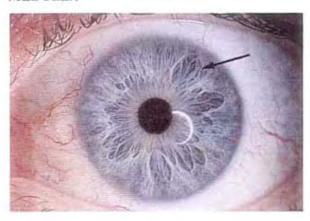


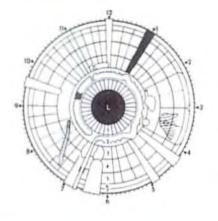


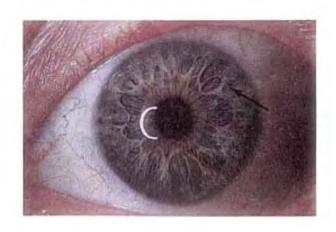


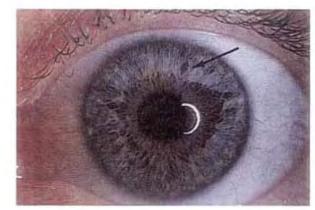


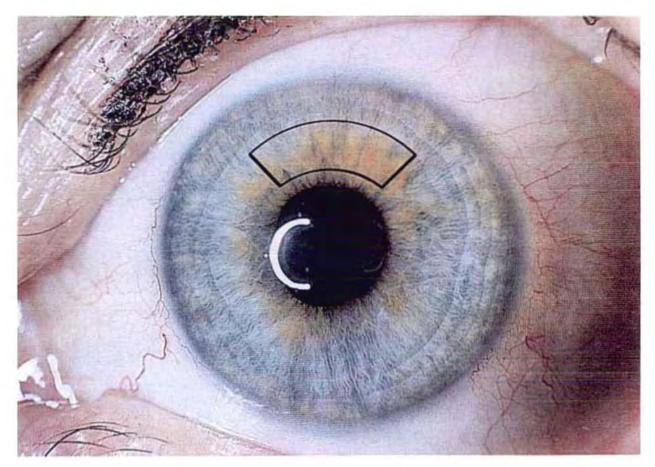
MEDULLA

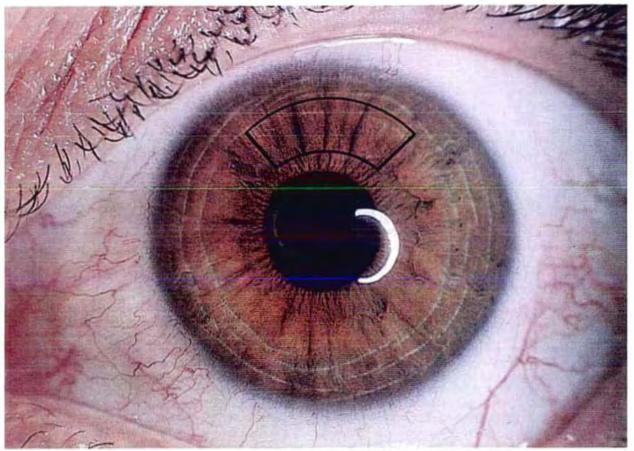




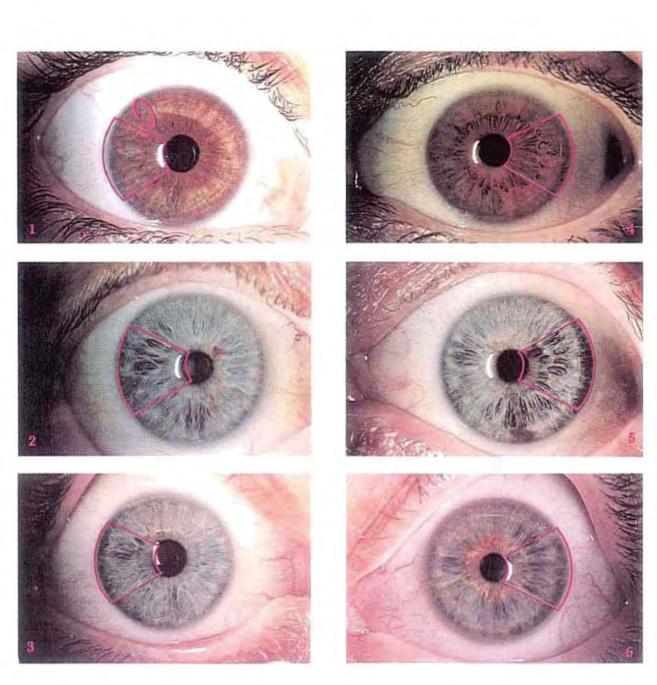


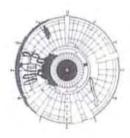




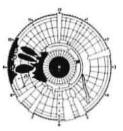


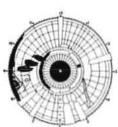
The above photographs illustrate sinus congestion.





1. (Right Iris) Acute activity in an inherently weak right lung structure is the first consideration (8:00 to 10:00). When the brain and nervous system is overworked, the brain area that manifests an inherent weakness suffers most. In this case, it is the medulla (11:00)-chest-brain which works with the respiratory system. Since weaknesses manifest in both the medulla and bronchial lung areas, there is greater susceptibility to lung and bronchial complications. Notice the lymphatic congestion (lymphatic rosary) between the inherently weak lung structure and scurf rim. We see the scurf rim convexly sloping in to meet the inherent weakness of the bronchial tubes. An acute inflammation is visible in the bronchial/lung weakness. More inflammation is present than necessary because the two black inherent weaknesses in the bowel (opposite the lung weakness) do not contain the white healing lines and degree of whiteness corresponding to the white inflammation lines in the bronchial tubes and lung structure. The lymphatic rosary opposite this lesion is the whitest in the iris. It is the most dominant; it draws the iridologist's eye first. The other side of the iris—bronchus area (2:00 to 3:00)—is not inherently weak.



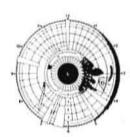


2. (Right Iris) Very definite bronchial, pleura, and lung inherent weaknesses. The seat of toxic absorption causing most of the trouble is a prominent inherent weakness at 9 o'clock (bowel area). This pocket is throwing toxic material into the bronchial tube area just above it and outside the autonomic nerve wreath. There is a definite relation between the toxic level of the bowel and the lung and bronchial tube weakness (8:00 to 10:00).

Case Notes: Female; age 56. Operations: tonsils removed in childhood. Bronchitis frequently since flu 8-10 years ago. Inherent weaknesses: bowel, bronchials, left kidney, lymph glands.

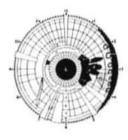
3. (Right Iris) The lung structure is extremely underactive. Observe the blackness through the lung structure (especially 9:00). There is also a lesion in the upper part of the lung structure (9:00-10:00). The bowel is very black and the blackest (degenerative) area is located at 10:00. The chronicity and blackness in this iris no doubt indicates catarrh, phlegm and mucus congestion of many years standing. The black manifestations in the iris verify hypoactivity. The poor elasticity of the alveoli and the lung structure infers that it does not eliminate catarrh efficiently. In this case, a dry catarrh should be liquefied and permitted to run during a healing crisis. A crisis would also lighten black areas, transforming them to white before this patient gets well. White lines traveling through any area or tissue are indicative of acute activity—the painful stage. Acute activity (hyperactivity) always carries considerable catarrh and acids. White tissue houses acids. Running catarrh is always found in white tissues. Blackness, darkness is evidence of a chronic condition—a dry catarrhal condition that must be brought to a liquefied state or a running catarrhal discharge (acute). Catarrh comes from a Greek word meaning "I flow." It cannot flow freely under chronic conditions as depicted in this black, dark condition in the bronchial tubes and lung structure of this patient.

Case Notes: Male; age 17. Operations: three on right knee from hockey injury (fractured knee cap); tonsils; appendix; hernia. Sinus pains; acne; many dental caries; childhood bronchial disturbances. Inherent weaknesses: bowel, bronchials, right kidney.



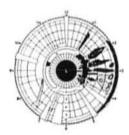
4. (Left iris). The bronchial tube on left side (2:00-4:00) is inherently weak. However, healing lines (calcium luteum lines) are coming in on the upper edge of the lesion. A definite white line is extending through the lesion just below 3:00, near the periphery. A white nerve ring runs through the lung area showing that excessive nervous strain, stress, and tension is probably responsible for the toxic settlement in the inherent weakness. The bulged area of the bowel through about 3:00 indicates that there is a toxic absorption from the bowel possibly causing heart pressure. The blood is picking up this toxic material, converting it into catarrh that is distributed to other eliminative organs. Catarrh settles in the next most dominant inherent weakness—in this case, the lungs and bronchial tubes.

Case Notes: Male; age 40. Operations: appendix. Breakdown two years ago; he believed he had heart trouble at that time also; bronchial trouble in youth. Inherent weaknesses: bowel, lungs, bronchials, right kidney.



5. (Left Iris) The descending colon area is chronically hypoactive. Inherent weaknesses of the bowel, represented by pockets (diverticula) are what we term low-grade infection sources that allow a seepage of toxic material into the body. The inherent weaknesses throughout the entire iris are black and relate to the bowel blackness. As the bowel pockets lighten and improve, the blackness in other parts of the iris will lighten accordingly. The bronchial tubes manifest three very serious inherent weaknesses; lymphatic congestion aggravates this condition because it indicates that toxic material is not removed efficiently. Much of this material is unmoved, trapped in the bronchial and lung structures. The scurf rim is much wider through the bronchial tube/lung structures. Three of the eliminative organs are underactive and toxin-laden in this patient: bowel, bronchial tubes, lymphatic system; the skin is overworked.

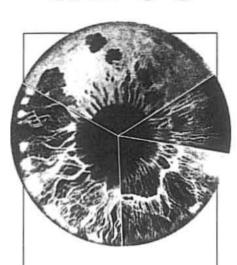
Case Notes: Same patient, opposite eye, see No. 2 above.



6. (Left Iris) The scurf rim, denoting poor elimination, is the widest through the central part of the body, over the chest areas. The descending colon is not working well (2:00-4:00). Outside the autonomic nerve wreath is an inherent weakness at 3:00. Lymph gland congestion is also evident here. The inherent lesion (3:00) extends into the scurf rim. Healing has begun, but it is not complete.

Case Notes: Female; age 43. Operations: thyroidectomy, hysterectomy. Energy fails; colitis; stomach ulcers; overweight 15 pounds; takes hormones; sweating; swollen ankles. Past bronchial trouble. Healing crisis recently lasted 10 days; past back trouble has vanished. Inherent weaknesses: bowel, bronchials, pancreas, lymphatic system.

three



"Indeed it is well said, 'In every object there is inexhaustible meaning; the eye sees in it what the eye brings means of seeing."

-Thomas Carlyle

"Youth is a work of nature but old age is a work of art. Age is a matter of mind. If you don't mind, it doesn't matter."

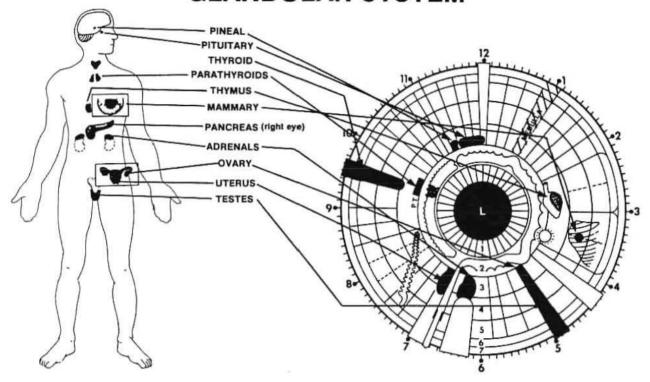
Glands: endocrine and exocrine

The glands of the body perform highly specialized functions ranging from localized effects produced by the sweat and lacrimal glands, for example, to widespread systemic effects produced by glands such as the pituitary and adrenal. The two basic types of glands are exocrine glands, socalled because they secrete into ducts and endocrine glands, which secrete directly into the blood. The latter secrete substances called hormones which powerfully affect many of the body's functions and which, together with the nervous system, regulate and harmonize the activities and processes of the body. Generally, hormones act more slowly than nerves and their effects are longer lasting. The functions of these two systems are different and their activities are coordinated by the hypothalamus in the brain. In this chapter we will focus, for the most part, on the endocrine system with some attention to the reproductive system.

In many past iridology charts, the pituitary and pineal glands have not been included. Based on my glandular studies, I have placed them in Zone 4 between 11 and 12 o'clock in the left iris and between 12 and 1 in the right iris. This area, however, must be regarded as an approximation. The pineal gland has been regarded for many years as a mystery gland but researchers now think it produces a hormone needed by the pituitary. Luteinizing hormone stimulates production of testosterone in men and progesterone and estrogen in women. Many in the natural healing arts believe the pineal gland regulates intellectual sophistication of the individual and its location on my chart reinforces that view.

The pituitary gland on my chart is near 12 o'clock in both irides. It may not always take the shape I have shown, particularly in some abnormalities where it may appear elongated. Frequently, when the autonomic nerve wreath bordering the pituitary extends partly into the brain area, we find that the problem is in the pituitary rather than some other part of the brain. The pituitary, called the "master gland" of the body, overlaps the animation life centers of the irides. as well as the five sense area and the ego center. It is actually, in terms of function, two glands-referred to as the anterior pituitary and the posterior pituitary. The anterior pituitary gland produces seven hormones: 1) growth hormone to regulate the growth of bone and muscle tissue, 2) prolactin to start milk secretion after a mother gives birth, 3) gonadotropins to bring on certain changes at puberty, 4) thyrotropin to control the growth of the thyroid and to trigger thyroid hormone release, 5) luteinizing hormone to stimulate development of certain sexual structures and hormones,

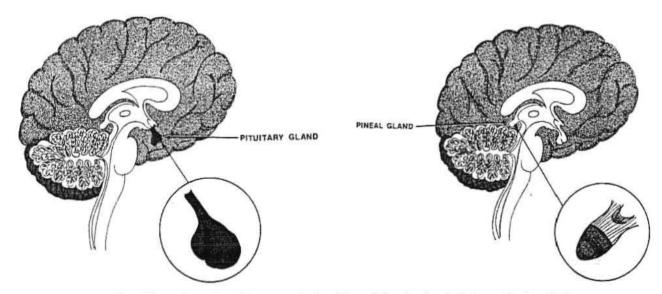
GLANDULAR SYSTEM



The glandular system regulates body activities through the secretion into the bloodstream chemical substances called hormones. These hormones can create specific effects on a target organ or they can affect the entire body. The hormones can be carried by the blood or the lymph systems. The endocrine glands are ductless and secrete their substances into the blood or lymph while exocrine glands, such as the sweat glands, secrete their substances directly into the target surface. Some glands are controlled by chemical balances in the body or by other glands.

6) adrenocorticotropin to regulate development of the adrenal cortex and trigger release of its hormones, and 7) follicle-stimulating hormone to bring about the growth and maturity of the graafian follicles in women. The posterior pituitary, with the help of the hypothalamus, produces two hormones:

1) antidiuretic hormone to control urine formation and water loss, and 2) oxytocin to generate contractions in the gravid uterus and to release milk from the new mother's breast.



These illustrations show the anatomical position of the pineal and pituitary glands, which play an important role in the regulation of growth, reproduction, and the quality of awareness experienced by the organism.

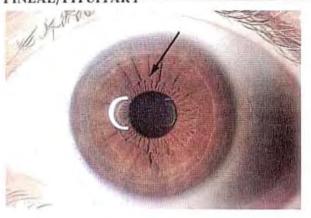
GLANDULAR SYSTEM

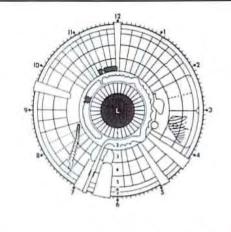
ORGAN	FUNCTION	ACUTE SYMPTOMS	CHRONIC SYMPTOMS
ADRENALS (Located on top of each kidney)	Stimulates protective inflammation in the body in response to antogens Regulates sodium reabsorption and potassium excretion Metabolism of carbohydrates and blood sugar regulation Maintains body equilibrium under stress Flight/fear/fight responses Speeds up metabolism under stress Sex hormone production Partial regulation of thyroid gland	Sympathetic nerve stimulationNervous, irritableHyperactiveHypertensionEdemaBruises easilyDrooping abdomenBaldnessHigh blood sugar and rapid metabolism	-Fatigue -Dizziness -Allergies, excessive reaction to antigens -Muscular weakness, mental lethargy -Weight loss or gain -Hypoglycemia -Low blood pressure/dehydration -Emotional irregularity (moodiness) -Depression -Difficulty getting started in the morning
PITUITARY (Located in the head at the brain stem)	-Human growth hormone production -Thyroid stimulation/regulation -Adrenal stimulation/regulation -Ovary/testes regulation -Sex drive/reproductive activities regulation -Controls (stimulates) water reabsorption by kidneys -Regulates glandular system through hypothalamus -Fat catabolism (breakdown)	-Large, thick bones -Excessive growth -Frequent urination -Excessive thirst -Rapid weight loss -Excessive glandular stimulation	-Excessive weight in hips and thighs -Inability to lose weight -Lack of growth -Slow metabolism and glandular secretions tending to make a person slow in general -In adults, Simmond's disease is possible, which is atrophy of body tissues because of a lack of growth hormone -Poor labor during childbirth
THYROID The two lobes of the thyroid lie on the sides of the upper part of the trachea)	Production of thyroxine Stimulates cell metabolism Increases blood sugar/blood sugar regulation Lowers blood calcium by depositing it in bones Regulates homeostasis of blood calcium Stimulates cells to break down protein for energy rather than for cell growth Regulates body temperature by controlling catabolism Increases the reactivity of the nervous system to stress	-Goiter -Protruding eyeballs -Rapid pulse, warm skin, weight loss from rapid metabolism -Irritability, tremors of the fingers -Excessive sweating -Small, tight breasts -Excessive energy, can't sit still -Able to eat excessively with no weight gain -Lump in throat -Loss of hair	-Lethargy -Mental retardation -Depression -Swelling eyelids -Drooping eyelids -Heart palpitation -Obesity -Dry skin and hair -Need for lots of sleep -Excessive sore throat -Large, flabby breasts -Cretinism -Calcium control lack -Low body temperature, always cold -Slow heartbeat -Water retention -High blood pressure
THYMUS (Lies between the upper part of the sternum)	Stimulates production of lymphocytes Stimulation of antibody production Part of lymphatic system Larger size in children; atrophies in adult Blood supply stems from mammary and thyroid veins Growth and sexual development Resistance to infection	Over-activity of lymph tissues/phlegm	-Lowered resistance -Allergies -Stunted growth; lack of sexual development -Small, tiny body, weak

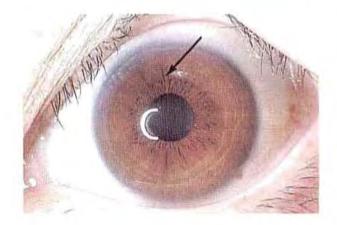
GLANDULAR SYSTEM

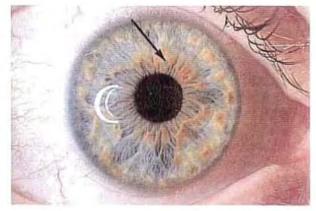
FUNCTION	y stion of evel by	ACUTE SYMPTOMS -Low blood sugar -Anxiety	CHRONIC SYMPTOMS —Water not reabsorbed by kidneys causing excessive urination and dehydration
acce secre of glu musc glucc	acceleration of the liver's rate of release. Decrease of blood sugar level is accomplished by secretion of insulin, which accelerates the transport of glucose into the cells of the body, particularly the muscles. Insulin also stimulates the liver to convert glucose into glycogen and to store it in its cells. See also the DIGESTIVE SYSTEM.	-Sweating -Increased heart rate -Mental disorientation -Bruisss that don't heal -Fatigue -Thirst, dry mouth -Frequent urination -Itching in petric/genital area -Sudden weight change	-Loss of body sodium -Excessive thirst -Acidosis -Weight gain or loss -Loss of memory -Circulatory problems -Sweet apple breath odor -Bruises easily
Production	-Ovulation -Production of hormones (progesterone and estrogen)	-Between period pain -Excessive menstrual bleeding -Frequent menstruation -Emotional instability -Excessive vaginal discharge (nonblood) -Cysts -Strong sex motivation -Excessive weight around hips and buttocks -Pain and fever -Nausea/indigestion at menstruation -Large breasts	-Infertility -Lack of secondary sex growth -Late or lack of menses -Paintul menstruation -Lack of sexual motivation
Production of sperm Secretion of testoste Secondary sexual ch Regulation of sexual Some involvement in	-Production of sperm -Secretion of testosterone -Secondary sexual characteristics -Regulation of sexual behavior -Some involvement in protein buildup in body	-Excessive sex drive -Deep voice and excessive body hair -Pain in groin area -Swelling -Large, excessively muscular body	-Infertility -Lack of sexual motivation -Low weight, weak musculature -Swelling
Gland beg Bioclock t Bioclock t Sensitive t regulates Involved ii Part of bo gland regu Psychoso Fear regul	Gland begins to shrink and degenerate at age 7 Bioclock that regulates menstrual cycle Sensitive to electromagnetic radiation from sun; it regulates body cycles Involved in brain environmental control Part of body sodium/potassium control in that this gland regulates adrenal secretion of aldosterone Psychosomatic center Fear regulating master gland	-Over-stimulus of sex organs -Long menstrual cycle -Mental problems -Hypochondria -Adrenal problems	-frregular periods -Short menstrual cycle -Mental problems -Adrenal problems -Excessive worry and fear

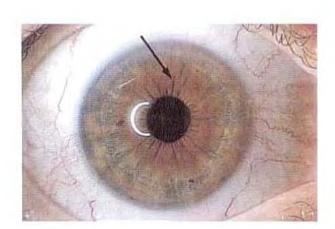
PINEAL/PITUITARY-

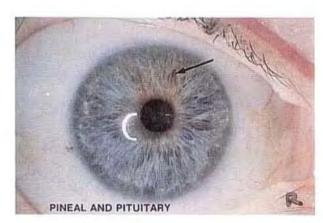


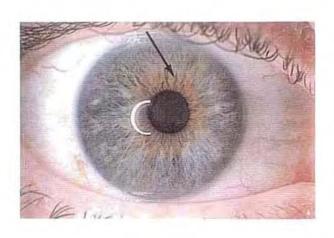


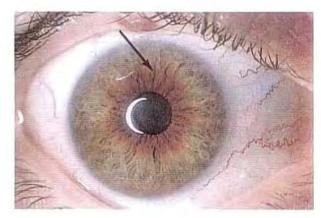






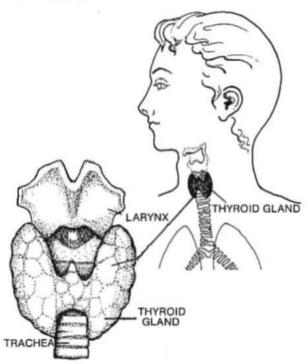






For the pineal and pituitary glands, foods high in phosphorus and silicon are recommended, together with B complex vitamins and vitamin E. Oatstraw tea, hawthornberry tea and red clover tea are good supplements. Slant board exercises are also recommended.

The thyroid gland, which plays a vital role in regulating the body's metabolism, is located between 2 and 3 o'clock in the right iris and 9 and 10 in the left iris. Thyroid hormone, in addition to helping control the metabolic rate, works to regulate growth and tissue differentiation. Another hormone called calcitonin released by the thyroid controls the amount of calcium in the blood. Hyperthyroid condition, an overactivity, is caused by the release of too much thyroid hormone, which can result in goiter but which is generally marked by nervousness, weight loss, increased appetite and exophthalmia. Underactivity of the thyroid in the early years can produce mental retardation, dwarfism and stunted growth and sexual development. Among adults, hypothyroidism produces loss of hair, thickened skin, weight gain, dry mouth, moodiness, irritability, paranoia, excessive concern over problems, inability to cope with problems and lowered energy and vitality; but the symptoms of hypothyroidism are often so subtle that a more extensive list of symptoms, originally published in The Thyroid and Its Diseases by J. H. Means, L. J. DeGroot and J. B. Stanbury, is presented here.



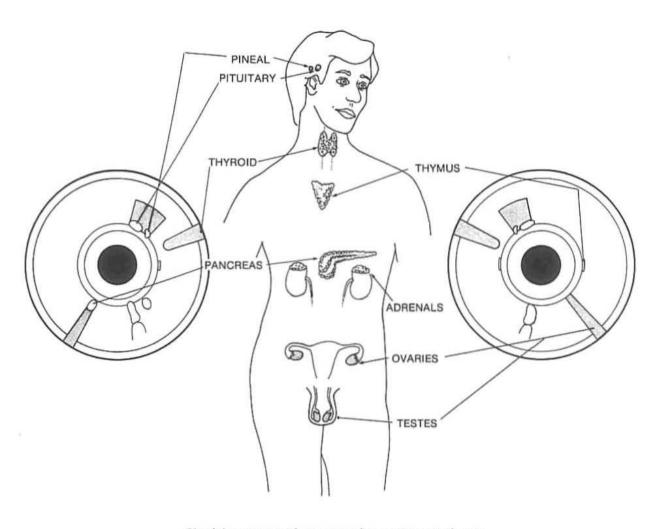
The thyroid gland in anatomical position with detailed enlargement. It is the largest of the endocrine glands, producing hormones vital in maintaining normal growth and metabolism.

INCIDENCE OF SYMPTOMS AND SIGNS OF HYPOTHYROIODISM

or miroimikolor	710111	
	% of	Study B % of 100 Cases
	99	
Weakness	98	98
Dry skin	97	79
Coarse skin		70
Lethargy	91	85
Slow speech	91	56
Edema (swelling) of eyelids	90	86
Sensation of cold	89	95
Decreased sweating	89	68
Cold skin	83	80
Thick tongue	82	60
Edema of face	79	95
Coarseness of hair	76	75
Heart enlargement	68	-*
Pallor of skin	67	50
Impaired memory	66	65
Constipation	61	54
Gain in weight	59	76
Loss of hair	57	41
Pallor of lips	57	50
Labored or difficult breathing	55	72
Swelling of feet	55	57
Hoarseness	52	74
Loss of appetite	45	40
Nervousness	35	51
Excessive menstruation	32	33
Deafness	30	40
Palpitations	31	23
Poor heart sounds	30	
Pain over heart	25	16
Poor vision	24	
Changes in back of eye	20	
Painful menstruation	18	
Loss of weight	13	9
Emotional instability	11	
Choking sensation	9	
Fineness of hair	9	-
Cyanosis (bluish skin discoloration	100	
Difficulty in swallowing	3	
Brittle nails		41
Depression		60
Muscle weakness		61
Muscle pain		36
Joint pain	-	29
Burning or tingling sensation		56
Heat intolerance	_	2
Slowing of mental activity	49	49
Slow movements	43	73
Slow movements		13

*dash means not reported found.

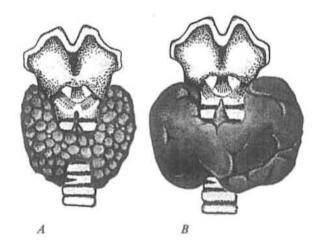
The Thyroid and Its Diseases, J. H. Means, L. J. DeGroot and J. B. Stanbury, McGraw-Hill, 1963, pp. 321-322.



Glandular system with corresponding positions in the iris.

BASAL TEMPERATURE TEST FOR LOW THYROID by Lawrence Galton

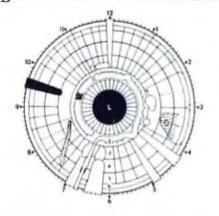
Because the best time for this test is immediately upon awakening in the morning, shake down a thermometer and place it on the bedside table before going to bed. Immediately upon awakening, place the thermometer snugly in the armpit for 10 minutes-by the clock. The normal basal temperature is between 97.8 and 98.1. A temperature below 97.8 indicates the possibility of low thyroid activity. WOMEN: As the temperature varies with the phases of the menstrual cycle, the first test should be made on the second and third days of menstruation. CHILDREN: In young children rectal temperature can be taken; two minutes are adequate. Oral temperatures are often misleading, because any respiratory infection, including sinusitis, will elevate the mouth temperature while the rest of the body may be normal.

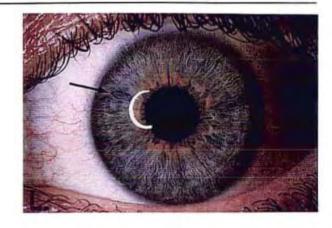


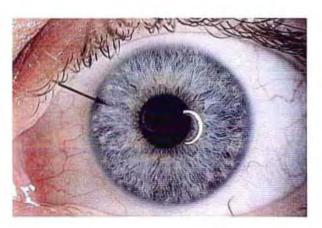
A. Healthy thyroid gland.

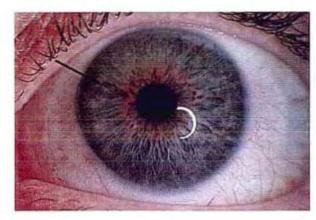
B. An enlarged thyroid, a condition known as goiter, which often accompanies hypothyroidism.

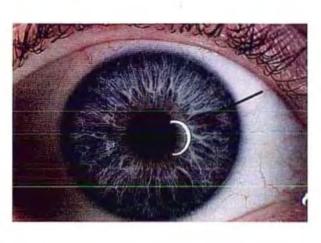
THYROID

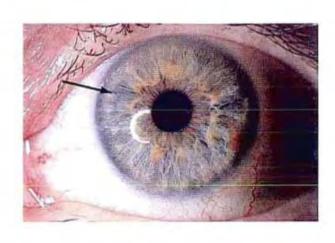


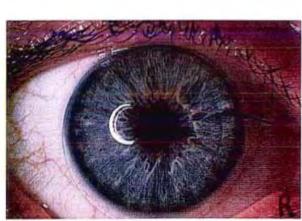


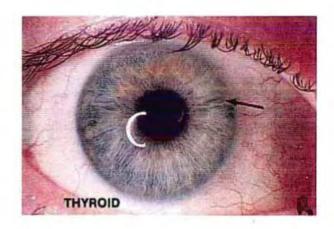












Hypothyroidism is very important because an underactive metabolism slows the healing process anywhere in the body. Digestion, assimilation, and elimination are slowed down, reducing the rate at which vitally-needed nutrients are brought to the cells and the rate at which toxins are carried away and eliminated. We must increase thyroid function before effective healing can take place.

Hypothyroidism is noted in the irides by a gray lesion in one or both of the thyroid areas. Hyperthyroidism is revealed by a white lesion. It is possible and common to find the thyroid gland overactive on one side of the body and underactive on the other. This observation, long known to iridologists, accounts for the fact that medical laboratory tests sometimes do not show evidence of thyroid malfunction even though a patient may be showing many symptoms indicating that is the problem. On the other hand, in the book Hypothyroidism: The Unsuspected Illness, Broda O. Barnes, MD, shows that many times thyroid underactivity is not detected in conventional laboratory tests.

We find that thyroid toxemia is more common than toxic settlement in any other organ, excepting the bowel (which can be the source for thyroid toxemia). Of course, toxic conditions in the thyroid first stimulate hyperactivity, then produce hypoactivity as cell damage increases. The key to producing a healing crisis in the body, which is not initiated until new tissue is strong enough to throw off accumulated toxins, is to ensure that the thyroid has been restored to the hyperactive state if it has been underactive in function. This is the key to healing in the digestive system, the lymphatic system or virtually every other tissue in the body. If thyroid toxemia is a reflex condition from the bowel via the bronchial tubes, then all three areas must be taken care of to bring about the healing crisis.

The fastest way to stimulate healing under these circumstances is to utilize protomorphogens to increase the metabolic rate. To take care of this condition through diet would require a lengthy period of time; the same holds true for an organ tissue cleansing program. Chronic catarrhal discharge indicates that various organ and system functions in the body are not sufficiently active to bring on a healing crisis—in other words, we must give nature a helping hand to bring this about. In addition to protomorphogens, it is necessary to ensure adequate levels of vitamins A, B6, B12, C, D, E, and iodine for the thyroid. Kelp and parsley are excellent supplements.

It is my belief that thyroid toxemia is more common these days due to increased exposure to gaseous pollutants in general and to carbon monoxide, aerosol sprays and chemical fumes in particular. The problem is compounded by the fact that people spend so much time indoors. I believe, too, that stress plays a significant role in thyroid disturbances. The pressures of day-to-day living—jobs, finances, family responsibilities, marital problems—are reflected in the metabolism through increased demands on the thyroid. We will return to the effects of stress when we discuss the adrenal glands, but first, let us turn our attention briefly to the parathyroids.

Imbedded in the lobes of the thyroid are from four to six (there may be more or fewer) small round glands called the parathyroids. The parathyroids secrete a hormone that assists in keeping a sufficient quantity of calcium in the blood by causing calcium to be dissolved from the bones when it is in short supply and by signaling the kidney tubules and intestines to release more calcium to the blood. Calcium is important in healing, coagulation of the blood and in preventing neuromuscular irritation.

The adrenal glands are probably more frequently exhausted in the stress of daily living than any other gland. Located on top of the kidneys, the adrenals are divided into two parts—the medulla and the cortex. Hormones secreted by the adrenal cortex trigger the reduction of proteins into amino acids and then into glucose, speed up the utilization of fats, help maintain normal blood pressure, reduce the white blood cell count, assist in tissue recovery from inflammation, help regulate blood sodium content and affect sexual characteristics. The adrenal medulla hormones, adrenalin and norepinephrine, affect the heart, muscles, and other glands.

Whenever we encounter a stressful or fearful circumstance, adrenalin pours into the bloodstream. to assist in what is often called the "fight or flight" mechanism, increasing the cardiac and respiratory rates, constricting the blood vessels and dilating the bronchial tubes. During this process, the B vitamin complex and vitamin C are rapidly used up, and in my view, the excessive use and depletion of adrenalin constitute a major debilitating factor that helps explain the generally inadequate level of health in these times. We find that chronic asthmatics are given adrenalin during severe attacks, presumably because their own supply of this substance is depleted. Catarrhal flow is severely restricted or even altogether lacking, yet it is only through catarrhal flow that toxins at the root of many problems are eliminated.

Exhaustion of the adrenals brings low blood pressure, loss of energy and a lack of the power and will to face up to and overcome stress. In 1935, Dr. Hans Selye discovered what he called "the general adaptation syndrome," exhibited by laboratory



If we are threatened or aggravated, the heart, adrenals and respiratory system feel the effect.

animals in response to physiological stress. The results, repeated many times, were enlarged adrenal glands, shrunken lymphatic glands and bleeding gastric ulcers. The adrenal cortex increased its secretion of glucocorticoids to a point that decreased immunity and allergic responses and promoted hyperglycemia. Laboratory animals developed arteriosclerosis, arthritis, hypertension, nephrosclerosis and ulcers typical modern diseases.

The adrenals benefit from rest and relaxation, but here again it is well to use a protomorphogen if depletion is suspected or evident from an inspection of the irides in Zone 3 at the kidney areas. Vitamins C, E, F and pantothenic acid are needed by the adrenal glands in addition to foods containing phosphorus, calcium, sodium and tin. Supplements of juniper berries and parsley will also be helpful. It may be necessary to encourage a change in living habits, if a patient is chronically stressed.

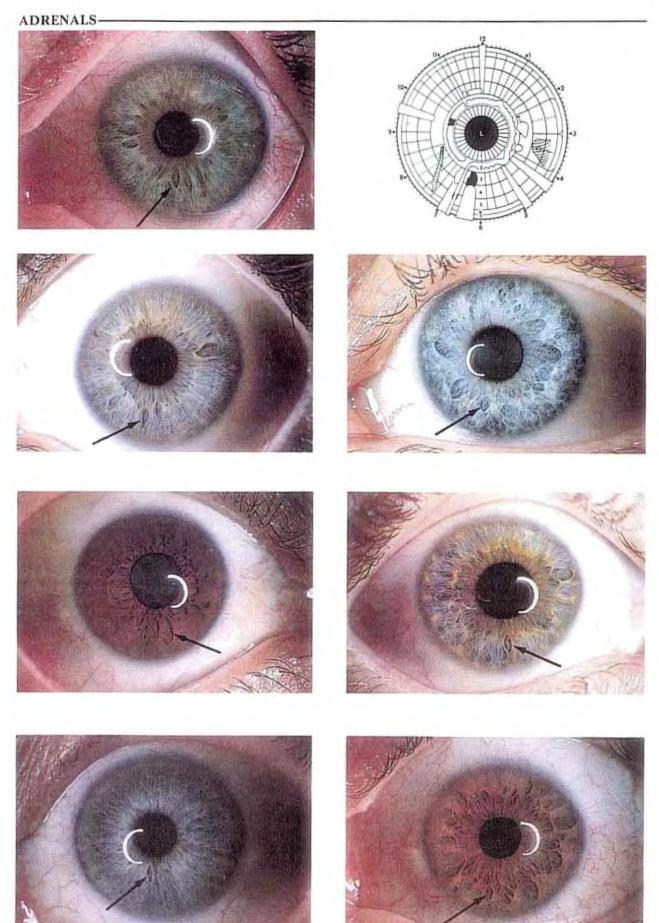
The pancreas, an exocrine gland for the most part, contains the islands of Langerhans, which are endocrine in behavior, producing the hormones insulin and glucagon. Insulin, of course, is often given to diabetics. This hormone helps move glucose, amino acids and fatty acids from the blood into the cells where they are needed. Glucagon has the opposite function to that of insulin; it increases the concentration of glucose in the blood. Disturbances in the islands of Langerhans (such as diabetes) will be found in the pancreas area of the right iris in Zone 3, about seven o'clock, radially inside the location for the testes and ovaries. As reported March 21, 1981, in the Times Advocate, Escondido, California, "20,000 Americans die each year of cancer of the pancreas, 4th most common fatal malignancy in the United States. Harvard Public Health researchers have recently concluded that people who drink a cup or two a day of coffee are nearly twice as likely as non-drinkers to get cancer of the pancreas."

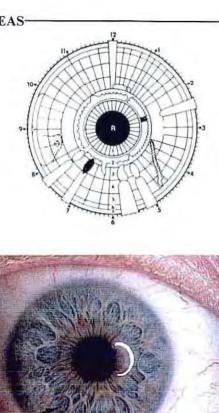
The sex glands-the testes and ovariesproduce steroid hormones: estrogens and progesterone in the female and testosterone in the male. Testosterone assists in the development and upkeep of the prostate gland, seminal vesicles, secondary sexual characteristics and sexual behavior. It stimulates the more extensive muscle development characteristic of men, helps regulate fluids and electrolytes and controls the pituitary release of gonadotropins. In the female, the interaction of hormones secreted by the anterior pituitary and those secreted by the ovaries control the cycles of ovulation and menstruation. The testes and ovaries benefit from foods containing iodine, calcium, silicon and zinc, and from vitamins C, B12, and E. Supplements good for the health of these glands are sarsaparilla, raspberries, black cohosh, kelp, and gotu kola.

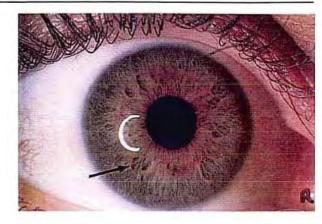
The prostate and the uterus, located in Zone 3 inward from the vaginal area of the irides—five o'clock in the right iris and seven o'clock in the left—are not endocrine glands, but are generally controlled in their functions by the endocrine system. The prostate gland in men lies just beneath the bladder, and the urethra passes through a hole in the center of the prostate. Older men may experience urine retention problems in cases where the prostate enlarges and blocks the urethra. In function, the prostate produces an alkaline fluid that makes up most of the content of the semen and protects sperm from acid conditions in the male urethra and female vagina. Sperm cannot survive long in an acid medium.

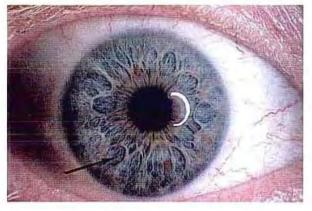
We notice that the prostatic and uterine areas border the autonomic nerve wreath and if signs of tissue inflammation or underactivity are present, we always check for corresponding conditions on the other side of the wreath, particularly the rectal and sigmoid areas between six and seven o'clock in the left iris.

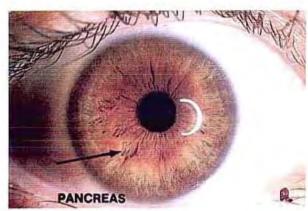
Directly opposite the prostate, uterus, and vaginal areas of the right iris at five o'clock, we find the mental/sexual area of the brain at about eleven o'clock. Here the sex drive is represented. A sign of

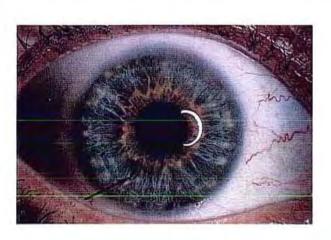


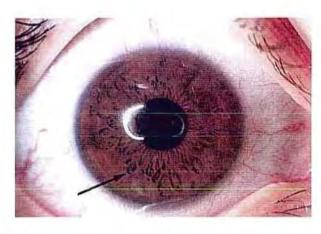


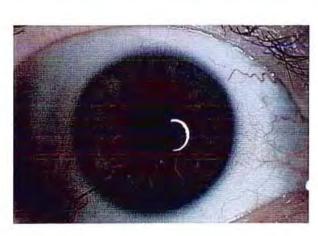


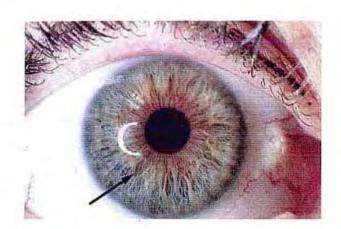












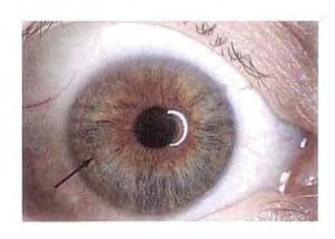
acute inflammation in this area represents psychological dysfunctions such as excessive preoccupation with sex, perverted, or deviant sexual desire or hyperstimulation of the sex organs. It may also show fear of impotence or fear of sexual inadequacy. A chronic dark line signifies that inhibition, coldness and frigidity are developing, and such a person will feel indifferent toward sexual matters until his or her health and mental attitudes are improved, particularly the health of the glands.

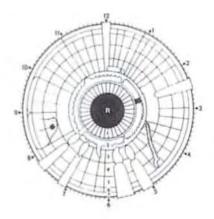
In a sense, the sex drive is an aspect of overall will power and when a chronic dark lesion develops in the mental/sexual area, there is always a weakening of will power. The area of the left iris corresponding to the mental sex area of the right iris is the equilibrium center just prior to one o'clock. It is here that we find signs of epilepsy and related conditions. There seems to be a direct relation

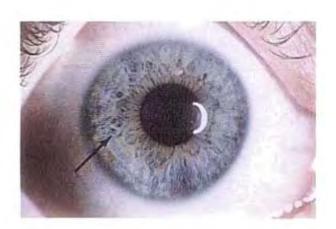
between the equilibrium and sex centers in problems such as epilepsy; in my view, we have only just begun to understand the degree to which psychological functions are related to the functions of the endocrine system and the sympathetic nervous system.

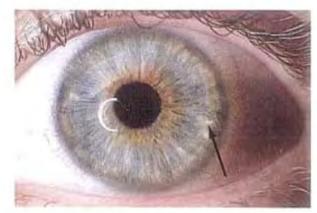
The basic life processes, such as the rate of energy use in the body, metabolism, blood sugar balance, growth, reproduction and the rhythmic cycles in the body, are all controlled by the glandular system. A great deal of our personality and behavior is derived from the hormones in our body. The way in which hormones create their effects in the body are still not understood. We do know that the hormones are crystals. Perhaps it is through the controlling effect a crystal has on the vibratory rate that the hormones work. We use a crystal in a radio set to keep the channel tuned to the exact same spot all the time. These crystals control the vibratory rate of the radio signal, which we call frequency.

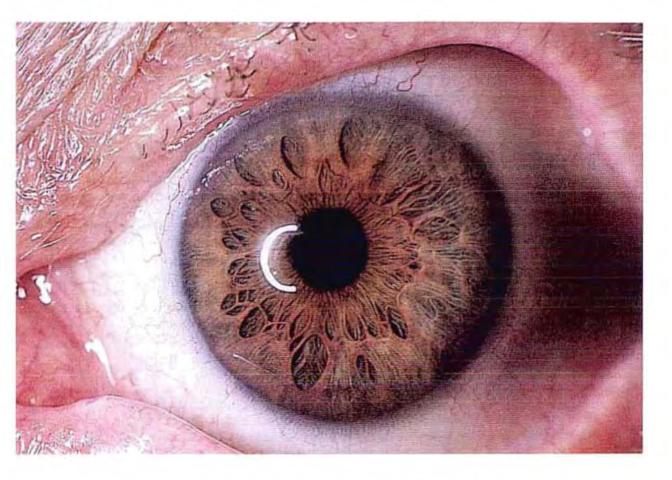
MAMMARY-

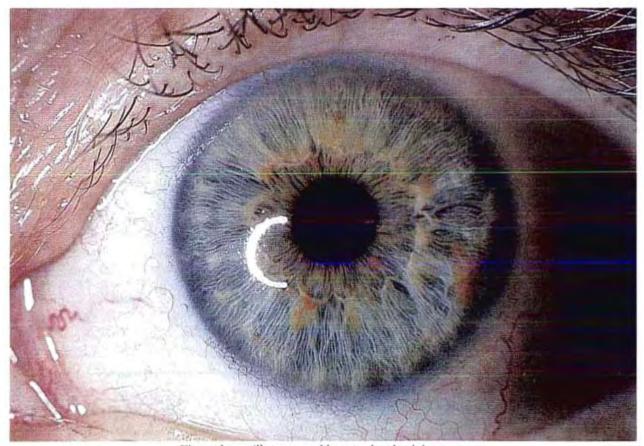






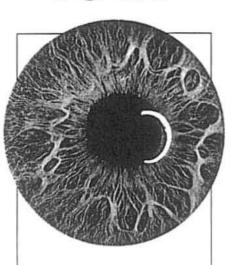






These photos illustrate problems in the glandular system.

four



"The eye is used to signify divine awareness: the ear divine interest; the nose divine vitality; mouth—divine command."

-Manly P. Hall

"He who has health has hope, and he who has hope has everything."

-Arabian Proverb

Male and female reproductive systems

The reproductive systems in male and female are made up of the glands, duets and supporting structures which produce mature sperm (in the male) and mature ova (in the female) as well as producing hormones which affect physical characteristics and various cyclical functions.

Taking the male system first, we note on the iridology chart that the testes are located at 5 o'clock in the left iris and 7 o'clock in the right iris. The vagina, at 7 o'clock in the left 7 o'clock in the left iris and 5 o'clock in the right iris.

In the female system, the ovaries are represented at the same radial position as the male testes, at 5 o'clock in the left iris, 7 o'clock in the right iris. The vagina, at 7 o'clock in the left iris and 5 o'clock in the right, extends from Zones 4 through 7.

We find that the sexual energy and motivation level is reflected in the brain area of the right iris at 11.3 o'clock, the sex impulse/mental sex area. If there is an inherent weakness in this area, it is seldom that we will find a normal physical sex drive. More generally, it is underactive.

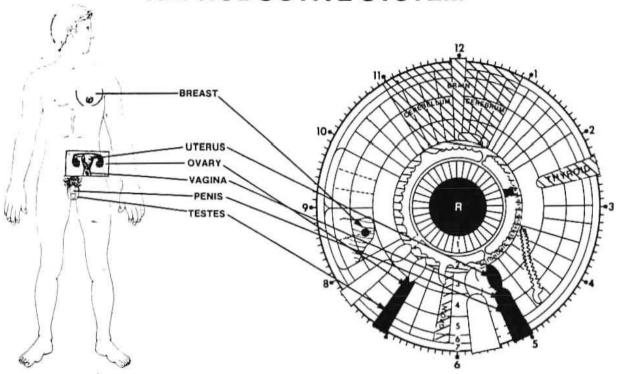
On the other hand, it is possible to be mentally hyperactive in this area and physically underactive as far as the sex drive is concerned, although we do not often find this to be the case. Mental attitude and physical well-being are both important to healthy sexuality and we cannot say that one is more important than the other. Both are important.

From the standpoint of nutrition, we notice that what feeds the sexual glands also feeds the nerves and brain. Eighty percent of the sexual secretions are composed of lecithin. Foods high in lecithin stimulate better nerve function and better sexual gland function.

There are many factors which affect reproductive system function. The fatigue that accompanies adrenal gland exhaustion may cause loss of sexual interest. Lowered sex drive may result from thyroid hypoactivity or anemia. Recently, it was found that medications and drugs have a suppressive effect on the sexual drive and contribute to impotence. When the animation life center at 12 o'clock is underactive, the zest for any activity is lowered. As in the case of all systems in the body, the health of the reproductive system is dependent upon the condition of other systems, organs and tissues of the body.

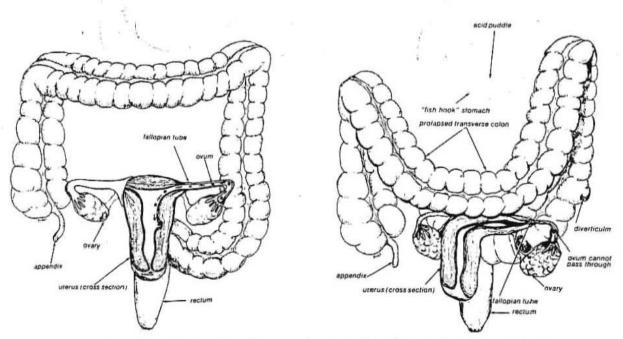
Prolapsus of the transverse colon and consequent pressure on the pelvic organs can interfere with the circulation of the blood to these organs. Prolapsus can contribute to prostate trouble in males and ovarian trouble in females. In extreme

REPRODUCTIVE SYSTEM



The reproductive system is responsible for the continuation of the human race. In this system, genetic material is passed from one generation to another. The male and female reproductive systems are composed of several types of organs. The testes and ovaries, called gonads, are responsible for formation of the single cells that unite to form the new individual. These glands secrete the sperm and the ovum. These glands also secrete hormones. The other portions of the reproductive system are muscular ducts that transport the products of the gonads between the two sexes. Finally, glands in the system such as the prostate secrete materials which keep the sperm cells alive until fertilization takes place and provide fluid for transportation.

The reproductive system also includes the female organs that allow for growth of the fetus and for feeding the new baby after birth.



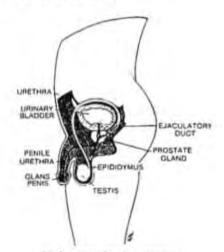
Pressure symptoms from gravity can produce serious problems. Above all, it produces anemic tissues, poor blood circulation, cysts, growths, etc.

REPRODUCTIVE SYSTEM

FUNCTION	ACUTE SYMPTOMS	CHRONIC SYMPTOMS
Assumes a major role in menstruation Location of developing fetus	Painful periodNonbloody dischargeExcessive menstrual flowCervix inflammation	ConstipationBoggy uterusProlapsed uterusMenstrual difficultiesBackache, bladder/rectal pressurePAP test failure, irregular cells
Highly muscular tube leading from external vulva into the uterus at the cervix Secretion of mucus Protection of uterus from external bacteria and organisms	Herpes II Vaginitis or infection of vagina Excessive mucus flow Painful intercourse Burning and itching; painful; swelling Excessive lubrication	Herpes II Lack of mucus flow Weakness of tissues—possibility of leukorrhea or nonbloody vaginal discharge Cervical weakness—abnormal cells Lack of lubrication
-Milk production -Sensual location; stimulus	Sensitivity of nipples Cyst possible Cold spots Inflammation	Lumps, dischargesLack of sensitivityPoor milk productionPain just before periods
Secretion of thin, slightly alkaline fluid for the sperm to be transported in Production of fructose for fluid to feed sperm	-Fever, backache -Painful urination -Painful gland on sitting -Pain in rectum -Pus at end of urination	Constipation and urinary problems Dribble, late night urination, weak stream Low seminal fluid production Sterility Allergies (created by gland holding microorganisms) Inability to urinate Involuntary erection
See GLANDULAR SYSTEM.		
—Used to introduce sperm into female vagina —Very rich in blood vessels	Uncontrollable erectionIrritation itchingHerpes IIInability to maintain erectionPainful urination	—Impotence —Herpes II
	-Assumes a major role in menstruation -Location of developing fetus -Highly muscular tube leading from external vulva into the uterus at the cervix -Secretion of mucus -Protection of uterus from external bacteria and organisms -Milk production -Sensual location; stimulus -Secretion of thin, slightly alkaline fluid for the sperm to be transported in -Production of fructose for fluid to feed sperm See GLANDULAR SYSTEM.	Assumes a major role in menstruation Location of developing fetus Ronbloody discharge Excessive menstrual flow Cervix inflammation Herpes II Vaginitis or infection of vagina Excessive mucus flow Painful intercourse Burning and itching; painful; swelling Excessive lubrication Sensual location; stimulus Sensitivity of nipples Cold spots Inflammation Sensitivity of nipples Cold spots Inflammation Fever, backache Painful urination Fever, backache Painful urination Painful gland on sitting Painful gland on sitti

cases, it can lead to sterility in females. In less severe conditions, it can result in irregular menstruation and cramps. Ovarian cysts may develop following prolapsus. Pressure on the uterus may cause it to become prolapsed, with consequent problems.

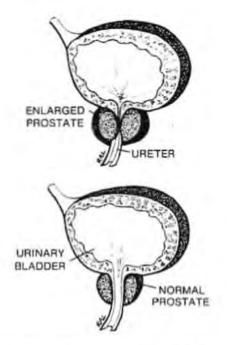
Among males, the testes produce sperm and secrete hormones, mainly testosterone. Testosterone functions not only to develop and maintain the secondary male sex characteristics and adult sexual behavior, but it has many other purposes. It helps maintain the structure of the reproductive system, such as the prostate gland. It helps regulate metabolism in the body by stimulating protein anabolism (causing the generally greater muscular development in the male). It influences fluid and electrolyte processes by helping regulate sodium and potassium levels. It interacts with the anterior pituitary by stopping the pituitary's secretion of gonadotropin hormones when testosterone reaches a certain level. On the other hand, the anterior pituitary stimulates testosterone secretion releasing gonadotropins when the blood level of testosterone falls too low.



Male reproductive system

The prostate gland produces and secretes an alkaline fluid which helps protect sperm from destruction in the acid environment of the vagina, Many older men experience enlargement of the prostate. Shaped like a donut, the prostate surrounds the urethra, and as it enlarges, the urethra can become so constricted that urination is difficult or impossible.

Ovarian functions in the female are twofold; ova are produced, matured, and finally ejected into the uterus at regular intervals, and hormones (mostly estrogens, but also very small quantities of progesterone) are produced and secreted. Similar to the case with males, the anterior pituitary in females produce gonadotropins which are released into the bloodstream when the female hormones fall below a certain concentration. The cyclical interaction of the



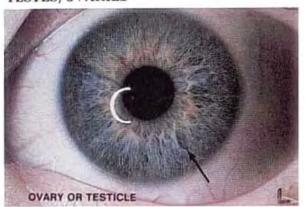
gonadotropins and ovarian-produced hormones determine the sequence of events in the female cycles associated with the reproductive system—ovulation, menstruation, and also changes in the breasts among most women. That is, the hormone secretion rates of the anterior pituitary and the ovaries alternately stimulate and inhibit one another to produce these cycles by altering the body chemistry in specific ways that produce specific, periodic changes in the reproductive organs and glands. The hypothalamus in the brain takes part in this process by its secretion of hormones which stimulate pituitary activity.

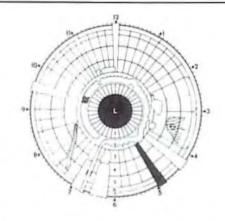
The structure and function of the mammary glands, or breasts, are well known in general but I find that the importance of the lymphatic glands and vessels in the breasts is too often neglected. In a sense, the breasts may be regarded as primarily lymphatic organs, and congestion of the lymph glands here as elsewhere in the body may be associated with the development of lumps, growths and tumors. Proper breast care, in my view, must include taking care of the lymphatic system as well as other eliminative channels throughout the body. Lymphatic congestion in the breasts may be caused by problems elsewhere in the body.

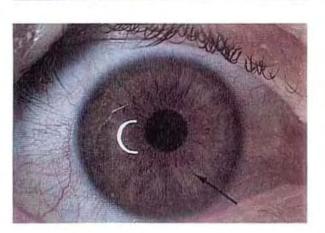
Pregnancy cannot be seen in the iris of the eye because it is a natural function of a woman's body.

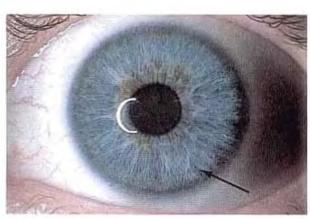
The nutritional needs of the ovaries and testes include vitamins C, B12, and E; iodine, calcium, silicon, and zinc. The following food supplements may be helpful: kelp, sarsaparilla, raspberry, black cohosh, and gotu kola. The uterus and prostate need vitamins C, B12, E, and F; calcium, silicon, and zinc. Raspberry, kelp, and golden seal are useful supplements.

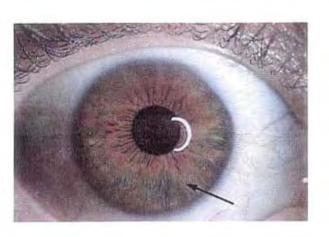
TESTES/OVARIES-

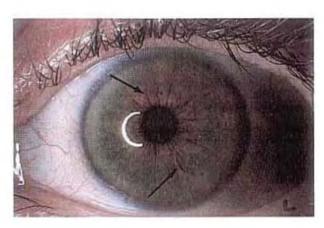


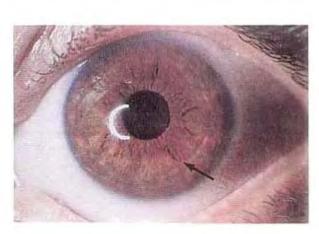


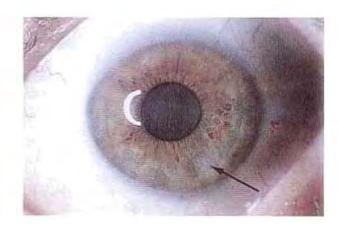


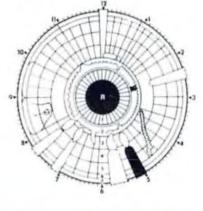


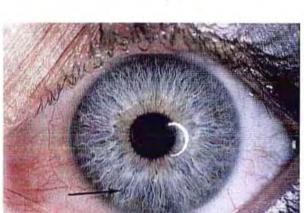


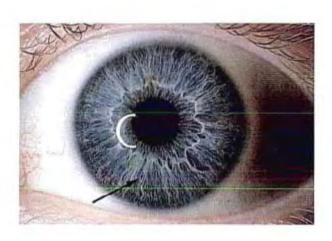


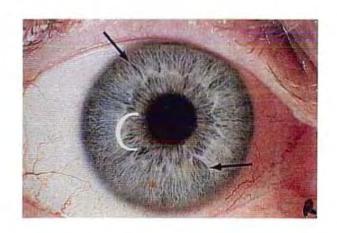


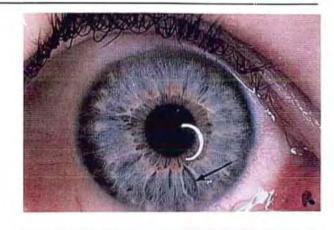




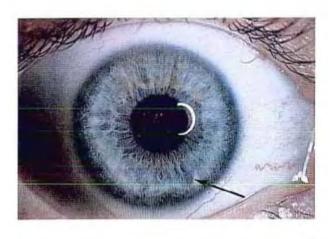


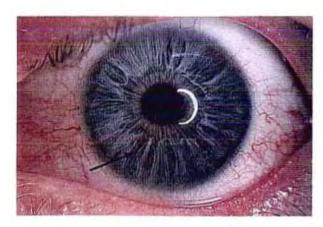




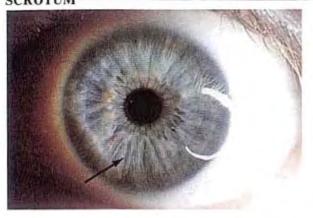


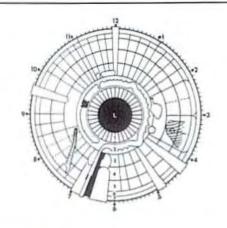


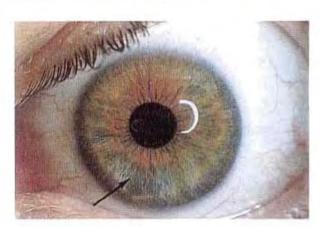


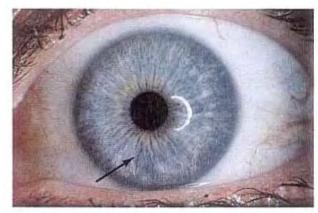


SCROTUM .



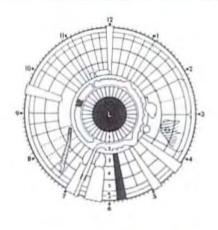


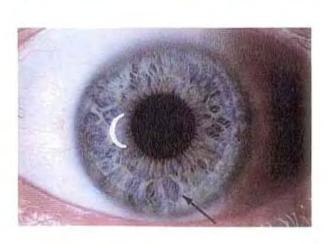


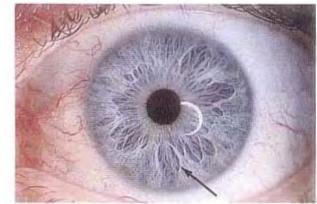


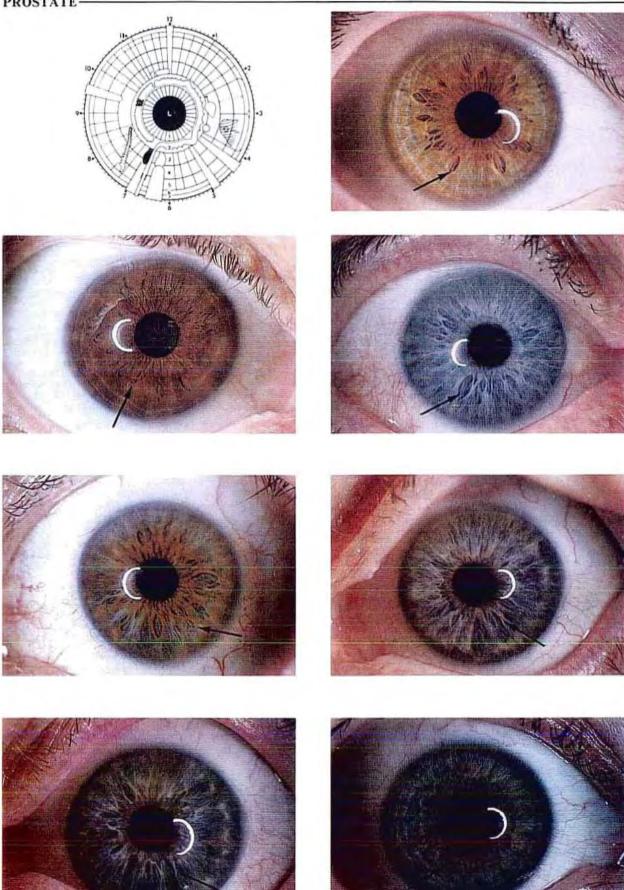
GROIN



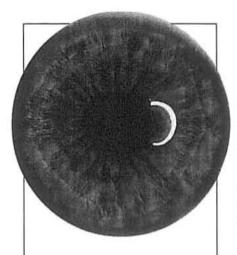








five



So, if you think that what I say is true, then by all means agree with me! Otherwise you must use all your resources of logic and argument to refute me. Make sure I don't deceive you into sharing my own prejudices and then fly away, leaving my sting behind like a bee.

—Plato
The Trial and Execution
of Socrates

The man who says, "It can't be done," is liable to be interrupted by someone doing it.

-A.A.M.

The digestive system

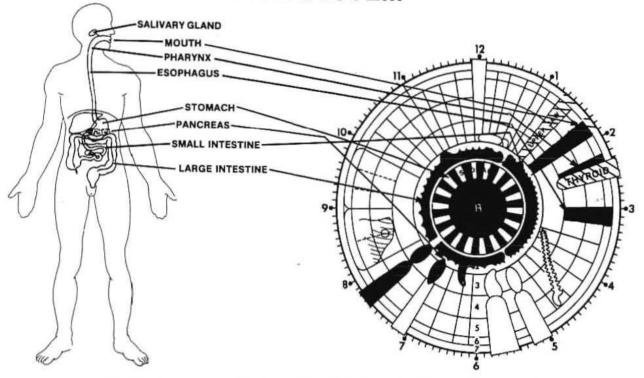
The digestive system essentially consists of a lengthy tube or tunnel beginning at the mouth, dropping 10 inches or so down the esophagus, enlarging to form the stomach, then continuing as the intestine in a winding course through the abdomen to exit at the anus. The main digestive canal is assisted in its functions by the pancreas, liver and gallbladder. The purpose of digestion is to break down food, both mechanically and chemically, so that it can be altered into a form suitable for assimilation in the stomach and small intestine, carried off by the blood and lymph and ultimately made available for cell metabolism—the conversion of matter into energy and the conversion of simple substances into more complex ones to perform specific cellular, intercellular and systemic tasks. The human body is a wonderfully complex creation, and the digestive system is a vital and fascinating aspect of it.

Before we begin our examination of the digestive system, let us consider an important preliminary subject: food. Our bodies, given their various inherent strengths and weaknesses, do the best they can with the substances we put into them and with the activities of work and play that make up our lives. The food and drink that we ingest are basically fuels and repair and maintenance substances. The body was designed to be able to survive and thrive on a broad range of what the earth provides for us, but this does not include everything represented as food these days. An inadequate diet leads to inadequate physiological functioning. Eating devitalized foods may seem convenient but it leads to a devitalized life and low level of health. The body was not designed to cope with chemical additives, preservatives, artificial colors, flavorings and so forth, but was designed to function most effectively on fresh fruits, vegetables, grains, nuts, seeds, meat, fish, and other foods, prepared in such a manner that their nutrient value is not impaired or destroyed. In a similar way our bodies were not designed to function at a chronic level of exhaustion or under chronic levels of physical or psychological stress. A tired, distressed or nervous person cannot digest foods properly. To understand the value of human life is to understand that a right way of living is fundamental to good health. Our daily experiences constitute the food of life itself, and if we find our experiences frequently indigestible, it is time for a change.

In my experience as a health professional, a basic nutritional principle has proved to be a most helpful guide: it is not what we cat that counts, but what we digest and assimilate.

When we eat, the food molecules are broken into small particles in the mouth as we chew and are mixed with saliva which partly digests starches through the enzymes. As we swallow, the food passes down the esophagus to the stomach where it is churned up further, mixed with pepsin, hydrochloric

DIGESTIVE SYSTEM



The digestive system provides the nutrients the body needs to function. The system digests the food we eat through chemical and mechanical breakdown. The digestive process begins in the mouth when our teeth break up the food into smaller particles and mix them with saliva, which contains digestive enzymes. Enzymes are chemical compounds that control the chemical breakdown of food into usable nutrients for the body's cells. From the mouth on through to the anus, we find the alimentary canal, sometimes called the gastro-intestinal tract or GI tract. Here is where further breakdown occurs and absorption into the blood and lymph takes place.

acid and lipase, which aid in protein and fat breakdown, and liquefied until it is ready to be passed into the duodenum, the entryway into the small intestine. Small quantities of food are "pushed" into the duodenum every 20 seconds or so for from 1 to 4 hours by the process of peristalsis, which moves food along in a wave-like rhythm characteristic of the entire gastro-intestinal tract.

In the duodenum, bile produced by the liver and stored in the gallbladder, is added along with pancreatic juices. The bile, which is the only digestive juice that contains no enzyme, breaks up and emulsifies fat particles. The bile also activates the pancreatic enzyme just as hydrochloric acid activates pepsin in the stomach. The pancreatic juice helps digest carbohydrates and proteins and converts the fats partly processed by bile into fatty acids and glycerol. The intestinal juice contains four enzymes which complete much of the digestion process before the food is absorbed through the intestinal mucosa into the blood and lymph vessels that line the intestinal walls. During this process, the digesting food is being propelled along the duodenum, jejunum and ileum of the small intestine (about one inch in

diameter and twenty feet long) by peristaltic motion, as the small intestine secretes hormones that signal the pancreas and liver to stop injecting digestive juice and bile into the duodenum.

In the lower right quadrant of the abdomen, the remaining unabsorbed wastes are propelled into the cecum. The colon is slightly more than double the diameter of the small intestine and about six feet long. The ileum of the small intestine contains a oneway valve that allows wastes to travel out but never back in. The waste, after passing through the cecum, is moved up the ascending colon on the right side of the body, across the transverse colon (just below the liver and stomach) to the left side of the body, down the descending colon to the sigmoid colon which joins the rectum. When the rectum becomes enlarged with wastes, the desire to defecate occurs and wastes are eliminated from the anus. The inside of the anal canal is lined with numerous mucous-coated folds, each containing an artery and a vein. Hemorrhoids are enlargements of the veins in this area, caused by straining of the gut.

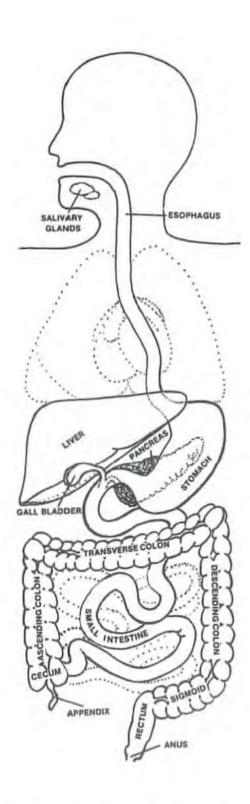
After the blood carries off assimilated nutrients from the small intestine, they are delivered to the liver

DIGESTIVE SYSTEM

ORGAN	FUNCTION	ACUTE SYMPTOMS	CHRONIC SYMPTOMS	
STOMACH	-Secretion of gastric enzymes -Secretion of hydrochloric acid -Secretion of protective mucus and intrinsic factor for absorption of vitamin B-12 -Churn and mix food to break it down and mix it with gastric juices -Primary location for protein digestion -Regulates rate of flow into intestines	-Burping rotten egg gas immediately -Headaches, nausea, hunger pangs -Dver-production of enzymes and acid -Pain between/prior to meals -Excessive mucus production which affects entire body mucus system -Tightness of musculature causing lack of proper mixing -Heariburn -Upper abdominal pain -Fast digestion/incomplete	Drowsiness after a meal Slow digestion/putrefaction Lack of enzymes and acids Poor digestion/gas Bad breath Pain after meals (immediate) Lack of muscle tone; slow digestion Poor absorption of B-12	
PANCREAS	See GLANDULAR SYSTEM. Secretion of pancreatic juices into small intestines intestine acidity of intestines break down proteins, split fatty acids, and break down carbohydrates into maltose plus glucose (similar to what saliva does in the mouth)	-Blood sugar problems -Excessive production of bicarbonate and enzyme which will affect hormone balance in digestive system leading to reduced gastric secretions and release of food into the intestines by the stomach, causing indigestion -Alkaline blood condition	-Allergies -Incomplete digestion and putrefaction in small intestines as well as poor absorption as a result of too acid environment in intestines -Duodenal ulcer from acid condition -Acidosis in blood from lack of bicarbonate -Blood sugar problems; latigue	
LIVER	NONDIGESTIVE FUNCTIONS: —Production of plasma proleins (antibody production and anticoagulant production) —Destruction of worn-out red blood cells and bacteria —Detoxification of body acids and metabolic wastes —Glucose balance in blood through ability to store or refease sugar into the blood —Storage of vitamins A,D,E,K, along with copper, iron and any poisons found in the body DIGESTIVE FUNCTIONS: —Manufacture of bile which is used in the small intestines for digestion and absorption of fats	-Temperature up at night/low in morning Infection possible: hepatitis Headache and dizziness Cholesterol deposits -Overweight -Acidosis of blood/high urea content -Acidosis of blood/high urea content -Aundice -Skin pigment problems -Pain under right shoulder -Dain under right shoulder -Hot sweats and chills	-Cold -Weight loss -Bruise easily -Lowered immunity -Poor wound healing -Poor or no fat digestion/absorption -Light-colored feces and urine -Hypoglycemia -Fatigue -Constipation, anemia, coated tongue	
GALL BLADDER	-Holds bile secreted by liver until needed in the small intestine for fat digestion -Removes sodium from bile and pumps it back into blood plasma -Removes some water from bile secreted by liver to increase concentration of bile salts	-Pain in abdomen -Great deal of pent-up resentment -Nausea -Inability to keep still -Heartburn, tenderness in upper right abdomen -Loss of appetite -Jaundice condition -Watery stool	-Indigestion of fats from lack of bile -Calistones possible -Loss of appetue -Constipation	

DIGESTIVE SYSTEM

ORGAN	FUNCTION	ACUTE SYMPTOMS	CHRONIC SYMPTOMS
SMALL	—Enzyme production for digestion of carbohydrates —Enzyme production for digestion of fats, proteins into end products that are absorbed by the blood and lymph —Food is broken down by mechanical movement called peristals	-Indigestion from rapid digestion -Overproduction of enzymes -Overweight, difficulty in losing -Abdominal pain -Illeoceda valve failure allows backflow -Spastic condition/obstruction	—Loss of weight, can't gain —Lack of peristaltic movement —Poor assimilation —Indigestion and putrefaction from incomplete digestion
PHARYNX & ESOPHAGUS	The pharynx is responsible for closing the windpipe during the swallowing process Esophagus moves the food to the stomach by muscle contractions called peristalsis	—Temporary loss of voice —Sore throat —Painful swallowing —Heartburn, hiccoughs —Pain of hiatus hernia possible	—Excess throat phiegm —Inability to swallow



The alimentary canal (G.I. tract) and related structures.

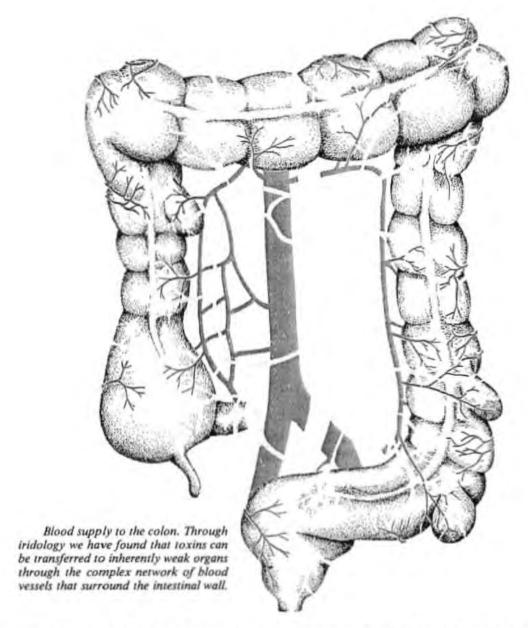
for further breakdown by metabolic processing of proteins, fats and, to a limited extent, carbohydrates. The liver also detoxifies the blood, removing alcohol and other chemicals that are not useful in cell metabolism.

In the irides the stomach is viewed as a whitish circle around the pupil, shaded according to the condition of the tissue. We note that the front of the stomach is found below the pupil, while the back is above it—in both irides. If a gastric ulcer is present, the entire stomach area may be white, but the area of the ulcer will be whiter. A nerve ring in the stomach area could be considered an indication of gastritis, while a sodium ring often signifies a history of stomach hyperacidity and ulcers.

The hydrochloric acid level is essential not only to the breakdown of proteins, but also to the delicate sodium/calcium balance of the body. If, for instance, there is a hyperacidic condition, the sodium is literally "burned out" of the stomach wall. When this occurs, calcium can come out of solution, resulting in a sodium ring. If this process continues without reprieve, the sodium destruction can inhibit the ability of the stomach wall to produce a sufficient amount of hydrochloric acid (hypoacidity) resulting in a concurrent inability to digest protein.

Hydrochloric acid also plays an important role in the destruction of bacteria exuded by the tonsils, which are elimination points for the lymphatic system. When the hydrochloric acid level is above normal, the stomach ring will appear whiter than the fibers in the ciliary zone; when it is underacid it will appear darker than the fibers in the ciliary zone. I have yet to see a sick patient who has not complained of poor digestion. No one whom I have ever examined iridologically has displayed a normal stomach area. The functional ability of the stomach must be improved before healing can take place. When digestion is efficient every organ will respond.

A duodenal ulcer can appear in many forms; if it has perforated the duodenum, the corresponding area in the iris will be dark, indicating tissue destruction. The pylorus and the cardia of the stomach border the pupil medially. Directly bordering the circumference of the pupil is what we call the absorption ring, which may appear as a dark rim, revealing the fundus or lower layer of the iris if the stomach has been long abused by heavy alcohol consumption, "junk foods," and so forth. Hypoactivity here also indicates a lack of hydrochloric acid, deterioration of the gastric mucosa and absorption into the intestinal system. This condition may be most serious when found in conjunction with the sodium ring.



We must remember that iridology reveals tissue conditions, not the contents of an organ. We are not, therefore, noting toxic wastes inside the bowel when we view the dark area of the iris corresponding to the bowel; we are seeing the condition of the bowel wall itself. In Chapter 1, "The Eliminative Systems," several reasons for the generally poor condition of the bowel wall were given, along with many of its consequences elsewhere in the body, and it is advised that you review that section after completing this chapter. Here, because we are discussing the digestive tract, we will be taking a different approach.

Starting with the right iris, the center of the transverse colon starts at one o'clock and ends at about eleven o'clock at the hepatic flexure. The ascending colon follows along the side to the cecum, which ends at about five o'clock. The small intestine fills the space between the cecum and the center of the

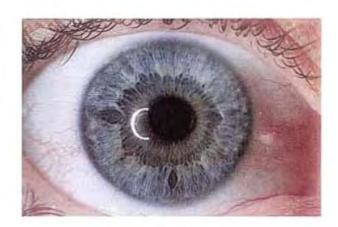
transverse colon. I have discovered the area for Pever's patches between two and three o'clock in the right iris and between nine and ten o'clock in the left iris. Peyer's patches are important lymph follicles and when they are congested, extreme fevers often follow, as well as interference with assimilation of nutrients. It is my belief that this portion of the small intestine is the most important in the process of digestion and assimilation, because when lesions are found in this area, invariably the individual shows signs of insufficient assimilation. In the left iris the center of the transverse colon begins at eleven o'clock and ends at around one o'clock where the descending colon drops down to the sigmoid colon at about five o'clock. The sigmoid colon turns radially outward just prior to seven o'clock, where the rectum and anus proceed outward to the periphery of the iris. The small intestine takes up the area in Zone 2 from seven o'clock to eleven o'clock in the left iris.

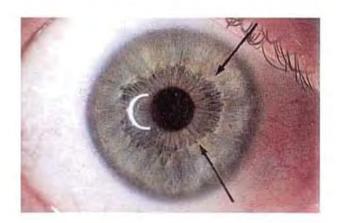
One of the evident consequences of a hypoactive bowel is a serious loss in the efficiency of the digestive and assimilative functions, most of which are carried out in the small intestine. Even assuming that we are eating balanced, nutritious meals (which most people are not), we will not be getting all the value from our food. The cells of the body will be lacking in many of the biochemical substances necessary for optimum, functioning, resulting in a lower level of cell metabolism and perhaps "starvation" of some tissues. Since different organs have a special need for certain biochemicals more than for others, we often find cases of actual organ insufficiency.

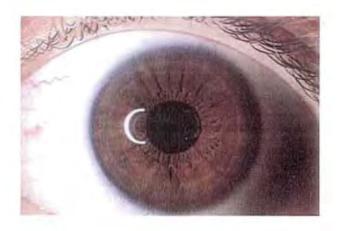
When an organ is starving for a certain biochemical element, the pituitary and thyroid glands respond to the emergency by allowing other organs and tissues to be "robbed" of this element. We know, then, when any organ is low in one or more vital biochemicals, the entire body is lacking in those biochemicals. For example, one of the body's highest priorities is to maintain the effective functioning of the nervous system. The electrical potential across the cell membranes of neurons is maintained by differential concentrations of sodium and potassium ions, which take part in nerve signal propagation and which are absolutely necessary to adequate functioning of the nervous system. If the body was not assimilating sufficient sodium and potassium from foods, then sodium from the stomach and intestinal walls and potassium from the muscles would be "robbed" to supply the nervous system with these elements. Since sodium and potassium are necessary to neutralize acid buildup from various metabolic processes, the result would be an increased accumulation of toxic acids and mucous in the body. Many other examples could be given.

It is impossible to have a chronic toxic bowel and clean blood. In my experience, the bowel tends to be one of the organs most frequently afflicted with inherent weakness—weak tissue structure in the organ wall. This permits toxins inside the bowel to be absorbed through the bowel wall and into the blood and lymph systems, through which they travel to every organ of the body, weakening the whole system.

Clearly, we have underestimated the importance of having a clean, well-functioning bowel in its relation to overall health. Many physical problems (and often emotional ones) will clear up when the bowel is taken care of. Some suggestions are offered in Chapter 1 in the section on the colon. I might add that hemorrhoids often cease to be a problem when bowel regularity is established and when straining on the toilet has ceased. The latter is done by raising the hands above the head while having a bowel movement.

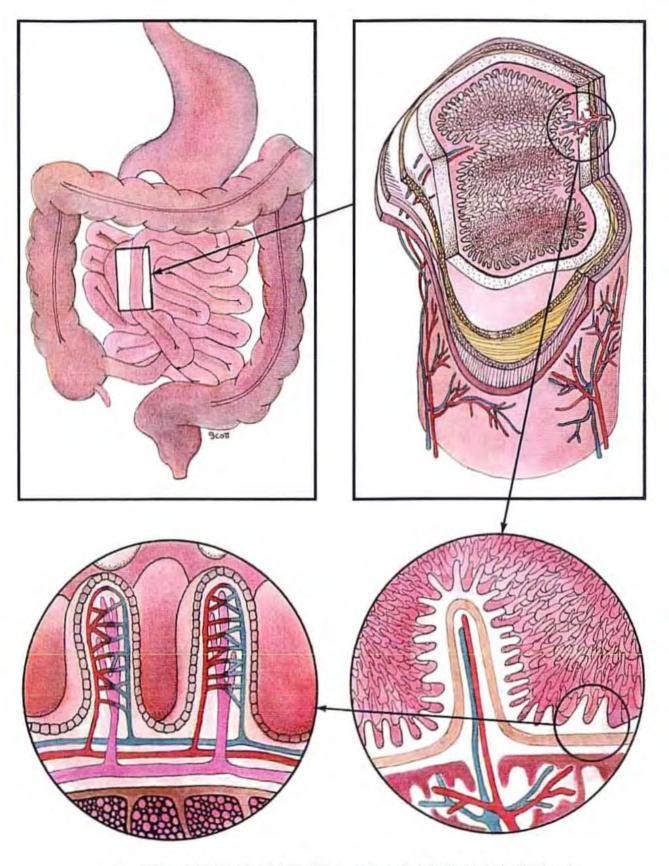




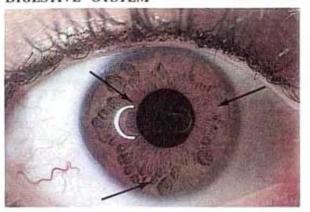


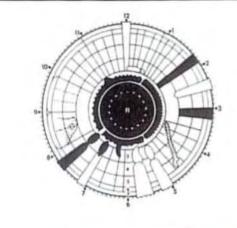


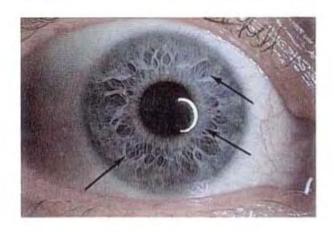
Digestive disturbances as seen in the iris.

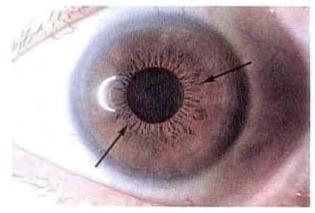


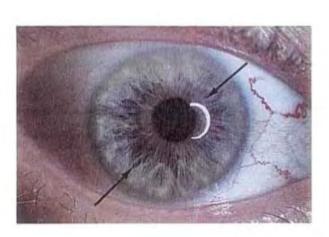
The small intestine is lined with finger-like projections called villi. Within each villi is found a network of capillaries, arterioles, venules and a lymph vessel. Nutrients pass through all these vehicles as they are carried to the various tissues of the body.

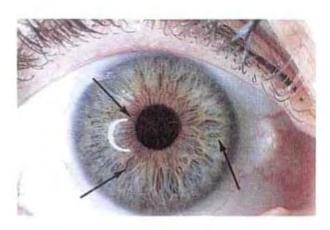


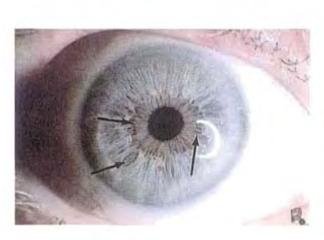


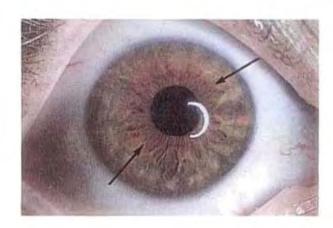


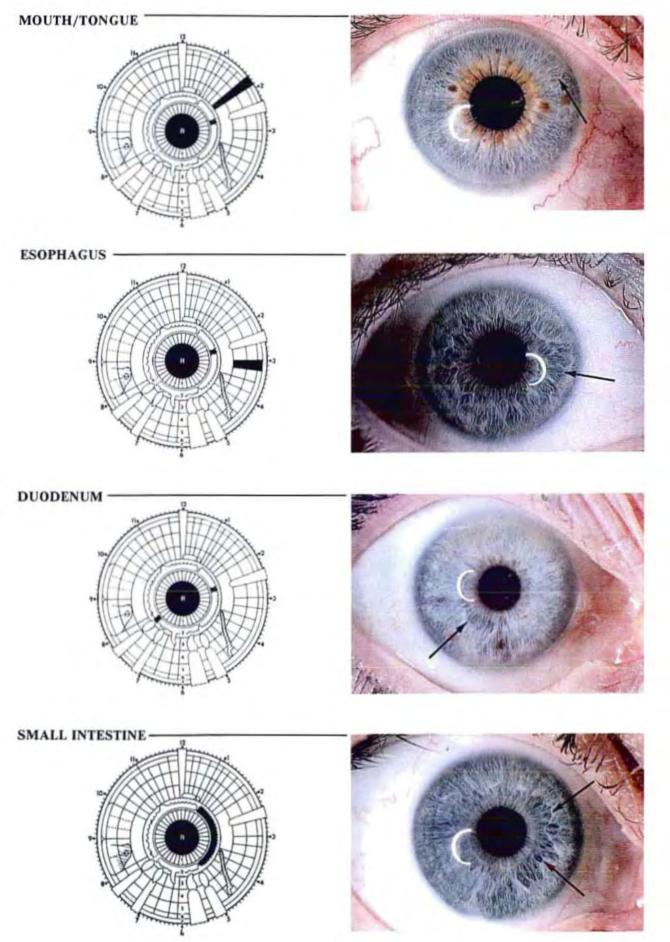








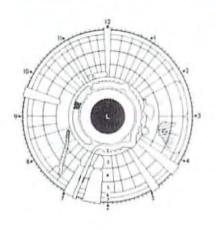


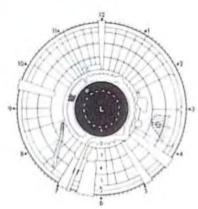


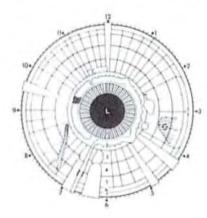
STOMACH

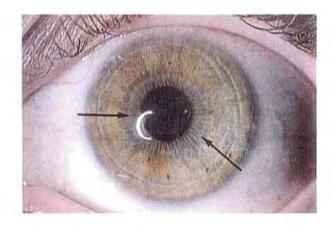


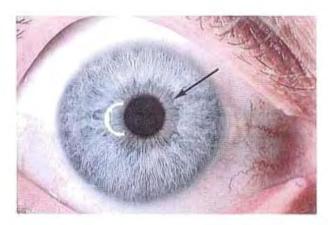


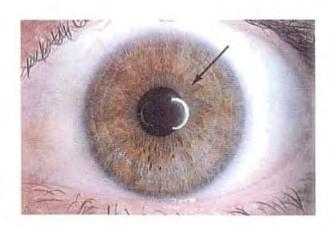


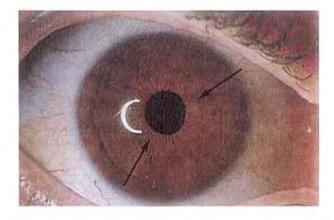


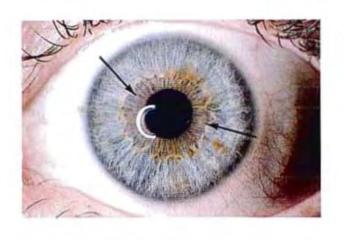


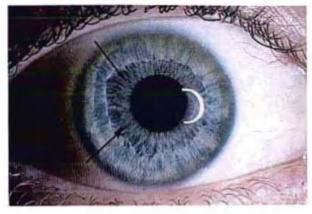


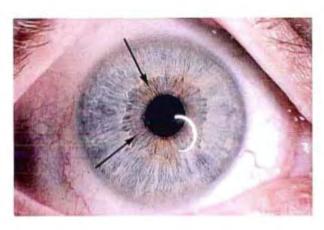


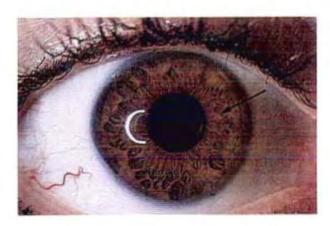


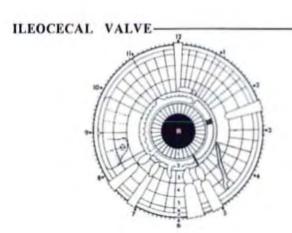


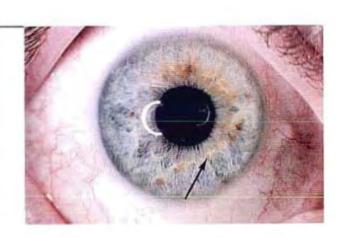


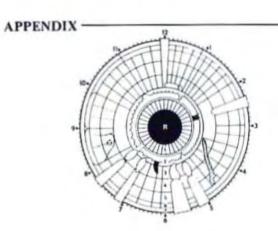


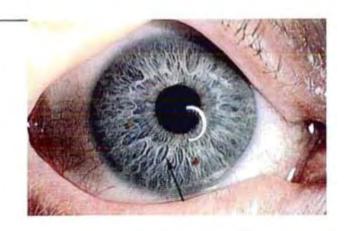






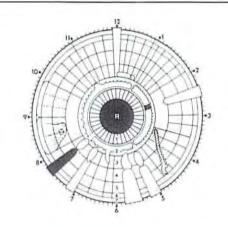


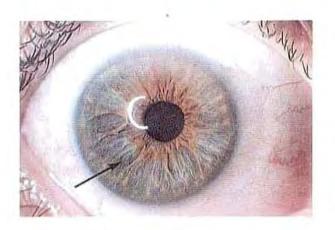


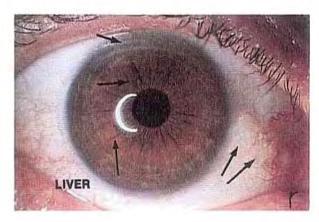


LIVER

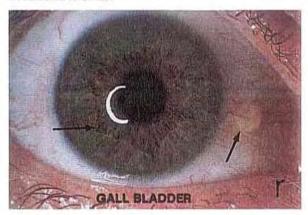


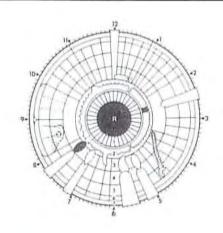


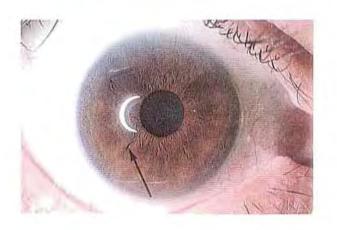


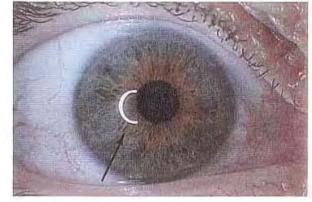


GALLBLADDER-

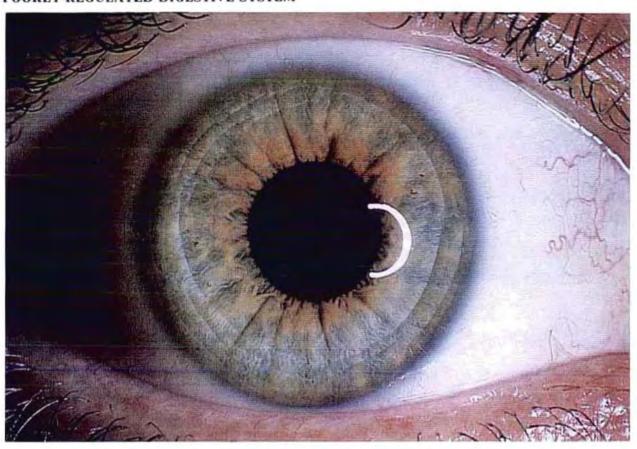


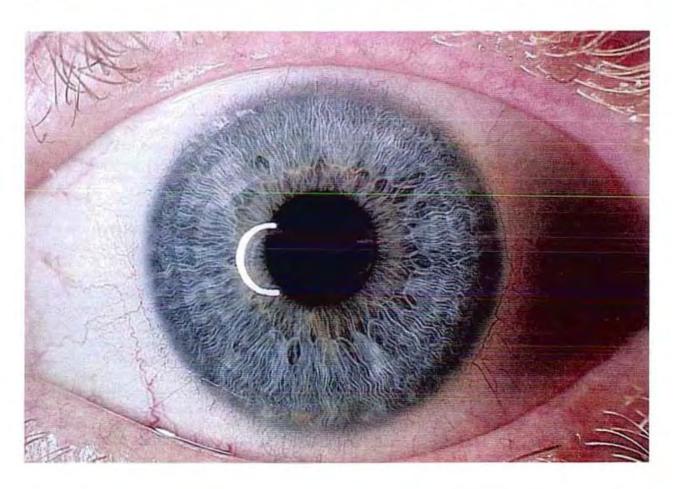






POORLY-REGULATED DIGESTIVE SYSTEM





six



"The greatest railroad is yet to be operated. The greatest automobile is still to be designed. The greatest scientific discoveries are still to be made. The greatest of everything is still in the future."

-Donald Laird

"Genius is the very eye of intellect and the wing of thought; it is always in advance of its time, and is the pioneer for the generation which it proceeds."

-William Simms

Nerve tissues and pathways

The nervous system is the body's main communication network, an essential key (along with the glandular system) to harmonious function and control among the parts of the body. Enervation, nerve irritation or blockage can prevent the normal functioning of an organ, throwing the body out of harmony. In virtually any disease condition or health problem that comes before us, the nervous system is the first thing we take care of. If the nervous system is not working well, all other efforts to treat a condition may be useless.

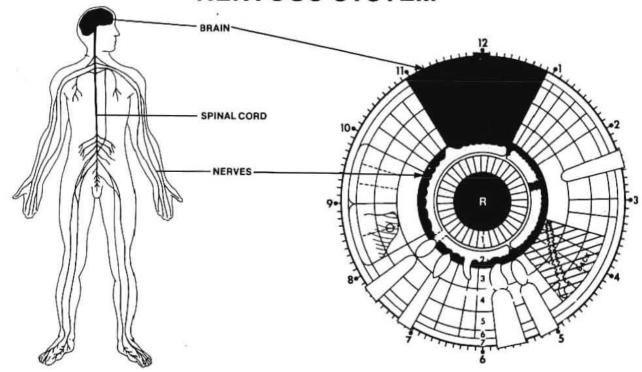
There are several kinds of signs we look for in the iris to find out whether the nervous system is involved in a particular condition. We look at the shape and tone of the pupil, the symmetry of the autonomic nerve wreath and we check for nerve rings. But before we go into these iris signs in more detail, let us briefly examine the functioning of the nervous system itself.

The science of Iridology is based on the transmission of nerve messages to the iris from all parts of the body. The brain is the great switchboard which monitors all these messages, and it is also the symphony conductor, directing the organs, glands and tissues to work in harmony. We have devoted a separate chapter to the brain, so we are concerned here primarily with the rest of the nervous system.

We may divide the nervous system into two divisions, the somatic nervous system which conducts messages between various parts of the body and the skeletal muscles, and the autonomic nervous system which conducts messages to and from the vital organs, glands, blood vessels, irides and so forth. There are many kinds of nerve functions. Sensory neurons transmit information to the brain such as sight, sound, touch, pressure, smell, taste, pain, temperature, movement, balance, and other less familiar sensations. Somatic neurons carry impulses between the brain and skeletal muscles, primarily in response to sensory signals. Damage or blockage to these nerves can interfere with muscle function. Autonomic nerves keep the organs, glands and other specialized tissues functioning, generally below the level of conscious awareness, but they are constantly affected by our consciousness of what happens to us and around us just the same.

In my experience, it is evident that what comes into the nervous system by way of the senses and by way of our emotional responses is just as important as the biochemical balance of nutrients we take into the body. Just as there are healthy foods and junk foods, there are healthy experiences and junk experiences. I like to point out also that it is not always what

NERVOUS SYSTEM



The nervous system is the electrical system that connects the F. au., to the organs. The nervous system controls the stimulus and response activities in the body. These activities respond to internal and external conditions in the environment. The nervous system allows the body to respond and adapt to the environment.

The nervous system is made up of the brain, spinal cord and the ganglia or nerves. This system includes a special nerve cell called a neuron. The system is divided into two main portions, the central and peripheral nervous systems. The brain and spinal cord make up the central nervous system. This portion of the nervous system is protected from injury by the skull and spine. The remaining nerves outside the spine and skull make up the peripheral nervous system.

The nervous system is the center for consciousness, memory, intelligence, thinking, reasoning, and emotions. The system is constantly monitoring the internal and external environment and adjusting the body functions to maintain a state of equilibrium. The system monitors our temperature, our posture and so on to keep us going. It is like a giant computer without which the body cannot function. The organs can survive without the nervous system but only in the state of coma or sleep.

we cat that counts, but what we can digest. Similarly, it is not always what we experience that counts, but what we can assimilate in our emotions and intellect. Because each of us is a unique individual, similar experiences affect us and our nervous systems differently as they are processed through our emotions and intellectual attitudes. For example, a job that gives one person great satisfaction and enjoyment may give another a nervous breakdown.

We must realize that what affects the nerves also affects the rest of the body. Nervous tension from anxiety, worry, unforgiveness, anger or hate can affect the digestion, elimination, glands, heart and/or other structures. We may need a chiropractic adjustment, but let's also change the attitude that made the adjustment necessary. We may need to be treated for nervous stomach ulcers, but let's solve the marriage difficulty that caused them. If you have a job with Ulcers, Inc., hand in your resignation and

get a job with Harmony and Associates. Taking care of the nervous system involves finding a right way of living.

Of course, not all nervous system problems are psychological or psychosomatic. A person may hurt his back in a fall or auto accident. A secretary may disturb the cervical nerves through poor posture habits. Inherent weaknesses, tumors and other problems may lead to nerve pressure or damage.

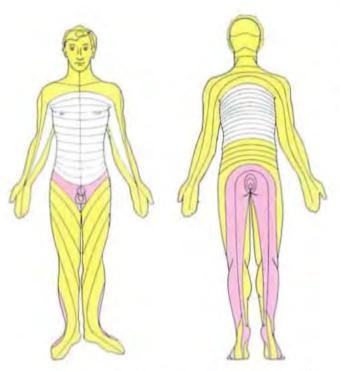
Restoration of innervation among those with health problems requires that we consider both the mechanical and nutritional aspects. I believe the day will come when we can compare in the irides the innervation to the left side of the body with that of the right side, so that the proper adjustment may be made through chiropractic. On the other hand, restoring innervation is not everything either. I have had patients who had been going to chiropractors for years with back problems that were due to a lack of

NERVOUS SYSTEM

ORGAN	FUNCTION	ACUTE SYMPTOMS	CHRONIC SYMPTOMS
AUTONOMIC NERVOUS SYSTEM	Controls the activities of smooth muscle, cardiac muscle and glands Usually controls involuntary body motor activities only Motor in nature not sensory Sympathetic portion of system accelerates activities of organs with greater energy use Parasympathetic portion of system turns down or off organs, saving energy	Activation of the sympathetic nerves more than parasympatheticDilation of pupilExcessive sweatingIncreased heart rate and contractionSlows down digestive juicesExcessive worry	Activation of parasympathetic nervesTense pupilWatery eyesIncreased gastric stimulationDifficult breathingDecrease in hormone production by glandsSlow heart rate, weak pulse
BRAIN AREAS: MEDULLA	—Reflex center for heartbeat, respiration rate and vascular constriction, cranial nerves for chest organs and swallowing		-Slow pulse -Shallow, difficult breathing -Shortness of breath -Difficulty swallowing -Hiccoughing otten -Sensory awareness problems -Paralysis or loss of sensation of opposite
SEX IMPULSE LIMBIC SYSTEM	-Pleasure sensations -Anger -Sex emotions and desire -Sense of reality -Instinctual behavior	-Premature climax -Angers easily -Over-sex drive -Sensual sensitivity -Easy sexual excitement	Hot temperedLack of sex driveDifficulty in climaxingPoor sense of touchDelayed ovulation
INHERENT MENTAL HYPOTHALAMUS	-Hunger and thirst center in brain -Psychosomatic controls -Maintains body homeostasis -Sensory input reception and interpretation	Daydreaming Compulsive eating/drinking Sensitivity to pain Aggressive nature	-Lack of appetite -Distike for liquids -Frequent body disorders -Frequent body disorders -Poor emotional response to stimuli -Lack of control of rage
SENSORY LOCOMOTION BASIL GANGLIA THALAMUS	Major motor control and coordination Muscle tone	Unconscious movements and jerks	—Stroke —Lack of coordination —Ataxia (no muscle control)
ANIMATION IN LIFE RETICULAR FORMATION/ THALAMUS	-Alertness -Conscious control -Sorts messages from senses and determines the importance -Body rhythms and patterns	Hyperactive child; cannot rest Over-sensitivity to noises Insomnia Light sleeper Impatient	-Slow, plodding personality -Tired all the time, inactive -Lethargic not alert -Lack of awareness of environment -Heavy sleeper, has need for lots of sleep

NERVOUS SYSTEM

ORGAN	FUNCTION	ACUTE SYMPTOMS	CHRONIC SYMPTOMS
5-SENSE AREA THALAMUS—NUCLEI	—All sensory signals from the body are received here —Temperature and pain awareness centers here in brain	-Sensitivity to smell, taste, touch, cold, heat and other senses	Lack of sensitivity to smell, taste, cold, heat, sigh or hearing Inability to separate sounds in a noisy place
EGO PRESSURE HYPOTHALAMUS	—Control and integration of involuntary body functions —Glandular control —Visceral (constriction of blood vessels) control —Controls digestive organs, muscle action and bladder —Controls/monitors body temperature	High blood pressure Over-stimulation of glands to produce nervousness, irritability, worry Headaches Insomnia Dominant, aspiring, decisive, strict	-Low blood pressure -Tiredness -Lazy, impatient, harsh, forgetful -Stow heart rate -Poor self image
ACQUIRED MENTAL SPEECH CEREBRAL CORTEX	Sensory and motor coordination for speech and learned motor activities such as writing, sports, etc. Memory Controls the way the world is viewed and how we relate to our environment	-Judgment -Rapid speech -Patient -Imaginative	-Slow thinking and speech -Forgetful -Impatient -Difficulty in expressing thoughts in words -Stuttering -Apathy, laxity, lacks tact
MENTAL ABILITY SOCIATION TRACTS OF CEREBRUM	-Experience center RIGHT SIDE: -Art, music, insight, mental images, space perception, will and imagination LEFT SIDE: -Abstract thought; math, language skills; science, memory, judgment and reasoning	-Criticalness -Strong intuition -Creative -Over-activity from lots of thinking	-Easily confused -Forgetful -Uncertain -Indecisiveness -Impatient -Dulf, slow thinker
EQUILIBRIUM DIZZINESS CENTER ERMIS SECTION— CEREBELLUM	Equilibrium senses Balance Position of the body Muscle tone Steadiness control Eye-hand coordination	—Good sense of balance —Very acute can cause seizures	UncoordinatedImbalancePoor hand-eye coordinationStuggishDizzinessStaggering, lurchingMuscle tremors



Dermatomes—the skin areas that are innervated by the divisions of spinal nerves.

calcium in the diet. A patient with a wry neck, after years of suffering, finally found permanent relief when I treated her for a bowel condition. Neuromuscular irritation can be due to a lack of calcium or potassium. We need to be aware of these things.

The chiropractor who wants to help his patients to the fullest will find that the science of nutrition is a valuable supplement to chiropractic.

In the iris, the autonomic nerve wreath is the central landmark dividing the digestive system organs (between pupil and wreath) from the remaining organs, tissues and structures of the body (outside the wreath). The autonomic nervous system is divided into the sympathetic and parasympathetic systems. Sympathetic ganglia lie in front of the spinal column like two strings of beads, while the parasympathetic ganglia are attached to the organs, glands and tissues they innervate. Most organs are connected with both sympathetic and parasympathetic nerves, but the sweat glands, blood vessels, and adrenal medulla have only sympathetic innervation. Under normal conditions, the parasympathetic system controls the digestive tract.

We may recall from Section I, Chapter 8, "The Anatomy of the Eye," that the sphincter muscle underlying the area inside the autonomic nerve wreath is predominantly innervated by the parasympathetic nerves, which normally control the gastro-intestinal system. Also, the dilator muscle, underlying the area of the iris outside the autonomic wreath, is primarily innervated by the sympathetic system. (Note that the scurf rim, the anemia sign, the cholesterol ring and the sodium ring, which appear only in the outer perimeter area of the iris, are directly related to the function of the sweat glands and blood circulation system, both innervated by sympathetic

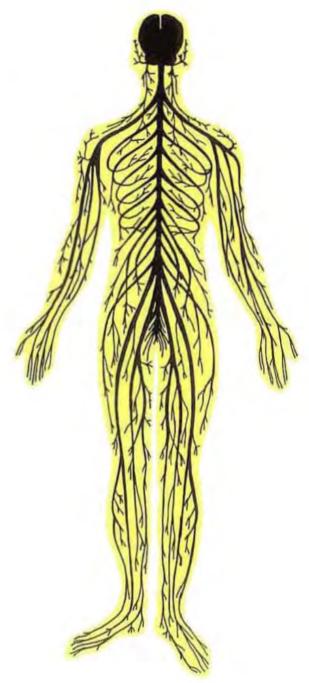
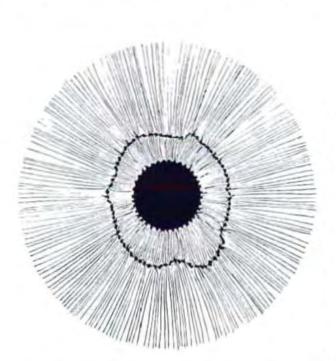


Diagram of the nerve network.

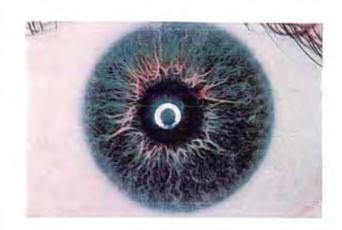
nerves which control manifestations in this area of the iris.) It is at the autonomic wreath that parasympathetic nerves in the pupillary area of the iris meet with sympathetic nerves from the ciliary area of the iris, and this area of interaction is of primary importance to the iridologist.

Autonomic Nervous System Reflex Areas

To understand the different manifestations of the autonomic nerve wreath, it is necessary to understand that the sympathetic and parasympathetic systems interact according to the principle of complementarity in each organ that is innervated by both. In the iris itself, sympathetic nerves dilate the pupil; parasympathetic nerves constrict it. The bronchial tubes are dilated by sympathetic nerves and constricted by parasympathetic nerves. It is this "push-pull" of complementarity which is reflected in each organ and in the autonomic nerve wreath which determines reflex manifestations involving the autonomic nervous system. If all conditions in the body were balanced, we would expect to find the autonomic nerve wreath to be perfectly round. When it is not, the iridologist assumes that an imbalance exists in one or more specific organs or tissue areas of the body. When the autonomic wreath itself is white, the autonomic nerves are irritated and hyperactive.



The position of the autonomic nerve wreath (collarette) within the iris.



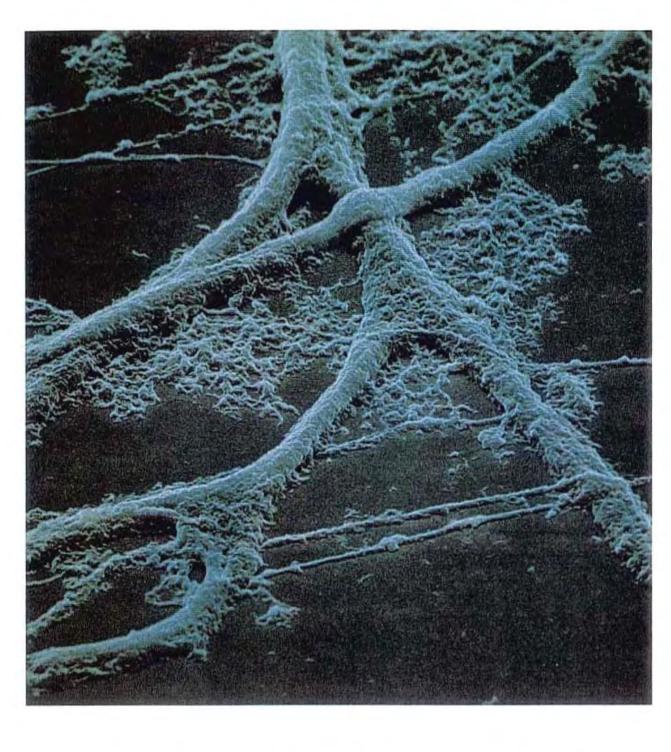


These photos emphasize the autonomic nerve wreath.

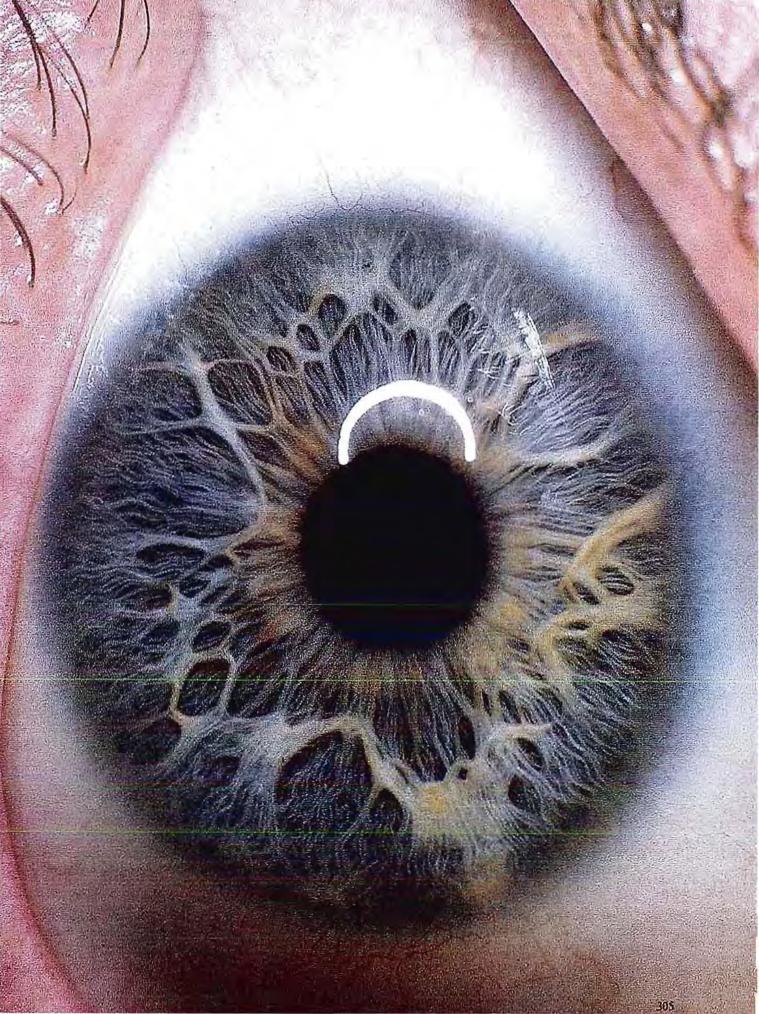
Every organ has a reflex relationship to the autonomic nerve wreath. After many years of practice, I have confirmed that a definite relationship exists between manifestations inside the autonomic wreath and manifestations outside it. Whenever we have found a lesion in the gastro-intestinal tract area inside the wreath, we have also found a corresponding iris sign outside the wreath.

It was also found that we could determine heart conditions and lung problems when fiber structures showed a black area indicating a chronic condition. In each case, the autonomic wreath would show asymmetrical imbalance, bowing outward or inward at the precise clock position of the problem. An asymmetry between 3 and 4 o'clock would indicate a problem in the pleura and breast area.

Conditions of the head and brain are included as well. The arc of the autonomic wreath from 10 to 2 o'clock separates the transverse colon area inside the wreath from the various head and brain structures and functions outside the wreath. We have found definite correlations between conditions in the



An isolated nerve cell, magnified 20,000 times. The diameter of the nerve cell body is less than 0.01mm thick. The cell body is in contact with other cells through numerous extensions. This illustration shows how nerve fibers cross each other to form an elaborate network.



transverse colon and problems in the head area when the wreath is pulled out of symmetry. This has been especially apparent in the animation life center, originally called "the fatigue center" by Dr. J. Haskel Kritzer.

We note that the autonomic nerve wreath may indicate inherent weaknesses wherever there is a protrusion, a spastic condition or a ballooned condition, and at these points, we have found abnormal tissue conditions ranging from acute to chronic. Nutritional and toxic considerations apply equally to inherent weaknesses in the nervous system or in any organ. When we find inherent weaknesses in the nervous system, we can look for trouble in the spinal column, possibly a vertebral displacement. Inherent weaknesses in the spinal column may indicate inherent weaknesses in the spinal nerves and vice versa. We also find that displacements can occur through trauma, poor posture, stress, and even improper nutrition. In recent years, we have found that not only can vertebral pressure on nerves cause organ trouble, but that organ trouble can lead to a nerve problem at a particular vertebra.

Of course, when the autonomic wreath dips toward the pupil under the 12 o'clock position, prolapsus of the transverse colon is indicated, and I have verified this many times with X-rays.



Pinched nerve

Nerve Rings

Nerve rings, or cramp rings, as they are sometimes called, are most often found in the ciliary region of the iris, outside the autonomic nerve wreath. In my experience, nerve rings must be interpreted according to the individual, because they do not always indicate nervous system abnormality. To some persons, it is relatively normal to use more nerve energy, to work at a driving pace. To others, it is abnormal.

It is significant that nerve rings found in the anterior layer of the iris stroma are precisely mirrored in the posterior epithelial layer of the iris, indicating the possibility that we are born with a certain nerve temperament or capacity. Although scientific research indicates that we are born with (or without) nerve rings and that they are permanent features. I have found a close relationship between nerve rings and the degree of stress, tension, or nervous activity in individuals. More than three or four nerve rings in an iris indicate a high degree of nervous stress, and this can be checked by questioning the patient. Very white (acute) nerve rings nearly always indicate excessive stress.

When observing nerve rings, we always look for the organs they pass through and the organs they begin or end in. If a nerve ring ends in a kidney area, there may be a problem with elimination. If nerve rings are involved with a toxic-laden organ or one in which a hyperpigmentation or psora is evident, the combination of these factors may be serious.

The Pupillary Margin

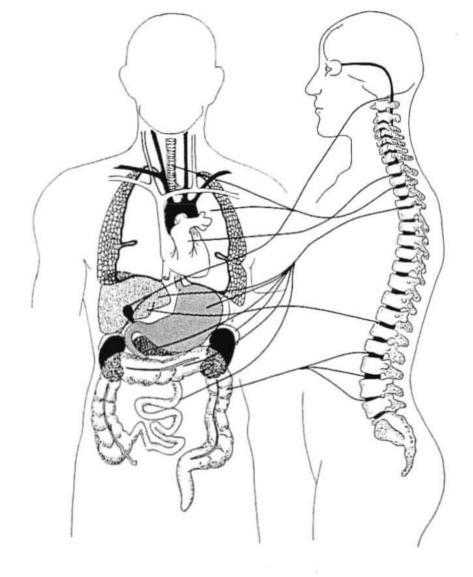
Distortions of the pupil are not uncommon, and we have discussed these in Section I, Chapter 9, "The Importance of the Pupil." I believe the pupillary margin represents the tonicity of the central nervous system. When the pupil is overly constricted, there is tension throughout the central nervous system. When the pupil is overly dilated, the nerves of the central nervous system lack tone. If the pupil is flattened on one side, we look to the organ areas in the direction of the flattening. If the pupil is elongated, we check the organs in the direction indicated by the elongation.

Spinal and Cervical Nerves

The cervical nerves correspond to the head area and interact with the autonomic nerves to the transverse colon, from 10 to 12 o'clock in each iris. The thoracic nerves interact with the autonomic nerves from 7 to 10 o'clock and 2 to 5 o'clock, serving organs in those areas, including the ascending colon, descending colon, stomach and small intestines. The lumbar nerves interact with the autonomic nerves serving organs in the area from 5 to 7 o'clock in the irides.

Nutrition and the Nervous System

The nutrients that build a healthy nervous system are the same as those we recommend for the brain, which is, of course, part of the system, i.e., vitamins B (especially B-12), D, E and G; phosphorus, silicon and calcium. These are supplied in lecithin, rice bran syrup, alfalfa sprouts and teas of



This illustration shows the spinal nerve connections to the various body organs.

red clover, hawthorne berry and oatstraw. A raw egg yolk mixed with black cherry juice in a blender makes a wonderful nerve tonic, and cod roe is good for the nerves. To maintain good nerve tone, exercise is necessary.

Chiropractic and Iridology

In chiropractic, we deal with the nerve supply in the body. Nerve supply is also the primary consideration from the perspective of iridology, for without unimpeded nerve flow, the organs and tissues of the body cannot function or heal properly. Over the past 50 years of my practice, more than 80 percent of the patients who have come to me have had back problems, either as their primary complaint or in association with other symptoms. As a chiropractor, I have naturally been interested in the origin of these problems and the best means of correcting them. Some back conditions responded to chiropractic very well. Others did not respond, and it was only when I began to use iris analysis that I understood why. Iridology is the most practical form of analysis to broaden the scope and effectiveness of chiropractic because it reveals the abnormal conditions in the body which affect nerve supply and which are, in turn, affected by nerve supply.

While it is true that free flowing nerve supply is

necessary for a healthy body, the founder of chiropractics, D. D. Palmer, has emphasized that we must also pay attention to nutrition and other factors in caring for our patients. Iridology proves the importance of nutrition. By using iridology, the chiropractor can distinguish problems caused by blockages in nerve supply from conditions due to inherent weaknesses, nutritional deficiencies and toxic settlements.

Many of my patients with chronic back problems, who did not obtain relief from chiropractic adjustments alone responded very well when a nutritional program was used. Why? In some cases, a lack of sufficient calcium was found. Back problems tend to develop easily in chronically "tired" persons whose fatigue is related to an inadequate or imbalanced diet. The combination of fatigue and poor nutrition not only allows vertebral displacement to occur more easily and frequently, but also explains why spinal adjustments do not hold in such cases. An effective solution is to combine chiropractic with the nutritional approach.

Some back problems result from acidic conditions in the body which allow calcium to be taken out of solution in the blood and to be deposited on the bony structures, especially those with inherent weaknesses. As iridology has shown, extreme acid conditions revealed in the iris are often the beginning of rheumatism. When acidity has been suppressed with drugs and aggravated by bad living habits, a chronic condition may develop which manifests as spur-like calcium deposits on the spine. These can be removed only by a disciplined change in diet and health habits, emphasizing high sodium foods to neutralize the acidity and alter the biochemistry of the body so that the calcium spurs can be dissolved.

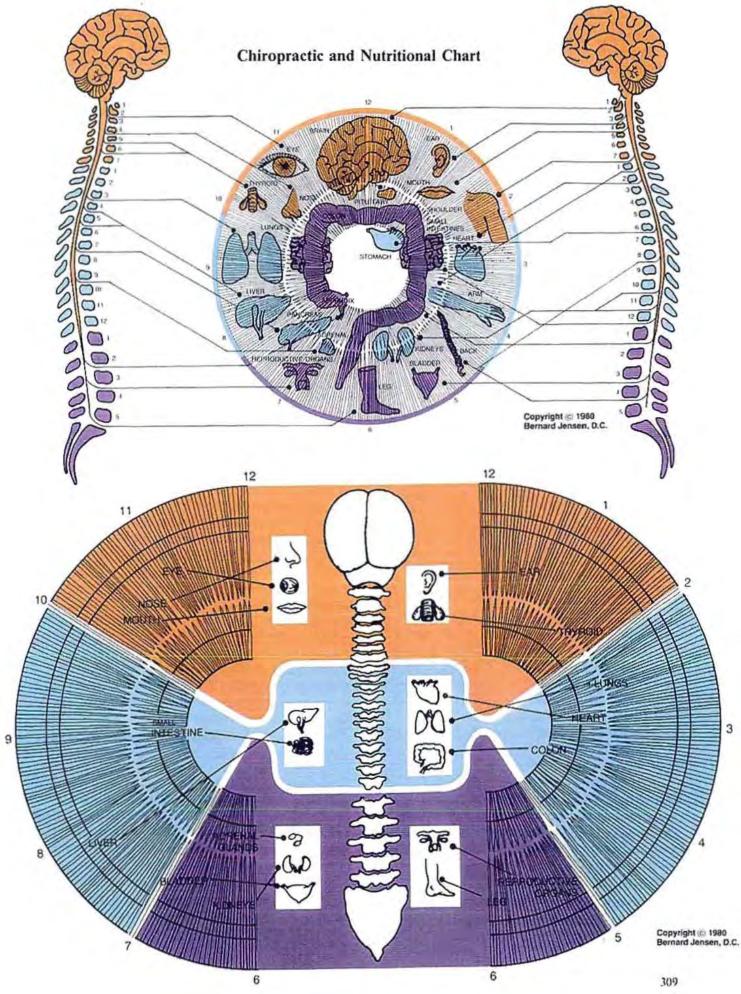
Inherent weaknesses, observable in iris analysis, are also of concern to the chiropractor. Inherent weakness in any structure of the body, including the spine and nervous system, indicates a lowered metabolic capacity for utilizing biochemical nutrients and for eliminating toxic waste substances. The inherent weakness may be in one or more spinal disks, or in the nerves themselves. When toxic substances, such as the breakdown products from cell metabolism, are circulated by the bloodstream into an area of inherent weakness, they tend to settle there, further weakening the structural integrity of the tissue. We find that vertebral displacements may come about through inherent weakness in the spinal structure, and these are the first locations the chiropractor should check in his patients.

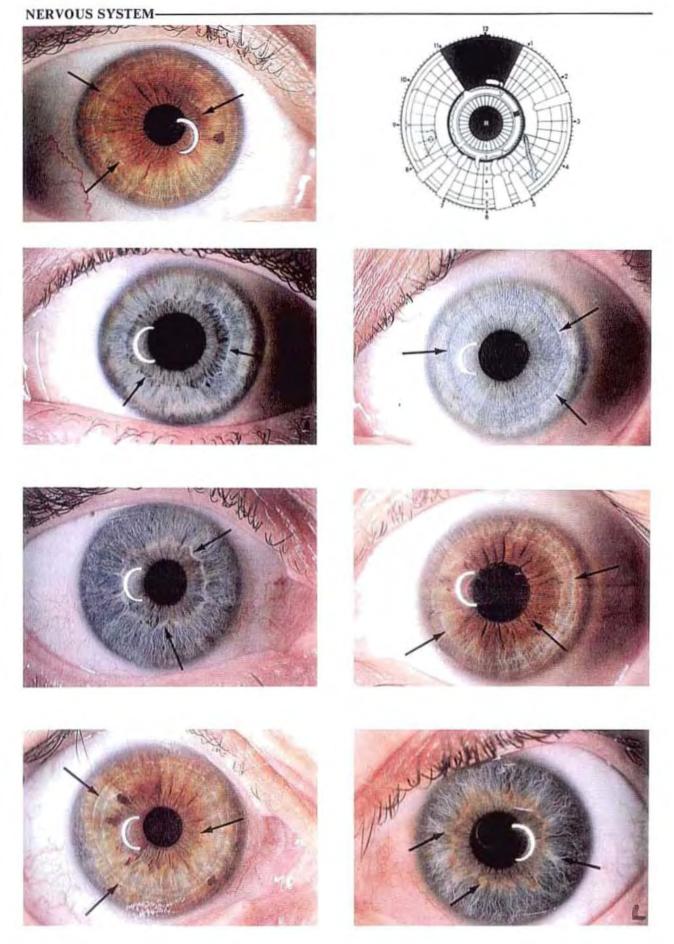
From what iridology shows of the reflex areas of the autonomic nervous system, adjustment of the seven cervical vertebrae will affect not only the functions and structures of the head and brain area, but of the transverse colon as well. Adjustment of the dorsal or thoracic vertebrae will affect many of the vital organs in the midbody area, and also the ascending and descending colon. Work on the lumbar spine will affect the pelvic organs, the cecal area on the right, and sigmoid area on the left. In my work, I have found that when we adjust the dorsal spine, we also take care of the small intestines. According to chiropractic theory, the second lumbar affects the appendix, and we see that this relationship holds in the iris chart. Through iris analysis, the chiropractor can easily check to see if an organ is adversely affected by a block in innervation due to a displaced vertebra, and he can follow up on the effect of his adjustment later to see if the organ area shows healing signs. Conversely, a problem in a particular organ can cause a difference in the nerve pressure associated with a particular vertebra, and in such cases, the organ condition must be treated to relieve the nerve problem.

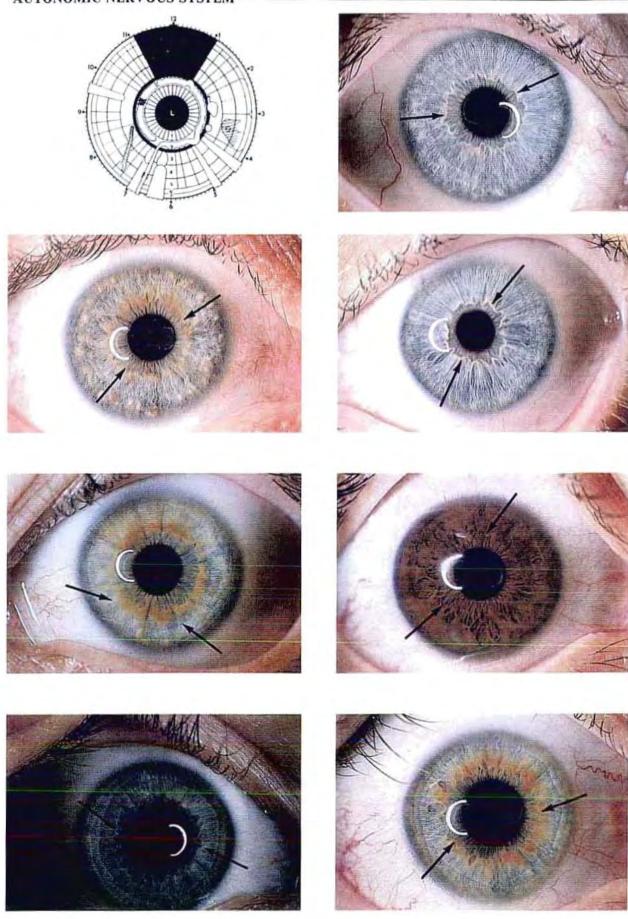
Iridology offers an excellent reflex system with which to check on the organ areas, indicating appropriate subluxations to be used. I believe there is a lot to learn with respect to the autonomic nervous system and the reflex areas that respond to chiropractic. Stimulation or relaxation can result from adjustment of the spine. We are not treating disease when we make these adjustments; we are seeing that the nerve and blood supplies are restored to normal so that nature can do the healing. Iridology shows when healing is taking place, confirming whether the treatment has been appropriate.

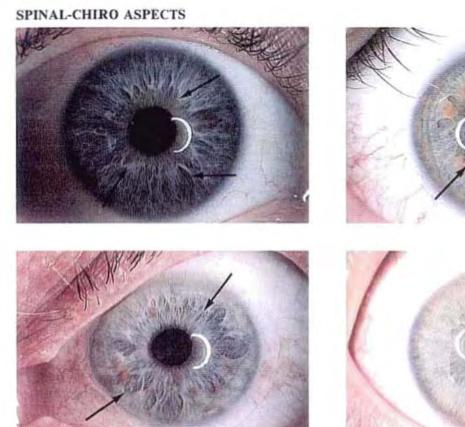
There is also much to learn about the nutritional and biochemical needs of the body and about toxic conditions that may cause reflex effects in various organs. Just as we adjust the spine to bring the proper nerve supply to the organs, we find that the organs have to be taken care of to ensure proper nerve and spinal function. Iridology is an effective and efficient means of checking the condition of the organs and tissue structures. When the proper combination of mechanical adjustments, food and nutritional supplements are used, the body will restore itself to good health the natural way.

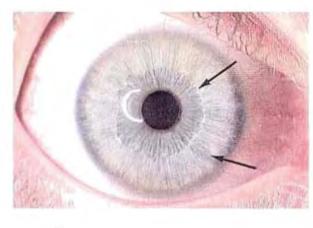
Patients complaining about a severe nervous condition are often out of sorts, lose temper easily. They cannot rest. They often have insomnia and move around restlessly. Some have stressful problems at home. Some are students carrying heavy academic loads, and this always adds to whatever condition they are developing. Nerve rings should be noted in all cases when we are trying to determine what condition may be on its way. We cannot say what is behind those nerve rings but we note them. Whenever there is a nerve depletion, such as we have here, we must take care of it first as we work toward rejuvenation of the body.

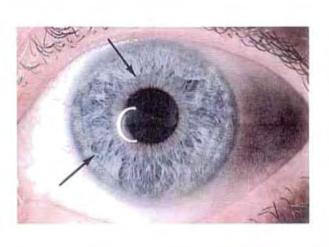


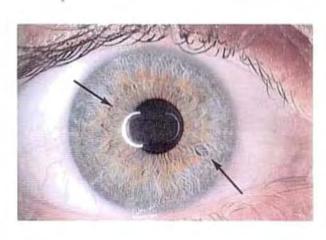


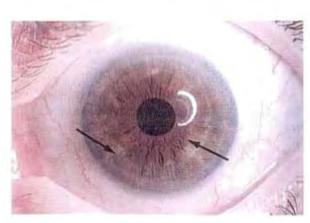


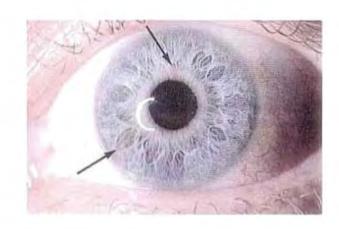












Autonomic Nervous System Reflex Areas

Much has been said about the autonomic nervous system, but in practice, we have found a few particular things that we would like to pass on to you about the reflex relationship of this system in the iris. First of all, the autonomic nervous system is seen in the iris as a transfer point between the various fiber structures, which are probably nerves and blood vessels. Fibers coming from the periphery of the iris meet another series of fibers coming from the pupil (see Fig. 1). The point where these two fiber structures meet forms a ring in the iris, which is identified as the autonomic nervous system area; and, in our work in iridology, this is referred to as the autonomic nerve wreath.

I am convinced, after a period of many years of practice, that a definite relationship exists between the fiber structures inside the wreath and the fiber structures outside the wreath. Whenever we have found a lesion or condition in the gastro-intestinal tract area, which is inside the wreath, we also have found a corresponding relationship in the fibers of the organs represented outside this wreath. It has been demonstrated over the years, Fig. 2, that whenever there is a black coloration of the fiber structure indicating a condition halfway down the descending colon area (on the left side at 3 o'clock), a corresponding protrusion of the wreath would form toward the periphery of the iris. In all cases, this has a reflex condition at 3 o'clock directly showing bronchial trouble in the organ area outside the wreath.

It was also found that we could determine heart conditions and various lung problems when fiber structures showed a black area indicating a chronic situation. In each case, the autonomic nerve wreath would indicate the problem area by bowing out, or bending in, that part of the iris. When there was a condition indicated between 3 and 4 o'clock, invariably, there was a problem in the pleura and the breast area shown in Fig. 3. The constant appearance of this, over a period of years, convinced me that there is a definite correlation between these fiber structures that meet and form the autonomic nerve wreath.

Perhaps even more interesting is the fact that conditions that deal with the head area are included as well. When the area of the transverse colon has conditions appearing in the autonomic nerve wreath by protrusion into particular organ areas, there is also a condition to consider in the brain area, Fig. 4. This was especially apparent with conditions appearing in the Animation life center, or what was

orignally called "the fatigue center" by Dr. J. Haskel Kritzer.

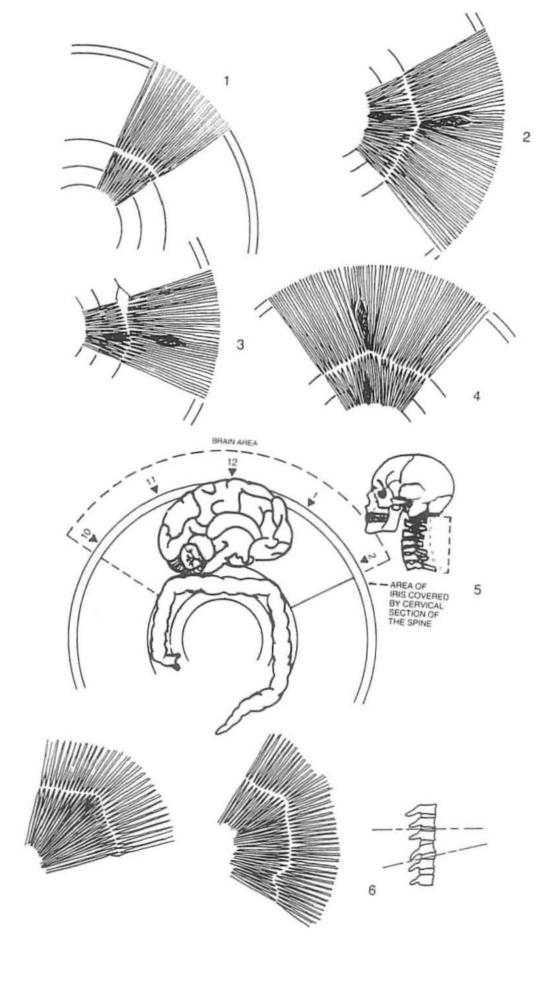
When we see that the transverse colon area in the upper part of the iris (the brain section) always denotes conditions in the head areas, we further note that all of the areas in this portion of the iris correspond to the 7 cervical vertebrae, Fig. 5. From a chiropractic standpoint, these are the same vertebrae that must be adjusted for conditions in the head area. This goes hand in hand with the theory that iridology is the master science in telling inherent weaknesses in any part of the body, by showing abnormal structure.

We also find there are inherent weaknesses in the autonomic nerve wreath, whenever there is a protrusion, a spastic condition or a balloon condition. It was at these points we noticed the greatest abnormal tissue conditions manifesting, whether it was acute or chronic.

When toxic materials have been present in addition to any of the inherent weaknesses in the body, the particular organ cannot function to its highest point of efficiency. This applies, as far as I am concerned, to the nervous system as well as any other organ in the body. When we find inherent weaknesses in the nervous system, as shown in Fig. 6, we can look for trouble in the spinal column, possibly a vertebral displacement. We find the vertebral displacements come about through inherent weaknesses which have settled in the boney structure, the cartilage structure and through accidents.

We can have inherent weaknesses in any part of the spine, just as we can in a lobe of the lung or the bronchial tubes. Problems in the neck area can refer to misalignment in the placement of vertebrae in that area of the spinal column. A chiropractor makes adjustment of and takes care of these vertebrae to see that they are in perfect alignment. Vertebrae can be dislocated due to occupations and accidents through strain and stress, and even improper feeding. We find that this would take place more wherever the inherent weakness would manifest itself than in any other part of the spinal column. You can definitely see where the vertebrae are out of place and also tell if there is a reflex condition in any of the organs and see where the proper point of adjustment must be administered, see Fig. 7.

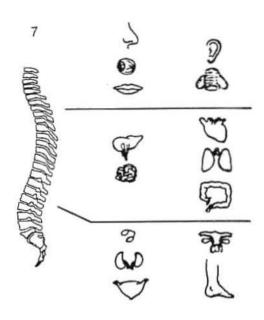
We also have 12 vertebrae in the dorsal region, or the thorax, where many more organs manifest themselves. We find here also that the autonomic nerve system can be used to check the vertebrae having the inherent weakness, the greatest tension, the greatest relaxation factor, and which ones require the greatest amount of tissue replenishment from a chemical standpoint. Further, we can determine what organ may affect certain vertebrae that may be out of place.



In recent years, we have found that not only can the vertebrae cause pressure on a nerve, give our organs trouble, but that vice-versa, whenever we have organ troubles it can cause a difference in the nerve pressure on a particular vertebrae.

Let's look at the 5 lumbar vertebrae and the cecum to see the organs that are affected. The sigmoid colon is shown in the left iris, and the cecum in the right iris, and we find that the appropriate vertebrae can be mechanically adjusted for troubles in the corresponding organ areas. To correct, cleanse or administer to the organ indicated, we know that we can use the relationship shown in the autonomic nerve wreath to tell us where and how to effect the best possible form of healing process.

Looking back to the vertebrae, we see a relationship between them and the colon areas. As shown, Fig. 8, we have the 7 cervicals in the transverse colon area, the 12 dorsals in the ascending and descending colon areas, and the sigmoid area corresponding to the 5 lumbar vertebrae and cecum. We might ask then, what are we doing about the small intestine area which is opposite the large intestine in the iris, opposite the ascending and descending colon? In our reflex therapy section, we mentioned that we have to think about these opposite areas. For instance, opposite the Animation Life Center are the leg areas. It is through the legs, being pumps as they are, that we are able to drive blood uphill and help the head area most. We find here that the fainting equilibrium center is opposite the rectal center. We also find that the Sex Life Center is opposite the uterus and the prostate gland.



I am convinced that the small intestine area is to be cared for by the same vertebral adjustment in our subluxation theory. When we adjust the dorsal spine, we take care of the small intestinal side, as well as the large intestines. I support this theory, because in my practical work, I have found that a good deal of this proves to be so.

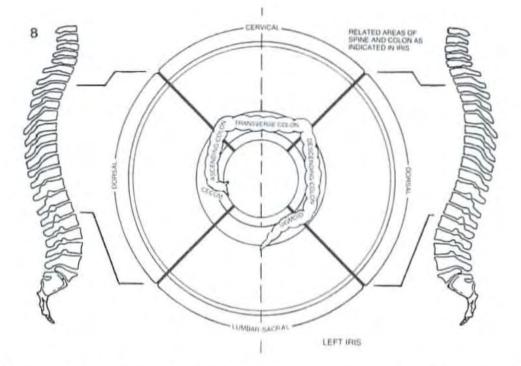
We find that our appendix area is shown in the lumbar area, and just as the chiropractic theory works out that the second lumbar affects the appendix, you see this working out in the location of the appendix area shown in the iris chart.

The rectal areas are in the very last part of the lumbars, and this works out on the chiropractic, as well as the iridology chart. This makes a wonderful reflex system to check on the organ areas, and consider the subluxations to be used. Inherent weaknesses can also be considered in the vertebral disk and the inflammation that may be set up in the forearm, where the nerve supply comes through. This reflex system may be irritated by acids, improper food supply or lack of nourishment to these organs.

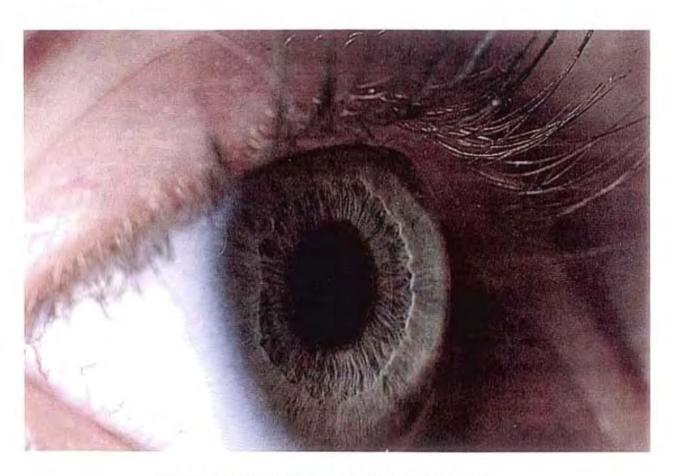
I believe there is a lot to learn in respect to the autonomic nervous system and the reflex areas that respond to chiropractic. There is also a lot to learn about food and chemical needs of the body and toxic conditions that may cause reflex conditions in various organs of the body. Iridology can be a wonderful check system for the chiropractor. Just as we adjust the spine to bring the proper nerve supply to the various organs, we find that the organs have to be taken care of in order to have proper spine and nerve function.

Stimulation or sedation can come about through the adjustment of the spine. We are not treating the disease when we make this adjustment; we are seeing that the nerve and blood supplies are furnished to the highest potential so that nature can make the correction and set up a proper balance in the function of the organ that the nerve supplies.

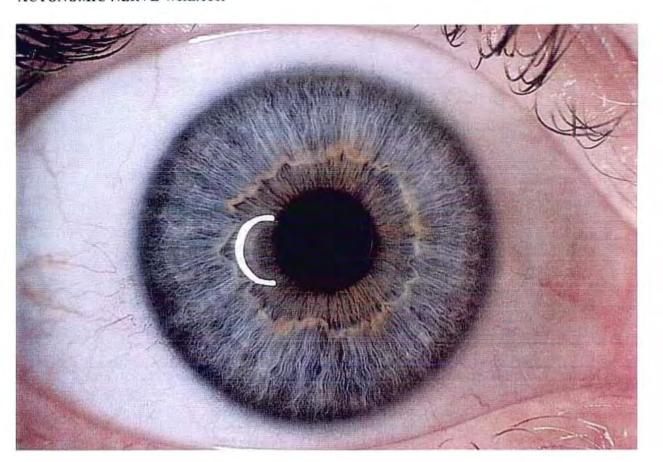
Iridology does not read disease. It works on the same principle as chiropractic, seeing that each organ has a free nerve supply and flow, and proper and correct nutrition. Nature can then readjust and take care of the various conditions in the body. Nature does the healing automatically, because she knows best. But we must see that all conditions are made right so the body can normalize itself. Nature cures, but she needs the opportunity. She needs a clean body that is well supplied with all the proper nerve force possible leading from the brain through the spinal column and the various ramification of nerves,

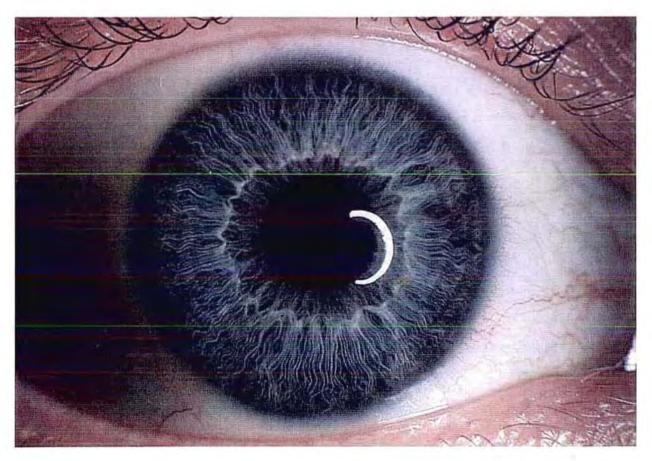


and from the vertebrae to the different organs. She needs a toxic-free body not fed on "junk foods" so it can work to its highest efficiency and highest chemical potential. When the proper combination of mechanical adjustments, food, or chemical corrections have been made, the body will adjust itself and come normally to good health of its own accord.

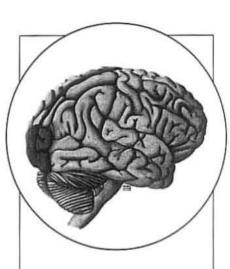


Side view illustrating prominence of the autonomic nerve wreath.





seven



"You don't know much, and that's a fact."

> —The Duchess in Lewis Carroll's 'Alice in Wonderland.'

"Often you have to decide when the data are not as good as you would like."

-Donald Kennedy

"Life in all its fullness is Mother Nature obeyed."

-Weston Price

The brain—master control center

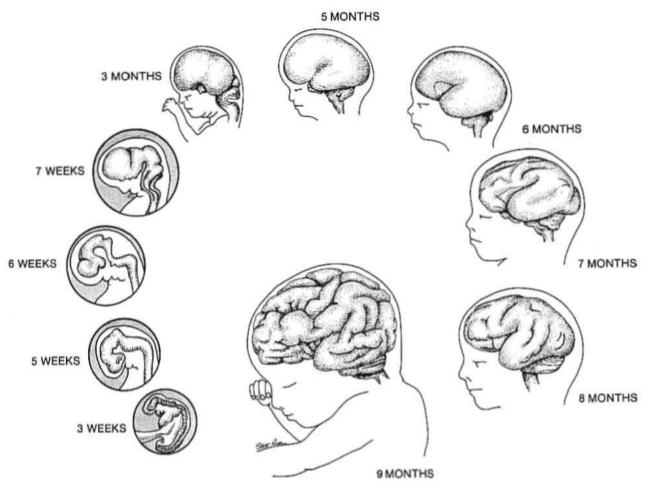
The human brain is so complex in its structures and functions that an entire volulme would not be sufficient to do it justice. In this chapter we will cover only the major anatomical features of the brain and discuss their relationship to the area of the iridology chart representing the brain. Although the brain weighs only about two and three-quarter pounds in the average adult, we notice it is represented by one-sixth of the area of the irides outside the autonomic nerve wreath, from 11 o'clock to 1 o'clock in each iris. This gives us some idea of the significance of its functions.

We have discussed the autonomic nervous system and spinal cord in the previous chapter, which brings us to that centrally important portion of the anatomy involved in receiving, interpreting, and responding to neural impulses from throughout the body and the immediate environment, the brain. Together, the brain and spinal cord make up the central nervous system.

From the start, we recognize that much is still unknown about the human brain. Physiologists do not know, for example, what part of the brain generates the commands that give rise to muscle movement. Nor do they know much about the neural pathways connecting the higher and lower motor centers. Nevertheless, we find that enough is known about the brain to be of great practical use in iridology analysis.

Research in embryology has shown that the nerve cells making up the brain multiply by cell division only during the prenatal period. Thereafter, they grow in size but not in number. The general state of health, biochemical balance, and nutritional condition of the mother during the term of pregnancy determine the absolute number and quality of brain cells in the growing fetus (along with genetic factors). Once an expectant mother came to one of my professors and asked, "What should I eat to have a healthy child?" He replied, "My dear, you should have asked that question twenty years ago." The genetic inheritance of the parents and the biochemical state of the mother's body from the time of conception to delivery of the baby determine the inherent weaknesses and strengths of the brain along with those of the rest of the child's anatomy.

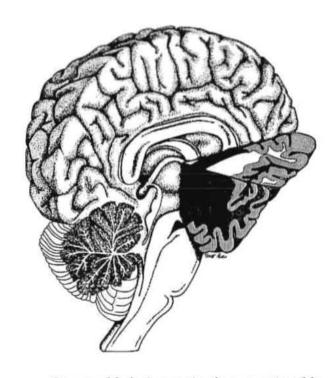
The eye develops as an extension of the brain, and of course we note that the eye may also show inherent strengths and weaknesses. The intimate developmental correlation between the eye and the brain is assumed to account for the reflex activity in the irides upon which the science of Iridology is founded.



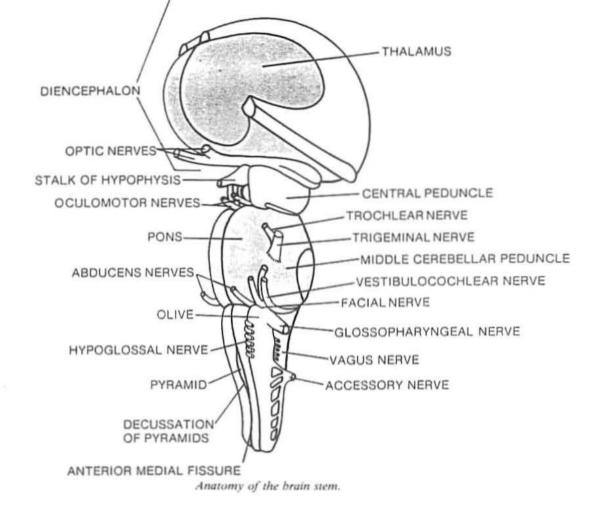
Human brain development from early embryonic stage to birth.

From an evolutionary perspective, the spinal cord and medulla represent the primitive, elementary brain, the basic survival mechanism. Through the ages, the development of the midbrain and cerebellum—called the "mammalian brain" added more complex features. The cerebrum represents the highest stage of evolutionary development, the stage of brain development which allows for such complex activities as communication, conscious learning and elaborate forms of social behavior and organization.

The largest portion of the brain is the cerebrum, divided into hemispheres and covered with a thin (1/6-1/12 inch) layer called the cerebral cortex, long celebrated as the "thinking" portion of the brain. In fact, scientists are not exactly certain what takes place in the cortex. The diencephalon lies between the cerebrum and the midbrain (mesencephalon) and its most important structures are the thalamus and hypothalamus, the nerve relay centers which monitor tissue conditions in all parts of the body and forward that information via neural pathways to the irides. The cerebellum, second largest part of the brain, is located under the posterior part of the cerebrum. The midbrain lies below the cerebrum and above the pons. Together, the medulla, pons and midbrain



Cutaway of the brain, exposing the cross section of the right hemisphere, pons and medulla.



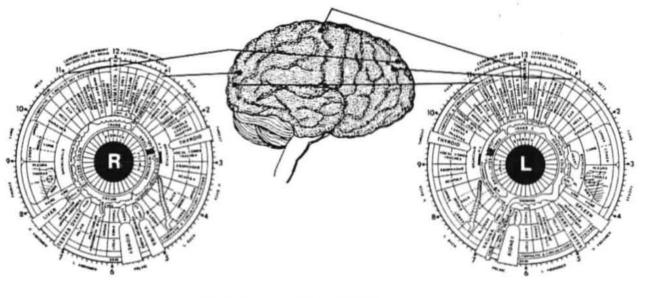
make up the brain stem, the medulla being formed by an enlargement of the superior portion of the spinal cord.

The iris area reflexly representing the brain is divided into two major parts: the cerebrum, or psychological brain as I call it, which is primarily organized for conscious sensory-motor activity, and the cerebellum, or physiological brain, which functions below the level of consciousness. These are hypothetical divisions, intended to represent the distinction between the "higher" or conscious level of function associated with the cerebrum, and the "lower" or subconscious level of physiological function associated with the cerebellum and brain structures other than the cerebrum. In actuality the "higher" and "lower" brain structures and functions are intimately related through neural pathways by means of which each is constantly monitoring and modifying the activities of the other. We find that the emotions are affected by the biochemical state of the body; our thoughts are affected by the circulation of the blood; our degree of alertness is affected by the state of muscular tension. In fact, there is no physical, chemical or electrical process in the body which does not affect our state of consciousness. At the same

time, the reverse is also true: our thoughts, emotions and other conscious processes directly or indirectly affect the functioning of every cell in our bodies. This, of course, is the basis of the wholistic approach to health.

However, the division of the brain into psychological and physiological categories is still basically valid. We do not consciously monitor our heartbeat, respiration, blood pH and so forth even though they affect our state of consciousness; and we must, at least now and then, concern ourselves with our psychological states whether or not we are aware of their physiological effects. Our iridology chart, developed from experience and observation, is based on these distinctions and correlations.

On our iridology chart, the 12 o'clock position corresponds to the superior midpoint of the brain, while the 1 o'clock position in the left iris and the 11 o'clock position in the right iris correspond to the posterior of the brain. Similarly, the 11 o'clock location in the left iris and the 1 o'clock location in the right iris refer to the anterior portion of the brain. The progression from Zone 7 to Zone 3 represents the superior to inferior anatomic organization of the brain. Because the brain is such a complex portion of



The brain, as seen in the iris of the eve.

the anatomy, we cannot say that the chart, as presently constituted, is the last word on the subject. Yet, it has proved extremely helpful to thousands of iridologists for reasons we will now explore.

For practical purposes, I have divided the brain areas on the iris chart into functional areas rather than structural or anatomic divisions.

At 12 o'clock in both irides, we find the animation life center, perhaps the most important functional area of the brain. I call this the animation life center because it has to do with metabolism and the consequent level of energy available to carry out life activities. If we imagine a circular cross section two or three inches in diameter straight down through the center of the top of the skull, our hypothetical core would include limbic portions of the cerebrum, the thalamus, hypothalamus (including the pituitary gland) and pons. Basically, these are the anatomical areas represented functionally by the animation life center. Notice that the pituitary gland intersects with the animation life center in Zone 3.

What effect do these anatomical structures have upon us? The limbic system, thalamus and hypothalamus determine our emotional states and responses. The thalamus and hypothalamus help regulate our degree of alertness, and the hypothalamus is a major relay station between the cerebral cortex, the so-called "intellectual brain." and the lower autonomic centers. (Through the hypothalamus, our thoughts affect the functioning of our internal organs and vice versa, forming the physiological basis of psychosomatic diseases.) We find that the hypothalamus regulates appetite, helps control body temperature and secretes chemicals called releasing hormones, one of which controls

hormones secretion by the thyroid. The anterior pituitary secretes thyrotropin, a thyroid-stimulating hormone. (The thyroid, in turn, is the master gland regulating the body's metabolism.) The pons contains a reticular nucleus that assists in controlling respiration, which partly determines oxygen intake. At this point, it should be clear why we call this the animation life center.

Anemia of the extremities and, in particular, the arcus senilis, is one of the most common problems affecting the animation life center. We need good circulation and adequate iron in the blood to ensure sufficient oxygen to this area above all other areas of the brain. All sick people are tired, enervated; and this means that we need to take care of the animation life center. Slant board exercises are indicated; early morning barefoot walks and exercise of appropriate kinds should be taken as soon as the patient's condition permits.

Moving from the animation life center, clockwise in the left iris and counterclockwise in the right iris, we have divisions for sensory/locomotion, inherent mental, equilibrium/dizziness center (left iris), sex impulse/mental sex area (right iris) and the medulla. Keep in mind that we are moving through areas representing center-to-posterior portions of the brain.

The sensory/locomotion function associated with the cerebellum is not independent of the cerebrum but rather represents close coordination of the two. The cerebellum receives sensory nerve impulses from the muscles and joints and correlates these with impulses from visual, auditory and other sensory centers of the cerebrum to initiate coordinated muscle movements. Hemorrhage, injury, tumors or abcesses here result in lack of



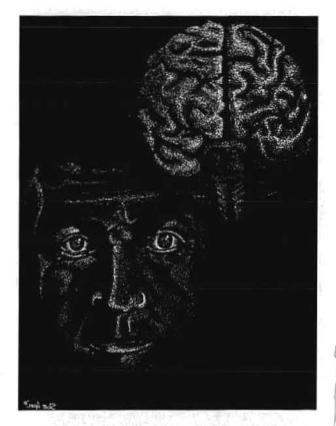
The human brain is organized into a multitude of complex interacting capacities. Each department has its own specific function, while at the same time, receiving information from all other parts of the body.

muscle coordination, tremors and serious problems in walking, even to the extent of staggering or lurching.

Next to the sensory/locomotion area we have the inherent mental area, which corresponds, in my view, to complex interactions between the alertness center in the reticular formation; the sensory centers and memory function of the cerebrum; and the emotional, pleasure and pain centers of (respectively) the limbic system, the hypothalamus and the cerebrum. The reticular formation center which helps control the degree of alertness may be the key in this system of interactions. As previously mentioned, adequate nutrition for the mother during the prenatal period affects the cell division of neurons in the developing brain of the fetus, and I might add that both quality and quantity of nerve cells would be

affected. This area, I have found, indicates as closely as can be determined the inherent mental ability of the individual.

Following the inherent mental area, we find the equilibrium/dizziness center in the left iris, and this is most definitely in the cerebellum. In the right iris corresponding to the equilibrium/dizziness center in the other iris), we notice the sex impulse/mental sex area. The primitive sex drive, a basic survival mechanism, is located in the brain stem. Inherent weakness or a toxic condition in this area may indicate a low level of sexual energy which lowers sexual interest. Among human beings we realize that sexual function is also influenced by psychological factors such as mood and setting as well as physiological interactions between the cerebrum and hypothalamus. But, a lack of sex drive and energy



States of consciousness are directly affected by our thoughts, emotions and biochemical activities. "As a man thinketh, so is he."

can result in impotence or frigidity despite candlelight, roses, soft music and the best of intentions. We might also mention that the sex drive is related to creativity in art, music, drama, and so forth, and low function in the sex impulse/mental sex center can seriously inhibit creative endeavor in various forms of artistic expression.

Epileptic Convulsions

Drs. Henry Lindlahr and J. Haskel Kritzer state that diagnosis from the eye has revealed that the epileptic center is located in the left cerebellum, just behind the ear.

Dr. N. Liljequist devoted his life to the study of iridology. One day he examined a man suffering from epilepsy. The disease had been caused by an accident in a sawmill when a saw burst and a piece of it struck the man behind the left ear, burying deeply in the bones of the skull. The epileptic convulsions dated from that time. Evidently the condition was due to pressure on the brain caused by the piece of steel which had penetrated the skull. Liljequist looked into the iris for a sign of thewoundin the head and found a well-defined open lesion between 11 and 12 o'clock in the left eye. Afterward, when examining the eyes of epileptics, he always looked for signs of the disease in this area of the iris and seldom failed to

discover indications of abnormal conditions in that locality.

We have tried to determine if the location of the epileptic center is as understood by Drs. Kritzer, Lane, Lindlahr, and Liljequist.

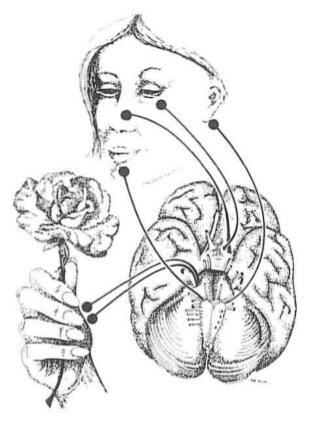
I have concluded from my experiences with epileptic patients that this fainting and dizziness center is accurately placed within the iris chart.

In America the distillation of coal-tar into the many products we have today have had paralyzing, depressing, and suppressing effects on the body, especially the heart and the respiratory centers. Tranquilizers, headache powders, and hypnotics, I am sure, become part of this darkened eye we are trying to lighten.

The medulla, at 1 o'clock in the left iris and 11 o'clock in the right, is considered the most vital part of the brain because it contains respiratory, cardiac, and vasomotor centers controlling breathing, heart activity, and blood vessel diameter. Injury to this area can result in death. We find that the medulla also contains centers for the reflexes of swallowing, hiccoughing, sneezing, vomiting, and coughing. Nerve tracts from the spine cross in the medulla (decussation of the pyramids), such that the medulla is involved in many sensory-motor functions. We always check the medulla when patients report breathing problems, heart conditions or vascular problems. Generally, these conditions will also be indicated by other signs in the irides.

On the opposite side of the animation life center, moving counterclockwise in the left iris and clockwise in the right iris, we find the five sense area, ego pressure, the acquired mental and speech areas, and mental ability. This is the cerebrum area or psychological brain, which is associated primarily with conscious experience rather than automatic functions and responses. Again, we must realize that every conscious experience has an effect upon the autonomic nervous system and sometimes on the glandular system, which can result in change in organs, body tissue, and the circulation of the blood; and physiological changes also affect the mental state.

The five sense area, as its name implies, involves the visual, auditory, gustatory, olfactory and tactile senses. Specific organs corresponding to the first four of these functions—the eye, ear, mouth, and nose—are located elsewhere on the chart, and the organ sensitive to touch, the skin, is represented by the outer perimeter of the irides, along with the legs at 6 o'clock in both irides and the arms and hands at 4 o'clock in the left iris and 8 o'clock in the right. The discriminative, comparative, and evaluative functions relating to the five senses are located in the cortex. We might say that the light and sound



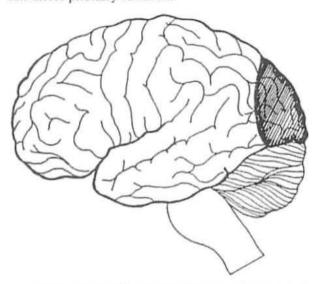
Sensory experiences are converted into neural pathway impulses which terminate in various brain centers.

vibrations which fall upon the eyes and ears have no organized form or meaning until the brain interprets them. When we find an abnormal condition in this area, we always check each of the associated sense organ areas to discover whether one or more of the sensory systems is involved. Notice that the pituitary gland, the master gland of the endocrine system, is in Zone 3 at the base of the animation life center, the five sense area, ego pressure area, acquired mental and speech areas. We will discuss what this means in the next section.

Ego pressure, in my view, has primarily to do with the degree of tension or relaxation in the body. While this may involve the limbic system or "emotional brain" of the cerebrum, I believe it is primarily determined by the hypothalamus, which includes the pituitary gland as one of its structures. The hypothalamus serves as a kind of bridge between mind and body, and it can stimulate the pituitary to activate one or more of the other endocrine glands or it can stimulate the adrenals to release adrenaline, preparing the body to respond to various situations. The hypothalamus reacts in particular to stress, either due to actual injury or due to some perceived or imaginary threat. This is the part of the brain where our thoughts are translated into physiological changes in the body; and when we understand that we control what we think about, we realize we have a

great deal of power for good or for ill over our state of health. A cheerful, optimistic disposition is a healthy disposition. A depressed, morbid state of mind can generate physiological changes that invite disease conditions. Our lack of control in this area may lead to blood pressure, stomach and bowel disorders, as well as other pathological conditions. Toxic conditions can bring on high blood pressure, and when ego pressure problems are added, stroke is more likely than when an individual maintains a more relaxed attitude and way of life.

The pituitary gland, actually two structures which serve different purposes, secretes hormones that control growth and lactation, stimulate hormone production in the thyroid, adrenal cortex, graafian follicles (female), corpus luteum (female), and testes (male); and, in association with the hypothalamus, secretes hormones that control urine volume, stimulate contractions in the pregnant uterus and release milk into the ducts of a mother's breasts. The effect on the thyroid (which controls the metabolic rate), the adrenal glands and the sex glands indicate the great importance and influence of the pituitary. We must keep in mind that ego pressure can affect pituitary function.



Visual sensory information is interpreted in an area known as the visual cortex, located in the occipital portion of the brain above the cerebellum.

Next to ego pressure, we find the acquired mental area and the speech area. Of course, the mental acquisition of skills and knowledge involves memory, and not a great deal is known about how memory storage in the cortex works. Memory does not consist entirely of facts but also of motor skills such as the complex arm-hand-finger coordination of the piano player or surgeon. The condition of the acquired mental area can be affected by the pituitary, mostly through its control of the thyroid function. The speech area includes speaking, writing, and

understanding language. Research in the last few years has indicated that these language functions may depend on interactions from several parts of the cerebrum, including integration centers in the left frontal, parietal and temporal lobes. Tumors or other problems in these areas can give rise to speech defects or aphasias, but we also find that speech defects such as stuttering can result from psychological stress factors.

The last area in the psychological brain section of the Iridology chart, near 11 o'clock in the left iris and I o'clock in the right iris, is mental ability, and we notice here the pincal gland in Zone 3 at the base of the mental ability area. We associate mental ability with the frontal lobe of the cerebrum, especially the cortex, and many researchers have claimed that the environment has a great influence over intellectual The pineal gland is generally development. considered a mystery gland by scientific researchers, although the great philosopher Rene Descartes claimed it was the site of mind/body interaction (now attributed to the hypothalamus). Recent research indicates the pineal gland secretes a hormone which inhibits release by the pituitary of luteinizing hormone which, in turn, stimulates production of sex hormones. From a psychological perspective, my view is that the pineal gland (perhaps in association with the limbic system and hypothalamus) functions to lock up or release emotionally-loaded memory associations. Acquired mental ability depends not only on use of logic, but an accumulation of memory association patterns linked with the sensation of pleasure or displeasure (the extreme form is pain). We readily learn what brings us pleasure or pain, and these are powerful motivating factors. What we often fail to realize is stored memories of certain kinds cannot only inhibit learning but apparently also tie up energy and contribute to the development of psychosomatic disease. These range from such events as disliking mathematics (perhaps due to an early memory of a teacher's scolding for a poorly done arithmetic assignment), to hating specific persons for various reasons. Memories involving dislike, anger, hate, and so forth, can be triggered again at a subconscious level when events, situations, or persons similar to those involved in the original memory are encountered. As previously stated, such memories function as psychological blocks and are also physiologically damaging to the body. We can literally kill ourselves with hate or resentment. I believe that forgiveness or "release" of persons involved in bad memories affects the pineal gland in such a way as to release locked-up energy patterns which in turn actually alter the biochemistry and neural function in certain portions of the brain and body. Forgiveness is healthy.

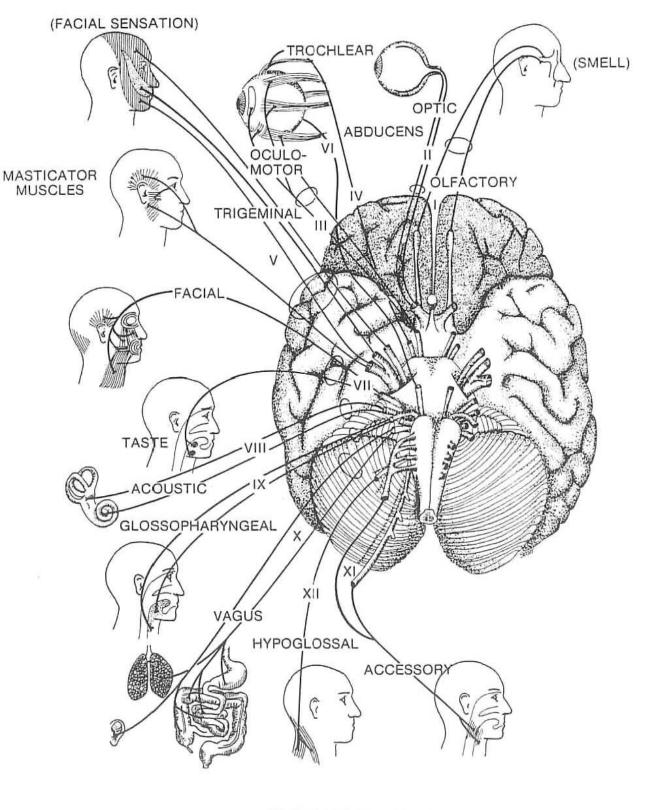


Broca's speech center. Area on the left side of the brain that contains the motor speech area and controls the movement of the tongue, lips and vocal cords.

Mental ability is impaired by a sense of inferiority or superiority or by fixed ideas about "the way things should be." We can blind ourselves to the facts of a situation by means of prejudice. Through false pride we can refuse to accept gifts of kindness or new knowledge. These are acquired mental traits or habits, patterns of thought, belief, and conviction which are connected with certain emotions, and we can voluntarily change them, although we may need the assistance of an understanding physician or psychoanalyst. However, I do not believe there is such a thing as a psychological problem without an accompanying physiological problem. To have a sound mind, an individual must have a sound body and vice versa. We must treat both to assist a patient on the road to health.

The brain cannot be regarded as an independent organ, isolated from other structures and functions of the human body. It is intimately involved with regulating and controlling the various body structures and functions, and is in turn affected by them.

Notice on the iridology chart that the brain areas are located directly over the transverse colon. We must always be alert to reflex conditions from the colon affecting the brain. A hypoactive bowel may result in the bloodstream picking up toxins which are circulated to the brain as well as to other parts of the body. To a lesser degree, whenever any of the body's eliminative systems are not functioning properly, the brain is affected to some extent. Any reduction of the



Distribution of the cranial nerves.

efficiency of the brain, in turn, has an effect directly or indirectly on every cell of the body. We must have good brain function if we want the body to be in top working order.

Gravity has its most serious effects upon the brain, the uppermost part of the body. The force of gravity tends to inhibit the "uphill" movement of fluids, particularly the blood, and this effect becomes more pronounced with age or with a sedentary occupation. Because good circulation is important, we must have sufficient exercise to bring blood and an adequate supply of oxygen to the brain. Slant board exercises are excellent for bringing blood to the brain. We can add early morning barefoot walks and Kneipp baths to improve circulation.

Nutrition is vital to the brain, and when the brain is undernourished or malnourished with devitalized foods, the whole body and metabolism suffer. Above all, the brain needs oxygen, and we must have an adequate intake of iron to ensure that the hemoglobin can pick up oxygen efficiently. The brain and nervous system need the B vitamins (especially B12), C, D, E, phosphorus, silicon, and calcium. These can be obtained from lecithin, rice bran syrup, alfalfa sprouts, and from drinks such as a raw egg yolk in black cherry juice, red clover tea, hawthorne berry tea and oatstraw tea. The pineal and pituitary glands will be nourished by the foods that contain the same vitamin and biochemical elements.

THE CHOROID PLEXUS by R. M. McLain, DC, ND, Oakland, California

The choroid plexuses secrete the cerebrospinal fluid. (Santee)

More and more during the past few years we have realized the importance of the above statement; its significance has been brought out into the open through scientific research, and as a result we have today the answer to many of our problems which, in the past, have been somewhat obscure.

There appears to be an unlimited function of the cerebrospinal fluid. Our brain is bathed in this all-important fluid; from the brain, it continues down and completely surrounds the spinal cord. This fluid maintains a constant pressure upon both the brain and the cord. When this pressure is normal, it equals about 175mm of distilled water.

It is the belief of the writer that any variation of this pressure will affect the various functions of the body. This pressure is evidently under the control of the choroid plexuses, as they are the secreting factors.

In iridology we find many interesting aspects pertaining to the function of the choroid plexus. The area in the iris has appeared to me to be in the medulla area or below. In the establishment of areas in the iris, I believe that it requires a great deal of time and study, so it may be some time before we can precisely place the choroid plexus where it belongs.

The findings in a careful study of the iris reveals that a lesion will appear in these areas in about 80 percent of all cases examined. The X-ray findings in more than 700 X-rays of the skull reveal calcification in 34 percent of all cases.

The above findings involve a multitude of conditions. This can be easily realized when you consider the extensive functioning of the cerebrospinal fluid. It would appear reasonable that the function of this fluid is governed to a great extent by the amount secreted by the choroid plexuses, and if, as the findings of the iris indicate, 80 percent of all cases reveal a lesion of some form in this area, would it not be logical to believe that this functioning is disrupted in proportion to the iris findings?

Any disturbance that may affect the choroid plexuses would naturally affect either the quality or quantity of the fluid that it secretes, and any fluctuation in this fluid would certainly influence its pressure. The normal pressure appears to have a stabilizing effect upon the entire body.

Through iridology, a study has been made as to the possible relationship that might exist between the choroid plexus where it shows a lesion and the organ or part of the body that might be affected. In the treatment of these cases, where a support has been given to aid the choroid plexus, we find that very beneficial results have been noted in many instances. This procedure has been going on over a period of years, long enough to prove the value of this form of therapy.

In the instances where we have calcification of the choroid as shown in X-rays, we have sufficient proof that the gland is in a state of lowered functioning. This would indicate that the gland is secreting less cerebrospinal fluid, and as a consequence the pressure should be lowered. In an overall study of the above, we conclude that this lowered secretion, lowered pressure setup, can affect any or all parts of the body, as we believe this fluid and this pressure have a great influence on the functioning of both the brain and the spinal cord and their ramifications.

In dealing with the choroid plexus, we believe that we have reached a very basic form of treatment. This delicate gland of the fourth ventricle has assumed a position of paramount importance in our armamentarium. Through it we are enabled to reach so many conditions of the body with a much more successful procedure than heretofore known.

In giving support to the choroid plexus, we have observed many changes in the pathological and functional disturbances of the body. Through the iris, we have seen new tissue formations arise from the old and chronic conditions of many years standing. Our conclusions are that this new tissue formation was the result of the support given the choroid plexus.

We have seen the sign of acute inflammation disappear from the iris in a very gratifying manner when we treat the choroid plexus, especially in the cases of old spinal injuries, and also sacro-iliac conditions. In some of these cases where the patient has had many years of treatment, and still has the condition, it is most pleasing to observe the speedy improvement by just treating the choroid plexus.

We have observed the improvement of many leg conditions by just treating the choroid plexus; every kind of condition imaginable, from pain to paralysis of both the feet and legs, has shown response to choroid plexus treatment.

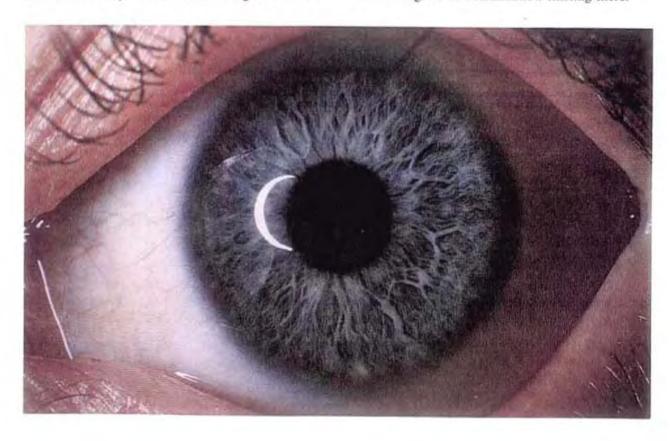
Headaches, digestive disturbances, respiratory conditions, circulatory ailments, glandular weakness—we have seen all of these improve by just dealing with the choroid plexus alone.

We firmly believe that some day there will be an answer for polio, and we are just as firm in our belief that this answer will come through the choroid plexus. We have observed the relief given in postpolio cases to the extent that we feel confident that there is a definite hope in the future of this work. What could come any closer to the basic cause of polio than the cerebrospinal fluid? As the choroid plexus secretes this fluid, and as this fluid is in such a close relationship with the functioning of both the

brain and the spinal cord, it would only seem natural for its consideration in this condition. May we give just one reference to this ailment: A lady, 39 years of age, polio at 16 as a high school girl, confined to bed for several months, finally improved to where she was able to assume the average activities of life, one leg was affected, and her back was always sore and painful—a condition which had been constant since the attack. At the age of 37, which was 21 years after being stricken, she was given dessicated choroid plexus substance. Within one week the pain and soreness had disappeared, and the only time since then that she has had any discomfort is when she stops taking this substance. If she stops for about 5 days, the pain will begin to reappear; then upon taking it again, the discomfort disappears from her body. Even though 21 years have elapsed since she was stricken with polio, today, she gets relief through the choroid plexus substance.

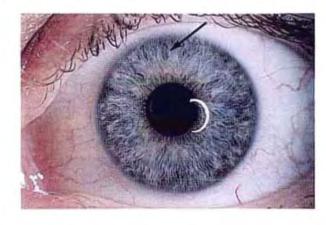
Multiple sclerosis is another condition where the treatment by the choroid plexus substance appears to be indicated; its application in the old chronic cases of many years standing has been beneficial.

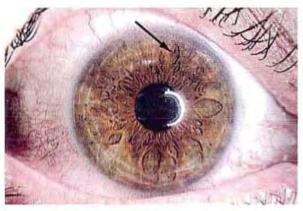
In iridology, we find the area in the iris which represents the choroid plexus usually presents an outstanding lesion; in about 50 percent of the cases, it reveals a complete break in the sympathetic wreath. To correspond with this lesion, we can look across the iris to the area of the spine and we usually find the various degrees of inflammation existing there.

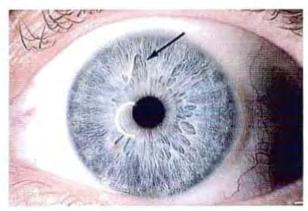


EGO PRESSURE

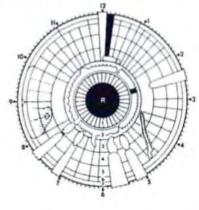


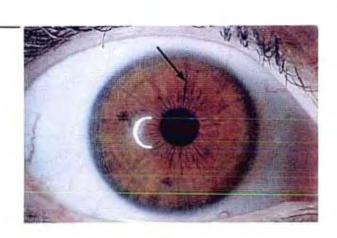


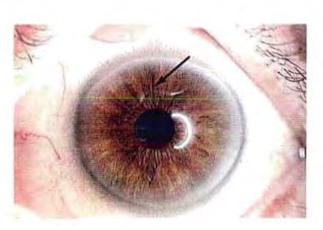


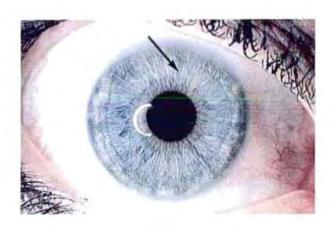




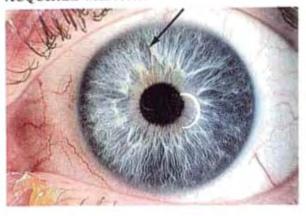


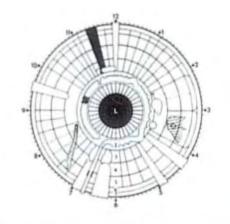


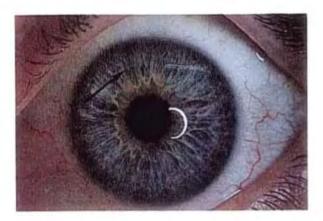


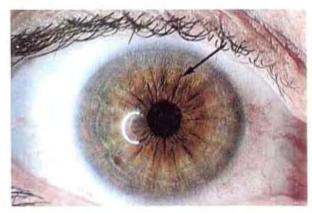


ACQUIRED MENTAL



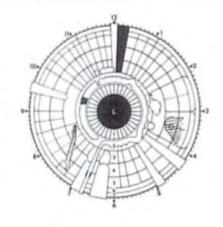


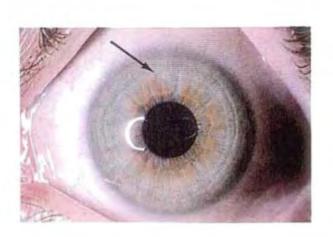


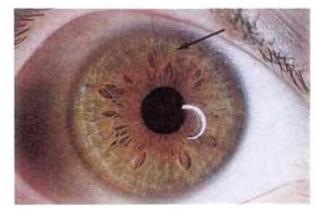


SENSORY LOCOMOTION-

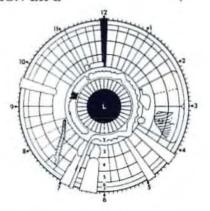




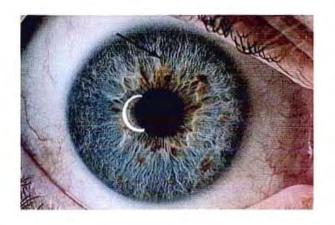


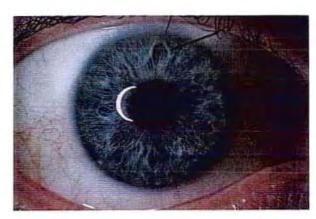


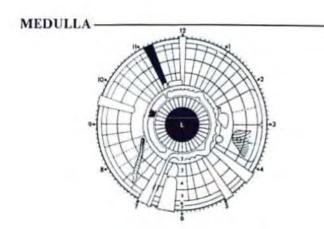
ANIMATION LIFE

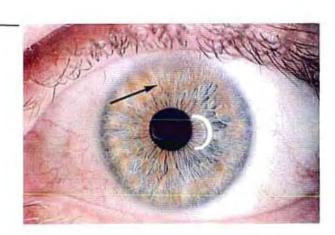


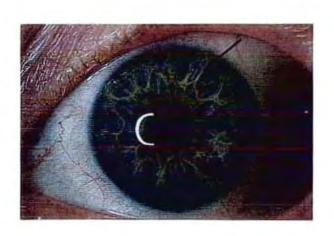


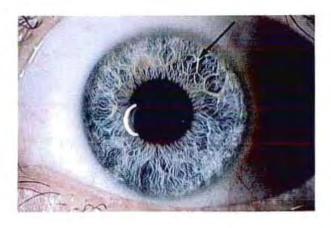




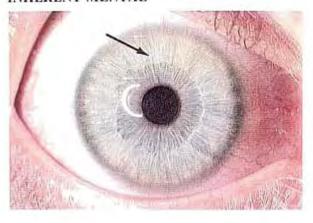


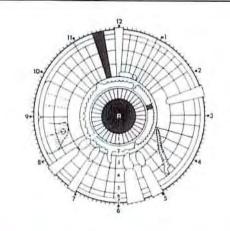


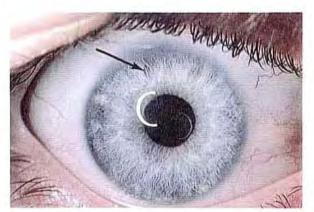


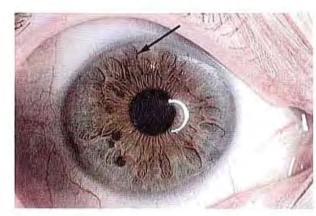


INHERENT MENTAL

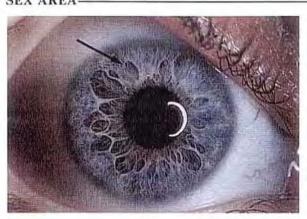


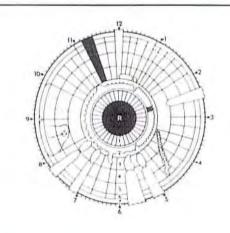


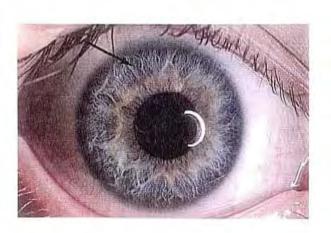


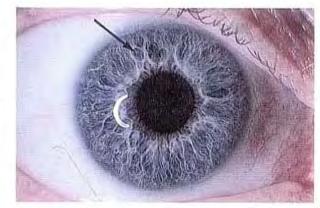


SEX AREA-

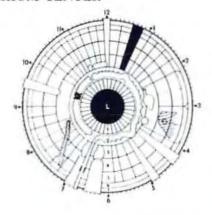


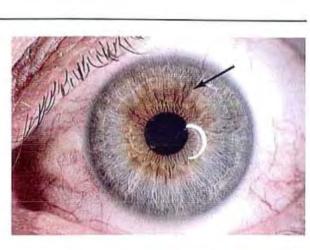


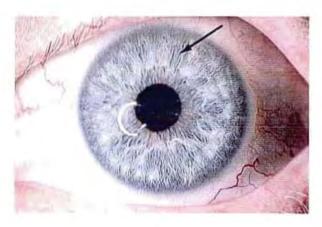


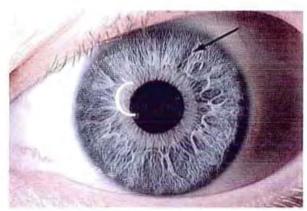


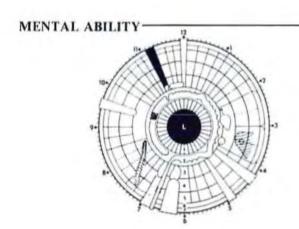
EQUILIBRIUM CENTER

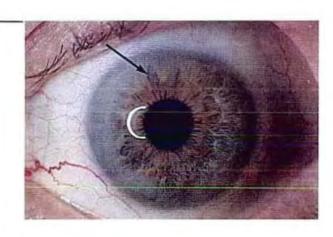


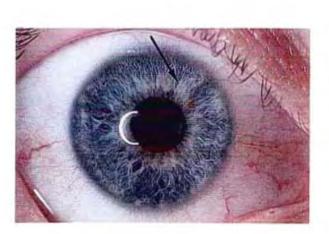


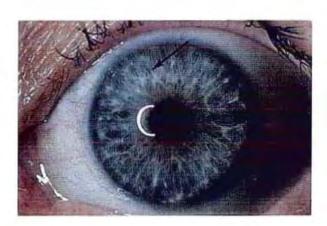




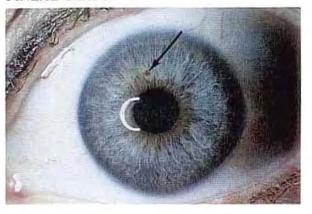


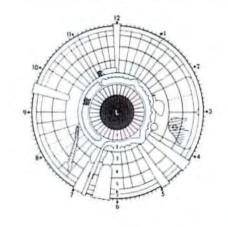


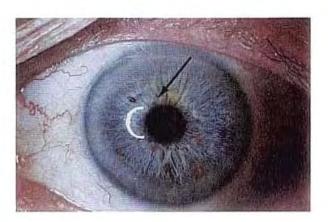


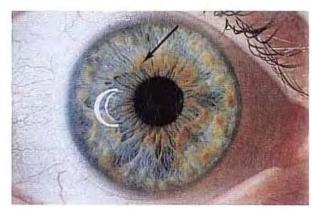


PINEAL GLAND



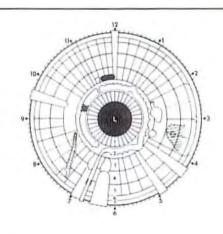


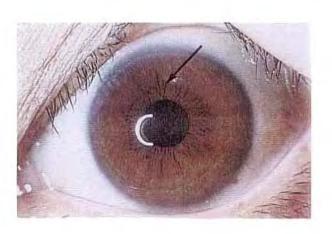


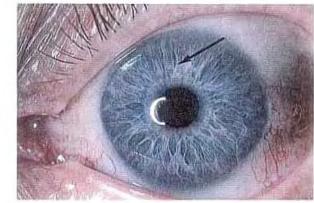


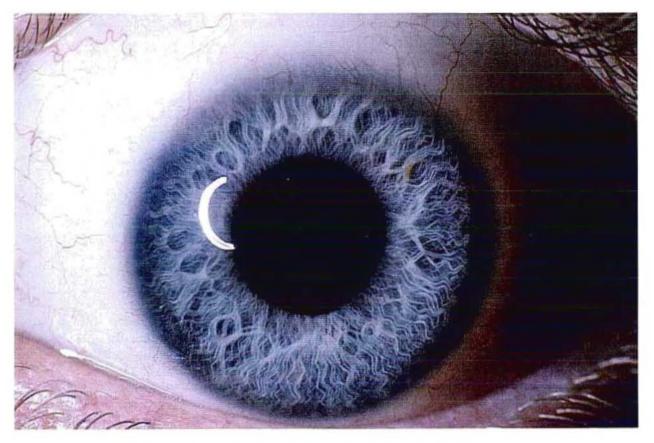
PITUITARY GLAND-



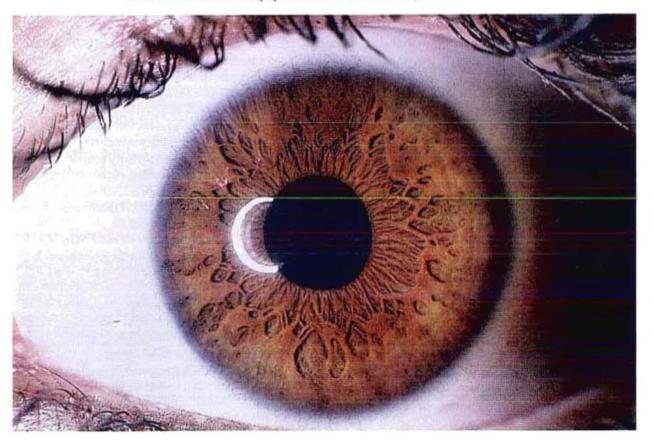






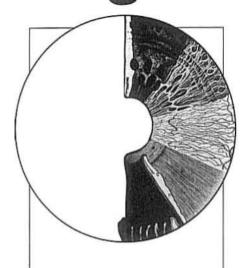


Brain anemia and a wide pupil can relate also to brain problems.



Notice the shape of the pupil as well as the brain lesions as an indication of nervous system weakness and brain weakness.

eight



"Great speeches require great hearers, great music requires great listeners, great art requires great admirers, great books require great readers."

-A. W. Hare

"Human improvement is from within outward."

-Froude

Circulation of body fluids: blood and lymph

In the mineral world we have attractions and repulsions. Certain atoms will rush to combine with some atoms and are repelled by others. It has been said that man contains within himself all the kingdoms of nature. Yes, we find here he has the mineral, vegetable, and the animal, and even in the human world we find that reason that lifts man above the level of brute force and connects him with the fine cultural activities and vibratory rates such as those found in music, color, and perfumes.

Philosophy, art, and music in man's kingdom of consciousness play a most important part in the functioning and metabolism of the human organism. Our cellular life is dependent on a balanced equilibrium of all the finer forces in nature. The pH has to be just right; the acid intake and output have to be balanced. Heat, food, minerals, light, vitamins, hormones, mental equilibrium, water and many other factors have to be balanced, too—otherwise, the body does not function properly.

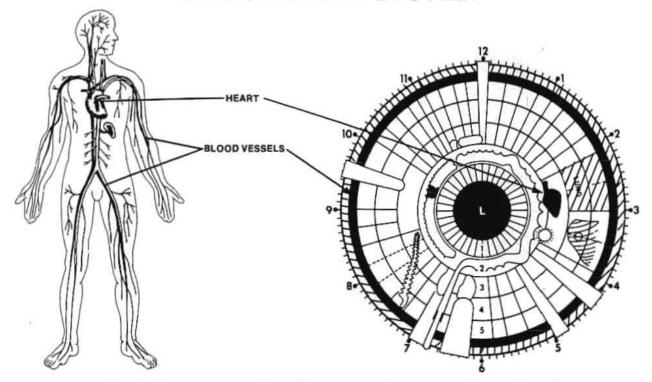
There is a truism, largely ignored, that the blood is circulating so rapidly through its vessels it does not feed the protoplasmic cells directly, but only indirectly. Between the blood and cells there is another system in constant circulation, though slower than the blood, and this medium is the lymph. It is equally as important as blood.

In chemical characteristics, the lymph resembles blood plasma. In fact, it has been described as blood without its red corpuscles. Lymph stasis, as stoppage is generally termed, is a crucial factor in many conditions. The sudden edema of lungs, the swelling of the skin as in erythrocyanosis, but also in our more chronic diseases. Lymph stasis has many varieties and conditions, ranging from a profound accumulation in extremities, with advanced cases of heart and kidney infections, to the minute cases of stasis encountered in the slow degeneration of various organs or development of benign and malignant tumors or lesions.

When the lymph channels become closed, degeneration begins. Lymph stasis affects organs in every part of the body. It is a factor in arteriosclerosis which may attack the brain, eyes, heart, kidneys and the general circulation.

We find that lack of nutrition and improper elimination of waste is a factor in all disease, no matter what organ or site is involved. Degeneration of tissue, known under many names and aspects, in many sites and organs, is in reality but one disease—lymph stasis. Supplementary hydrochloric acid is necessary; and without potassium or other mineral salts, we cannot alleviate this stasis. The average person doesn't realize

CIRCULATORY SYSTEM



The circulatory system consists of fluid transportation structures called arteries, veins, capillaries and the pumping mechanism—the heart. This system totals over 10,000 miles of piping for blood. The circulatory system is responsible for transportation of the blood cells which contain the nutrients the blood cells need for survival. This system also carries away the wastes from the body cell metabolism.

This system is responsible for the fluid balance in the body. Transportation of hormones is also accomplished in the circulatory system.

that administering diluted hydrochloric acid intravenously has produced marvelous results with allergic reactions by opening blocked lymph channels.

Hydrochloric acid injected into the bloodstream (or taken by mouth) enters the lymphatic vessels and breaks down toxic congestion, helping eliminate lactic, carbonic and other acids and lowering the pH reaction in congested tissues.

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. Hydrochloric acid is normally secreted in sufficient amounts by the gastric mucosa to be continually absorbed by the lymph stream through the intestinal walls.

Potassium salts restore the gastric acid cells to their normal output of acid, strengthen strained hearts and help balance the pH level of the blood and lymph.

Blood is the vital liquid medium pumped by the heart that administers to the needs of every cell in the body, delivering nutrients and oxygen from the digestive and respiratory systems, carrying away cellular wastes, transporting hormones from the endocrine glands to tissues where they are needed, regulating the body heat, and combating pathogens in the bloodstream. The average human body contains approximately 5 quarts of blood, making up about 1/13 of the body weight. The state of a person's health depends upon the condition of the blood. It is impossible to have good health without a healthy blood supply and good circulation.

Each red blood cell contains millions of hemoglobin molecules, each of which holds four iron atoms. Iron picks up oxygen from the respiratory system. As the blood circulates through the lungs, each hemoglobin molecule collects four oxygen molecules to form oxyhemoglobin (one oxygen molecule to each iron atom). Since oxygen is necessary to carry out the metabolic processes of the body, it is essential that at all times the body must have a sufficient supply of iron.

The blood flows through seven different circuits in the body. They are: (1) the heart; (2) the upper extremities; (3) the neck and head; (4) the thorax; (5) the digestive organs and liver; (6) the pelvis and lower extremities; and (7) the kidneys.

Whenever we find an anemic condition reflected in the iris of the eye, we know that the area of the body concerned is being deprived of vital functions performed by the blood. The average red blood cell lives about 120 days. In the healthy body, these are replaced at the same rate at which they die. It is necessary, however, to eat the right kinds of foods, get the right amount of exercise, breathe clean air, and live properly to have healthy blood.

Foods that build good blood are those which contain iron, silicon, chlorine, sodium, lipids, and salts. These are found in fresh milk, red cabbage, fish, oats, barley, goat whey, black cherries, strawberries, blackberries, leaf lettuce, beets, fresh apples (neither sweet nor sour). German prunes, watercress, veal joint jelly, rare tender meat, and raw eggs. Protomorphogens may be helpful, particularly those which contain liver, the essential amino acids, iron, and vitamin B15. Breathing exercises involving quick inhalations and slow exhalations are helpful.

Many factors influence the balancing of red blood cell production with the rate at which they are destroyed. Red blood cells are developed in the bone marrow which must be adequately supplied with vitamin B12, iron, and amino acids. Medical researchers believe that copper and perhaps cobalt may perform catalytic functions in stimulating red blood cell formation. Anemia may result if bone marrow is damaged by X-radiation or gamma radiation, or by failure of the body to absorb vitamin B12. Infections and tumors can also cause anemia.

We know that people who live at higher altitudes in the mountains have higher blood counts than those who live at sea level. The reduction of oxygen in the rare air of higher altitudes stimulates the kidneys to release more of a substance called erythropoietin which signals the bone marrow to make more red blood cells. A higher blood count is necessary at high altitudes to supply adequate oxygen for body metabolism.

People who are anemic tend to suffer from colds, low sexual interest and lung problems. The red blood cells are important in promoting youthful appearance and a magnetic personality. Living in the mountains, plenty of fresh air and sunshine all assist in raising the blood count. Outdoor exercise, cheerfulness and plenty of fresh raw fruits and vegetables (especially green vegetables) help build up the blood. The better our red blood cell count, the more joy we experience in life.

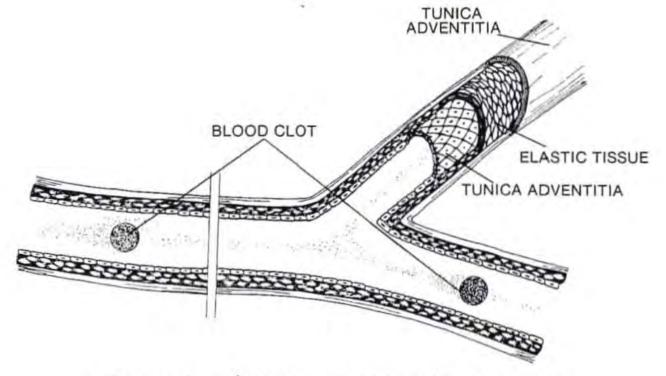
When red blood cells have lived out their life span of about four months, reticuloendothelial cells in the liver, spleen and bone marrow envelop and absorb the worn out blood cells. Iron atoms are detached from the hemoglobin, and iron plus bilirubin are carried to the liver. The iron is stored for reuse, while the liver eliminates the bilirubin in the bile. Meanwhile, the bone marrow is busily producing more red blood cells, and the cycle of building a new bloodstream continues.

If the blood lacks iron, exercise will not improve the oxygen intake significantly. As a general rule, a lack of the essential biochemical nutrients produces a lowering of function somewhere in the body accompanied by a reduced capacity to utilize one or more other nutrients. This brings in the importance of digestion. If the digestion is inadequate, eating the right foods will not provide all the essential biochemical elements to the bloodstream. Furthermore, good eating habits, a good digestion, and plenty of outdoor exercise will not create a healthy bloodstream if the bowel is so overloaded with toxic material that contaminants are being recirculated into the blood. Constipation or excess stomach acidity can affect the blood. To have a clean bloodstream we must have a healthy stomach and a clean bowel. From the wholistic perspective, we see that building up a healthy blood supply requires building up the entire body.

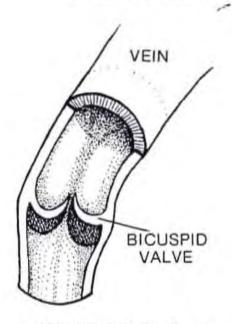
In the case of cerebral brain anemia, slant board exercises are helpful in addition to any other exercises we may do. But the medulla is also important in respiration through its response to the partial pressure of carbon dioxide in the arteries. Increased arterial carbon dioxide pressure results in faster breathing, while decreased carbon dioxide pressure results in slower breathing. This means the medulla partly controls the amount of air per minute moving in and out of the lungs, which in turn determines how much oxygen is available to the blood. The medulla needs vitamins C and B complex, as well as sulphur, phosphorus, and silicon, while the lungs require vitamins A, B, C, and D, plus calcium and silicon.

When the blood is acid, when the alkalinity of the system is excessively reduced, red blood cells die in great numbers. This, in turn, reduces the oxygencarrying capacity of the blood, slows down the metabolism and reduces the body's capacity to carry off wastes. As a consequence, an individual with acidic blood becomes overloaded with catarrh which leads to weak sexuality, colds, flu, asthma, bronchitis, and periodic bouts of pneumonia. Excess acidity can be controlled by proper diet and care of the elimination channels.

Cholesterol settlements around the linings of blood vessels impede circulation and consequently may contribute to many health problems, and my solution to the cholesterol problem is to throw away the frying pan. Cholesterol, a gray, greasy substance,



Cross section showing blood clot as it travels through the arterial passage, becoming lodged in an area where cholesterol buildup is excessive.



Cross section of vein, showing bicuspid valve. The bicuspid valve permits blood flow in one direction only.

builds up on the walls of both large blood vessels and capillaries. At the capillary level, cholesterol deposits hinder both the delivery of nutrients to the cells and the removal of waste products from them. The end result, over a period of time, is slow cell starvation and toxic buildup, a condition which invites disease and general erosion of health. Atherosclerosis, for example, develops from cholesterol-lipid deposits

which encourage clotting. An excellent natural means of preventing blood clots is to add goat whey to the diet.

The sign of anemia is noted as a fuzzy area around the periphery of the cornea where the sclera has begun to overlap it. When this has a bluish color, lack of oxygen is noted. The degree of anemia is shown by the degree to which the sclera overlaps the cornea. Anemia can be caused by poor circulation or a lack of sufficient iron. Cholesterol deposits are indicated when the sodium ring is gray. Since we must look through the cornea to view the iris, any deposit on the cornea will obstruct our view of the iris, making it seem as if the deposit is on the iris itself.

The Circulatory System

No matter how healthy the bloodstream is, poor circulation can reduce the rate at which blood flows through the body to such an extent that cells are not sufficiently supplied with the nutrients they need and metabolic wastes are not carried off at the proper rate. The extremities—the brain, the hands, and the feet—are affected the most by poor circulation. A complaint of chronic cold hands and feet generally indicates poor circulation to them and to the brain as well. A healthy body requires good circulation to all its parts, and this requires a strong healthy heart.

Several factors affect the strength of the heart and the rate of its beat. Long distance runners and bicycle racers are known to have extraordinarily strong, slow pulses. Regular exercise promotes strengthening of the heart muscles and a healthy regularity of the pulse. The rate at which the heart beats is influenced by the ratio of sympathetic to parasympathetic nerve impulses received by what is called the sinoatrial node, a system of specialized cells in the right atrial wall of the heart that establishes the usual rhythm of the heartbeat. The amounts of adrenaline and thyroid hormone in the blood also affect the cardiac rhythm and rate. Of course, the main function of the heart is to pump blood through the body to meet the needs of the cells.

Besides the physiological mechanisms that affect the strength and rate of the heartbeat, other factors such as blood temperature and the emotions influence it. For example, grief makes the heart beat slower, while anger makes it beat faster. Stress and agressive behavior have been shown to have an adverse effect upon the heart in many cases,

Heart Attacks

There has been a lot of discussion as to what heart attacks actually come from. We find from the Journal of the American Medical Association, July 17, 1981, that four researchers from the Harvard Medical School studied some 117 patients who were threatened with heart disorders. From these, 62 had already experienced heart attacks. Nearly half were suffering from a rapid heartbeat. One fifth were having disturbing emotional problems just the day before. One fifth were threatened with marital separations, bereavements, failures in their businesses, public pressures, resentments, resistance, and conflicts. Anger was one that caused the most trouble. Also, it was found that depression, fear, anxiety, and grief caused much of the trouble. Some of these problems happened just before the attack; some happened 12 hours later and others some 24 hours later.

The Heart

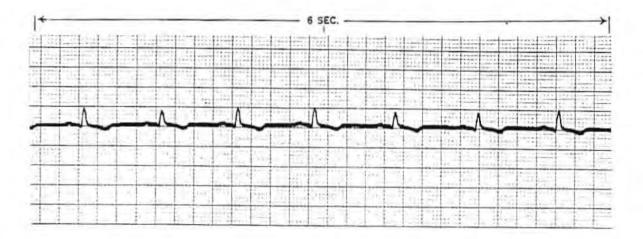
Heartbeat patterns differ widely; no two are ever alike. The smaller the animal, the faster the heartbeat and conversely, the larger the animal, the slower the rate. A mouse's heart beats one thousand times a minute; an elephant's, thirty-five to forty beats a minute; an infant's twice as fast as an adult's; a one-ton white whale's is fifteen beats a minute; the average human heart—weighing one-half pound—records seventy to seventy-two beats per minute.

Dr. Paul Dudley White believes that the secret of avoiding a heart attack lies in an individual's lifestyle. He states that heart disease is not of racial origin or geographic conditions, but is linked to economic levels. Therefore the U.S., the most prosperous nation in the world, is one of the unhealthiest nations in the world. Its people are overfed and underexercised.

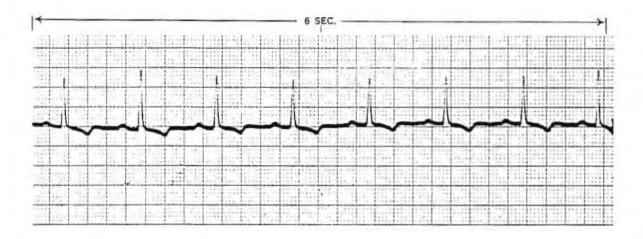
Dr. White emphasizes that constant exercise throughout life, even old age, is the best formula for avoiding a heart attack. He states that our pushbutton lifestyle is undermining our health by taking away the exercise of manually performing those tasks. He feels that every city and suburban area should provide paths for bicycles and sidewalks. Proper exercise keeps the heart, veins, and arteries active and flexible. Proper diet is important to eliminate the collection of cholesterol in the arteries. He believes that a proper combination of exercise and diet is a major factor in preventing heart disease. He believes that the idea of retirement is dangerous in that it invites premature deterioration. He believes in work as a virtue, and that when properly applied, it is life-increasing and beneficial. Dr. White feels certain that in most cases the fault of heart disease lies within ourselves. Practicing discipline and following the simple way of life in plain food, adequate exercise, and a serene environment are the first defenses against heart disease.

Use of the muscles and the process of respiration assist in returning the venous blood to the heart. When we inhale, venous pressure near the center of the body is reduced during expansion of the chest while venous pressure is increased elsewhere. This pushes the venous blood toward the heart. Physical exercise, such as walking or hiking, causes contraction in muscles that "pump" the venous blood toward the heart. As any military man can confirm, standing at attention is much more tiring than marching. While we stand motionless, the venous blood tends to gather, making the legs feel somewhat bloated or edematous.

On the iridology chart the heart area is located in the left iris at 3 o'clock in Zone 3, usually on the autonomic nerve wreath line. At times, it appears enclosed within the 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 wreath, which may seem to be split in case of aortic pathology. When we examine the heart area of the iris, we look for inherent weakness, nerve strength, toxic conditions, and reflex effects from other organs. If the autonomic wreath is pierced by a radii solaris in the heart area, inherent weakness is noted and not necessarily disease. The radii solaris may refer to weak nerve activity here or toxins draining toward the heart. In all kinds of cardiac pathology, we find the autonomic wreath is involved, which is a



Lead 3-Normal



Lead 3-Abnormal

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, overexcitement, a weak medulla; too much pressure on the heart caused by gases in the blood or in the stomach.

The heart walls can become overstressed with excessive physical exertion. Bacteria ferments in the body, using up the blood salt, which is essential to heart function. Other harmful effects are overeating, excessive drinking of tea, coffee and alcohol; tobacco smoking; and sexual overexertion.

The heart is affected by sunstroke because the nerves do not transmit proper circulatory impulses to the heart, causing it to overwork. Chlorosis, an anemic condition, can produce a systolic heart murmur.

The leukocytes may die in too great numbers, filling the system with leukocytic poisons such as indole, skatole, indican and other impurities. 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, nervebuilding material is not supplied sufficiently to sustain the chest brain and the cardiac nerve with the essential nerve stimuli.

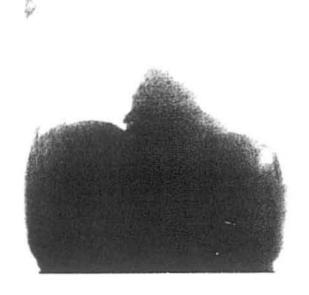
We must make sure chlorine and iodine foods are included in the diet as well as iron, calcium, magnesium, lecithin, vitamin E, phosphorus foods, nerve fats and salts. Excessive use of beef in the diet and the indiscriminate use of drugs can also deplete the heart of the ability to work at its highest possible potential.

definitive means of distinguishing a cardiac problem from bronchial trouble (the bronchi are also in Zone 3).

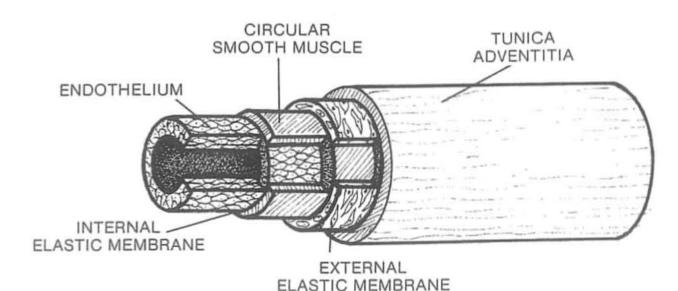
Heart conditions viewed in the iris will vary from one individual to another, and it is only by evaluating the condition of all organs and tissues in the irides that the iridologist can begin to understand the condition of the heart and the source or sources of the problem. This kind of understanding can only be gained through experience. The nerves, the lymph, the bowel, the psychological aspect and many other conditions affect the heart.

Zone 6, immediately inside the outermost zone, contains the area representing the veins, arteries, and lymphatic system. It is necessary to keep in mind that whenever the lymph is overloaded with toxins and catarrh, as evident when the lymphatic rosary is observed, this lymph is emptied into venous ducts and is carried to the heart. When the veins and arteries carry toxic-laden blood, Zone 6 appears in a darkened color.

The skin circulation area is in Zone 7, and the skin itself is represented by the outer circumference of this zone. Experience demonstrates that the skin and circulatory system interact in important ways and that both are profoundly affected by reflexes from the various organs of the body. If the skin is not eliminating properly, the blood and lymph must carry away an extra burden of toxins, and this, in turn, places an extra burden on the kidneys. At all times, we must keep in mind how each organ, gland, and tissue affects the whole system of the human organism and, conversely, how the whole system affects each part.



Chest X-ray of a patient showing an apparent aortic aneurysm and a left ventricular enlargement.



The anatomy of an artery.

IRIS AREAS - REFLEXES, AFFAIRS OF THE HEART by R. M. McLain, DC, Oakland, California

This appears to be the age of heart concern. It is the topic of the day, and probably is discussed more now than at any time in the past. People are heart conscious; from the president of our country on down through all classes, we find this an issue of interest. Never before in all history has there been so much attention given to cardiac conditions.

Much has been said as to the cause of the rapid rise in heart failure. Many theories have been advanced; one conception is that this present generation may be caught in midstream, which reminds me of a conversation some years ago with a friend who, in discussing his faith, mentioned many virtues, but he wound up by saying that he was born in the wrong era, too late for some of its advantages and just in time for taxes. It may be that we of this generation were born too late to enjoy the vitamins and minerals of the topsoil—and are just in time for depletion.

Never before in all history has the iridologist been presented with such a golden opportunity as today. At this very instance, when everyone is so vitally interested in heart irregularities, he is in an enviable position for better diagnosis of these ailments; he has nature's revelation as his guide. This revealing fact is stamped in the left iris of each and every patient who comes under his care.

The heart area in the iris remains unchanged today. It is found in the exact position as given by the original discoverer of iridology, Ignatz von Peczely. He produced the first chart of the iris which was published in a homeopathic publication in Berlin, Germany, in 1884. The heart area appears in this chart in the exact position as found in the charts of today; it has been verified down through the years by such eminent iridologists as Liljequist, Thiel, Schlegel, Zoeppritz, Felke, Schnabel, Lane, Lindlahr, Kritzer, Collins, Petinak, Maubach, and Jensen.

May we digress for a moment and diagnose an interesting case: Male, age 54, presented himself for diagnosis of pain and stiffness of the right shoulder and arm; could not raise his arm to a horizontal position. Also pain and soreness in the left hip and thigh.

As a primary factor the iris revealed a very pronounced inherent heart condition. The patient was told that the soreness and stiffness in his right arm was due to congestion in his right lung, and that the lung congestion was due chiefly to the inability of his heart to function properly. As the iris revealed his heart condition to be of lifelong standing, the patient was asked if he recalled as a child having had any disturbance of this nature. He replied "Yes." As a boy on his father's farm, one of his chores was to herd sheep. At this task, while running he said often he would be caught with a very severe pain in his side and that he would grasp his heart and gasp for breath.

In the diagnosis of heart conditions we consider that iridology is of extreme value; we can detect heart defects in their infancy—in the very first stages of inflammation. We can also detect if the condition is of an inherent nature. We can detect any destruction of tissue, as well as any distortion of same. The chronicity of severe conditions is revealed in the iris in an unmistakable manner.

Regardless of your approach in the treatment of these conditions, be it an adjustment of the second dorsal, the suggestion of vitamin E, the administration of protomorphogens or dipping into the mysteries of royal jelly, you will find that iridology will place you in a position of being more efficient.

The Lymphatic System

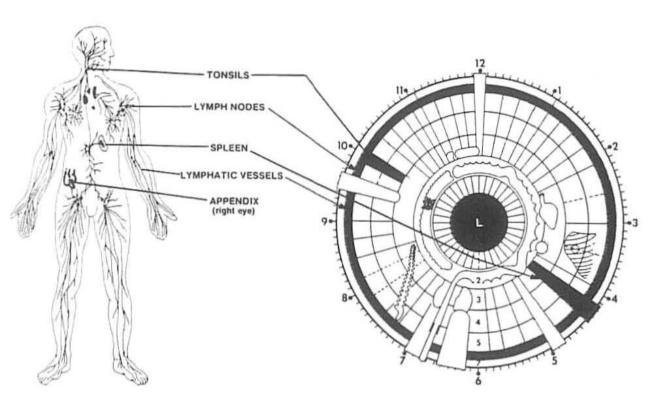
The lymphatic system, in contrast to the blood circulatory system, follows a "one-way" network of vessels and arteries that empty eventually into ducts in the internal jugular and subclavian veins. Dr. Maurice Archer calls it "the fragile, invisible river of destiny" because of its many wonderful functions. That is, 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.

So sensitive are the walls of the lymphatic vessels that they may collapse at the lightest touch of a probe, and many vessels are so delicate they are only one cell in thickness. In a sense, the cells of our body float in a vast internal sea of liquid.

Because high concentrations of fats can destroy red blood cells, lymph fluids play a vital role by absorbing fats from the bowel and releasing them in slow, safe amounts into the blood. Hormones are also carried in the lymphatic system as well as in the blood. Proteins lost by the blood in interstitial spaces are picked up again by the lymph and recirculated back into the blood for further use.

The lymphatic system with its hundreds of nodes is so efficient at filtering "foreign" substances from the body that a major danger can develop when

LYMPHATIC SYSTEM



The lymphatic system is also part of the circulatory system. The lymph carries fat molecules for body respiration as well as body fluids. The lymph nodes or glands and the spleen are responsible for cleansing the blood/lymph and for the removal of some body wastes.

cancer cells are released into it. Lymph nodes become growth and transmittal stations for the deadly cancer cells, which spread rapidly through the entire lymphatic system.

Protective features of the lymphatic system are adapted to the "geography" of the body. Concentrations of lymph nodes in the neck and axillary regions cope with infections in the upper extremities, while the dense distribution of nodes in the groin guard the lower extremities from infection. The heart, liver, kidneys, and skin have their intricate lymphatic systems. Only the central nervous system is without lymph vessels and fluid.

Swelling in the lymph system may result from many causes. Children frequently show swollen lymph glands in the neck as a result of upper respiratory infections. An inactive life or sedentary occupation can cause edema or swelling, particularly in the extremities. Women who kick off their shoes after sitting a long time often have a bit of trouble getting them back on again because of this effect. The lymphatic system is also part of the circulatory system. The lymph carries fat molecules for body respiration, as well as body fluids. The lymph nodes or glands and the spleen are responsible for cleansing the blood/lymph and removal of some body wastes.

The lymph system has no pumping mechanism. Movement of lymph fluids that return liquid and wastes to the blood is carried out by six different forms: (1) respiratory movement, which creates pressure differences in the body cavities moves the lymph; (2) muscle movement in the body 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

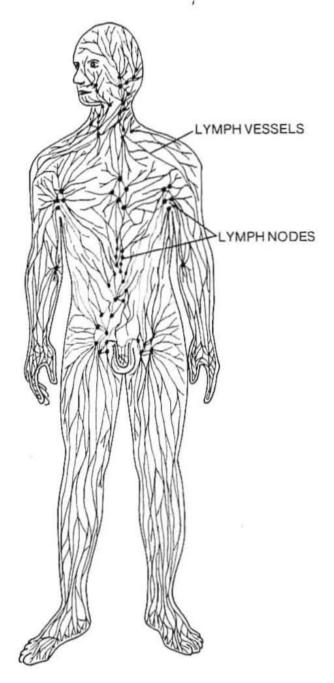


Diagram of the lymphatic pathways with enlargement of lymph node.

tissue end and at the emptying end of the blood vessels in the thoracic area.

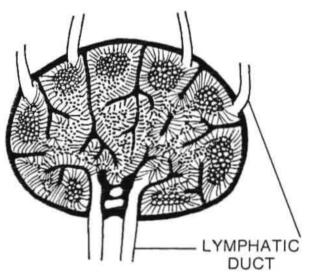
The thymus gland, tonsils, appendix. Peyer's patches, and spleen are made up of lymphoid tissue and perform important functions. There is also a great amount of lymph tissue in the female breast.

In recent years, it has been discovered that the thymus gland manufactures lymphocytes during the fetal stage, and these lymphocytes then circulate to the lymph nodes and other lymphatic tissues to protect the newborn infant from pathogens. The thymus also secretes a hormone that triggers the transformation of lymphocytes into plasma cells

which are capable of making antibodies. Apparently, the primary function of the thymus in the early formation of the immune system is taken over by other organs and systems when a child is about two years old. From then on, research scientists say, it begins to atrophy.

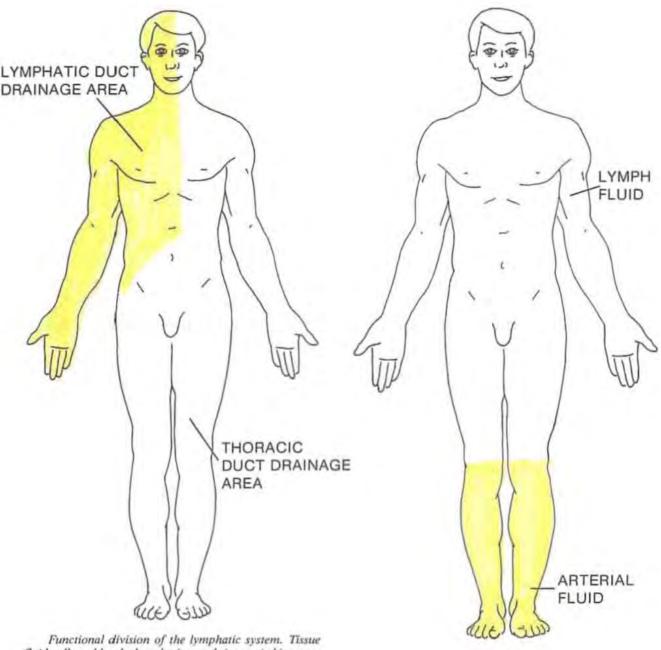
The tonsils and the appendix are two organs of lymphoid tissue once thought to be "useless" at best and infection-prone nuisances at times. In Western medicine, these organs are removed surgically at the

LYMPH NODE



appearance of serious inflammation or infection. We now know that these organs can become inflamed from picking up excess toxins in their area of the lymphatic system, a function that helps prevent the lymph system from overloading to the point where lymph nodes become seriously infected. As toxins are removed from the lymphatic system, the inflammation of the appendix and tonsils generally disappears. Sometimes the tonsils become so infected that they exude quantities of white toxic waste, and in my view this is a beneficial function, because the toxic material is taken into the gastro-intestinal system and eliminated from the body. Of course, the appendix normally ejects its accumulated toxins into the adjoining cecum. In some cases, the cecum itself may be inflamed, and we must examine this area of the iris closely to distinguish between appendicitis and cecal inflammation. When the appendix is inflamed, the area extends into or through the abdominal wall. Perhaps, needless to say, unnecessary removal of the appendix or the tonsils reduces the body's capacity for responding in a natural and healthy way to temporary toxic overloads.

The spleen contains much lymphoid tissue and is known to enlarge when infection is present in the body. In the left iris, the spleen is located immediately



Functional division of the lymphatic system. Tissue fluid collected by the lymphatic vessels is emptied into two main ducts, both of which enter the large veins at the root of the neck by which the lymph is returned to the circulatory system. The right lymphatic duct collects from the upper half of the right side of the body while the thoracic duct drains the remaining part of the body.

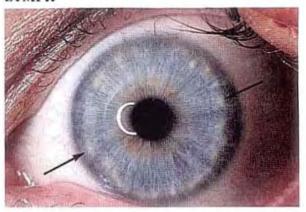
after 4 o'clock and is noted to extend from the autonomic nerve wreath to the perimeter of the iris. The functions of the spleen are several: (1) microorganisms are removed from the circulating blood and are consumed by macrophages; (2) defective blood platelets and worn-out blood cells are consumed in the same way, while globin and iron are saved and returned to the blood; (3) monocytes, lymphocytes, and plasma cells are produced; and (4) about one third of a quart of blood is stored for emergencies such as hemorrhages.

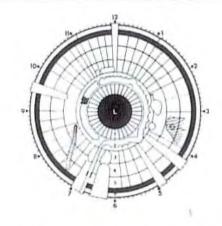
In sum, we must understand that a complex

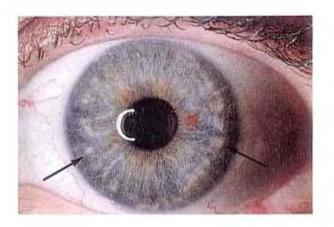
The proportion of lymph versus arterial fluid in the body.

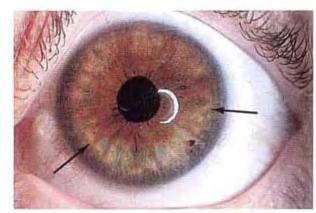
reciprocal relationship exists between the condition of the blood and lymph and the condition of the organs and systems these fluids serve. We can view the body as an ecosystem in which all of its constituents play important roles in maintaining the health of the whole system. The bloodstream is the vital transportation system that brings food to each cell and carries away wastes, in addition to its numerous other tasks. When the irides reveal signs of anemia or lymphatic system congestion, appropriate steps can and should be made to correct the condition.

LYMPH

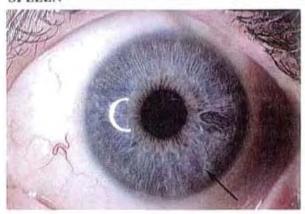


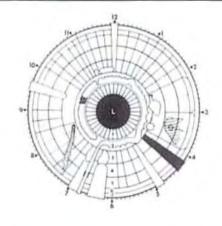


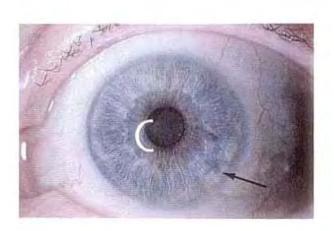


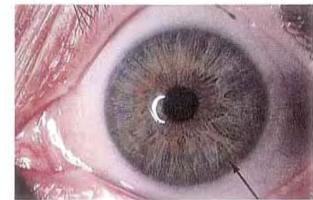


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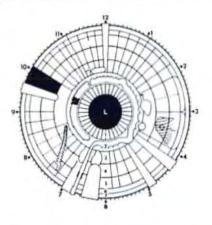


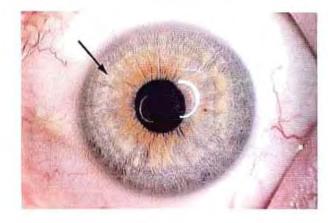


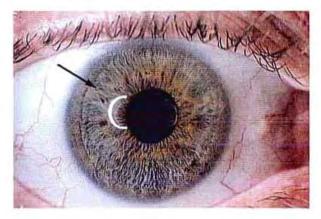


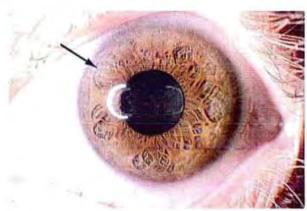


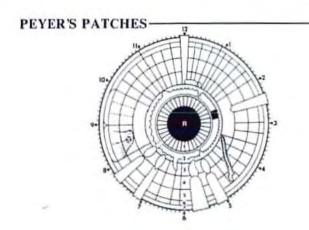
TONSILS

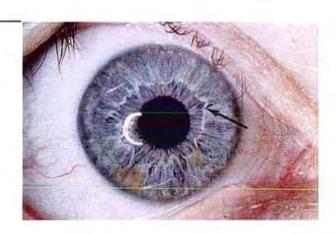


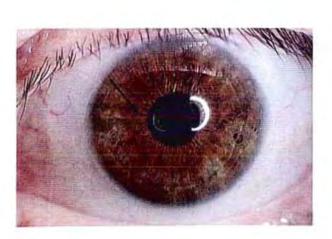


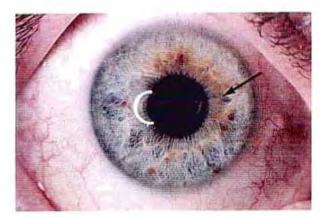


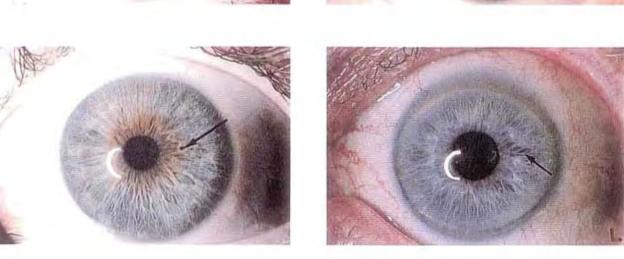


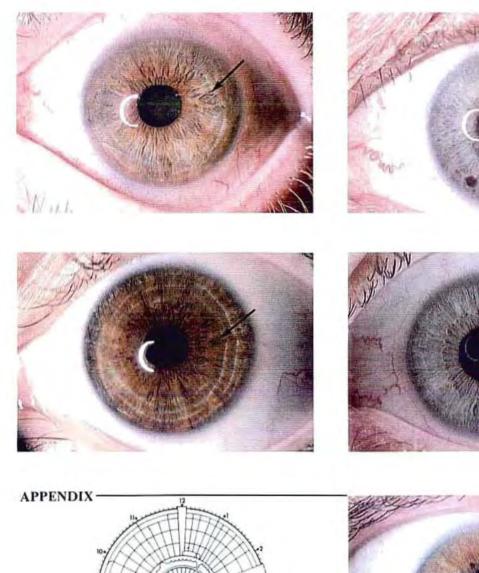


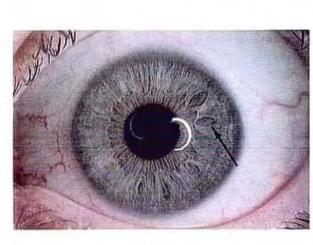


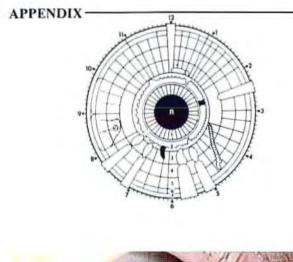


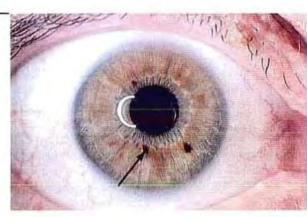


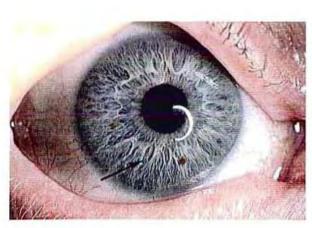


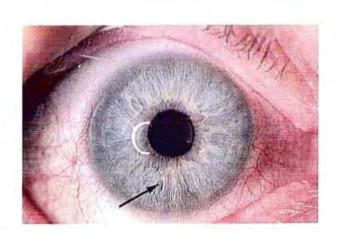












nine



"The grandest work a human being can do is to keep himself fit for the greatest thing he is capable of doing; the highest service he is capable of rendering; always up to the level of his greatest efficiency."

-O. S. Marden

"The fool wonders, but the wise man asks."

-Disraeli

The structural system

In this chapter, we will study the spine, abdomen, legs, pelvis, arms, ribs, shoulders, neck, ears, nose, sinuses, mastoid, skull, and eyes.

The spine is found in the back areas between seven and eight thirty in the left iris and between three thirty and five in the right iris. The thoracic/dorsal segments start at the autonomic nerve wreath, but we must note that the seven cervical vertebrae are found in the medulla area, at one o'clock in the left iris and at eleven o'clock in the right iris. Chiropractors claim that 45% of the people have back trouble, but among my patients, I have found this figure to be closer to 85%. This, however, doesn't mean that all these people have mechanical problems, although many do. The spine is the major repository for calcium in the body. When calcium is needed in the blood and tissues, it is "borrowed," so to speak, from the spine and other bone structures. We find that we must give the body adequate calcium to make sure the spine is not depleted of this vital biochemical element.

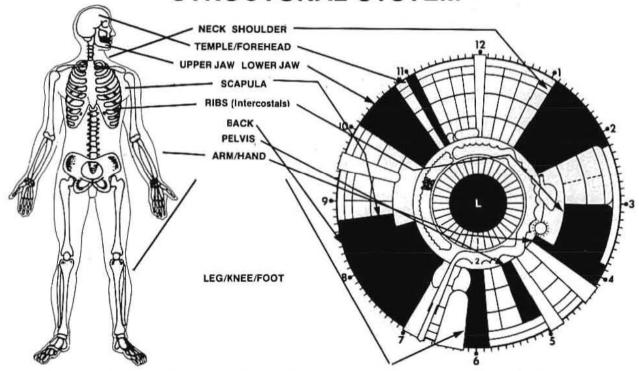
Backaches and Spinal Disorders

There is a prevalence of weak, deranged spines in the U.S. today. The "TV back," "teenage slump," and "middle-age hump" are all poor postural conditions which cause premature aging and disease. Sitting on the small of the back instead of the buttocks is a major factor in spine and back troubles. Lack of exercise and weak muscle tone is response for needless operations and contributes to drugging in which the individual takes on a false sense of security and well-being.

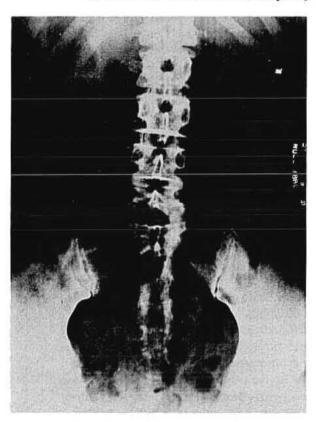
Good health cannot be bought at the drugstore but is reached through the efforts of one who seeks good posture and a more natural lifestyle. In a study of 10,000 cases, spinal contours were as follows: unequal length of lower extremities 40%; unequal shoulder height 65%; faulty neck or head position 60%; deviations from normal depth and/or length of the anterior/posterior lines of the spinal column 53%; rotations in the spinal column 77%; reasonably normal spinal balance and body symmetry 10%.

Spinal imperfections, back pains, and loss of use are due to mechanical faults in the spinal alignment and lack of movement in the bone-cartilage segments. The intricate balance of the spine can be upset through falls, muscle tension, accidents or strains. Birth defects and genetic problems can also cause spinal abnormalities. Also contributing to poor spinal response are: high-heeled shoes, poorly-designed shoes, flat feet, pelvic abberations, a short leg, etc. Poor posture habits, slouching, poorly-designed furniture and automobile seats also contribute to the problems of the spine.

STRUCTURAL SYSTEM



The structural system holds the body together; it gives it the strength to stand and lift objects. This system serves five main functions; (1) it provides a frame for all the body organs, much like the frame of a house, to give strength and support; (2) it provides a firm object for the muscles and ligaments to attach to and pull against; (3) it provides protection from heavy blows to the heart, lungs, brain and vital internal organs; (4) the structural system manufactures red blood cells in the bone marrow; and finally, (5) it is a chemical storehouse for calcium.

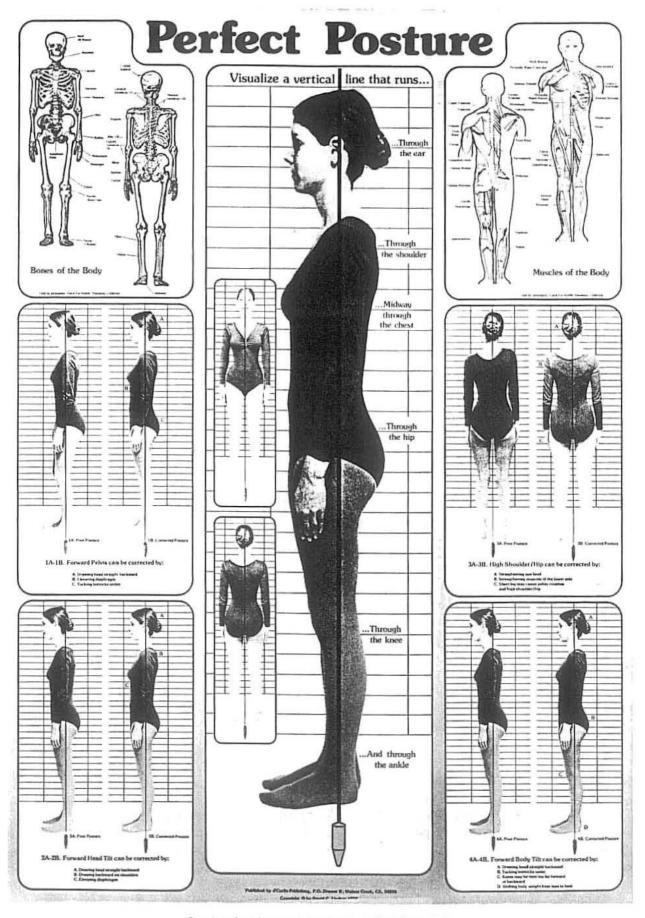


X-ray of spine, showing arthritic spurs.

Spinal Disorders

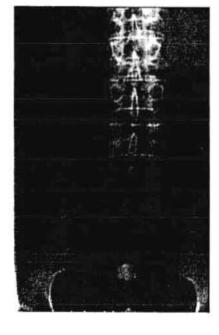
Apparent unrelated spinal injury in which ill health follows is not unusual. Many cases are reported in which persons suffering a wide variety of ailments have undergone surgery, drug treatment, and other potential remedies—all to no avail. When a spinal adjustment was completed, there was immediate improvement of signs and symptoms in these cases. Because of the reflexive nature of nerves emitting from the spinal column to various portions of the body, it is often overlooked as the source of illness.

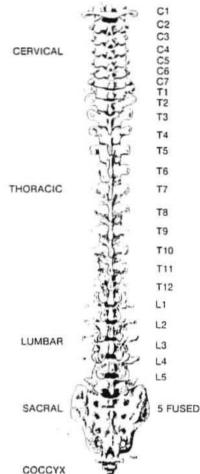
The legs are located at exactly 6 o'clock in both irides, with the feet near the outer perimeter. We need to remember that the legs are the "pistons" that drive the venous blood back to the heart and assist in maintaining lymph circulation. When anemia or lymphatic congestion is indicated in the irides, we must get those legs moving to bring circulation. The pelvis is found at about 5 o'clock in the left iris and 7 o'clock in the right. The arm and hand are represented at 4 o'clock in the left iris and 8 o'clock in the right.



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Arthritis can be a result of calcium out of solution. Nutritional therapy is necessary along with mechanical adjustments to rebalance the structural system.



Divisions of the spinal vertebrae.

We find the ribs indicated in the thoracic area from 3 to 4 o'clock in the left iris and 8 and 9 o'clock in the right.

The shoulder, neck, ear and mastoid are found in consecutive order between 1 and 2 o'clock in the left iris and between 10 and 11 o'clock in the right iris.

With regard to the skull, we find the top of the head at 12 o'clock, the back of the skull at 1 o'clock in the left iris and 11 o'clock in the right iris, while the face area (with the front toward the periphery) extends from 9 to 12 in the left iris and from 12 to 3 in the right.

The eyes are represented twice in each iris, just before 11 o'clock in the left iris and also in the 5sense area just preceding 12 o'clock. In the right iris the eye precedes I o'clock and is also represented in the 5-sense area immediately following 12 o'clock. The nose is at 1:30 in the right iris and 10:30 in the left.

The structural system of the body is designed to perform several vital functions. Through the eyes and ears, we gain most of the information we possess about the external environment, while the function of the skull is to protect the delicate and vital structures of the brain, just as the ribs help protect the heart, lungs and other organs. The bony structure of the body supports the musculature and organ systems, and we find that the red blood cells are formed in the marrow of the larger bones. The calcium supply of the body is stored in the bones as we have previously mentioned. We must also notice that the spinal

column contains and protects the spinal cord, that system of nerve fibers which, along with the brain, makes up the central nervous system.

Osteoporosis, one of the most common ailments of the skeletal system, is a disorder of protein metabolism affecting the matrix of the bone structure. It produces three major symptoms: Headaches, gastric disturbances, and emotional stress. The detection of osteoporosis is often through lateral skull X-rays as a pit-like formation showing degeneration of the bone. In iridology, it shows in the perimeter of the iris as a pit-like or cheesecloth appearance in the fibers.

The bone matrix is made of protein. Lack of sufficient hydrochloric acid in the stomach causes deficient digestion of proteins—particularly beef—and this is the central problem. The commonly encountered symptoms of tension and emotional upset indicate that the brain is affected. Headaches which do not respond well to the usual natural remedies are possibly due to osteoporosis and may be permanently eliminated only by responding to the condition producing them. In some cases, dry, scaly skin, discoloration or extreme psoriasis may be due to osteoporosis.

We find that the best way to respond to osteoporosis is to go after it nutritionally. First, we take care of the digestion by starting with a lowprotein diet, increasing the amount of protein as improvement shows. In extreme cases, we may have to leave protein out of the diet for as long as six months. The secretion of hydrochloric acid is affected by the estrogens, androgens and vitamin C. Estrogen imbalance is most often encountered after menopause or surgery, and when it is lowered, the secretion of hydrochloric acid is reduced, setting up the precondition for osteoporosis. To improve protein digestion we need to bring up the hydrochloric acid. Dr. R. M. McLain found that forty percent of his patients had osteoporosis and responded well to treatment. Although it is considered a bone disease, it affects all other tissues of the body.

The Muscular System

Components of the muscular system, the largest structural system of the body, are located at various positions on the iridology chart.

There are several types of muscles in the body, and altogether they take up about 50% of the iris area. Voluntary muscles are those we control, the muscles of the arms, legs, hands, head, and so forth. Involuntary muscles are of several kinds. The digestive tract muscles move food and waste through

the system; the walls of blood vessels expand and contract in response to nerve impulses from the brain; and there are involuntary muscles in the gallbladder, urinary bladder, and anus. The latter two types are subject to a certain amount of voluntary control.

Some voluntary muscles are not consciously controlled. We swallow, but we do not directly manipulate the muscles that control swallowing. The same goes for the thoracic muscles of the larynx which permit us to speak.

The heart—the most vital organ in the body—is a muscle. The heartbeat is controlled by nerve impulses from the medulla.

Because muscles are attached to and permeated by bones, ligaments and fascia, and because they function together with organs and glands, they do not occupy isolated or separate portions of the iris chart but nearly always are with some other named organ or bone. For example, the lower jaw is muscle, bone and teeth, combined.

A lesion in the leg area may indicate a problem in the muscle or in a tendon or bone or bone marrow. The arm, shoulder, leg and spinal areas may represent muscle or bone.

When there are inherent weaknesses or drug deposits in the shoulders or abdominal areas, the muscles may be too weak to do exercises and physical tasks others find easy. Pushups are a good test of muscle strength or weakness.

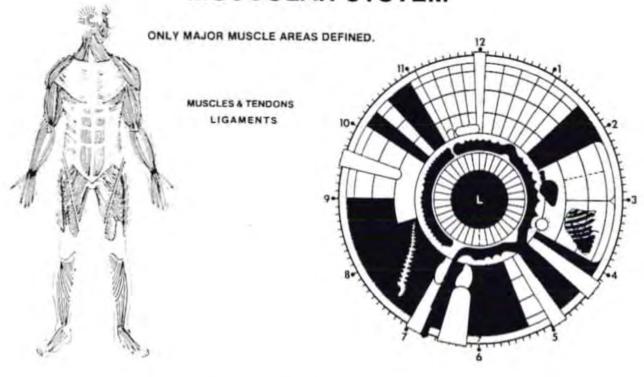
A hernia can result from muscle weakness in the groin. It's the muscles that keeps the skeleton of man in an upright position and allows the many movements in the body.

The Feet and Legs According to Iridology

Much has been written about the feet and the legs from a reflexology standpoint and how acupuncture, zone pressures, and so forth could help a person. Iridology serves as a very useful adjunct to these forms of analysis. Iridology will help to support the techniques they are using to bring better health to their patients. It is difficult to tell outwardly if a patient has inherent weakness in the tendons, muscle structure, nerve supply and bone marrow development.

In years past we considered the legs only as appendages, but actually, they are pumps to drain the venous blood from the leg structures. This blood is probably the most difficult to drain because of gravity, sedentary occupations, lack of vitality, enervation, and of course, poor blood and not enough of it due to diminished circulation.

MUSCULAR SYSTEM



The muscular system is responsible for mobility, maintenance of posture and the production of heat. From the more obvious forms of muscular movement, such as walking and grasping, to the more subtle internal motions such as the churning of food in the stomach and the contraction of the gallbladder to release bile, the muscular system is vital in the maintenance of homeostasis.

In years past, walking barefooted on stones, grass, sand and natural terrain, we were able to develop a good muscle structure to force this blood from the lower extremities back into the body for purification by the liver and oxygenation by it. We pay too little attention to the legs. Dr. Paul Dudley White has said, "We die from the feet up...when we have flabby muscles, we have a flabby brain...."

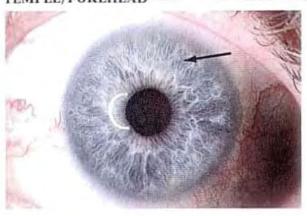
I know that most of the really elderly people I have met, mostly men, did not have the arcus senilis. These old men worked on the side of the hills, wore soft shoes in the dirt, over rocks and hills, moved back and forth in various positions while they used the scythe to cut the grass and plant their gardens. Even the last man in Russia who I saw, Mr. Gasanov, came to see me on horseback at the age of 153. The women, in contrast, moved into the house, walked on flat surfaces, did not use their legs and had shorter

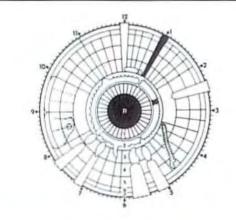
lives. Long life begins by forcing the blood uphill to make sure the brain is well fed through the contractive activities of the muscles of the legs.

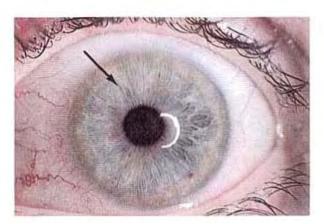
It was through the use of the Kneipp baths that I realized the value of taking care of the legs. When people use this bath, about the third day, they "complain" about their feet being warm for the first time they can remember when going to bed at night. Good circulation is imperative to good health, and especially in the foot areas.

We find that for the repair, upkeep and maintenance of the legs and overcoming most of this trouble, we need to take care of the liver, bowel, and all the elimination channels. We have to have good circulation and the highest blood count possible. The chemicals needed are calcium, sodium and iodine. Never forget Father Kneipp's "water cure." This work is to be used in other forms of treatment as well as for the legs and feet.

TEMPLE/FOREHEAD

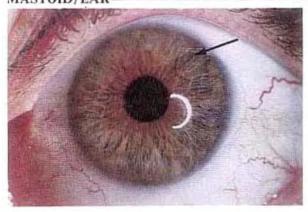


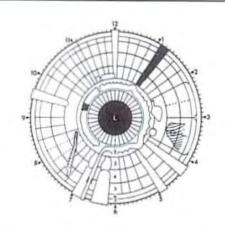


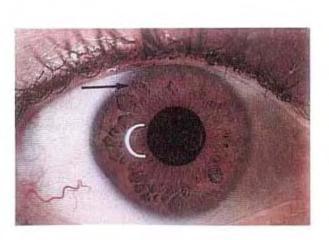


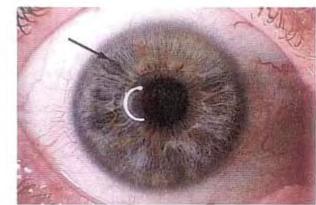


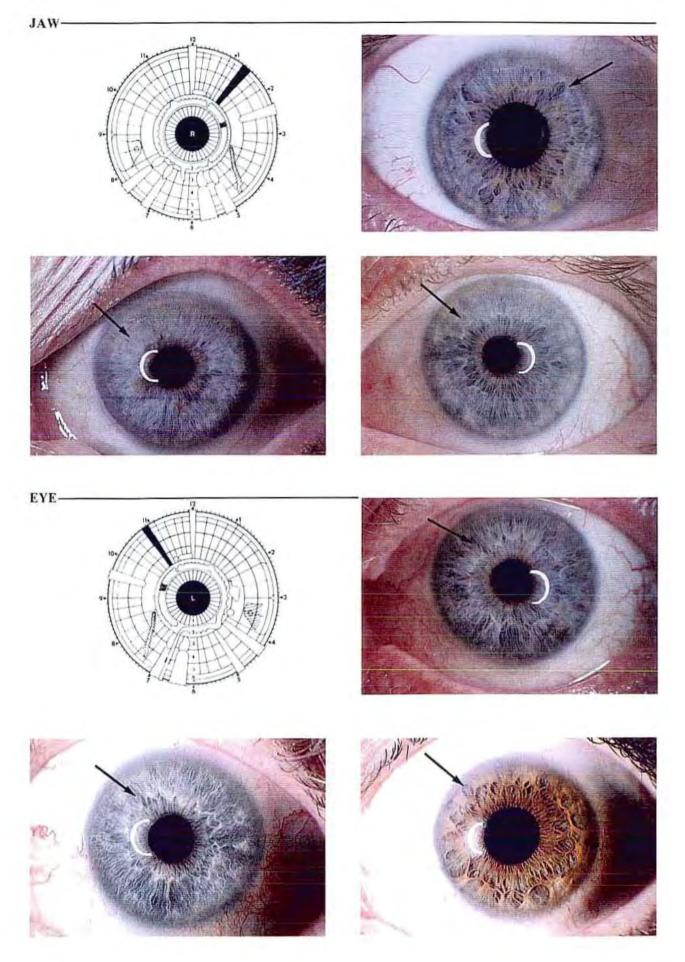
MASTOID/EAR-



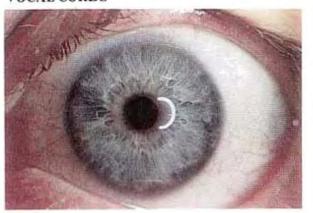


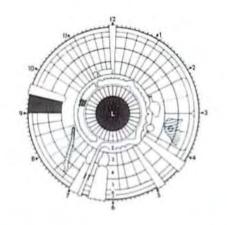


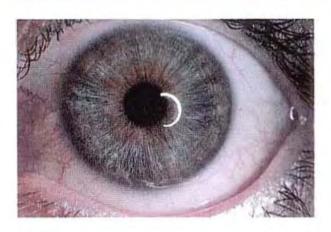


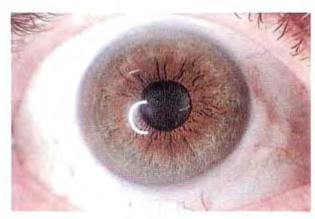


VOCAL CORDS



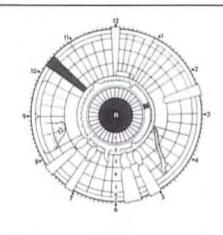


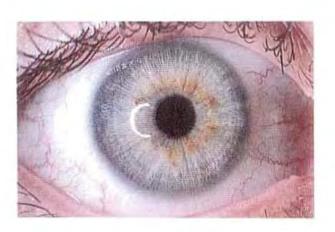




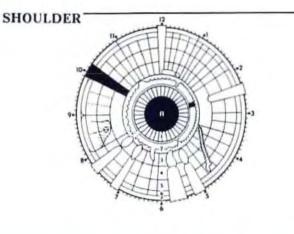
NECK.

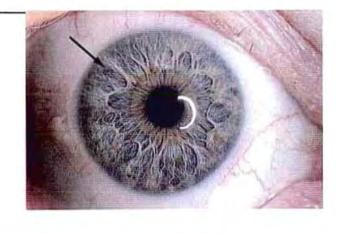


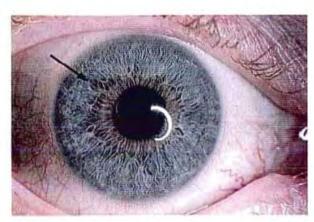


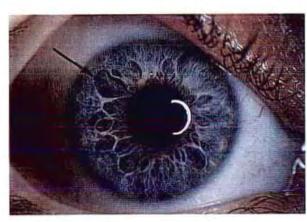


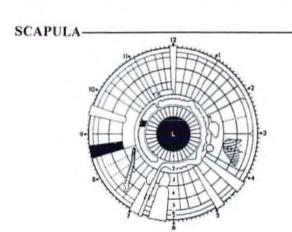


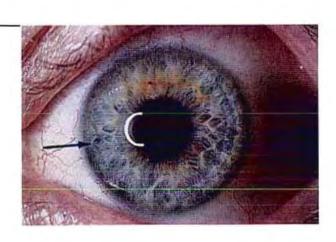


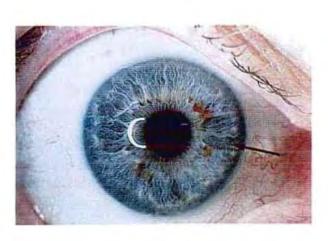


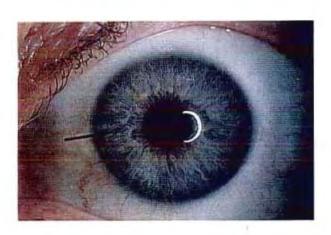




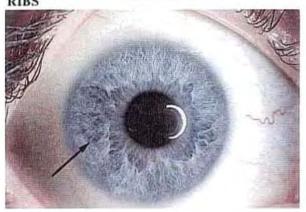


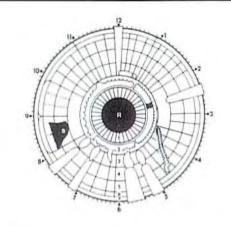


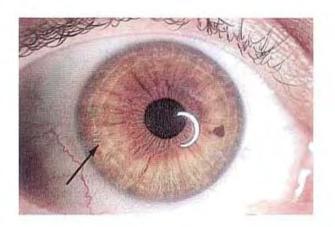


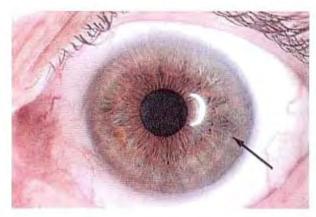


RIBS

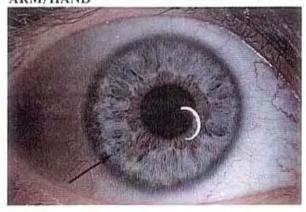


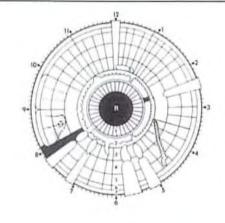


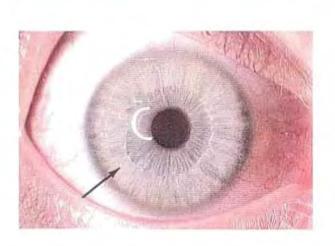


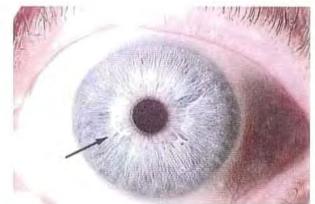


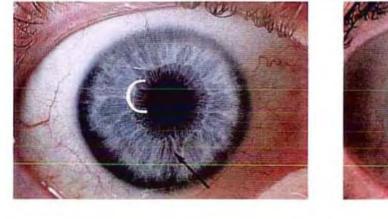
ARM/HAND

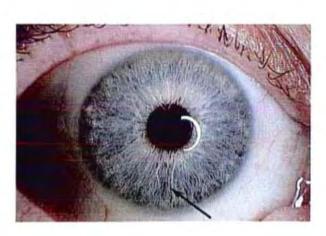


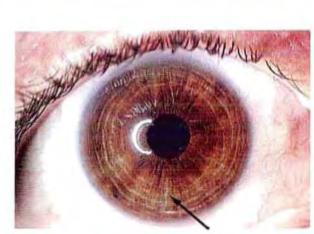


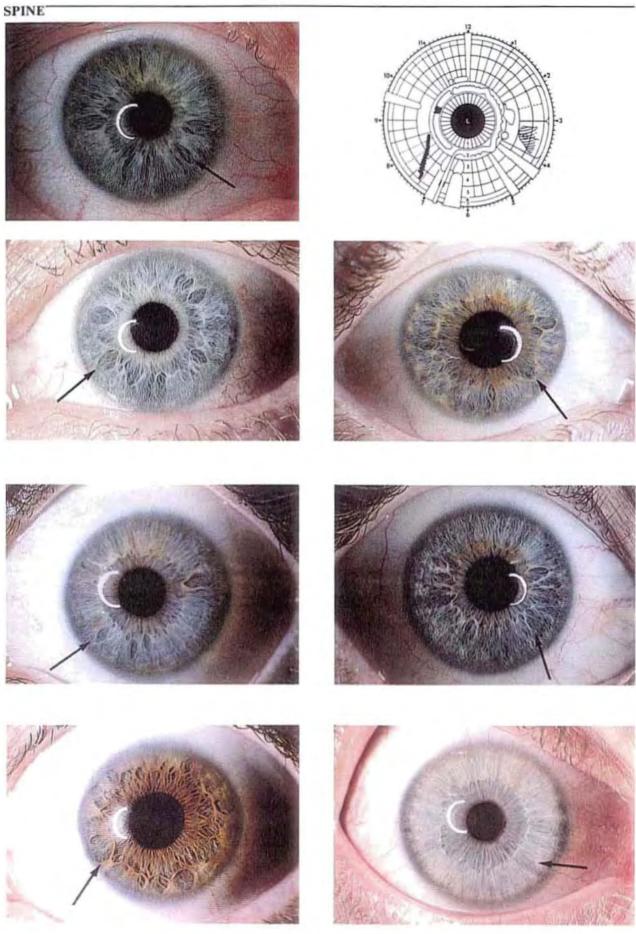


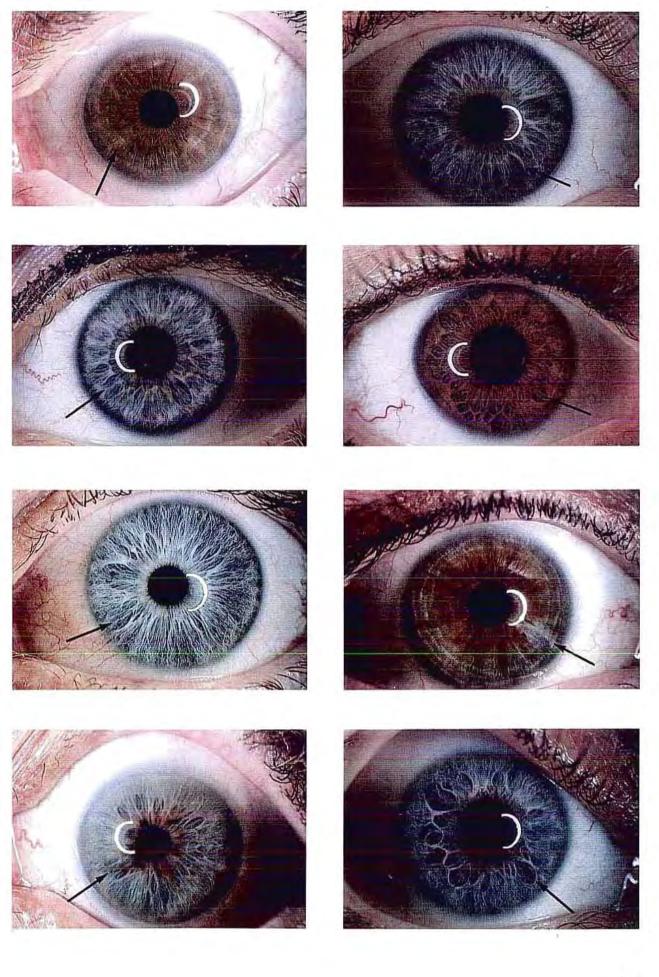


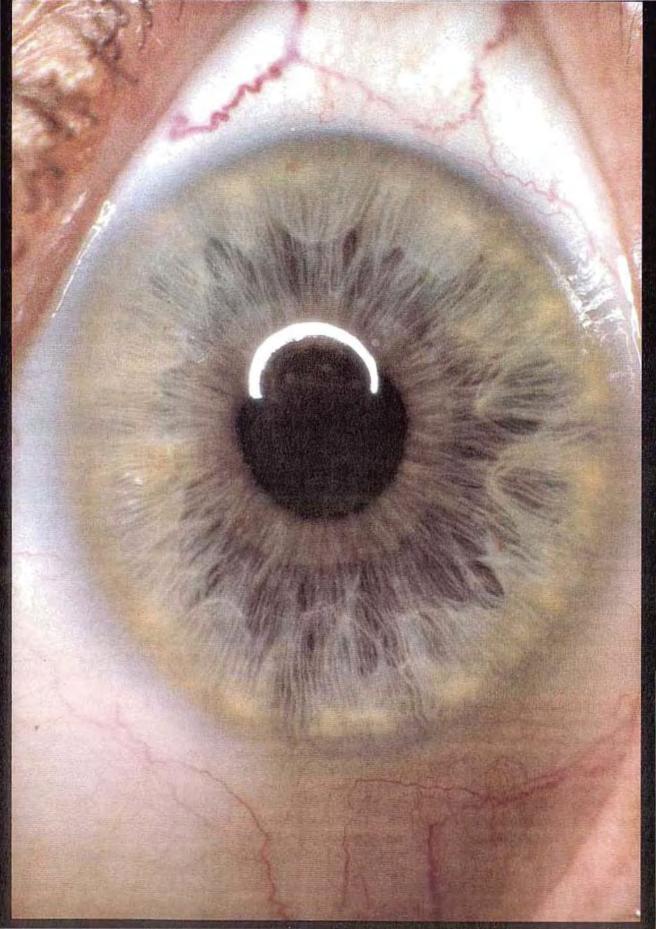












Manifesting conditions and symptoms

In this section, we will see how diseases are developed within the body. I will also reinforce the fact that in iridology we do not name disease; rather, we analyze the irides for identification of existing or potential problems.

Many factors contribute to the state of health. Likewise, there are many elements responsible for the manifestation of dis-ease. For example, there are mechanical breakdowns which can trigger chemical imbalances and these, in turn, generate nutritional deficiencies which trigger further mechanical problems. A prolapsus can be caused by fatigue, a lack of certain chemical elements or a combination of the two. Any tissue that is inherently weak cannot hold its chemical elements as well as it should.

We are able to see that diseases are made up of compound conditions. Asthma, for example, cannot exist unless a chronic catarrhal problem is present. Silicon is also lacking in this case. The elimination channels are weak and sluggish. More than anything else, the lymph system is in need of care. Venous congestion is involved. There is a chronic hyperacidity. These factors must be eliminated before any bronchial or respiratory problem will respond and get well.

When a lesion is apparent within the iris, it is a definite sign that the defense mechanism within the body is underactive. The nutritional elements essential to good health are missing. Until we replenish these elements and restore the chemical balance of the body, the organism will continue to fall prey to the ravages of disease.

Disease is the result of the accumulation of toxic materials in the body which have settled in inherently weak areas and are often aggravated by mechanical pressures. Manifestations of these conditions can be in the form of spinal aberrations, cysts, tumors or prolapses, all of which have developed over a period of years.

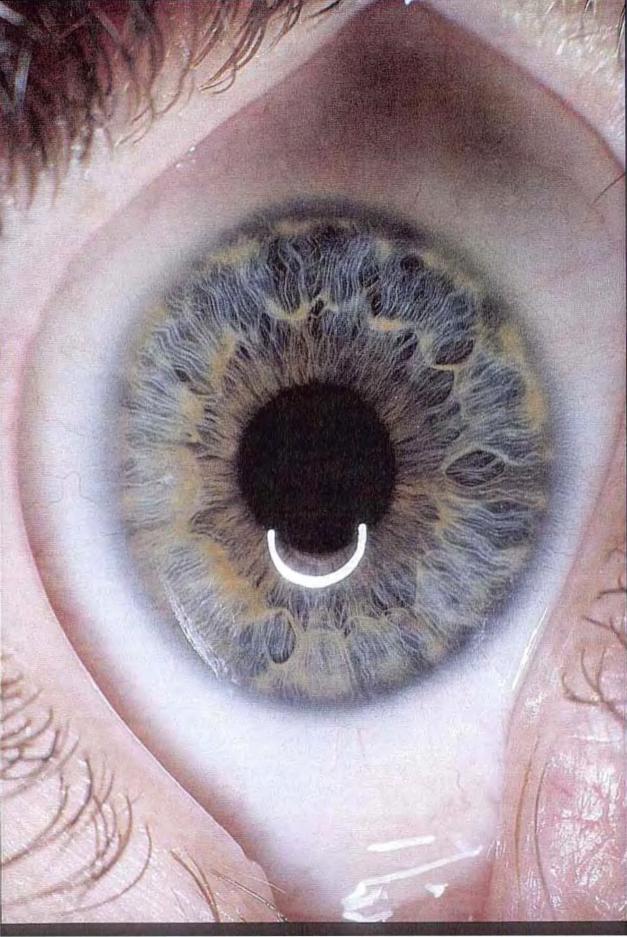
In this section, we will look at the brain and investigate personological traits. Disease can manifest when there is a greater demand placed upon important mental faculties than a person is capable of carrying. Habitual thought patterns can and do alter our state of health in ways we are only beginning to realize. Understanding how and why certain mental traits develop is essential to the adjustment and control of our level of wellness.

Every disease is affected by inheritance and environmental influences. Our genetic blueprint can predetermine which areas of our body are the weakest, those areas which will break down the quickest when exposed to environmental stress. Ironically, these weaknesses are the "foundation" on which we build disease. It is imperative to be aware of these "weak links" so we may tailor our environment and lifestyle habits to support and

nourish, rather than aggravate them.

The integrity of the nervous system is one of the most vital aspects of health maintenance. When the nerves are affected, every organ in the body is affected. This is why such emphasis is placed on the nervous system in the science of Iridology. It is the master communication network of the body, without which life itself would be devoid of meaning.

Many troublesome conditions have been remedied without ever knowing what "disease" the person was developing. There is no need to be a waiting-room patient before disease-creating conditions can be eliminated. Perhaps we are getting to the place where it is recognized that medicating is not the complete answer in treating disease. There is a possibility that in the next century the alternative, wholistic therapies will take their rightful place in the correction of disease. Perhaps we will see the emphasis shift to education instead of medication, and disease prevention will become a way of life.



one



"When the great finals come, each one will be asked five questions: First: What did you accomplish in the world with the power that God gave you? Second: How did you help your neighbor and what did you do for those in need? Third: What did you do to serve God? Fourth: What did you leave in the world that was worthwhile when you came from it? Fifth: What did you bring into this new world which will be of use here?"

-J. Stanley Durkee

How we build a dis-ease

In Western medicine, the concept of disease is used to describe the end result of complex processes which result in one or more usually distressing symptoms in the human body. Diseases are labeled with names and categorized, presumably to allow for quick, standardized diagnoses and treatments. A troublesome organ may be surgically removed, but the patient is seldom told that each operation may reduce his lifespan by five to ten years. Treatment is designed to get rid of symptoms, and the patient is assumed to be well as soon as he can return to his usual way of life.

The problem is, 90% of the patient is on the other end of any disease. We can't simply treat the disease and neglect that 90% of the individual without taking the risk of overlooking the source of the problem. If we don't get to the root of the disease, it will come back in another form.

A symptom is the end result of something that has happened inside the body. The important question is, what has been going on to cause that symptom? How do we build a dis-ease?

When a patient comes in with a serious case of acne, an examination of that person's skin will not reveal the cause of the problem. If we could say that acne was always caused by poor bowel habits, a nerve condition or a glandular malfunction, we would have it made, so to speak. But it isn't that simple.

In my view, it is the height of folly to suppose that by being able to name the condition as "acne," we are suddenly and magically endowed with the ability to effectively treat that condition. The same goes for other diseases. Whether we can spout off a list of diseases or not has nothing to do with whether we are capable of assisting a patient with his problem.

To be able to effectively assist any patient in recovering health, we need to know how an abnormal condition develops in the body and we need some means of evaluating the state of the various organs and physiological processes which are contributing to the problem. Then we are in a position to help the patient do something about it.

The term etiology refers to the origin of a disease. Western medicine has elected to trace the etiology of particular disease states to microorganisms such as bacteria and viruses, only rarely attributing an etiological status directly to imbalance of homeostasis in the human body. In iridology, etiology of so-called disease states is related directly to violations of tissue integrity due to overloads of metabolic or other toxic wastes, excess acidity in the body, nutrient deficiencies and other sources of imbalanced homeostasis, most frequently in relation to inherent weaknesses or congenital anomalies which require special care.

Iridology cannot diagnose a disease, but it can give us a very useful overall picture of what is going on inside a person's body, how the different organs and systems are interacting. We can tell whether anemia or poor circulation may be contributing to the problem. We can compare organs with one another and tell which ones are metabolically overactive or underactive with respect to others. We can tell when nerves are contributing to an abnormal condition in some organ, or whether a generally acidic condition throughout the body is causing problems. We can tell whether one kidney is underactive or both are underactive. We may, at times, notice that the right lobe of the thyroid gland is hyperactive, while the left lobe is hypoactive, when a lab test has indicated that thyroid function is normal for that patient. We can see at a glance where the person's inherent strengths and weaknesses are. Iridology gives a relatively detailed overview of the state of health of the individual person. From what we see in the irides, we can often surmise with a high degree of accuracy where the problem came from and what a particular person's living habits have been.

Disease doesn't come about overnight. Our bodies mold to the kind of lives we live, for better or for worse. Although I have specialized in nutrition, I don't believe food is the whole story, and experience has shown me that different individuals are designed for different foods, different lifestyles-and even different climates in certain cases. A highly sensitive person can eat the healthiest possible food and still experience a breakdown of health in a nervewracking urban environment. An ambitious, talented person may live in a quiet, slow-moving rural area, eat nutritious food and still experience loss of health from the lack of challenge in life. This person might thrive in the "nerve-wracking" environment that meant disaster to the other one. A missionary may thrive in a tropical climate while his wife experiences all kinds of health problems.

While I believe that improper or inadequate nutrition is at the root of many health problems, I want to emphasize that experience itself is a kind of "food" that we take in each day, and it, too, either nourishes us or causes trouble as far as health is concerned. There are those who need beauty and color around them to live healthy lives. What their eyes take in is important to them. There are others who need to be periodically refreshed by beautiful music. Deprive one of beautiful surroundings, the other of beautiful music, and they become depressed, perhaps without understanding why.

Let's look at a hypothetical case of building a disease, and at the end of the chapter we will examine some actual cases, presenting pictures of their irides to illustrate each condition.

In the first case, let us suppose that a sensitive child is being raised by parents who quarrel frequently with one another. The child has inherited his sensitivity, as well as a weak lung and bronchial structure, from the grandmother on his mother's side. He catches colds frequently, which his mother treats with the usual drugstore symptom suppressant medicine. At the same time, the child responds to his parents' arguments by developing nervous constipation. Since the parents do not think about inquiring into the child's bowel habits (as many parents do not), they are unaware that the child is having only one bowel movement every three days. As the years go by, the drugstore cold remedies leave a toxic residue in the body which settles in the inherently weak organs, the constipation becomes chronic, and toxic wastes begin filtering from the bowel to build up in the lung and bronchial structures. At this point, the child begins to graduate from simple colds to bronchial colds and flu. By the time he is in his teens, he develops several full-blown allergies and gets sick at the slightest exposure to cold or damp weather, certain foods and a few of the local pollens.

We might stop at this point to mention that several things are happening in this person's body. His bowel is now chronically underactive, allowing toxic materials to seep through the bowel wall, back into his bloodstream. Catarrhal settlements resulting from the use of suppressant drugs are settled in various organs, causing them to be underactive. The toxins from the blood are accumulating in the inherently weak organs, mainly the lungs and bronchial tubes. Hampered by accumulating catarrh, the lungs and bronchial tubes have become underactive and incapable of the normal process of adapting to cold and damp weather, or expelling pollens, house dust or other air-borne substances. Allergy or asthma attacks represent the body's desperate but increasingly ineffective attempts to rid itself of catarrh and foreign substances, attempts which are further handicapped when strong suppressant medications are taken. The adrenal glands, from constant responses to allergic and asthmatic symptoms (constriction of blood vessels and bronchi) are rapidly becoming exhausted, incapable of secreting the needed amounts of adrenaline and cortisone. The lymph system has become overloaded, a condition complicated by the fact that the body is not getting enough exercise (due to poor health and breathing difficulties during physical exertion). His body has become acidic due to catarrhal and toxic buildup, and his acid stomach cannot digest proteins as well as it should.

The beginning stage of any disease gives rise to a catarrhal condition. When catarrh is suppressed, held in the body in the form of a dry settlement, the organs and tissues in which the settlement takes place become even more weak and hypoactive than before, leading to the chronic and degenerative stages. Other inherent weaknesses in the body contribute to this process of building a disease and it is insufficient to treat only the particular organ showing symptoms. To assist that organ, we have to raise the level of health in the whole body through nutrition, exercise and other forms of supportive treatment such as chiropractic, psychotherapy and mechanical methods.

At this point we will stop, excepting to offer a few possible projections for this boy's future. He is in the process of building a disease. He may throw off the asthma and allergies when he reaches the end of his teens, as sometimes happens. If he does not, the asthma may grow chronic, then develop into emphysema in his later years. If he does throw it off, he is still stuck with an acidic body, poor digestion, a toxic bowel, lymphatic congestion, old dried catarrh in his lungs and bronchial tubes, depleted adrenals and drug settlements in his inherently weak organs (which slow down organ metabolism). A body in such a weakened and toxic state is vulnerable to many possible diseases-arthritis, kidney disease, hypoglycemia or diabetes (depending on diet), cancer-the list is virtually endless. But we also have to take into account some open questions about this boy's future. What path of life will be chosen? What will his nutritional habits be like? Will he marry wisely or foolishly? Will he get a job or enter a career compatible with his basic psychological and physiological makeup or in conflict with it? All these things and more will contribute to his state of health or dis-ease.

Every infant is born into this world with a unique genetic inheritance-a certain constitutional makeup, a certain combination of inherent strengths and weaknesses, both physical and mental. This uniqueness shows up in the irides in the fiber structure, iris signs and so forth. During the years of a child's upbringing, he is more or less molded to fit into a family structure and way of life determined by his parents, school teachers, relatives and other early social environmental influences. If the child's upbringing is in harmony with his physical and psychological makeup, he will be off to a healthy start in life as he approaches adulthood. If not, he will face many problems. In our society-as in most societies-we are not taught to raise children according to right principles of living. Instead, child rearing is done on a more or less trial-and-error basis, often with many trials and many errors. There is a right way of life for each human being born in his world, but it is not always easy to find. There are

many wrong paths leading to dis-harmony and disease, and they are very easy to find.

In the case history example presented earlier, we would have started from the standpoint of the nervous system, showing how poor innervation to one or more organs can lead to building a disease. Or, we could have focused on nutrition, demonstrating how inadequate nutritional habits can build a disease. It would have been possible to take stress as our starting point and to show how the pressures and conflicts of work, marriage and other aspects of modern living can tear a person's health to shreds. Resentment, hate, anger and unforgiveness are far more dangerous to health than the germ life and viruses that we assume are etiological agents formany health problems.

As we get into iridology more, we find it is not always what we eat that counts, it is what we are able to digest. Similarly, it is not always what we experience in life that counts, but how we respond to that experience. Sometimes we cannot do the things we love to do—but we can learn to love the things we have to do.

Health has its mental and physical aspects, each giving rise to the other, just like the chicken and egg story. We cannot really say which comes first. We may need a spinal adjustment to improve innervation but we also need to adjust our attitudes. We may need to change our nutritional intake to compensate for a digestive problem but we also need to resolve conflicts in our marriage. We may need to take up jogging to reduce the effect of stress in our life and we may need to quit our job at Ulcers, Inc. to find something more suitable. We may need to seek a new standard of living, but let's also change the standard by which we analyze and treat other people. By expanding our vision and opening to a new way of life, we can restore wholeness to ourselves. Quite possibly, in this way, any so-called disease we have will disappear.

I am convinced that iridology is a wonderful science, but there are many things iridology cannot do. Some iridologists presume to tell their patients that they have aluminum poisoning, read too much under fluorescent lights, drink too much beer, smoke too much. Some pretend to see in the irides the number of gallstones a person has. Others assert they can tell if a woman is pregnant—and even whether the baby will be a boy or a girl. In my opinion, such presumptions are not only preposterous but a disservice to the science of iridology. A little knowledge can be a dangerous thing.

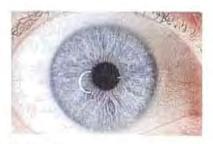
It takes a great deal of study, practice and application to become adept at analyzing the irides and at advising patients wisely. Let us not fool ourselves or anyone else. We cannot look at a patient's nerve rings and say that divorce is the only solution. We cannot look into the eyes of a patient who has attempted suicide and identify the drug they have just ingested. We cannot know for certain what has caused a patient's irides to appear murky—it may be a combination of aluminum, caffeine, nicotine, vegetable sprays and food additives or it may be due to an accumulation of acids. We can easily guess that a patient over 40 has gallstones, but then 95 percent of people that age or over in Western civilized countries do have them. Let's leave this sort of thing alone and stick to what iridology can do well.

We build health in the reverse manner in which we build disease (Hering's law of cure). We have to learn how to build good health. It isn't a gift. It isn't luck. It isn't an accident of fate and it doesn't come in a pill. Health is a right way of living, and we have to learn it before we can live it. There are some people who will always be vulnerable in certain inherently weak areas of the body, and they must be taught to take care of those areas. We find some who are subject to back trouble, some who are subject to kidney trouble, some who are subject to bronchial trouble. These weak areas are where toxic material tends to migrate and settle, and we also find that weak organs cannot hold biochemical nutrients well. So, the patient must learn ways of keeping those organs clean and well nourished. If we take care of the weak organs and live right, the stronger organs will take care of themselves.

The following iris studies will demonstrate the concepts that have been put forward in this chapter. These irides are taken from our case history files. The content has been reduced to the bare essentials in order to make my point clear.



Acute low back pain; drug accumulations



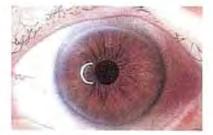
Right ankle swollen; heavy bronchial catarrh



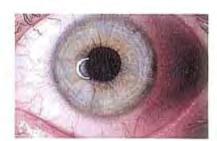
Excessive gas causing left chest pressure



Nervous skin rash; bladder irritation



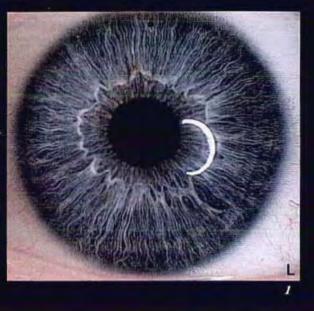
Chronic sinus headache, incomplete bowel movements.



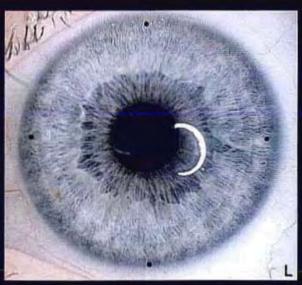
Frequent urination; heavy catarrh

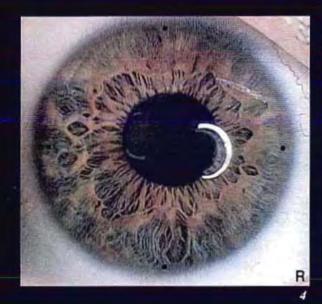
In the practice of iridology, it is well to ascertain the patient's main complaint and then to analyze the inherent weaknesses, toxic accumulations, congestions, etc., that contribute to the imbalance. Iridology analysis can bring to light the often subclinical conditions that influence the health level of the body.

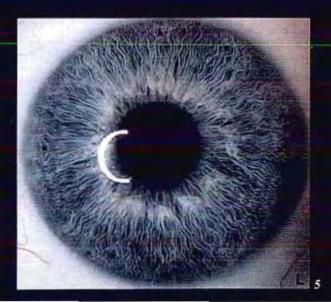
In the following photographs, we note the patient's main complaint (MC), then list the contributing factors (CF) which have influenced the condition as can be seen from the iridology standpoint.











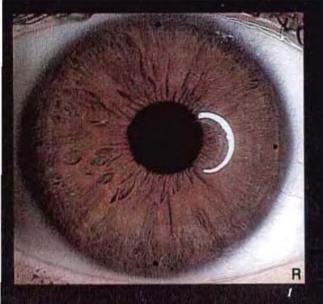
l. MC: Constant backache. CF: Lack of calcium, kidney disturbance, bowel pockets, respiratory troubles, underactive thyroid, underacid stomach.

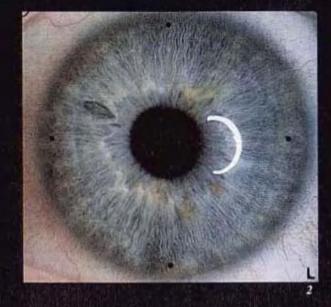
 MC: Bronchial catarrh. CF: Butterfly bowel lesion, weak kidney, heavy lymphatic congestion, poor skin elimination (scurf rim), heavy catarrh throughout body.

 MC: Excessive gas and joint disturbances. CF: Pocketed bowel, lack of sodium in stomach wall, lack of HCl, acid eye, anemia.

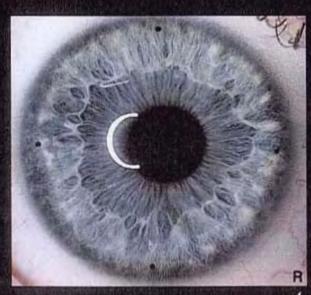
 MC: Persistent fatigue. CF: Underactive thyroid, adrenal gland weakness, poor oxygenation, underactive respiratory tract.

 MC: Collits. CF: Nerve depletion, underactive thyroid, large inherent weakness in bowel, kidney weakness, underactive medulla, lack of calcium.









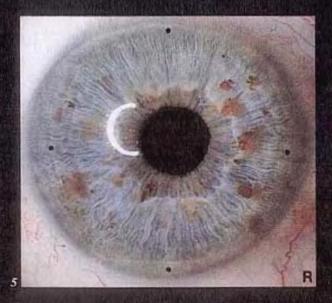
 MC: Irregular menses. CF: Inherent weakness in pancreas, sluggish gallbladder, bowel pockets, toxic animation in life center, nerve depletion.

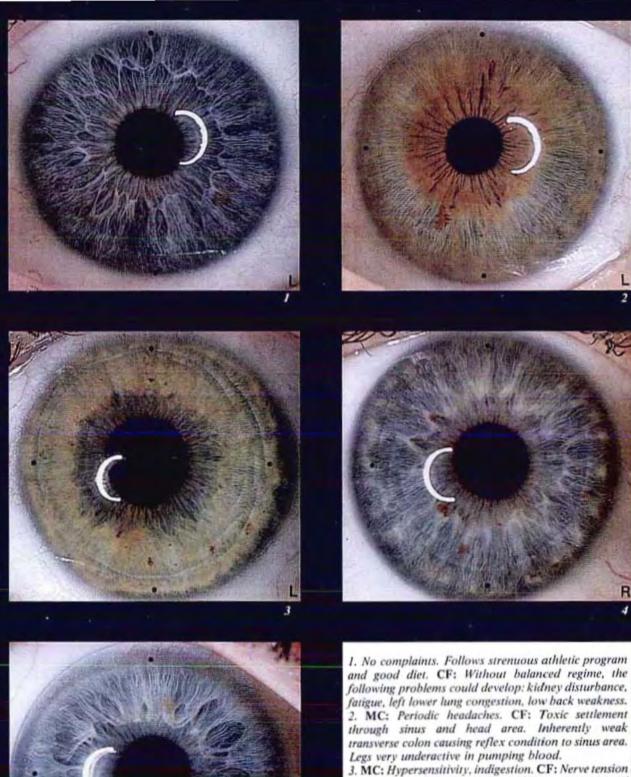
 MC: Nervous. CF: Tonsillectomy, kidney weakness, nerve tension, brain anemia, bowel pockets, lymphatic congestion.

 MC: Low blood pressure. CF: Adrenal gland weakness, respiratory organs underactive, lack of oxygen, not holding calcium well (as indicated by scapula and spinal lesion); prolapsus; pressure on lower abdominal organs. Lymphatic congestion.

4. MC: Dry skin. Excessive catarrh. CF: Lymphatic congestion. underactive thyroid; lack of silicon; imbalanced diet; respiratory system inherently weak.

 MC: Lacks concentration; cold hands and feet. CF: Nerve depletion, animation in life center underactive; anemia in extremities; hardening of arteries; extreme acidity; inherently weak thyroid; pancreas weakness.





Legs very underactive in pumping blood.

3. MC: Hypersensitivity, indigestion. CF: Nerve tension through stomach area. Nerve depletion. Extreme acid and catarrhal eye. Poor skin elimination. Predominance of bowel pockets.

4. MC: Propobial experts. CF: Lymphatic congestion.

 MC: Bronchial catarrh. CF: Lymphatic congestion, poor elimination through skin, kidneys, lungs and bowel.

 MC: Gallstones. CF: Extreme acidity, anemia in extremities, brain anemia, poor calcium-sodium balance, lack of oxygen, poor circulation. As we look to the manifesting of disease and see what has caused all the many diseases, we recognize that we must take care of the whole body. This is why specialists are failing today to remove disease. Specialists take care of the individual discharge, the individual pain, ache or problem found in one part of the body. We find that as we take care of the whole body and build the health level, these conditions begin to leave.

When you are lacking calcium in any one organ, you are lacking calcium all over. If the weakest organ in your body cannot hold the calcium (such as the spinal area or the leg area), it will draw what calcium it can from the other organs.

If the circulation is not up to par, if the arteries are hard, if there is an anemic, toxic, sluggish condition and the venous drainage is poor, the muscles are flab by. If the medulla motivation is poor, if the sex and mental centers are depleted and the

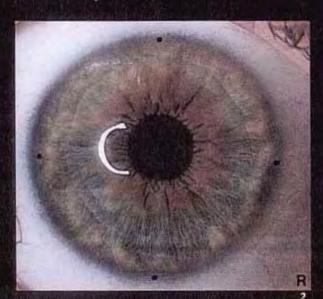
inherent mental centers are chemically poor, then the whole body is affected by each of these and each and every one of these must be attended to in order for disease to leave the body. We must take care of the whole body so the health level can be raised and the whole body can work as a unit.

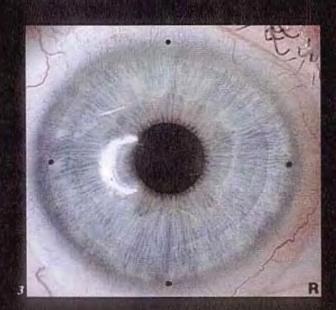
The greatest response in the body, of course, comes through the nutritional side, but we cannot forget the mechanical side; reflex therapy which takes in all of the treatment ideas of today. Any one alone will not do the job. We find that it takes the combined efforts of the wholistic healing arts in order to bring perfect health to the person seeking this new good health. Iridology shows the unity of the whole organism working together.

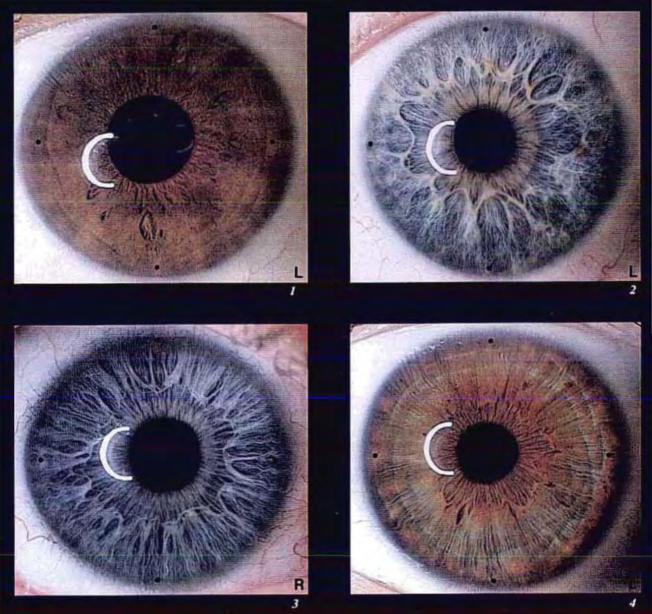
On the following pages, you will be given the main complaints and you must use your skills in iridology to analyze the many factors which contribute to the problem. The mylar grid will be useful in this process.

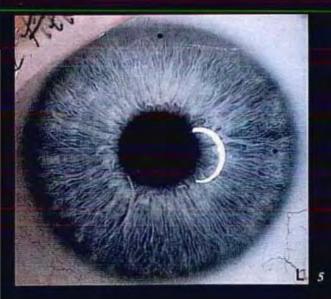


- Rheumatism for 27 years, breast tumors removed (both sides), right knee and left hip replaced.
- 2. Itching skin, stress, colon problems.
- 3. Skin rash on arms.



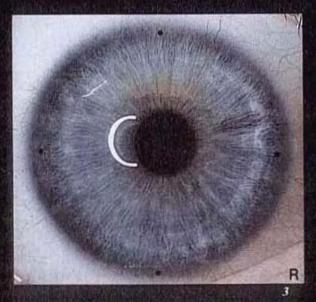






- 1. Rheumatic fever, heart attacks.
- 2. Heart trouble.
- 3. Fatigue, halitosis.
- 4. Neck troubles, ringing in ears.
- 5. Osteoporosis of feet and spine, calcification of blood vessels.

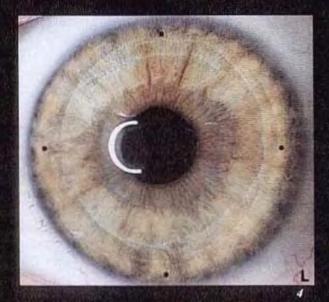


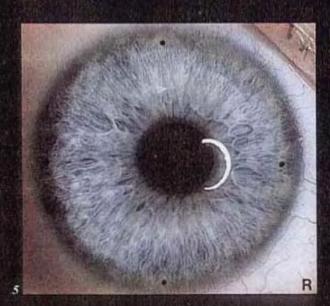


- 1. Sinus congestion, nervous tension, hypoglycemia.
- 2. Bronchial weakness.
- 3. Serum hepatitis.
- 4. Heart symptoms.
- 5. Pneumonia.

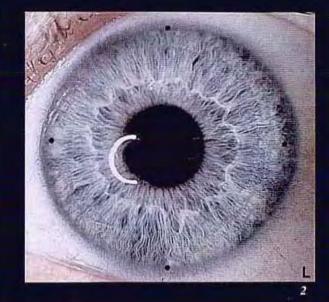
The small arrows which appear on the mylar grids are to be lined up evenly on all sides with the dots which appear on the iris photos. This will ensure the most accurate placement of the iris grids, which is necessary for the correct identification of the organ areas.

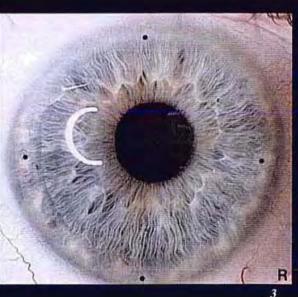




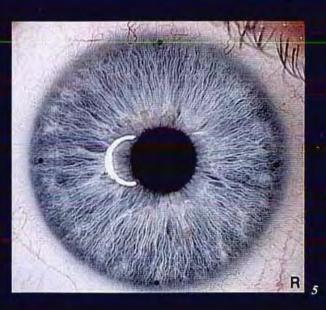






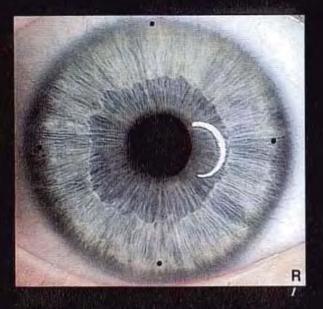


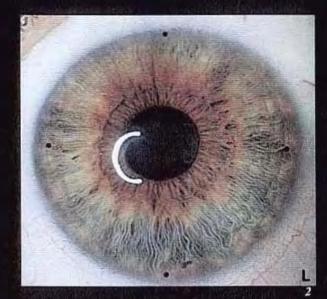


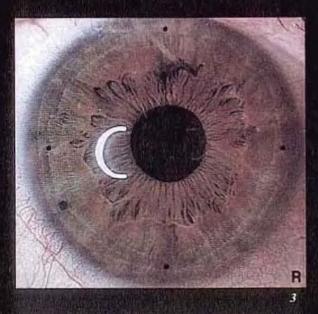


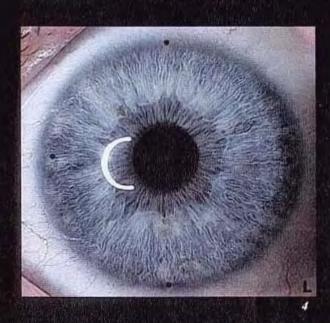
- 1. Hypoglycemia.
- Endometriosis, high blood pressure, arthritis in right leg.
- 3. Gallbladder.
- 4. Sinus disturbance, worm infestation.
- 5. Cervical fusion.

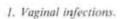
We have included R and L notations to aid in determining the correct grid to use. When using grids over eyes which have not been identified, watch for the position of the pupil, which is usually displaced slightly upward and toward the nose. However, it is never the same in each eye. If the pupil is closer to the right side of the photo, it is the right eye and vice versa. Also, when the nasal canthus is visible on the left side of the photo, it indicates the left eye. When the nasal canthus is visible on the right, it indicates the right eye.



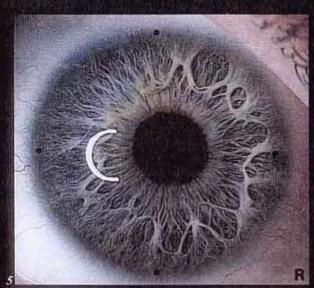


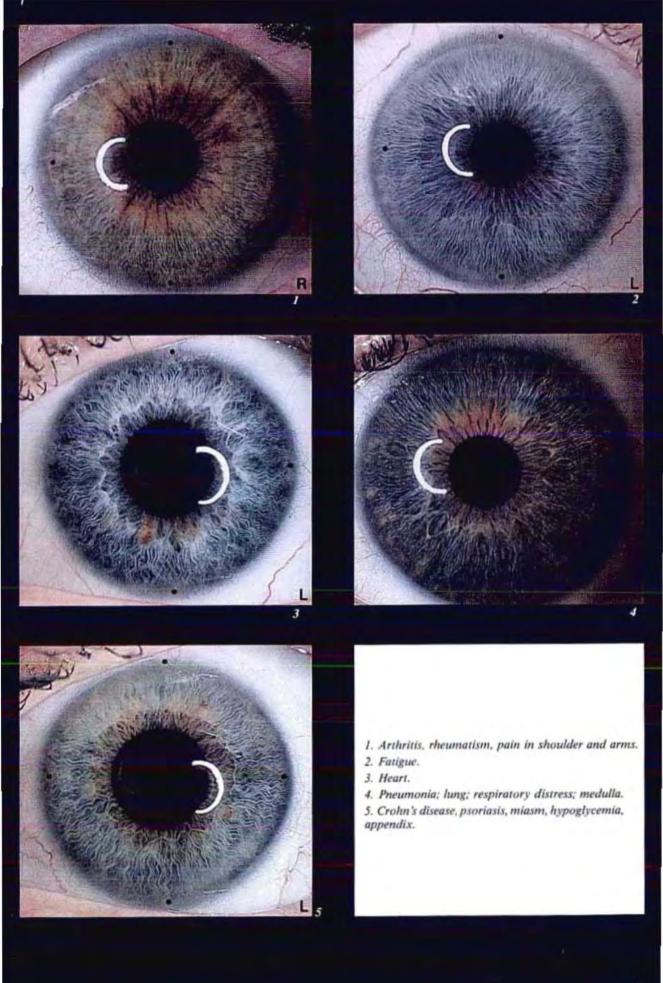


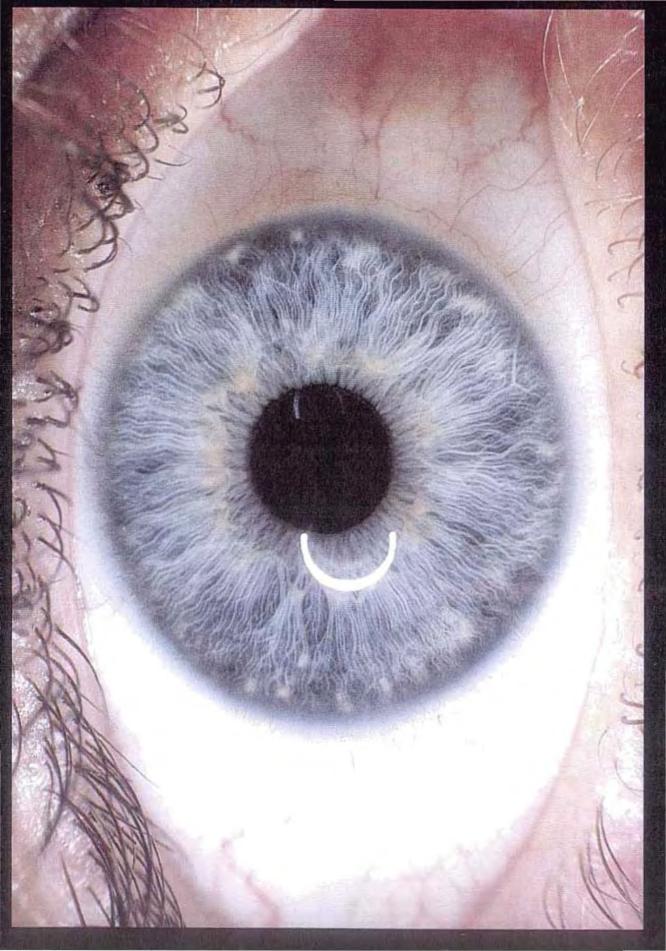




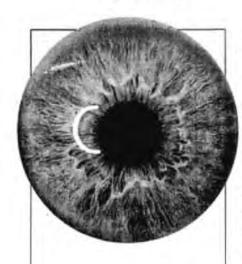
- 2. Spastic colon; kidney and digestive problems.
- 3. Muscular dystrophy, duodenal ulcer.
- 4. Bone infection
- 5. Visual problems.







two



"The face is a natural trinity, the eyes representing the spiritual power which comprehends; nostrils representing the preservative and vivifying power; the mouth and ears representing the material Demiurgic power of the lower world."

-Manly P. Hall

"The first sphere is eternally existent and is creative; the second sphere pertains to the mystery of the creative breath; the third sphere to the creative world."

-Manly P. Hall

Subclinical manifestations: a doctor's dilemma

Many people have come to me over the years who have left doctors' offices in frustration after being told that nothing could be found wrong with them. They still suffered with pains, aches, joint problems, muscle problems and other conditions that medical tests could not identify or discover causes for. I term these "subclinical problems."

We find that Western medicine is unable to make an accurate diagnosis of these subclinical problems. Many diseases classified by Western medicine cannot be detected by examination, laboratory tests, X-rays or other diagnostic procedures until tissue damage has reached an advanced stage. From an iridology standpoint, subclinical symptoms nearly always emerge from a chronic condition that has become deep-seated within the body. Chronic conditions always begin with acute conditions, such as colic, skin troubles, colds, flu, infections and discharges from different parts of the body which were experienced during the childhood years. They develop as the result of symptoms that have been suppressed—catarrhal eliminations not allowed to run their full course.

When a condition has become chronically settled in any part of the body, there is no pain whatsoever, and there are no discharges or other symptomatic effects. There are no fevers, no heat; it is latent, static, immobile. In many instances, we find an encapsulated condition such as a tumor or cyst, and frequently, these areas harbor and produce low-grade infections.

When a low-grade infection develops, toxic material is absorbed into the body again. As these toxins move into other portions of the body that are inherently weak, acute symptoms develop in those areas. These are the acute conditions we find at the ages of 20, 30 and 40. Bursitis, inflammation of the eyelilds, discharging ears, allergic conditions, hay fever discharges and migraine headaches are a few of the symptoms experienced. Unfortunately, when these symptoms are suppressed, we are on the way to creating a more deep-seated chronic condition. We are symptom treaters, pain relievers, purveyors of the one-hour cure, but we are still not correcting the original condition.

Knowledge of the cause of inflammation is a basic requirement to the restoration of health. Hours and hours can be wasted pursuing the myriad of symptoms, leaving the original problem to surface again and again. To find sugar in the urine is not enough. To find uric acid or creatinine merely shows us that there is an imbalance, it doesn't tell us the cause of the imbalance. Pain is set up by nature to inform us that something is amiss. Instead of heeding its warning, we do our best to silence it. If an organ hurts, we cut it out, leaving the cause to manifest in another organ later. Iridology pinpoints the original cause of the inflammation, allowing us to eliminate it. When the first cause of disease is known and removed, symptoms cease to be produced.

The only way we can break into those chronic conditions that are lying latent in the body is by way of a healing crisis, a reversal of the disease process in the direct order as we have built the disease in the body. This is the path indicated by Hering's law of cure.

We have created asthma and other chronic conditions, but we find that we reverse, retrace, and get rid of these conditions as we start to live correctly and start to feed the proper chemical elements to the body. This does not mean that we obtain instant health. Many times, in fact, the symptoms leave slowly. This is because they are dependent on the removal of the chronic condition which, usually, is a concentrated catarrhal and toxic settlement. These settlements must be changed back into liquid form before we can develop an elimination or an acutely active condition again,

One of the functions of catarrh is to carry off the heavy metals and to drain away the drugs and other unfavorable chemicals in the body. It is only through the drainage of these chronic catarrhal conditions that we will finally get rid of the acute aches and pains that we experience. This is the basis of the true natural healing art as can be proven through the application of Hering's law of cure. It is a matter of taking care of these acute conditions by applying the principles of the science of nutrition and of supplying those elements that are needed by the organs harboring the chronic conditions. This encourages those organs to become active again, eliminating the accumulated waste.

Often, the drugs used to treat symptoms become the cause of many more symptoms or side effects in the body, making an accurate diagnosis increasingly more difficult. These drugs can accumulate in the body, "going underground," so to speak, until a certain toxicity level is reached, then erupting into a new form of dis-ease. Many people have been diagnosed from the symptoms produced from these accumulations, while the primary cause of the disturbance remains unknown.

It is impossible for us to continue treating the pains, aches and other symptoms of the body without first going after the chronic settlements in the body. No disease is truly corrected without the removal of these chronic settlements. Possibly this is the reason for the thought expressed by the medical profession, "one operation always leads to another."

When we see chronic lesions in the iris of the eye and know they have developed over a long period of time, we know that the doctor should have been watching this and not allowing it to happen or to become ingrained. Here is where the doctor should become an educator, teaching a patient how to live correctly. He should be teaching preventive medicine to keep chronic lesions from developing.

The nation's medical bill is reaching astronomical proportions. In 1929, the national health care expense was \$3.5 billion; in 1940, it was \$3.8 billion; by the 1970s, it has reached \$140 billion. Dr. Bruce Douglas, Chairman of the Department of Preventive Medicine at the Mayo Clinic has stated, "It is being said that even if we are able to double our annual outlay for health care...to \$280 billion, we probably would not even dent the health status of the American people in a significant way. We must figure out a way to keep people healthy and not let them get into trouble...The health of the American people is far from what it ought to be and what it could be." The President of the American Medical Association, Dr. Hoyt D. Gardner, pinpointed part of the problem when he noted, "America medically suffers more from affluence-and consequent self-indulgencethan from poverty." From my own experience, I would add that ignorance is the greatest enemy of good health. The American people have not been taught how to live right.

Iridology is the master science in the detection of subclinical conditions in the body. It is a vital part of the wholistic healing art in that it is non-invasive, yet can indicate the state of activity within an organ. Once the undesirable, hypoactive conditions have been eliminated from the body, the tissue changes can be observed in the iris.

We hear constantly how patients have had many tests in hospitals without successful diagnosis of their problems. One California politician died after being hospitalized for testing to determine the cause of his chest pains. His doctor ruled out the possibility of a heart attack from the test results, but the very next day he died—of a heart attack. The reason for his chest pains were never discovered by allopathic analysis.

A top New York model went to the doctor because of shoulder pains. He recommended a tranquilizer—saying it was all in her mind—but the pains persisted. Then a diagnosis of pleurisy was given and more drugs were prescribed, to no avail. Blood clots were discovered, and a hysterectomy was performed. One of the blood clots lodged in her heart, requiring open heart surgery. When the pathologist examined the clot tissue he discovered cancer. This was over two years from the time her trouble began, with much valuable time wasted treating conditions she did not have. It was found

that the deadly cancer could have been diagnosed with a simple urine test, as was attested to by doctors handling the case. This example illustrates the "run around" that is common when symptomology is used as the basis for diagnosis.

It is through iridology that the location of subclinical conditions can be found, and the subsequent tissue changes that follow nutritional supplementation can be verified. Many lab tests, even X-rays, are inadequate to aid in the correct analysis of these conditions. These subclinical conditions are not always found to be growths, but are integral parts of the tissue, part of the inherent structure and, therefore, often mistaken as "normal."

Western medicine is only beginning to understand the link between acute subclinical problems and the later emergence of some full-blown disease. As an example, researchers have discovered a defect in the immune system of rheumatoid arthritis patients that connects the development of this disease with a common virus which also causes infectious mononucleosis. Rheumatoid arthritis affects nearly 7 million Americans.

Iridology is invaluable in analyzing the manner in which a chronic condition in one organ can give rise to an acute condition in another organ. Toxins migrate from one inherent weakness to another via the bloodstream, producing low-grade infections in the organs where they settle. As the various lesions develop, a physical examination will display few, if any, signs or symptoms of illness. Symptoms may develop, however, that neither patient nor doctor can interpret.

Iridology gives an overall view of all the inherent weaknesses in the body, enabling one to develop an effective strategy for the nutritional support and health enhancement of these areas. This is an invaluable approach to the true correction of any disease.

There is a representational area in the iris for every organ in the body. We know which chemical elements are needed to induce activity in each particular organ and we can use these elements to establish a higher level of health in the entire body. Here, the sciences of iridology and nutrition become one for the correction of disease.

The new system, the new program, the new profession that is coming forth will be one of correction rather than suppression. We are only prolonging the bare existence of life by suppressive treatments, too often disregarding the importance of the quality of that existence. The cause of the problem must be eliminated from the body before true vitality can be experienced.

In seeking a program that will give longer life in the future of man, we must begin with a clean bodyone in which every organ, gland and tissue is free of toxic material and in which every inherently weak area is supported by the necessary chemical elements. This will not be possible if we blindly allow chronic conditions, which generate secondary problems, to exist in the body.

Iridology is a science that determines where the primary cause exists. It reveals the way in which the original cause triggers the secondary symptoms developed in the body. Iridology is the most effective means we have today to give us the picture of inner workings of the body. Further, it offers us a way of monitoring acute lesions as they move into subacute then chronic conditions and, finally, end in a degenerate condition or a stage of incurability. The great problem is to detect, understand, handle and alleviate all the symptoms that arise as these inflammations develop. But, again, a story unfolds in the eyes that gives a detailed picture of the body at work in health and disease. Iridology represents natural law in its greatest order, showing how the irides reveal the body's response to the laws of cause and effect.

To demonstrate this principle, we will relate the case of Mr. T., a 33-year-old man, 6 ft 2 in, tall, who weighed only 130 pounds. He had been going to doctors because of digestive disturbances, and had pain in his back and chest. He was extremely tired and fatigued. The stiffness of his back prevented him from rising from a sitting position without pain. He had begun walking in a bent-over position. He had experienced dull pains under his heart and in his chest. He had an arthritic condition in the sockets, also in the right hip, for some time, which now is gone. He occasionally experienced a winter cold. Being a mental, student-type person, he carried a lot of mental stress. Most of his troubles seemed to occur on the left side of his body. In analyzing the nutritional aspects of his lifestyle, we find he has been eating in restaurants for the last 10 to 15 years.

It is difficult to find tests that substantiate many of the conditions experienced by this patient. We found, however, that there was a problem underlying all these symptoms that had not been taken care of. We must look first to the inherent weaknesses—those links in the chain that are the weakest, most vulnerable to attack.

We note the extreme weaknesses in the intestinal tract. There are some large bowel pockets that are quite dark, almost black. This indicates underactivity that goes beyond the 10-15 year span of nutritional insufficiency. An organ area that displays this degree of chronicity indicates a much longer period of evolvement. This condition goes back to the childhood years, perhaps even to weaning. Like many children, he was given suppressive treatments

during his childhood diseases, which drove the problems deeper, irritating the inherent weaknesses.

As we have mentioned, there is no feeling, no discharge, no pain in the chronic parts of his body—that is, throughout the bowel. He feels that by having one bowel movement a day, he is perfectly well. The combination of inherent weaknesses and chronically underactive tissue in the bowel result in a state of near stasis; the tissues are simply not strong enough to cause any disturbance and, therefore, this area goes unchecked as a source of trouble. This area, however, is vitally important, and as the most chronically toxic area of his body, must be taken care of first, before the acute symptoms can be attended to.

Toxic wastes have settled in other parts of his body also, following the principle of infiltrating the tissues according to their degree of inherent weakness. The tissue reacts to this onslaught by becoming inflamed or acutely active. Therefore, his current symptoms are an indirect result of his bowel problem, the primary inherent weakness.

Ironically, the patient who experiences these problems very often fails to seek tests that could pinpoint disturbance in the primary weakness, because they are just not painful enough to pay attention to. The secondary weakness has a louder voice.

As we analyze the stomach area, we find that it is underactive, lacking in sodium and not producing enough hydrochloric acid to digest the proteins ingested. He complains of extreme fatigue. Although he is eating protein, he is not getting any good out of it because he doesn't have the proper protein digestion. He does not control the calcium in his body properly because of the lack of hydrochloric acid. Therefore, we must take care of the stomach. We must support the stomach with sodium. This sodium need is further recognized by the abundance of catarrhal acids produced as a result of his student-type mentality. He is burning out the sodium which is trying to neutralize the acids throughout the body. We find the stomach is a sodium organ and when its supply of sodium is depleted by the nervous energy of a mental-type person, it cannot produce a sufficient amount of enzymatic acids.

The tissue in the body that is second highest in sodium is joint tissue. There is a delicate balance between sodium and calcium in the body which is maintained by the bloodstream. When sodium is lacking in the body to the extent that the blood has no resource on which to draw, calcium comes out of solution and is deposited in the joints. This is how stiff, arthritic conditions develop. In this case, noting the sodium imbalance in the stomach, the stiffness of the back and the bent posture, we see a definite

picture beginning to take shape. However, it is still at the subclinical stage. In spite of countless examinations, the many doctors who have assessed his case cannot find the problem. There isn't enough of an irritation, of a diagnostically substantiated problem, to find out what is wrong.

Here again iridology and nutrition come in, bringing the preventive medicine aspect of healing. We're going to add the sodium—we're going to change the digestion, we're going to add the chemical elements that he is deficient in and, thereby, catalyze changes in his whole body. He will experience the reversal process according to Hering's law of cure. The chronicity in the bowel area will transform into a state of acute activity, a diarrhea, and he will experience entirely different bowel movements from those which he today calls normal. Like most people, he has no idea what normal really is.

Now we find that the pressure caused by the gas in that large bowel pocket under the chest area in the upper part of the descending colon will be relieved and he will no longer have the heart pressure or chest

pains that he complains about.

He does have a thickening in the autonomic nerve wreath in exactly the heart area of the chart (see photo) and we find that this is an inherent condition. The extreme acidity throughout the body is irritating to the nervous system and is particularly irritating to the heart tissue, which is reacting with pain. The doctor has told him that his heart murmur is of no consequence and there is nothing that he feels needs to be done at the present time. This situation is typical of patients who manifest subclinical conditions.

Are we going to allow this patient to continue to run himself down without changing his habits? If so, in time, he will develop a more marked condition and subsequent tests will be able to determine a definite illness. Should we treat him after the fact? We could tell him there is nothing wrong, that it is all in his head, to let it go and forget it. Or we could get on the job and take care of him before he has developed a serious condition. Iridology gives us the information we need to accomplish this.

In this case, we will be adding calcium, silicon, sodium and iodine—the four chemical elements we find missing so often in the average patient, especially so in those who present subclinical problems. We find that the iodine will begin to correct the metabolic balance of all the organs of the body. Digestion and elimination will improve with the addition of sodium; hyperacidity will also be neutralized; and the joints will start to respond almost immediately. Silicon will help the nerves regain their strength. The brain and nerves must be supported in order that they may direct the manifestation of the healing process. Calcium will give more tone, more energy, more power, as well as rebuilding the bone structure.

While he will not notice any major changes at first, within a month, Mr. T. will see changes in his spinal posture. He will digest better. He will walk better. He has been complaining that he isn't ready to get married, yet wants to get married; that his job has been difficult for him, and wants to find a job where he doesn't have as many irritations. He will find that these irritations will begin to subside as his program begins to take effect. The calcium that has come out of solution will be corrected by a dissolving program. A corrective exercise program will help him achieve a mental change that will make him feel better, glad to be alive, ready for tomorrow and getting fit for the new day. We will see the law of cure taking placethat we start, "...from within-out and from the head down...."

All disease starts from the inside of the body and works to the outside. So much concern has been spent on the symptoms that the cause has been overlooked.

We find that iridology is a most effective tool in pinpointing the cause of the trouble, then nutrition and the mechanical therapies can come in to correct it. In this case, "nothing was wrong," but the patient was not well. While we cannot legally classify iridology as a diagnostic tool, there is no other form of analysis that can compare to its efficiency in determining subclinical conditions. We feel we have an obligation to bring out this form of analysis so that other health care professionals can be using it along with their work.

So often, people go through multitudes of tests only to find they are "normal." They walk out of the doctor's office thoroughly frustrated, with their aches and pains still prevalent. Considering the diagnostic costs these days, the money spent on finding that "nothing is wrong with you" is astronomical.

Mrs. A, came to me saying that she had had 38 X-rays taken in one afternoon. Nothing could be found wrong, and yet she was not well. Unfortunately, so many of these tests are inadequate in finding subclinical conditions.

Another patient came in who had five weeks of diarrhea. She was having such a hard time trying to stop it that she decided she wasn't going to stop. She had been to so many doctors she knew she would be subjected to one test after another. She did not want to take any more drugs, so she decided to listen to her body's message. Additionally, she had a lot of hard knots around the clavicle and along the neck and back. After the five weeks of diarrhea, they had all softened and practically eliminated themselves. The kidneys were better and she had lost considerable weight. The sinuses eliminated and they were the

freest they had been in the previous three years. She also experienced cold symptoms like she used to have. In the elimination process, the body was righting itself.

To find out what is wrong with a person, we should be able to utilize every method to assist us in our analysis. Diagnosing is a very negative science, but if we're in there to find something wrong, let us use every means available.

This patient had pneumonia at the age of six months and various other disturbances throughout her life. The elimination she experienced during this healing crisis was the body retracing the chronic conditions developed years ago.

We come to another case, Mr. S., who had sulphur settlements in his body. He had an elimination in which extreme amounts of catarrh were coughed up from the bronchials. This gave him relief from his sinus problems, which had troubled him for years. As the bronchial elimination took place, the rest of his body began to move catarrh also.

Miss P. Note the bowel area, which looks like a sieve. It is weakened also by spokes all around the bowel area. This represents a tissue that is throwing chronic toxic wastes back into the body. The tissues are absorbing and trapping these toxic accumulations. Miss P. complained about everything-physical and mental, throughout the body. The thinking wasn't right; the elimination wasn't right; nothing seemed right. You could almost say the body was a complete mess. There was hardly any area in which she did not complain about a problem. With the bowel acting like a sieve; there is no way of telling what can be done in any form of analysis of which I am aware. There is only one thing to do in this case, and that is to make sure she eats the cleanest foods possible-those which are the most easily digested. This is another case in which one cause can be a host for a multitude of symptoms.

Miss L., a little girl, age 13, from Pittsburgh, California, came to me for analysis. The doctors could not find anything wrong with her, and gave her a clean bill of health, except for her deafness. The doctors expressed the opinion that they would like to be able to find something wrong, but were unable to do so.

When she came to see me, we first utilized iridology to locate the inherent weaknesses. We found inherent weaknesses in both ears (note photos); the most chronic being the right side, which was only slightly darker than the left. We also found white fibers that had shifted over in a cross direction, showing scar tissue. This indicated that she had some sort of traumatic injury to the head.

We found the inherent weaknesses to be black, chronically laden with toxic material which had migrated from the bowel. The greatest inherent weakness in the bowel area was adjacent to the ear area. This constitutes a neural-arc syndrome, in which the condition of a specific portion of the bowel reflexly affects a specific organ in the body, in this case, the ear.

The five-sense area was quite depleted and toxic, and although it did not exhibit an inherent weakness, it was subacute, or underactive. This could manifest as a lack of sensation in any of the sensory organs, but in this case, contributed to the girl's loss of hearing.

The chronic nature of the inherent ear weakness told us that it had been coming on for many years. The bowel had not been cared for properly. There is a possibility that the diet was improperly supervised when she was younger. Perhaps the child was allowed to choose foods according to whim, without guidance. Sometimes, social life interferes with getting the types of food needed, and with the proper balance of the chemical elements. This was particularly evident in the analysis of her dietary habits. There were many foods she did not like—a great number of which were the brain and nerve foods, which are high in lecithin—what she needed most.

Next, we found a very depleted, toxic condition of the right ovary. The pancreas, which lies next to the right ovary in the iris chart, was underactive, unable to efficiently do its part in the digestion of starches and sugars. The bowel area, adjacent to the ovary/pancreas area, was weak, creating an ovary/pancreas/bowel syndrome.

Her loss of hearing came on very quickly. Why should it come on all at once? We found that she had bumped her head on the bed while playing with her younger sister a year previously. A week after the accident, she noticed dried blood outside her right ear and began to experience a ringing sensation. From then on, her audial perception decreased until one morning she awoke to a world of silence.

At age 13, she started her periods, but has been skipping and missing some months since she started, about 6 to 8 months earlier. We note the lack of calcium due to her inability to digest the starches and grains in which are found a great deal of calcium. She did not like milk, which is also a calcium food. The periods, throwing off blood, were weak and irregular, showing that she did not have an adequate calcium supply to carry on a good menstrual period. There is forty times as much calcium in menstrual blood as there is in the bloodstream, and with each period, she became more deficient. This calcium drain depleted her other inherent weaknesses still further.

The inherent weakness in her spine and leg areas also indicated a lack of calcium. She probably had a growth spurt just before her periods, using calcium at a high rate.

Some doctors have attributed her condition to puberty. One even speculated that she was faking. We must emphasize again that the cause must be treated instead of the effect. Minor trauma to a strong body often passes without notice, but in a weaker body, it can be the straw that breaks the camel's back. The ears being the weakest area of her body—combined with the lack of calcium apparent in her difficult menstrual cycles and primary calcium organs—made this a most logical time for the hearing to fail.

While she may be healthy in every way diagnosable by Western medicine, the *subclinical* conditions that contributed to her loss of hearing must be carefully considered in the development of an effective program of restoration.

Again we turned to Hering's law of cure. To reverse this problem, it is necessary to take care of each and every organ. In the reversal process, we start with the primary inherent weakness, the greatest settlement of toxic material. In this case, it will be the ears. It will take a new chemistry to change the sensory ability of the ears, and that chemistry must be directed to the brain and nerves in order to bring on healing.

It is possible to bring healing lines to the ear area of the iris. The chronic signs will lighten, progressing to a subacute, then acute stage. It is at this point we find the healing crisis. We can only bring on this crisis at the point at which all organs of the body have been strengthened. We must support the other inherent weaknesses in order to accomplish this. We must feed the bowel, pancreas, ovaries and liver. As they begin to show improvement, as the total health level of the body is elevated, we will see an improvement in the hearing ability. Nature cures, when given the opportunity.

Subclinical conditions create symptoms that can confuse the doctor. These symptoms should be cared for in the beginning, rather than after they have developed into a definite disease that becomes difficult to handle. For instance, very few patients are taken care of when a lack of calcium shows up in the body. Many times, we lose our teeth before either the patient or doctor gets the message. How many women who have given birth have been advised to replenish the calcium and other elements that have been depleted through pregnancy? How many people come into the office because of nails that are cracking, peeling, brittle or eyelashes that are beginning to fall off? This can be a lack of silicon.

How long does a patient have to go before he is alerted? Does he have to develop a tumor, extreme sinus headaches, discharging ears and extreme temper before we replenish the silicon needed to prevent this? These are all preliminary symptoms to disease.

With dry skin, we may have the beginning of a hypothyroid condition. Will we wait until we have a goiter? It would be nice to take care of some of the reflex pains in the body, the appetite, blurry vision, brain anemia. When do we test for these things?

Iridology has an edge in revealing conditions that are buried, hidden in the body to the extent that average laboratory procedures fail to detect them. For instance, the right lobe of the thyroid gland can be underactive while the left lobe can be hyperactive. The two lobes are not synchronized; one may be carrying most of the workload. When a PBI (Protein Bound Iodine) test is taken, which is a blood test for thyroid gland activity, the readout is giving us the status of the two lobes combined. It does not enable us to determine the function of the lobes as separate units, and therefore, may test out as normal when, in reality, there is a definite imbalance.

Many times the doctors will dismiss the signals that the body is manifesting because laboratory testing cannot identify them. Iridology is the science that will indicate when one gland is underactive and the other is overactive. This applies to any of the bilobed organs, revealing the source of many hormonal imbalances.

Can the patient keep well, prevent a disease or does he have to become a waiting room patient before he gets attention? I am sure that the signs of senility begin long before we catch them in a doctor's office.

There is much that can be done to alleviate senility and all its effects if we approach it from a preventive standpoint.

How about the rheumatic heart in childhood? Is it possible that it's a predisposing symptom to a heart attack 30 years later? When we have an acid stomach, do we wait until there is an ulcer before beginning correction? Are the low-grade infections found in the body building a future disease or a chronic condition

to treat later? These are some of the reasons we use iridology and feel the value of it. We don't wait until the horse has run away before closing the barn door. An ounce of prevention is worth a pound of cure.

When we look to the iris, we see an organized body at work. We see every organ, whether it is well, whether it is acutely inflamed, whether it is subacute, chronic or in a degenerative stage. We find it is the combination of these conditions that produces symptoms in the body. If we were to look at the four stages of activity and at the combinations of all the symptoms that can be produced from those stages, the symptoms would be so numerous and disparate that it would take more time than any one could spend on a patient in order to ferret out what is transpiring.

The homeopath has organized these symptoms. Naturopaths and chiropractors are trying to work from these symptoms. Western allopathic medicine is based on these symptoms. This tunnel vision has caused us to miss the boat. We must look behind the symptoms, look to the integrity of the entire organism. The body manifests miraculous healing power when properly cared for.

Iridology is based on the analysis of the entire organism, giving an overview of each organ and its state of activity. It can monitor an inflammation from its onset through its development into a degenerative state. It portrays the manner in which our environment, lifestyle habits and thought patterns influence our body.

The story is written—we must learn to interpret it accurately and from there, determine the proper therapy. We can then watch the iris to check the effectiveness of our treatments. If they are successful, we will see changes, and if no changes are apparent, we will be alerted to the fact that an alternative therapy is needed. In this manner, we can prepare for the retracing processes, the healing crises, as well as educating our patients in the process of regaining a true sense of vitality and well-being.

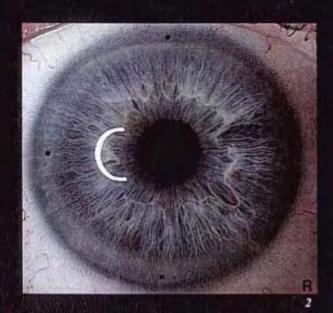
On the following pages, you will see many eyes which have acute, subacute, chronic and degenerative lesions. Each level of inflammation has its own expression in the body. These expressions can be masked by suppressive methods to the point that the original cause of the problem cannot be determined by orthodox methods of analysis. Many patients do not have definite symptoms, but experience lethargy, fatigue and other vague feelings which lead them to seek professional help. Unfortunately, in most cases, doctors send them home, finding no clinical evidence of a problem.

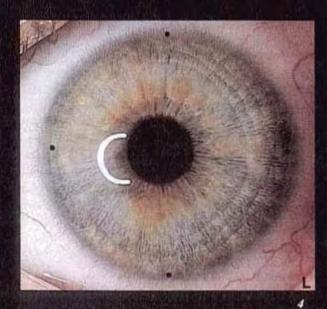
Time and time again, I have seen patients such as these encounter disease down the road which could have been prevented if the body's signals had been heeded rather than suppressed.

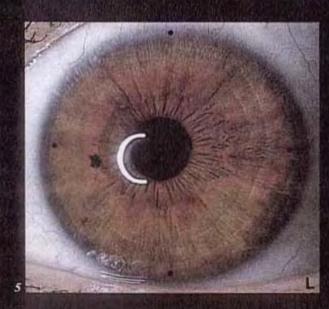
Through the use of iridology, the following cases illustrate the underlying cause of imbalance, which can be corrected in such a way that disease need never manifest. This is the essence of preventive medicine.

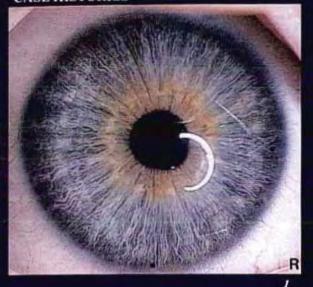


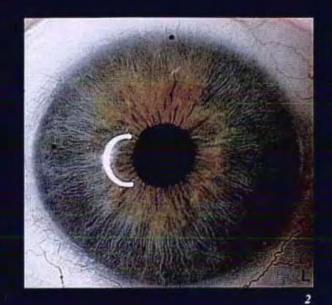
- 1. Constipation from drugs.
 2. Beginning of hardening of arteries.
 3. Redundant colon (bloating, gas).
 4. Chronic, toxic animation in life center (causing). fatigue).
 5. Headaches from chronic sinus congestion.

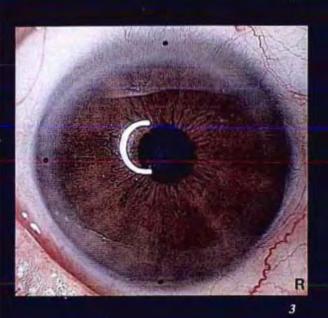




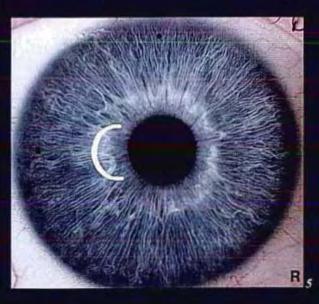




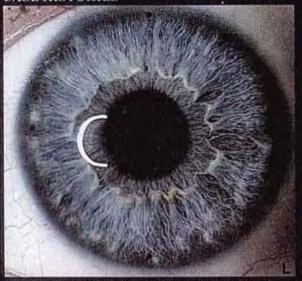




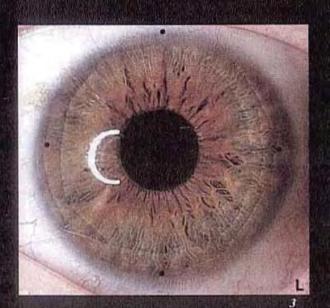


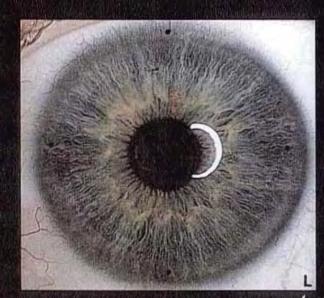


- Lymph disturbances.
 Sinus and kidney problems developing.
 Brain anemia, hardening of arteries.
 Inherent lung weakness, upper lobe, right lung.
 Right pleural weakness, subject to pleurisy.



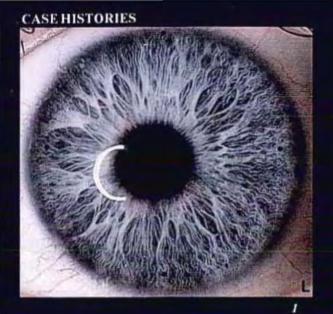




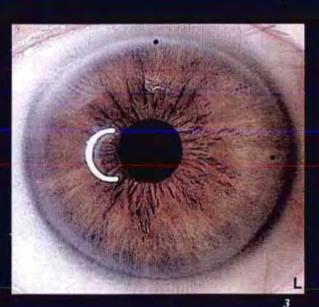


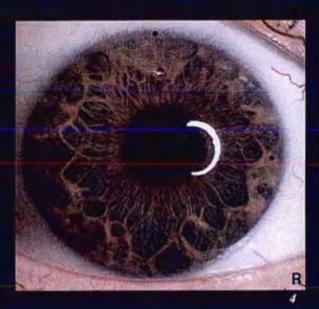
- 1. Breast area weak; degeneration of vertebrae, lower back.
- 2. Adrenal gland weakness, hardening of arteries in brain area.
- 3. Anemia in extremities, tiredness, lack of B-12, iron and calcium, especially back area.
- 4. Underactive thyroid (inherent weakness) producing slow, insidious fatigue.
- 5. Bowel, kidney, skin very toxic laden, producing stupor, tiredness and fatigue.

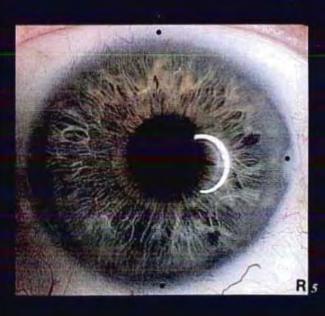












- 1. Visual depreciation, stimulation in 5 sense area; (hyperactivity); spine lacking calcium; backache.
 2. Bronchial disturbances, scapula, upper back problem
- lack of calcium; inherent weakness.
- 3. Poor circulation, calcium out of solution, causing hardening of arteries.
- 4. Inherently weak structure; poor response, slow to recuperate.
- 5. Incompetent ileocecal valve, chronic acid stomach, diverticula in cecum; anemia-all of which are not serious enough to cause complaints at present.

CASE HISTORY



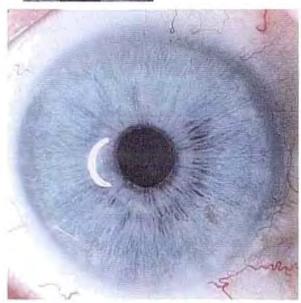












This man had been going to doctors for some time trying to find the cause of his pain. When I asked him to stand and point to his pains, he indicated the lower part of the right bowel.

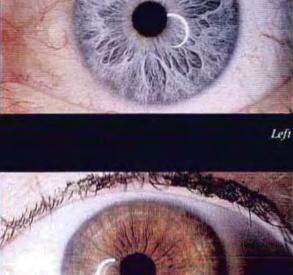
Looking to the picture in the right column, you can see the right bowel is quite distended and expands into the liver area, causing pressure symptoms. The lower back on the right side also shows some inflammation.

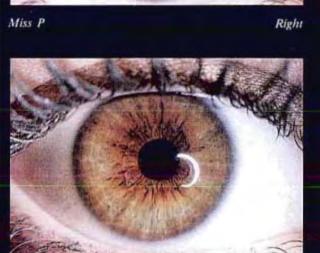
We have reflex pains here from the bowel to the back and from the back to the bowel. There is definite trouble in each section; but, above all, you can see from the bowel X-ray that there is a disturbance and blocking off of the barium in the right side of the colon.

From the iris we can see that both the ascending and descending colon need care. Note the dropped transverse colon, visible in both X-ray and the iris. The ballooned condition in the colon is due to flatulence which is originating in the cecum. With this prolapsus, I am sure he is experiencing difficulty passing gas and toxic materials through the hepatic flexure.

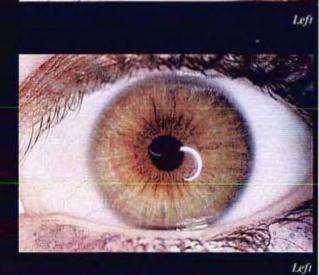
The acute conditions in the lower part of the back appear in the left eye, while the acute condition in the hip area appears on the right. He has quite a kidney weakness, especially on the left; when he is having kidney disturbances, pressure symptoms, there are subclinical manifestations that make it difficult to put the finger on any one cause. Each iris sign must be taken into consideration in this case in order to uncover the subclinical conditions and determine the source of the problem.





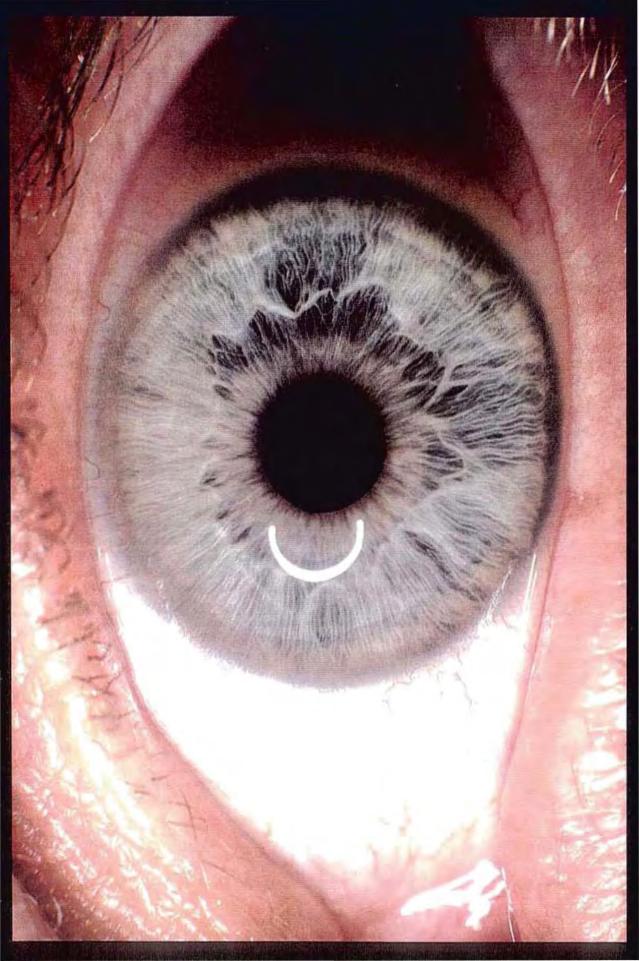


Miss L

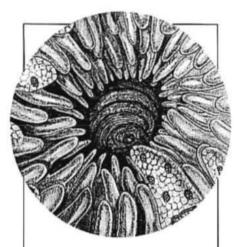


The above photographs are the patients referred to in the foregoing text.

Right



three



"There are men so conservative they believe nothing should be done for the first time."

-Alexander Smith

"God made the human body, and it is by far the most exquisite and wonderful organization which has come to us from the Divine hand."

-H. W. Beecher

Bowel conditions

When I examine the irides of any patient, the bowel area inside the autonomic nerve wreath is often the blackest section. Usually, the lung and bronchial areas are almost as dark. Although the bowel is the source of most of the toxic materials reflexly deposited in inherently weak tissues and organs of the body, in this chapter, we will cover only those conditions specific to the bowel itself.

We find many conditions in the bowel, ranging from mild irritation to tumors and cancer. Perhaps, because the bowel is so neglected in the course of everyday living, it seems that it is often the source of many problems. There are few pain receptor nerves to the bowel area, so it takes a severe problem to cause even minor discomfort. When the bowel area is sore or painful, we may be in serious trouble.

A condition I often note in the irides is prolapsus of the transverse colon, a sagging which puts pressure on the organs and blood vessels of the pelvic area. The prolapsus is marked in the iris by a flattening or dip at the top of the autonomic nerve wreath. We can reduce the problems produced by a prolapsed colon through slant board exercises, but we can't get it to return to its original position.

Diverticula are frequently noted in the irides. They are bowel pockets which tend to retain putrefactive material from which toxins leach out into the bloodstream. I have observed X-rays of patients with over a hundred diverticula. In the days when I was giving colonics, I experienced a case where grape seeds were eliminated when the person hadn't eaten grapes for six months. Another patient expelled popcorn kernels and he hadn't eaten popcorn for a year. Diverticula can hold material for an indefinite period of time. From the perspective of Western medicine, diverticulosis and diverticulitis are not uncommon diseases.

We can see ballooned conditions and spastic conditions in the bowel during our iris analysis. Ballooning is caused from gas or constipation, while the spastic condition comes from the nerves.

Various ulcers, cysts and tumors are found in the bowel, usually because of toxic stasis in some area. The bowel is wonderfully tough, but it can only take a certain amount of stress, abuse and foodless foods.

We must again take note of the fact that we cannot see or name a disease from examining the irides. We see only tissue conditions, and when we look at an area as dark as the bowel, the chronic or degenerative manifestation can take several forms.

Western medicine denies that toxins can pass through the bowel wall and suggests that bowel movements every second or third day or less frequently may be perfectly normal. Both claims are untrue. Constipation is one of the contributing factors in blood toxemia. Food was meant to pass through the body from 8 to 18 hours, and the longer it is held, the more putrefactive, toxic and gaseous it becomes. When bowel tone and condition are good, we will have a bowel movement after every meal.

Once, I had a lady from Brazil as a patient, and when the question arose, she reported she had a bowel movement only once every 18 days. Her doctor had told her it was all right. But, she was having a terrible problem with menstrual irregularity and headaches, and her doctor couldn't help her. It wasn't long, through diet and exercise, that her bowel movements became more frequent. When they reached one a day, she panicked. "Doctor," she said, "I have diarrhea!" After a short conversation, she understood what was going on and calmed down. Later her headaches and menstrual irregularities vanished.

In past years, there was a standard lab test for indican which showed if toxic material was escaping from the bowel. I don't know why they've stopped using it, but I'm sure if they tried it again, they would find toxic material in evidence. Anyone who has given or received colonics knows that you soon develop bladder pressure when the water is held, and there is no place for it to come from other than the bowel.

Years ago, I studied in San Francisco with Dr. Glen Sipes. One day we received an emergency call to go to Walnut Creek and, when we arrived, there on the couch was a 27-year-old man who was feverish, red-faced, perspiring and bloated in appearance. I had never seen anyone so pain sensitive. A touch sent him into spasms of groaning.

"Have you had a bowel movement today?" asked Dr. Sipes. "No," the man answered. "Yesterday?" "No."

As it turned out, he couldn't remember when he'd had his last bowel movement. Since there was no enema equipment in the house, Dr. Sipes asked the man's mother to warm some water while he picked a reed by the creek and hollowed it out with a piece of baling wire.

For an hour, I watched Dr. Sipes blow water through that reed into the young man's rectum. When we left, half an hour after that, the man's fever was gone, the pain was gone, the reddish skin color had returned to normal, and the swollen appearance was beginning to improve. No one can tell me the bowels do not cause serious problems elsewhere in the body when they are not taken care of.

Drugstores in this country sell tons of laxatives, but laxatives will not solve the problem of poor eating habits, lack of exercise and bowel neglect. When the film star, John Wayne, was found to have cancer, surgeons operated on his lungs first. Then, three months later, they operated on his stomach. Finally, three months later they operated again—this time on the bowel. There was cancer in each organ, but it is not unlikely that the source of the problem was in the bowel. I have lost count of the times I have watched conditions elsewhere in the body disappear when the bowel was taken care of.

Autopsies have shown that the bowel can become lined with accumulated material just like an old sewer pipe, and in some cases, to a point where the remaining opening was no larger in diameter than a pencil. There is no way to have a healthy body with a bowel like that.

There is a way to get rid of bowel encrustations and to clean out diverticula, and it is described in my book, Tissue Cleansing through Bowel Management. The same thing can be accomplished through diet, but it takes much longer. To start bringing a cleansing and toning effect to the bowel on a routine basis, I have found nothing better than alfalfa tablets.

I started my work on bowel cleansing to find out through the iris what the effects would be on the body just from taking care of the bowel alone. I found that lesions in other organs areas brought on healing signs. This is what I wanted to know. I found that the bowel work proves iridology, and it specifically provides evidence for my theory that other organs and tissues of the body are reflexly related to the bowel.

Parasite Observation

For many years, it has been clear to me in our observation of the irides that we are watching cases of parasite infestation. These are indicated where we find the radii solaris and when we find a toxic condition of the bowel. These parasites go hand in hand with toxic infestations. Toxic infestations provide the environment where parasites thrive.

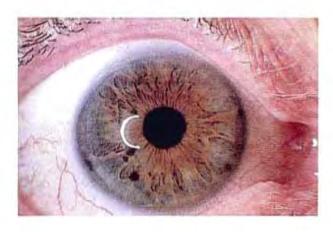
Parasites, the latest information from the medical research indicates, are more common than believed. They outrank cancer as man's deadliest disease worldwide. More than 200 million people, equal in number to nearly the entire United States population, are infected with schistosomiasis, an infestation of parasitic worms that live in the intestines. Worms range from microscopic single-celled animals to foot-long roundworms. The roundworms kill many more people than cancer. Malaria is one of the more prevalent diseases caused by these parasite-type invasions.

Worldwide, one of every four people are infected by roundworm. They cause fever, cough and intestinal pain. A third of a billion people suffer from whipworms; these cause diarrhea and abdominal pain. While many of the parasite diseases occur in underdeveloped countries, practically every parasite known has been diagnosed in the United States as well. Most of them may have come from travelers; however, they are kept alive by person-to-person transmission.

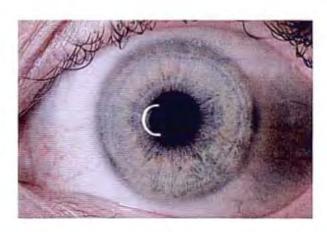
In the United States and other temperate countries, at least one in five children are infected with pinworms. These live in the lower intestine and rectum.

Parasites may be one of the contributing causes of the inability of many doctors to correctly treat disease. Many incorrect diagnoses have been made, and unnecessary tests and surgeries performed because parasites have not been correctly identified. The first major nationwide survey of parasitic diseases, conducted in 1976, indicated that one in every six people studied had one or more parasites living somewhere in their body. The survey examined 414,820 samples of feces. These were sent to the head of the Center for Disease Control in Atlanta. The director, Dr. Myron G. Schultz, said that the presence of parasites means that many Americans are not as "clean" as they thought they were.

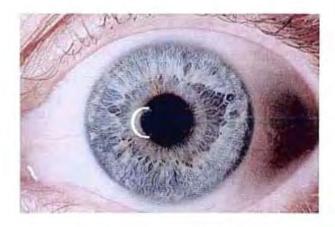
These parasites will find less of a home in the body where natural health principles and internal hygiene are a way of life. Parasites are a natural part of the breaking down cycle we find in nature. Every deficient plant has them. A strong biochemically balanced body is our best resistance to disease, including these life forms.



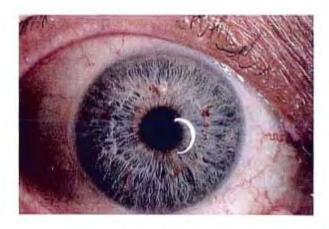
There is a heavy bowel condition that shows up in both the small intestinal side and in the right ascending colon.



Note the enlargement of the descending colon and the radii solaris inside the nerve wreath, which may indicate a parasitic condition.

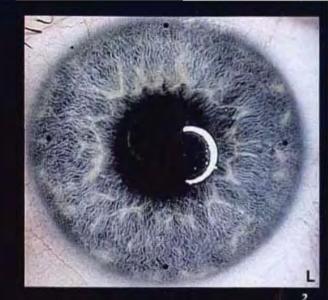


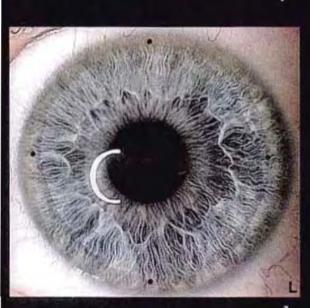
The descending colon has ballooned to an extreme, and we find that the toxic material found in the bronchial tubes is the result of this heavy toxic settlement in the ballooned area of the descending colon.



The bowel area in this picture shows up as one that has a considerable pocketed condition, also dropped transverse colon and no doubt considerable gas and disturbance.









1. Extremely large pocket in lower part of ascending colon. Healing signs taking place. Practically impossible to pass gas.

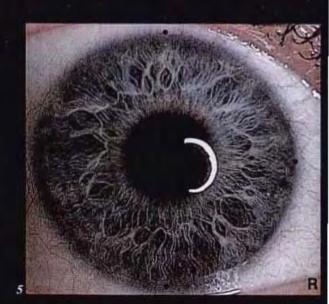
impossible to pass gas.

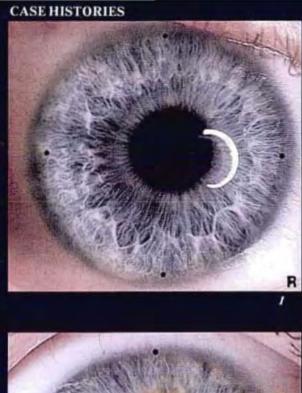
2. Colitis. Extreme tension throughout bowel. Fasting.
No iris wreath.

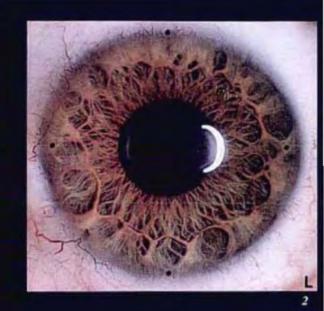
3. Extreme autointoxication taking place from bowel, settling in left bronchial tube.

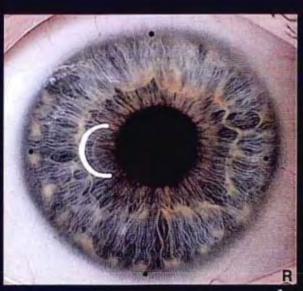
4. Extreme pocketed bowel. Many healing signs. Change of diet has been effective.

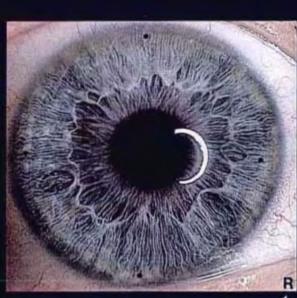
5. Redundant bowel, with extreme flatulence. Inherent weakness points to diverticula.

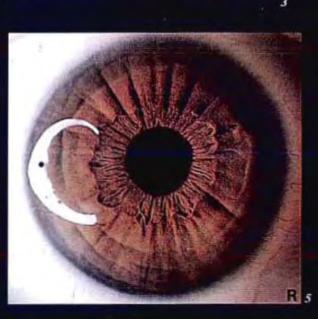












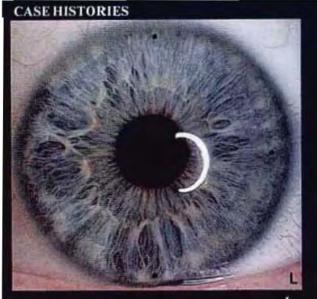
 Ballooned bowel. No tone. Very poor constitution throughout bowel areas. Change is taking place because of good diet.

2. Inherited a very poor constitution throughout all bowel. Lazy bowel as result; no tone in tissue.

Butterfly opposite inherent weakness of thyroid.
 Butterfly is seat of toxic material and toxic settlement in thyroid.

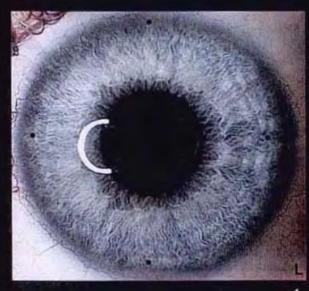
4. Ballooned ascending colon. Extreme toxic accumulations. Dropped transverse colon. Extreme pressure against leg areas and lower abdominal organs.

 Heavy radii solaris. Extreme toxic settlement in transverse colon; site of parasites; responsible for chronic sinus; bowel pockets.

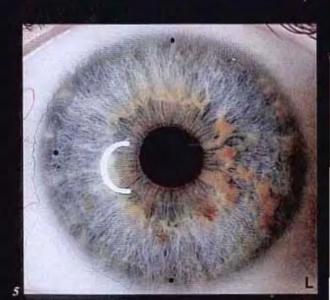






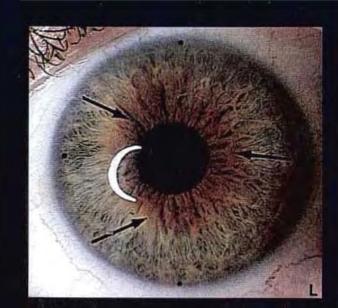


- 1. Toxic settlement in small intestine, causing problem in thyroid gland. Pocketed condition halfway down descending colon responsible for bronchial trouble and lymph congestion.
- 2. Chronic sinus due to toxic absorption, transverse colon. Diverticula throughout ascending colon.
- Nervous indigestion; very poor constitution throughout whole body, especially in bowel area.
- Chronic settlement of toxic material throughout all of bowel.
- Drug settlement in descending colon; probably iron and sulphur. Constipation can be result.



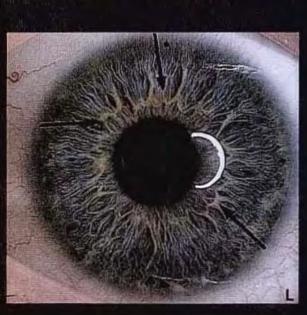
BOWEL CONDITIONS

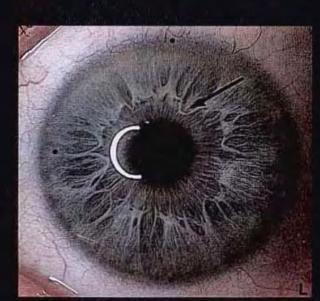
BOWEL CONDITIONS



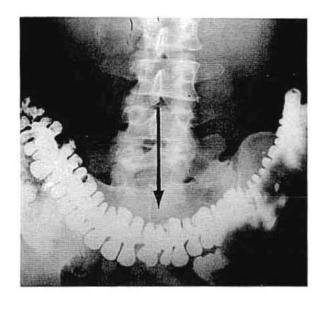


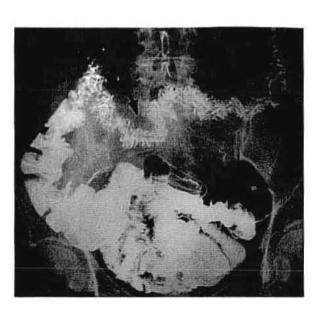


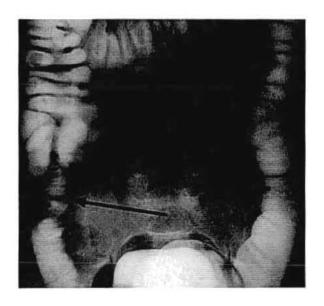


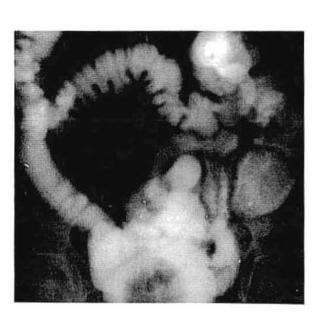


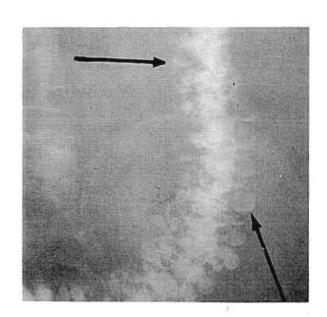


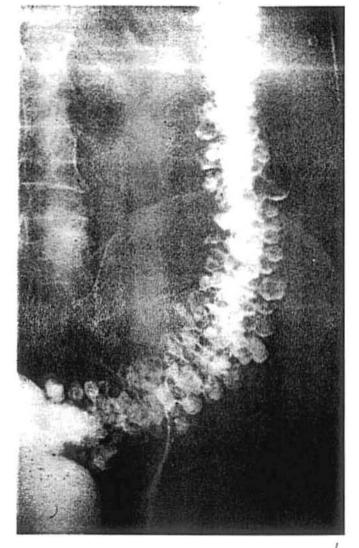


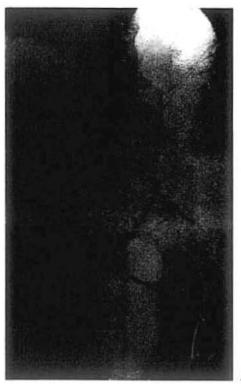










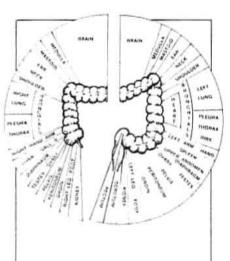




1. X-ray of bowel revealing ballooning, diverticula and malignant sigmoid.

- 2. X-ray of bowel revealing extreme prolapsus of transverse colon, ballooning and enlarged sigmoid.
- 3. X-ray of descending colon revealing presence of extreme diverticula.

four



"May it always be remembered: A doctor's job is not only to mend the body, but also to rekindle the spirit."

-Unknown

"Learning is a treasure which follows its owner everywhere."

-Chinese Proverb

Tissue cleansing

When the iris reveals bowel disturbances, and when there are other clear indications of bowel problems from other diagnostic methods, the health practitioner is faced with one of the most common, serious and difficult situations to correct.

In fifty years of sanitarium practice, I have had the opportunity to work with over 350,000 patients. Of all these people, not one of them was free from some form of bowel mismanagement. All sick people have bowel trouble. All sick people are tired, worn out and toxin laden.

I can't think of any better, more effective way to stay healthy and avoid sickness and disease than to do what is necessary to take good care of the bowels.

In working with a patient, I spend the major part of the time in an effort to get the bowels back into proper functioning condition. Without this prerequisite, all other therapies, treatments, vitamins or other aids fall far short of their potential good. Proper bowel function is an essential precondition for staying healthy, and if ill, to overcome sickness and disease. The "sewer system" must work properly or the body remains soaking in its own putrid waste, encouraging disease processes and forever eluding health-building and vitality-producing forces.

Over the years, the idea has taken hold that we need not pay any attention to the bowel. "Leave it alone and it will take care of itself. It is dirty and not nice to talk about." Nothing could be further from the truth.

This attitude has promoted a misconception about bowel function and hygiene that is now having serious consequences across our land. Many people are in bowel trouble. I don't know anyone who doesn't have bowel disturbances and could not benefit from having better bowel function.

Degenerative conditions of the colon are rapidly gaining in frequency, intensity and severity. At the turn of the century, diverticulitis was unknown. It is the uncommon condition in natives of Africa, for instance. Today, it is increasingly common and deadly in our civilization. Cancer of the colon is now taking over 100,000 lives a year. We have an army of colon specialists, colonic irrigators and surgeons. Laxative sales are booming as thousands of tons of colon stimulators are being consumed to force underactive bowels to function. Constipation is so common that, for many people, it is a way of life.

At the source of all these troubles is a faulty and mismanaged dietary intake that is the direct consequence of the way we are now growing and marketing the food supply. Food quality has been sacrificed to quantity, ability to be harvested mechanically, long shelf life and, most of all, to selfish indulgence in profit taking following destructive and devitalizing chemical processing. The result is foodless food—promoted and bought and sold at the expense of the health and vitality of the American public.

When the body's sewer backs up, every cell feels the result in the form of an encumbering accumulation of toxic waste. The body begins to sink into a morass of failing health that is the immediate result of our greatest health enemy—autointoxication.

It is becoming increasingly clear that bowel troubles have a reflex effect upon specific organs in the body. For example, Sir Arbuthnot Lane, who was a surgeon for the King of England, spent many years specializing in bowel problems. He was an expert at removing sections of the bowel and stitching it back together. He taught this work to other doctors and gained an international reputation for his efficiency. During the years of this work, he began to notice a peculiar phenomenon. During the course of recovery from colonic surgery, some of his patients experienced remarkable cures of diseases that had no apparent connection with his surgery. For instance, a young boy, who had arthritis for many years, was in a wheelchair at the time of surgery. Six months later, this boy had recovered entirely from the disease. Another case involved a woman with a goiter. When a specific section of the howel was removed in surgery, there ensued a definite remission of the goiter within six months.

These and similar experiences impressed him so much because he saw the relationship between the toxic bowel and the functioning of various organs in the body. After much thought about this relationship, he became very interested in changing the bowel through dietetic methods and spent the last 25 years of his life teaching people how to care for the bowel through nutrition and not surgery.

Sir Lane has said, "All maladies are due to the lack of certain food principles, such as mineral salts or vitamins, or to the absence of the normal defenses of the body, such as the natural protective flora. When this occurs, toxic bacteria invade the lower alimentary canal, and the poisons thus generated pollute the bloodstream and gradually deteriorate and destroy every tissue, gland and organ of the body."

I am absolutely sure that what Dr. Lane discovered through his surgical explorations is indeed an accurate description of how the bowel functions in relation to the other organs in the body. We know that every organ and tissue is dependent upon the healthy well-being of every other organ and tissue in order for there to be total well-being.

being. When one tissue or organ fails, it affects the whole body. If there is faulty functioning in the bowel, this deficiency is passed along to the rest of the body. We could call this the intestinal domino effect.

We literally poison ourselves into illness in this manner. Many years of productive life are stolen as the body slowly succumbs to a subtle, cumulative underactivity.

At the Battle Creek Sanitarium, I heard Dr. John Harvey Kellogg say he knew of many cases in which operations were prevented by cleansing and revitalizing the bowel. He maintained that 90% of the diseases of civilization are due to improper functioning of the colon. Sir Arbuthnot Lane (MD) of London has shown the relation between bowel stasis and disease. He left no doubt as to how seriously he regarded the effects of intestinal intoxication when he said, "The lower end of the intestine is of the size that requires emptying every six hours, but by habit, we retain its contents twenty-four hours. The result is ulcers and cancer."



John Harvey Kellogg, one of my teachers. A man of principle and integrity who believed that the bowel could be the seat of most health problems.

Besides these world-renowned exponents of intestinal sanitation, other authorities have given recognition to the belief that cleanliness of the colon is necessary to good health. It is believed that disorders such as appendicitis, infected tonsils, liver and gallbladder infections, dysfunction of the heart and blood vessels, sinusitis, arthritis and rheumatism, etc., no doubt have their origin in a sluggish colon. There is also an increasing number of morbid conditions in the various parts of the colon, involving the flexures, the rectum and the anus.

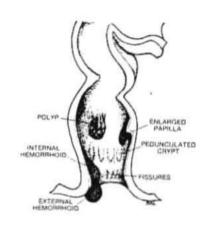
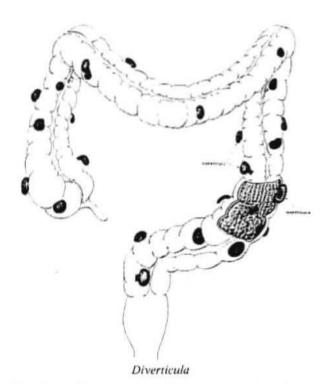


Illustration of rectum, showing abnormalities.



Consider the amount of surgery and various therapies for hemorrhoids, fistulas, prostate disturbances and malignancies.

Recently, Dr. Denis P. Burkitt has been lecturing to surgeons around the world about his 20 years of experience with East African natives. A surgeon himself, who has been honored with discovering Burkitt's Lymphoma, Burkitt has been emphasizing the role of indigestible fiber, specifically bran, as a preventative of such major diseases as appendicitis, diabetes, hernias and colonic polyps. The surgeons he has been lecturing to have been, by and large, uninformed about the quality of food people consume. At first skeptical, his audiences have become impressed with his scientific findings.

Burkitt shows that the contrast between diets including indigestible grain fiber, and those replacing it with a low residue diet high in refined flours and sugars, is dramatically illustrated by studying Africans and Westerners. Appendicitis and major colon diseases are almost totally absent in primitive African regions, but as these natives move to more developed countries, these diseases rapidly increase.

Burkitt has discovered that the intestinal transit time for evacuation of feces varies from 35 hours in the Bantu consuming coarse grain fiber to 77-100 hours in the Englishman who lacks it. Burkitt appears to be following Sir Arbuthnot Lane's footsteps with these findings. Long ago, Lane pointed out that the longer cells languish in waste evacuations and toxins, the more enfeebled and degenerative they become.

Along with slowed transit due to absence of fiber, the increased use of white bread and white sugar have altered the bacterial nature of intestinal flora. In consequence, intestinal pressure increases along with colon diseases. Everyone should avoid white flour and sugar and include bran in the daily diet. Many of the major diseases troubling modern society could be prevented in this way.

In an effort to discover the most effective method of restoring proper bowel function, I have traveled all over the world, asking questions and tracking down any good ideas or methods. I have been working out many ways of coping with this problem.

In the last few years, my colleagues and I have developed a system of bowel cleansing treatment that has given consistently good results. We have seen amazingly positive affirmations of what detoxification of the colon can do.

Dr. Alexis Carrell Experiments

In 1911, living tissue cells were successfully grown on microscope slides for the first time by Dr. Alexis Carrell of the Rockefeller Institute. Receiving the Nobel Prize for this and his other research work, Dr. Carrell was able to keep tissue cells alive through daily nutritious feedings. By washing away the tissue evacuations, the cells grew and thrived; however, he found that if the evacuations were left for three days, the cells became languid and feeble. If left longer than three days, the tissue cells died. In spite of daily feedings, moderate saturation of the tissue cells by their digestive evacuations resulted in lowered vitality. Prolonged insanitary conditions brought consequential death to the cells.

An infective process and constipation are associated with stagnation of the contents of the large bowel. As matter collects and stagnates, an excessive number of microorganisms, which normally tend to assume an unusually virulent type, begin to permeate and infect the wall of the bowel. These, and other more dangerous microorganisms that may develop in the decomposed material, cause irritation and inflammation of the mucus membranes, resulting in painful spasms of the muscle wall. This inflammatory process readily affects the appendix, which is part of the lymphatic system. Inflammation of the appendix is one of the first serious effects of constipation.

Escaping the large bowel, via the ileocecal valve, these microorganisms readily enter the small intestine, rapidly growing in this sterile environment. As the level of infectious material in the small intestines rise, the bloodstream and lymphatic system pick up a proportionately larger amount of microorganisms and noxious matter, more than the liver is able to control. Consequently, the circulatory system delivers this contaminated blood to every cell in the body, irritating the tissue cells of the kidneys where the toxins and poisons are eliminated. The surface membrane lining of the bladder is also irritated by contact with the toxic material. Chronic and degenerative conditions are the inevitable results.

In order to stimulate the tissues required to deal with these waste by-products, the thyroid and other ductless glands become overactive. The thyroid gland, which regulates the functions of the body, frequently becomes enlarged because of the unusual demands this low-grade infection produces, and the tissue cells of the thyroid undergo various stages of degeneration.

Just as in Dr. Carrell's experiment with living tissue cells, the tissue cells of the human body, if supplied with impure blood, result in lowered vitality and resisting power. Disease and degeneration begin to flourish in tissue cells that are invaded and affected by the insidious behavior of microorganisms and their poisonous toxins.

Medical autopsies have occasionally revealed colons over 9 inches in diameter with no more than a pencil's width opening for fecal elimination. Old, putrid, decayed accumulations of years and years of body waste materials had encrusted the colon wall. Could this backed-up sewer material be the primary cause of disease and illness in the body?

With the encrustation and old mucus lining removed, the cellular functions begin to return and the body is on its way to renewed health and vitality. This process is vividly seen in the following pictures as healing begins and chronic conditions are reversed as we proclaim in correcting practically all body ailments.



The autonomic nerve wreath represents the condition of the bowel—whether spastic, toxic or weakened by diverticula.

Colema Board

The colema board and the methods of using it are explained in detail in Dr. Jensen's book Tissue Cleansing Through Bowel Management.

The photographs at the end of this chapter show the patient's position on the board. The patient takes water into the intestinal tract by way of a small siphon tube and a tip that is as small as the little finger. The tip has six small openings at the end where water goes into the bowel. Waste material is eliminated without any pressure, pain or discomfort. In doing this each day, we have found that tone develops in the bowel, and the mucus membranes are relieved of all encrustations which have been accumulating for many years.

In the pictures of bowel waste material which has been eliminated through use of the colema treatment, later in this chapter, we show the various forms and conditions that existed in the bowel before cleansing. No two specimens are alike; they follow the haustrations of the bowel, i.e., the pocketed, ballooned and spastic conditions. Each comes from a different patient. The elimination is different each day of the program.

The following clipping is from the Daily News Service, 1981:

"A new study by University of San Francisco medical researchers has revived a turn-of-the-century idea that toxic substances produced in the bowel can have damaging health effects. The study's findings also support recent suggestions of a link between a diet high in fat and low in fiber and an increased risk of developing breast cancer. The study of 1481 non-nursing women showed that those who are severely constipated tend to have abnormal cells in the fluid extracted from their breasts. Such cells have been found in women with breast cancer and, the

researchers suggested, may indicate that the women face an increased risk of developing cancer. The cellular abnormalities occurred five times as often in women who moved their bowels fewer than three times a week than in women who did so more than once a day. Chronic constipation is often the result of a diet high in protein, fat and refined carbohydrates (sugars and refined flour) but low in such fibrous foods as whole grains, fruits and vegetables."

Case Histories

A lady from New York had a Paps test reading of 4+, and was diagnosed as having uterine growths. Had uterine and Paps tests 3 months after the 7-day tissue cleansing treatment: Paps test negative; no sign of uterine tumor.

Another lady had a triglyceride reading of 938. After one week elimination program, reading down to 253.

Patient with breast lumps participated in the tissue cleansing program and after one month's time, all lumps were gone. After participating in the 7-day cleansing program, liver function and alkaline phosphates were normal 1-1/2 months after treatment.

Patient RM, male, 60 years of age, insurance salesman.

Complaints: Ankle and foot ulcers; poor circulation; low blood pressure,

History: Severe diarrhea for past 7-1/2 years; 7 to 8 bowel movements a day. Family history of leg and foot problems. Brothers and sisters suffer from varicose veins. Mother had recurring swollen ankles. Grandfather had gangrene in both feet which were amputated. Mother and one brother died of colitis.

Analysis: Black in intestinal area indicated underactive bowel with heavy toxic settlements there. Inherent weakness in kidney; underactive adrenal glands. Poor circulation and enervation together with underactivity in leg areas indicate toxic settlements in leg tissues.

Program: Eliminate fried foods and reduce meat intake. Increase intake of raw salads. Addition of nutritional supplements. Seven-day colema elimination program.

Results: Dramatic improvement in foot ulcers and circulation. Increased vitality.

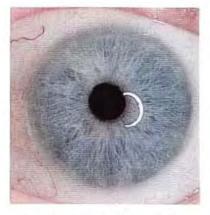
***DR. BERNARD JENSEN'S IRIDOLOGY PROJECT FIVE

Over a period of years, I tabulated my results in treating the many patients who were under my care. My experiences with 350,000 patients showed that I never found a patient who did not have bowel trouble. When I finished my project with Hering's law of cure, I decided to work out a project mostly taking care of the bowel and working closely with Hering's law, from the inside out.

The bowel area is shown on my iridology chart as one of the most inner portions of the iris. In this project, I have evolved a tissue cleansing experiment that proved to be almost phenomenal. This was Project 5, and proved to be one of the most interesting projects worked out with iridology, nutrition, Hering's law of cure and the reversal process.

CASE HISTORY PATIENT RM







Original condition of feet and legs.







After 7-day cleansing program.







Six months after cleansing program.



This man's body is extremely acidic. The condition of the kidney is not as it should be, being worse on the right. Circulation is very poor especially the leg areas. The respiratory condition is poor. The extreme acid stomach shows inadequate digestion. An extreme lack of silicon, calcium and sodium in his body; addition of these elements in the diet produced changes evident in the photographs taken 5 months later.

CASE HISTORY PATIENT MZ

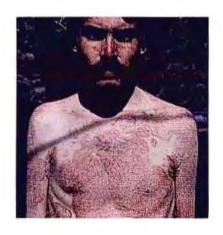




















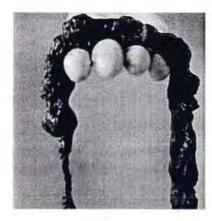


Mr. MZ. This man with the medeic eyes is probably the most difficult case to handle. It has been difficult for him going to doctor to doctor. He is only 27 years old. His eyes are very difficult to cleanse and purify. Case discussed in Section I, Chapter 13.







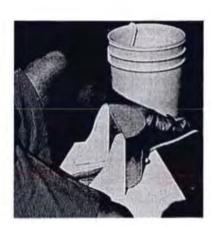










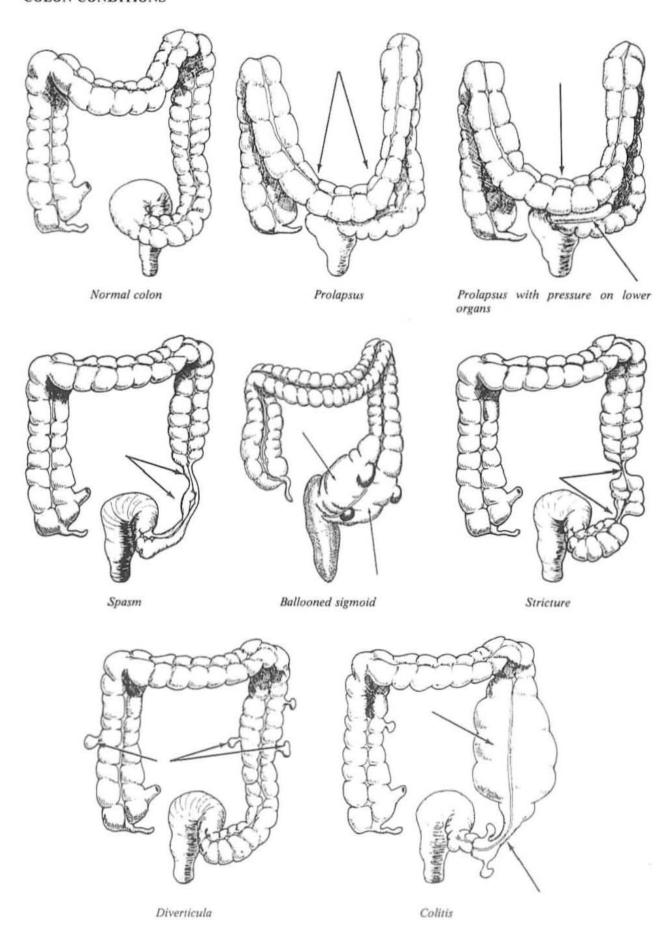




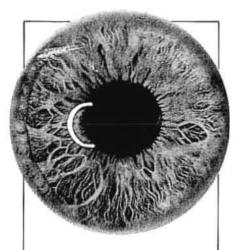
These are pictures of mucus, toxic materials brought down from the colon through the 7-day colema and elimination diet. It is hard to believe that the above pictures show what comes from various patients, and many times, day after day. As the material is removed, the outward symptoms, such as painful joints, respiratory disturbances, were all relieved and almost immediately within days. One lady, Mrs. P had been taking hard drugs for degeneration of vertebrae in the neck. The third day she gave up the drugs and hasn't taken them for 6 months and no pains.

The last three pictures are the colema board and how a patient gets on it. More complete instructions are in the book Tissue Cleansing Through Bowel Management.

COLON CONDITIONS



five



"Intellectual power is symbolized by an opened eye, symbolizing the pineal gland of Cyclopean eye which is the twofaced Janus of the pagan mysteries."

-Manly P. Hall

"I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live up to what Light I have. I must stand with anybody that stands right, stand with him while he is right, and part with him when he goes wrong."

-Abraham Lincoln

"The amount of body heat which escapes through the head is about 80%. If a person would wear a hat, his feet would stay warm."

Body oxygenation

V. G. Rocine, one of the greatest teachers with whom I have had the privilege of studying, taught that the biochemical elements found in food are our best medicine. Of all the substances that make up the body and take part in its processes, none is more important than oxygen, the "life-giving" element. I call oxygen and iron—elements that work closely together in the human biochemical system—the two "frisky horse" elements, because they are crucial to that "joy of life," characteristic of a truly healthy person.

Oxygen, a colorless, odorless gas, is essential to cell catabolism, the production of energy from food that is the driving force behind all the work that cells do. The cycles of disintegration and regeneration which constantly take place in the body are possible only because of oxygen. An ample oxygen supply in the lungs, blood and tissues fosters radiant health—the arteries are elastic, the eyes glow with magnetism, the heart is supple and regular, the pulse is strong, the skin is rosy, the mind is positive, the gait is springy, the emotions are uplifted and the temperament is enthusiastic.

The body oxygenation system is made up of the lung structure, the blood, the circulatory system and the medulla of the brain. In the Circulation of Body Fluids: Blood and Lymph chapter in Section II, I described how each red blood cell contains millions of hemoglobin molecules, each of which has four iron atoms that release carbon dioxide and pick up oxygen as the blood circulates through the lungs. The capacity of the blood to attract sufficient oxygen depends upon the red blood cell count and the amount of iron (hematin) in the blood. People short of oxygen and iron lack sufficient body heat and are susceptible to throat and chest troubles, colds and catarrhal buildup. We find that exercise is necessary to ensure good functioning of the lung structure and the circulatory system. The medulla or "chest brain" must be in a good state of health to promote proper heart and lung function and an active blood circulation. Oxygen can be brought to the body tissues in greater quantity in three ways: (1) increased respiration rate, (2) increased cardiac output and (3) increased erythrocytes and hemoglobin in the blood.

The Bronchial Story

Plants would cease to exist without air, light, heat and moisture. Animal life—including the human race—would cease to exist without plant life. The chlorophyll molecule, according to science, is remarkably similar to the hemoglobin molecule. The element of magnesium in chlorophyll replaces the iron which is so essential to the life-giving function of blood. To me, it is even more remarkable that molecules so similar in structure

could take part in functions that are exactly opposite. Plants take in carbon dioxide and give off oxygen; animals take in oxygen and give off carbon dioxide. Plants and animals keep the scale of life on this planet in precisely the right balance.

Respiration in human beings may vary from three to thirty breaths per minute, depending on the state of health, chest development, condition of the lungs, partial gas pressure in the blood, amount of food in the stomach, degree of physical activity, mental and emotional state, age, environment and other factors. The more powerful the lungs, the more calm the individual and the fewer the number of breaths taken each minute.

Although we ingest some oxygen in the form of food and water, most of our oxygen intake is through breathing air, which is about 79% nitrogen, 20% oxygen, 1% rare gases such as argon, helium and neon and 0.03% carbon dioxide with traces of ammonia and other impurities. The oxygen we inhale is utilized for oxidation processes in the body that produce a body temperature of 98.6 degrees Farenheit, somewhat between the oxidation rate of a cut surface of a potato and that of a burning candle. An individual exhales about 20 to 40 liters or 1200 to 2400 cubic inches of carbon dioxide per hour, amounting to 500 to 1000 liters per day. This, along with perspiration and other eliminative processes, rids the body of the primary waste product of cell metabolism, carbonic acid. If we converted the carbon in 1000 liters of carbon dioxide into bituminous coal briquets, in the course of a year, an average person would accumulate nearly 1000 of them. Man cannot live with an excess of carbonic acid in his body.

The medulla, which helps regulate respiration, is formed by the enlargement of the spinal cord inside the base of the skull, and a serious injury to it can cause death. One of the first indications of weakness in the medulla is a changeable pulse. The person becomes sluggish, dull, rigid in outlook, and has difficulty becoming excited about anything. The respiratory center in the medulla responds to changes in the partial pressure of oxygen dissolved in the blood plasma, not to the chemically bound oxygen attached to hemoglobin. (One liter of arterial blood contains 3 ml of dissolved oxygen and 197 ml of chemically bound oxygen.) Thus, the medulla controls oxygen intake only through control of respiration rate. When the nerve center in the weakened medulla reduces its stream of nerve impulses that signal the diaphragm and intercostal muscles to contract, breathing is reduced and oxygen lack at a cellular level results.

In the course of a day, the average person breathes about 10,000 liters or 375 cubic feet of air.

Oxygen is, quite literally, the "breath of life," and without a sufficient supply, all cellular processes in the body are slowed. I might point out that oxygen insufficiency can be due to the environment as well as to physiological dysfunction or poor lung structure. In Los Angeles County, over 80% of the pine trees have been killed as the result of automobile exhaust fumes. It does not take a great leap of the imagination to infer what must be happening to the people who live there. In Arizona, a fungus has been found in the lungs of people who have accumulated an unusual quantity of smog and dust particles. This may be expected to spread into other geographical areas where high concentrations of industrial and automobile pollutants create conditions in the lungs where fungi can grow and thrive.

In addition to the other structures mentioned, the thyroid has a great deal to do with the oxygenation of the body. The metabolic rate is increased or decreased, depending on whether the thyroid is hyperactive or hypoactive. Research has shown that the release of thyroid hormone is followed by an increased consumption of oxygen at the cell level in all parts of the body except the brain. An abnormal thyroid can be helped through dieting measures, neck exercises and change of climate.

We find that the lung structure can be compared to an inverted tree, with the trachea dividing at its lower end into the two main bronchial tubes or branches which enter each lung and immediately divide into further branches referred to as bronchi. The smaller bronchi, called bronchioles, continue to divide into even smaller passageways, ending in clusters of some 300 million alveoli or air sacs in the two lungs. Ciliated mucous membrane lines the trachea and bronchi. When we stop and think about it, something like 3,650,000 liters of air enter the lungs and the same amount of exhaled gases and water vapor pass out each year, along with varying amounts of dust particles, pollen, microorganisms and other substances. The hairs inside the nose filter out some of this debris and ciliary action rids the body of more. It may seem as though the bronchial tissue has plenty of work to do in terms of cell maintenance and regeneration, yet there is more to the bronchial story.

There are many reasons why the lungs and bronchial tubes may be subject to various problems. We find that inherent weakness in the lungs or medulla may be due to genetic factors inherited from parents or grandparents. Problems may arise because a child born with a smaller-than-average chest capacity was not encouraged by his or her parents to build up that capacity through proper physical exercises and breathing exercises. Medical science has found that hay fever and allergies often have a

psychosomatic aspect. Smoking and smog weaken the lung structures, particularly among those with inherent weakness there in the first place. Sometimes, living in the wrong type of climate can encourage lung troubles, as can an indoor sedentary type of occupation in which fresh air and exercise are minimal. Exposure to strong chemicals, such as concentrated acid fumes, can damage the lungs and render them vulnerable to problems later. Coal miners often pick up "black lung" disease. We could continue to describe similar situations. The relationship of the lungs and bronchi to the other organs of the body renders them vulnerable to certain health problems not generally realized or adequately understood.

In my work, I have found there is a direct relation between the bowel and the bronchial tubes as represented by conditions noted in the irides of the eyes. Across from the area inside the autonomic nerve wreath, representing the ascending colon in the right iris, we find the bronchials and then the lung. Similarly across from the descending colon in the left iris, we find the bronchials and lung of the left side. It is here we find a direct relationship between one organ and another. I am sure there is a nerve relationship between these organs and a relationship involving the passage of toxic materials as well. Often, the bowel area is the darkest portion of the iris, while the bronchial area is almost as dark. I believe that these two facts are somehow related.

We have learned, in previous chapters, how the bowel can throw toxic wastes back into the bloodstream and this blood is circulated through all the organs of the body. A significant portion of the wastes it carries is deposited in the lung structure resulting in the formation of phlegm, catarrh and mucus. We can take care of this from the lung standpoint, but unless the contributory toxic condition in the bowel is taken care of, the lung problems will recur. We must deal with the source of the problem if we wish to bring about permanent improvement of the lungs and bronchi.

All eliminative organs of the body are important, but the evidence of my work suggests that the importance of the bronchial tubes is second only to that of the bowel. The condition of the bronchials is perhaps more neglected or abused than that of any other system of the body. In the iris, we have two of the elimination organs showing on both sides of the bronchial tubes and lungs: the scurf rim (or skin area) and the bowel areas. The direct effect of this placement can be seen by the iridologist in reading the irides. We can turn to laxatives or enemas to assist bowel elimination, but a catarrhal condition in the bronchials is all too often treated with a suppressive drug rather than with herbal teas or diet changes

aimed at moving the catarrh along. Suppression, of course, leads to temporary relief followed later by a worsening of the problem.

Taking a suppressant for bronchial phlegm, catarrh or mucus is equivalent to stopping up the intestinal tract. The bronchial tubes normally eliminate a certain amount of waste material daily, and if this elimination is thwarted or hampered, the result is a buildup of catarrh, an accumulation. Then this catarrh begins to dry up, its toxins settling in various parts of the body. The very material the body was attempting to eliminate is, instead, locked into the tissues of the body. When catarrh accumulates in the tissues, it may travel to the sinuses and to the ears to form mastoid problems. It may assume the guise of tonsil inflammation. We may have lymph gland congestion throughout the entire body, with swollen lymph nodes. When these conditions manifest, it is well to consider the bronchial tubes and lungs for catarrhal settlement.

Iridology plays a valuable role in detecting the accompanying tissue changes well in advance of actual disease development.

The healthiest air is charged by negative ions, a process which occurs in nature by the splitting of water droplets in rain, fountains, waterfalls, surf, ultraviolet light and other natural processes. Industrial and auto emission pollutants such as smoke, lead, carbon, sulphur and other substances bring particles with a positive electrical charge into the environment, as do tobacco smoke and some types of air conditioners and forced-air heating systems. The effect of breathing positively ionized air is to deplete the body energy, leading to a sense of exhaustion and lowering of physical well-being.

Clothing made of artificial fabrics such as nylon and rayon are also said to repel the beneficial negative ionization in the air and to attract the undesirable positive ionized particles. We need to breathe healthy, natural air and wear clothing made of natural fibers to obtain the best benefits for our bodies. Scientists are investigating the phenomenon of ionization of the air, and we can expect to read more about its effects upon health in the near future.

Sedentary occupations, inside activities, lack of exercise and a poorly-developed chest capacity may all contribute to catarrh accumulation. When the body is fatigued and enervated, respiratory activity is lowered. Inadvertently, we compound these problems by eating foods that contribute to the catarrhal condition, directly, by virtue of their chemical composition or, indirectly, through incomplete digestion. A variety of good foods is one of the necessary preconditions for good health. Yet the U.S. Government states that 25% of the American diet is made up of wheat products and

another 25% is composed of dairy products. This is extremely off balance. The overuse of these particular foods leads to incomplete digestion or undigested material that generates catarrh. The body becomes a "catarrh factory," so to speak.

As a consequence, we develop colds, flu and various symptoms and run to see the doctor, demanding relief. What does the doctor do? He responds to our demands by prescribing a potent drug that dries up the catarrh. Every allergy specialist knows that wheat and milk products are two of the most common causes of allergies. We don't consider the effects of catarrh-producing foods and we are probably unaware that there are anti-catarrh foods. Perhaps the biggest mistake in the treatment of allergies is not eliminating catarrh-producing foods from the diet and, thereby, not getting to the root of the problem.

Instead of suppressing catarrh, we should be encouraging it to run by getting sufficient rest, revamping our diet, getting enough exercise to improve circulation and building up the bloodstream to restore the body to health the natural way.

Suppression of colds and flu naturally leads to bronchitis, shifting an acute condition into a subacute condition. When catarrh reaches the running stage, we should encourage it by taking vegetable broths, vegetable and fruit juices and by resting. Following suppression of bronchial conditions, the problem escalates to a new stage of difficulty. Catarrh is forced into the lymph system in excessive quantities, hardening the lymph glands and frequently creating severe problems in the lymphatic tissue of the breasts, the appendix and the tonsils. In most cases, the usual surgery employed at this stage could have been avoided by allowing the catarrh to run during the earlier, less severe stages of toxic waste elimination.

At this point, the body becomes more laden with toxins than ever. The metabolism drops lower, energy depletion is evident, and we resort to stimulating foods, drinks, tobacco and drugs in an attempt to compensate. The sinuses may begin to bother us. Poor eating habits compound the problem. Fevers may arise unexpectedly. Even medical textbooks and conventional establishment physicians understand that suppression of catarrhal discharges, which often accompany hay fever, may and will develop into asthma.

Asthma

Asthma is a condition in which a weakened, depleted body once again is attempting to eliminate catarrh without the vitality and power to accomplish the task effectively. An asthma attack, essentially a spasm of the bronchial musculature, may be accompanied by great suffering as an individual attempts to breathe out through the spastically contracted bronchial tubes. Because of the narrowness of the passageways, each breath may whistle audibly. Continuing the use of suppressive drugs and continuing in a lifestyle that fails to promote a clean and healthy body only aggravates the situation. The adrenals are often exhausted at this stage, as shown by the lack of sufficient adrenalin in the body to respond to the asthmatic attack and dilate the bronchi. During extreme asthma attacks, adrenalin and oxygen are used as emergency treatments to help restore the breathing ability. These are only temporary relief measures.

Asthma can lead to emphysema, which is characterized by a breakdown of the alveolar walls resulting in a net loss of lung tissue area for the gaseous exchange of oxygen and carbon dioxide. Respiratory efficiency is further reduced. At this point, an oxygen tank is needed at the bedside. No drug for the cure or suppression of emphysema has been found. This is the end of the line. There is nowhere else to go. Junk foods, lack of exercise, breathing polluted air and other poor living habits may take years to exact their toll, but over a lengthy period of time they are just as lethal as poison. As the iridologist views the darkness in the irides of the emphysema victim, he realizes it has taken many years to develop such a degree of tissue hypoactivity.

Once the individual with severe asthma or emphysema recognizes his dire straits, he may be willing to undergo the change, trials and selfdiscipline necessary to reverse the situation through the natural approach to healing. Other methods have failed. What does he have to lose? Only a new breed of doctor can help in such circumstances. Only a radical change in lifestyle and attitudes offers hope. The natural way is virtually the only choice other than continued suffering, invalidism or possible death.

Here we bring up one of the greatest natural laws of all time: Hering's law of cure, discussed in Section I. Although we emphasize the process of tissue change rather than "cure," Hering's law succinctly states that healing proceeds with the reversal of symptoms in the opposite order in which they have appeared, from the head down and from the inside out.

To relieve the bronchial condition, we may change the diet and use appropriate herbal teas, but we must realize that we are going to treat the whole body to bring Hering's law into operation and to get rid of accumulated toxins through a series of healing crises. We will work with the bowel first through improved diet, through supplements to hasten the elimination of toxins and through restoring the acidophilus bacteria. We will add exercises to increase the strength of the lungs and to bring in more oxygen. To assist in this, we will add those vegetables and fruits to the diet that improve oxygen utilization, especially the iron-rich foods. We must increase the oxygen supply to hasten the burning up of wastes in the body. The gradual reduction in oxygen intake together with a buildup of toxic wastes in the body promote a vicious downward spiral in health. To reverse that spiral is simple, but it is not easy.

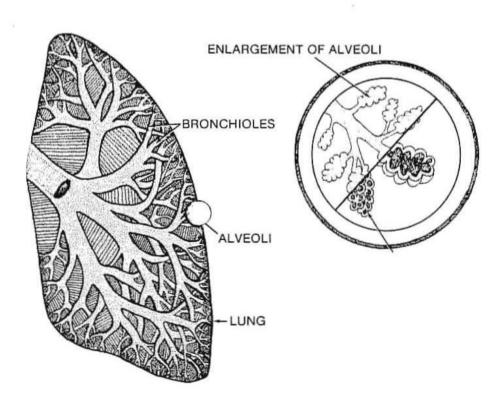
The asthma or emphysema patient finally becomes sick of being sick. He is willing to improve his mental attitude, to release the emotional habits of anger, spite, hate—the "eye-for-an-eye-tooth-for-atooth" philosophy. He is going to take on a better vocation, untangle financial snarls, smooth out marital and family difficulties. He is going to eat pure, whole foods, foods that have not been devitaminized and demineralized, foods that are natural, A change in climate may be necessary. Smog and dampness aggravate the problems of chronic lung and bronchial conditions, and the mountains or desert may bring about great improvement. We must consider the whole person in designing a program for restoring health.

This life is only for the few who who are willing to make the kind of commitment required for the transformation to wholeness and health. There are serious consequences to handle in getting well. As soon as the integrity of the tissue has been restored to a higher level, the tissues reach a degree of strength where the task of eliminating toxic materials—some of them of long duration in the body—begins anew. A series of healing crises occur, in which an acceleration of elimination takes place. This "housecleaning" takes place from the "head down," and from "the inside out," just as Hering's law states. Old symptoms are reexperienced as the body throws off toxic materials. The individual who understands what is going on will rejoice, because he knows that the misery is only temporary, and his body will be the better for it.

The process of restoring tissue to its full integrity takes time. Just as Rome wasn't built in a day, neither is full relief from lung and bronchial troubles achieved in a day. There may be many healing crises to endure, some of them accompanied by a certain amount of emotional or psychological catharsis. We find there are "mental toxins" to get rid of as well as physical toxins. A healthy mind and healthy body go together, and as the integrity of the body oxygenation system is restored, the "joy of life" is restored along with it.

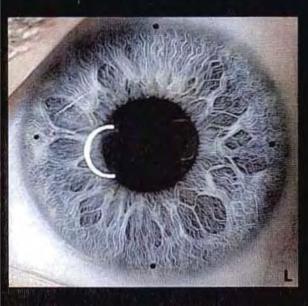
Bronchial Tubes and Bronchial Asthma

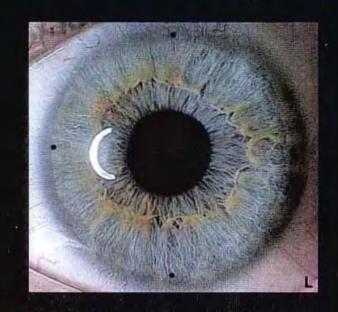
In the following slides, we will analyze the conditions of patients whose main complaints were bronchial troubles and asthma.

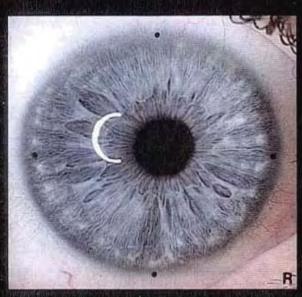


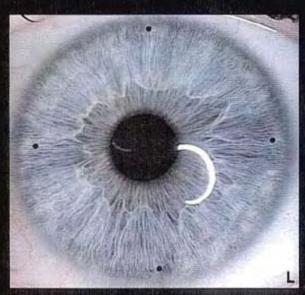
Lung and bronchial tubes, with close-up of the alveoli.

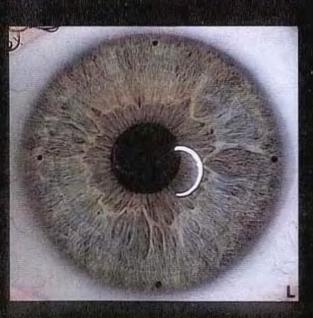
BRONCHIAL AND ASTHMA TROUBLES

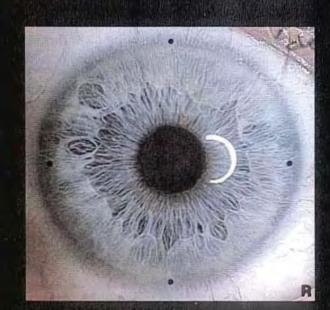




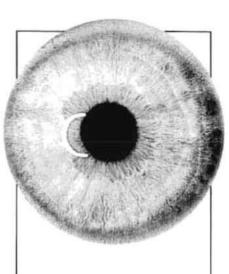








six



"His last baccalaureate sermon delivered at Antioch College: 'And I beseech you to treasure up in your hearts these, my parting words: Be ashamed to die till you have won some victory for humanity.""

-Horace Mann

"No one can be a good adviser until he has his career behind him."

—Napoleon

Acid conditions: Catarrh, mucus and phlegm

Before we examine the problematic aspects of acids in the body, it is important to realize that many acids are natural and necessary to the proper physiological functioning of the body. The famous DNA molecule (deoxyribonucleic acid), essential to cell reproduction, is an example. Proteins, made up of amino acids, are partly digested in the stomach by hydrochloric acid and pepsin. These and many other familiar acids accomplish their functions in a physiological context in which a very narrow overall range of acid-alkaline balance mut be maintained in the blood. For example, the blood must be kept within a pH range of 7.35 to 7.45 (slightly alkaline) for normal cell metabolism to take place. Enzymes that catalyze certain reactions in the process of cell metabolism cease to function when the acid-alkaline equilibrium is unbalanced in either direction.

Over thirty acids are produced in the body, the most common of which is carbonic acid. Acid wastes are developed as a consequence of cell metabolism and are carried away through the elimination systems. The problem of excess acidity arises when acids are being formed more rapidly than they are expelled, when the acid-neutralizing alkaline elements are depleted or when one or more of the elimination systems is functioning at a subnormal rate. Any of these three preceding conditions can be caused by poor nutritional habits.

When examining the irides, we find systemic acidity indicated by the overall whitish color characteristic of acute tissue inflammation or we may find a localized acidity, as in the case of hyperchlorhydria in the stomach area. Any area of the trabeculae that has become white shows hyperactivity of the organ or tissue represented by that area. Hyperactivity represents an accelerated effort by the body to throw off acids so that cell metabolism may be restored to normal. For that reason, catarrhal buildup is frequently associated with an acid condition as the body mobilizes all its resources to rid itself of acid wastes.

For the moment, let's look at some of the causes of excess acidity in the body. Worry, fear and anger stimulate the production of acids. Muscular activity, exercise or physical labor develops acids in the muscle tissues. Intense mental activity produces acids. An unbalanced diet may be responsible for an acid condition either directly, through the consumption of too many acid-producing foods, or indirectly, by overburdening a particular organ (the pancreas, for example), and

triggering excessive acid buildup in that organ. The creation of acids in the body is not a problem. The accumulation of acids is the problem. When the problem occurs, the first priority is to look at the elimination systems. We must keep the elimination channels open and functioning efficiently to help the body get rid of waste materials.

There are five elimination channels, and it is scarcely worth speculating over which is the most important because they are all very important. The bowel, however, is the most toxin-laden of the eliminative organs, frequently, so we will discuss it first. People who eat three meals a day should have three bowel movements a day. Let's understand very clearly that a bowel movement every two or three days or even once a week is **not** adequate. Those who have sedentary occupations lack the kind of physical exercise needed to stimulate bile production in the liver. The bowel has inadequate peristaltic action and poor tone. Fatigue, especially habitual fatigue, is one of the primary causes of constipation. A tired body, an overworked body, cannot eliminate properly.

The second most important contributing factor to constipation, in my view, is bread, overconsumption of bread and bakery products in general. Often, through consumption of junk foods, sugar, coffee, chocolate and the intake of antibiotic drugs, the beneficial intestinal flora, such as bacillus acidophilus, are depleted or destroyed, allowing unfavorable bacteria to take over. This encourages putrefaction and toxin production in the colon, including indol, phenol, skatol, carbon dioxide, methane and many other acids and gases. These conditions can be corrected so as to restore proper elimination and to prevent absorption of toxic products through the bowel wall and into the bloodstream.

In iridology analysis, the bowel area is often the darkest part of the irides. The second most dark area is that corresponding to the bronchial tubes. If the bowel is toxic and underactive, the resulting buildup of toxins in the body stimulates catarrh production and catarrh moves through and is eliminated by the bronchials. The bowels and bronchial tubes are the two most frequent inherent weaknesses in the body. We have to get rid of the bronchial catarrh, and that requires regular deep breathing exercises or physical exercises that stimulate deep breathing. The lungs, of course, eliminate carbon dioxide, which results in the removal of carbonic acid. When the lungs are not doing their job, we not only acquire an excess of carbonic acid in the body, we develop catarrh in the bronchial tubes which further hinders breathing when we need it most. To increase elimination from the bronchial tubes, comfrey and fenugreek teas are helpful and we must have a sufficient quantity of vitamins A, B, C and D. Foods containing calcium and silicon will benefit the lungs and bronchial areas.

Kidney function is one of the most important channels for the maintenance of the acid-alkaline balance in the body. The bowels take care of most of the body's solid wastes, and the kidneys take care of most of the liquid wastes. When the body has developed an excess of acids, the kidneys may become overworked. Normally, the kidneys adjust the quantities of water and electrolytes leaving the body in accordance with the amounts being taken in, and they accomplish this task in cooperation with the skin, which I call the "third kidney." Three fourths of a quart of water and electrolytes are eliminated through the skin each day, depending on temperature and the amount of kidney excretion. In the wintertime, however, when people "bundle up" with clothes, perspiration may be inhibited, and the kidneys have to pick up the slack. Whether the kidneys can pick up the slack or not, when they are overworked by excess acid wastes in the body, depends partly on how well the other elimination channels are working and on what we eat. We will discuss this further when we describe the neutralizing activity of certain biochemicals in the body.

The skin is one of the most neglected of the eliminative channels, as confirmed by the frequency with which the dark, heavy scurf rim is encountered in iridology analysis. When this is the case, the skin will not be much help as an eliminative channel until it is taken care of. We find that normal skin eliminates two pounds of waste per day through perspiration, but the synthetic fabrics, which clothing often is made of these days, inhibit this function. The skin also needs a certain amount of sunshine for its well-being, and I can state that clothing, in general, creates something of a problem in this regard.

Dr. Benedict Lust once left me in charge of his sanitarium in New Jersey while he went to Europe. Sixty nuns from a convent in the area were at that sanitarium, dressed in black habits from head to toe. The only portions of their bodies exposed to light and air were their pink faces, peeking through the oval opening of the black headwear. I have never seen such dark scurf rims around the irides, in my entire experience, as I found in examining those nuns. When the skin cannot eliminate properly, the extra burden goes to the kidneys.

It is good for the skin to eat foods rich in silicon, iron and potassium. It needs vitamins A and B, niacin and PABA. I also recommend rice bran syrup, oat straw tea, alfalfa sprouts and kelp. The skin additionally needs a certain amount of fresh air and sunshine. I also recommend skin brushing of the entire body for five minutes each morning with a natural bristle brush which is not so stiff that it irritates the skin.

While care of the elimination channels is the first step in dealing with acidity in the body, we must also ensure that the body maintains an adequate supply of the biochemicals it needs to neutralize acids. Acids produced by muscle activity are neutralized by potassium. Calcium, sodium and phosphates are also used in the process of "buffering" acids. When the supply of sodium falls too low in the bloodstream, it is removed from the wall tissue of the digestive system. When the calcium supply is too low, calcium is removed from the bones. It is necessary to make certain the body has a sufficient supply of these elements to neutralize acids in the body. One cancer detection test involves monitoring the levels of salt in the blood. The biochemicals in the blood, however. are insufficient to neutralize all acids produced in the body without assistance from the other eliminative channels. If sodium and potassium are in short supply in the bloodstream, the kidneys filter these chemicals from the urine and return them for reuse. This is successful only to the extent that there are sufficient amounts of these biochemicals in the first place. When potassium is inadequate, we experience muscle aches and pains. When sodium is lacking, the digestive system is affected. When calcium is short, our nerves get edgy.

The chemical definition of acidity is based on the quantity of free hydrogen ions in solution. While I do not intend to go deeply into the concepts of chemistry here, we must understand that the term pH refers to the negative logarithm of the hydrogen ion concentration. That is, a pH of 7, the "neutral" midpoint of the pH range from 1 to 14, means there is 10-7 gram of hydrogen ions per liter of solution. A pH of 6 has ten times as many hydrogen ions as pH 7. so as the pH grows closer to pH 1, the solution is increasingly acidic. When we add a strong acid such as hydrochloric acid (HCl) to a strong base such as sodium hydroxide (NaOH), we get the following reaction: HCl + NaOH - H+ +Cl + Na+ OH - NaCl + H2O. That is, an acid combines with a base to produce a neutral salt (in this case, sodium chloride) and water. Potassium and sodium are classified as alkali metals because they form strong bases and thus are capable of neutralizing strong acids. Because foods are classified as acid- or alkaline-producing in the body, it is important to understand the significance of this process.

Although the human digestive system behaves, in some respects, like a chemistry laboratory, the situation is actually far more complicated. In the stomach and small intestine, we find acids, enzymes, gases, heat and so forth affecting the breakdown and processing of the organic substances ingested as food. Thoughts, emotions and various responses to the social and environmental setting can affect the flow of juices and the various chemical reactions going on.

The chemist doesn't have to be concerned with such things in his laboratory but we do, because each human being is unique.

Not every person responds to the same foods in the same way. Most fruits and vegetables are alkaline, All fish, fowl and other meats are acid, as are most grains. But we find that not all alkaline foods are alkaline to all stomachs, particularly when the emotions and attitudes are involved.

The most alkaline food element is sodium, and next is magnesium. Other alkaline food elements are potassium, calcium, manganese and iron. Potassium performs an alkaline function in the muscles; calcium does in the bones; magnesium in the nerves; manganese in the brain; iron in the blood; and sodium in the alimentary tract and in many bodily secretions. Because most chronic diseases begin from toxic acid conditions in the body, alkaline foods are often the key to reversing the tissue damage caused by acidity.

Acids and the catarrh that develops, as a consequence of their presence in excess, mark the beginning of most diseases. The first stage is tissue irritation. Then, as time passes, cell destruction increasingly occurs. As I pointed out near the beginning of this chapter, certain cell enzyme processes come to a halt when the pH balance of the body or a particular part of the body is disturbed. When cells cannot function, they die. When the acids that caused the problem are still present, new cells cannot form to replace the dead cells. The condition can only deteriorate unless something is done. Our goal, then, is to reverse this process and restore the integrity or wholeness of the damaged tissue. While foods provide an important aspect of accomplishing this reversal, we must be aware of what we are doing.

A strict vegetable, fruit and nut diet leads to dechlorination of the blood, tissue and secretions. All vegetables are high in potassium and sulphur. Excess potassium tends to displace sodium. Potassium and sulphur deplete chlorine. This is why grass-eating animals crave salt. Their systems are continually in need of sodium and chlorine. Food chemistry has demonstrated that most vegetables, fruits, nuts, seeds and grains are low or lacking altogether in chlorine, which is necessary for the digestive system, for the urinary system, for enzyme reactions and in glandular secretions. Chlorine deficiency contributes to a sluggish liver and is associated with glandular swelling. This element is the cleanser in the body, expelling waste, freshening, purifying and disinfecting.

Goat's milk is an excellent source of chlorine and is particularly effective in kidney problems because of its germicidal effect. Other principle sources of chlorine are raw cow's milk, fish, coconut, beets, radishes, dried figs, endive, watercress, cucumber, carrots, leeks and cheeses such as Roquefort, Danish bleu, Swiss and Italian. Eggs from young hens are good. All fish, poultry and animals tend to possess accumulated toxins that are passed on to those who eat them.

The principle in reversing acidity through nutrition is to maintain an adequate intake of sodium and chlorine foods while concentrating heavily on the alkaline-producing foods.

Alkalinity-Acidity of Foods in Metabolic Reaction

When foods are eaten they are oxidized in the body, which results in the formation of a residue. If the minerals sodium, potassium, calcium and magnesium in this residue predominate over sulphur, phosphorus, chlorine and uncombusted organic acid radicals, they are designated as alkaline foods. The converse of this is true for foods designated as acid.

Numerical values of alkalinity or acidity are determined in long painstaking analytical laboratory work. The concentrations of the various elements are determined separately and then computed in terms of equivalents. The excess of one group of minerals over the other is expressed as cubic centimeters of normal acid or base (alkaline) per 100 grams edible food.

Physical Methods of Reducing Acidity

There are a number of physical approaches to the reduction of acidity in the body. Exercise, of course, oxygenates the blood, increases venous circulation, moves the lymph and produces perspiration—all of which increase the rate of elimination of acids. Skin brushing assists in keeping the skin pores open for elimination and deep breathing exercises get rid of carbonic acid.

Acidity and Disease

The average person who knows something about the principles of health believes that the answer to an excessively acidic body is to go on an alkaline diet. For the most part, this is a mistaken view and, thus, a little knowledge can be a dangerous thing.

Although acidity in the body can be increased by poor nutritional habits and stress on the nervous system, it is, generally speaking, a natural consequence of cell metabolism. The problem arises when these toxic acid wastes are not eliminated but are allowed to accumulate in the body. This happens when the eliminative organs are not working right. The solution is not to alkalinize the body, but to take care of the eliminative organs.

Most Alkaline Reaction

			WOST Alkalin	e Read	ction		
43.7	Fig, dried	8.4	Onion, mature, dry	6.0	Banana	2.8	Winter squash
41.6	Lima bean, dried	8.3	Tomato, ripe	6.0	Coconut meat,	2.7	Grapes
36.6	Apricot, dried	8.2	Peach, fresh		fresh	2.7	Savoy cabbage
25.3	Raisin	8.2	Plum	6.0	Kohlrabi	2.6	Strawberry
20.4	Swiss chard	8.1	Celery	5.8	Pineapple	2.2	Apple
20.3	Prune, dried	8.1	Watercress	5.7	Raspberry	2.2	Watermelon
17.5	Dandelion greens	7.7	Blackberry	5.7	Tangerine	1.8	Sweet corn
16.4	Soybean sprouts	7.7	Guava	5.5	Gooseberry	1.3	Pea, fresh, green
15.8	Spinach	7.7	Lemon	5.0	Mango	0.1	Olive oil
15.0	Taro corms & tubers	7.7	Bamboo shoots	4.9	Quince		Neutral Reaction
14.2	Cucumber	7.7	Iceberg lettuce	4.9	Mushroom		
14.0	Lima bean, fresh	7.5	Cantaloupe	4.8	Sapodilla	0.1	Asparagus
13.5	Almond	7.5	Coconut milk	4.8	Snap bean	0.2	Chinese waterchestnut
12.1	Peach, dried	7.4	Loganberry	4.8	Radish	0.8	Sorghum grain
11.1	Beet	7.4	Pea, dried	4.5	Orange juice	1.4	Blueberry
10.7	Avocado	7.3	Sweet cherry	4.5	Eggplant	2.1	Filbert
10.5	Kale	7.3	Leek	4.5	Okra	2.3	Cress
10.4	Chive	7.1	Potato	4.3	Brussels sprouts	3.2	Brazilnut
10.2	Carrot	7.1	Orange	4.2	Broccoli	3.8	Olive, green, pickled
10.2	Rhubarb	7.0	Lettuce:	4.2	Horseradish, raw	4.3	Artichoke, globe
9.9	Endive (escarole)		cos, looseleaf	4.2	Sour red cherry	4.3	White bean, dried
9.6	Date	6.7	Prickly pear	4.0	Lemon juice	7.8	White rice
9.1	Chestnut	6.7	Sweet potato	3.9	Red cabbage	8.5	English walnut
8.6	Parsnip	6.6	Apricot, fresh	3.5	Pomegranate	10.3	Jerusalem artichoke
8.5	Granadille	6.55	Turnip	3.4	Pear, fresh	10.5	Lentil
8.5	Lemon with peel	6.4	Grapefruit	3.2	Cauliflower	10.6	Peanut
8.5	Coconut meat, dry	6.2	Nectarine	3.2	Chicory	10.9	Wheat grain
8.5	Rutabaga	6.2	Common cabbage	3.2	Pumpkin	11.3	Rye grain

The following is a list of acid-forming foods:

Oyster Cornstarch Buttermilk Pork Gluten flour Chicken Rabbit Lentils Clams Raw sugar Macaroni Turkey Cottage cheese Maize Crab Millet Veal Durck Ryc Barley Eggs Beans, lima Oatmeal Fish Peanuts Beans, white Goose Bread Peanut hutter Honey Cereals Peas Lamb Chestnuts Rice, Brown Lobster Rice, Polished Corn Mutton Cornmeal Rve flour Nuts Crackers Sourkraut

The following list describes the problems that people whose irides are heavily acidic complain about:

Extreme acidity Crying spells Rectal itching Ringing cars Rheumatic pains Sensitive skin Stiff joints Back disk removal Hot Blashes Blurred vision Appendectomy Ulcers Hip pains Continuous mucus Corneal ulcers Nasal drip Overweight Hernes Swotlen ankles Elbow pains Hemorrhoids Sensitive stomach Fasting often Weak spells Gallbladder trouble Estrogen imbalance Hardening of arteries Numbness in legs Chest pains Joint pains Skin breaking out Finger pains Fired legs Osteoporosis Deatness Tense shoulders

Catarrh, Phlegm and Mucus

When we stop and realize that the human body is composed of 60% water by weight and that most of the cells of the body live suspended in liquid surroundings, we begin to understand an important principle of health; the body liquids such as blood, lymph, intracellular fluid, interstitial fluid, glandular secretions and mucus must be constantly renewed and purified, must be constantly in movement, to keep the body in good health. Nutrients are brought to the cells by flowing liquid, and wast products are carried away by flowing liquid.

Definitions

Mucus—The free slime of the mucus membrane, composed of its secretion, mucin and various salts and body cells. (Ref. 1)

Mucin—A mixture of proteins that is the chief constituent of mucus. (Ref. 1)

Mucus—A thick secretion composed of water, electrolytes and a mixture of several mucopolysaccharides. Mucus has several important characteristics that make it both an excellent lubricant and a protectant for the wall of the gut. First, mucus has adherent qualities that make it adhere tightly to the food or other particles and

spread as a thin film over the surfaces. Second, it has sufficient body that it coats the wall of the gut and prevents actual contact of food particles with the mucosa. Third, mucus has a low resistance to slippage so that the particles can slide along the epithelium with great ease. Fourth, mucus causes fecal particles to adhere to each other to form the fecal masses that are expelled during a bowel movement. Fifth, mucus is strongly resistant to digestion by the gastrointestinal enzymes. And, sixth, the mucopolysaccharides of mucus have amphoteric properties and are therefore capable of buffering small amounts of either acids or alkalines; also, mucus usually contains moderate quantities of bicarbonate ions, which specifically neutralize acids.

In summary, mucus has the ability to allow easy slippage of food along the gastrointestinal tract and also to prevent excoriative or chemical damage to the epithelium. One becomes acutely aware of the lubricating qualities of mucus when his salivary glands fail to secrete saliva, for under these circumstances, it is extremely difficult to swallow solid food even when it is taken with large amounts of water. (Ref. 2)

Phlegm—Thick mucus, especially that from the respiratory passages. (Ref. 3)

Catarrh—(From the Greek "to flow down") a term formerly used to indicate inflammation of a mucus membrane with free discharge. (Ref. 1)

Dry catarrh—Severe spells of coughing with little or no expectoration. Generally seen in the old in association with emphysema or asthma. (Ref. 3)

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Under normal conditions, mucus lining the walls of the nasal passages, throat, bronchial tubes and the rest of the respiratory system picks up dust, pollutants and microorganisms which are expelled by ciliary activity or destroyed by phagocytes. Mucus along the intestinal walls protects and lubricates tissues as food and wastes are moved along by peristaltic action. It also binds fecal particles together and buffers small amounts of acid in the bowel.

What I call a "catarrhal condition" is nature's method of ridding the body of excess toxic waste materials not handled through the normal elimination channels. The word catarrh is derived from the Green katarrhein, "to flow down," (kata—

down, rhein—flow). The catarrhal elimination process should never be suppressed, because catarrhal discharges result from the natural effort of the body to rid itself of that which does not belong to it—excess waste, fatigue acids, unassimilated chemical substances ingested in food and drink, etc. Catarrh is mucus which has reached the "running" stage when the body is waging an all-out fight against these foreign substances. Phlegm is a drying catarrh, a thick, stringy substance that may be brought up from the throat by the cough reflex.

When it is running, catarrh can be discharged through the ears, eyes, sinuses, nose and mouth. It can come out through the breasts, tonsils, ovaries, uterus and vagina. Without these extra channels of elimination, we would at times blow up with catarrh. I believe a tumor can result from a blockage of catarrh—a localized catarrhal congestion. We must keep the elimination channels open.

The catarrhal stage is a sign of acute tissue irritation in the body. If we use unnatural methods such as over-the-counter drugstore cold and cough remedies to suppress catarrh, it will dry and harden in the tissues, along with the toxins carried with it. The presence of toxins in the tissues leads to the subacute or hypoactive stage. When we stop a catarrhal discharge we have not effected a cure or conquered a disease; we have merely prolonged the day of reckoning.

How do catarrhal conditions develop in our bodies? There may be hundreds of minor contributory causes, but the major causes reduce to only a few. Inherent weaknesses, poor nutrition, excessive stress, chronic fatigue, lack of exercise and fresh air, inhalation of chemical fumes and hostile emotional attitudes are some of the primary causes, but we can reduce these further to a general principle. Catarrh is a result of violating the laws of nature in some manner. Although there are significant variations from individual to individual, each of us needs healthy food, a certain amount of sleep, exercise, fresh air, sunshine, recreation, friendship, productive work and a positive attitude to remain healthy and fit. To violate these human needs is to throw the biochemical system of the body out of balance and to invite a catarrhal condition. An inherent weakness in itself does not necessarily result in health problems unless we place a strain on it. An individual with an inherently weak stomach cannot get along on junk foods or devitalized foods. An individual with inherently weak lungs cannot remain healthy in an area where smog is a severe problem or where a damp climate aggravates his condition.

Fatigue is a primary contributing factor in catarrhal buildup, because a tired body produces acids faster than they can be eliminated. These acids irritate tissues and mucous membranes, resulting in the development of catarrh. Indulging in incompatible food combinations, using narcotics or taking part in any activity that depletes the body's energy resources can bring on a catarrhal flow. If we do not respond appropriately to a catarrhal condition, we are inviting more chronic conditions such as arthritis, asthma, diabetes, heart trouble, hardening of the arteries and cancer.

There is, of course, such a thing as innocently and unknowingly breaking a law of which we are not aware until we are caught. Symptoms are the body's natural policemen. They tell us when we have broken one of nature's laws. Symptoms come in the form of irritations, aches, pains, inflammations, fevers and discharges when we have an excessive accumulation of wastes or toxins in the body. Symptoms usually appear first in the mucous membranes and grow progressively more serious as we neglect nature's warnings.

The mucous membranes are not meant to handle an overload of catarrh and acids in the body. They are not designed to function as an elimination channel for the most part. This should be taken care of by the bowel and other elimination channels. Of course, it is possible for all elimination channels to become overloaded with mucous. Kidney stones may develop. Bladder stones can be formed from certain waste acids. We find that these heavy catarrhal conditions, along with acids, can produce many problems in the body. When we allow conditions of this kind to develop in the body, we are creating the kind of internal environment favorable to the growth of gallstones, kidney stones, cholesterol deposits. arteriosclerosis and tumors. In fact, researchers at the University of British Columbia have developed an accurate test for colon or rectal cancer, using a sample of mucus from the rectal area.

Much of the ill health among adults has its beginning in childhood. These days when an infant or small child develops a runny nose, a cough or a cold, the modern mother rushes to the doctor to demand medicine to stop the symptoms. This genuine concern for her child's well-being is mistakenly channeled into forms of treatment that will, unfortunately, backfire later. Common childhood ailments such as colds, mumps, measles, discharges of the nose and ears, fevers and so forth, should be taken care of by natural methods, not by the administration of suppressive medicines. Cleanliness, correct foods, normal physical activities, fresh air, sunbaths, a happy environment and plenty of love will be more than sufficient in most cases to prevent most of the ill health found in children. Even children with inherent weaknesses can grow up healthy with the proper care. We have to ask ourselves, are we giving our children the care that is their natural birthright?

If we are following a right way of living, we will

not manifest the symptoms of disease. On the other hand, a weakened body, a sluggish bloodstream and underactive lymph system react to every change in temperature, every exposure to dampness and chill. Every little breeze becomes an ill wind for us. What should be normal physiological adjustments to changing weather conditions such as temperature, humidity or atmospheric pressure become violent reactions. We can't seem to take such things in stride. We get summer colds, winter colds, flu, attacks of hay fever, sinusitis, bronchitis and asthma. Our joints become arthritic and painful. These symptoms of acute and subacute conditions are the direct result of neglecting or suppressing minor symptoms such as the early catarrhal conditions. We must learn to accept catarrh with gratitude and encourage it to run its course by getting plenty of rest and taking fruit and vegetable juices, a little vegetable broth and herbal teas.

Nervousness and depression may either precede or follow catarrhal conditions. Like the chicken or the egg, we can't be sure which is the cause of the other, but they seem to go together so frequently that we need to take them into account. I believe we can produce more acids through negative attitudes and thoughts than we can eliminate by normal approaches to health maintenance. We have to take care of the mental side of health as well as the physical side. Potato peeling broth, an alkaline food, is excellent for neutralizing acids in the body, but the mind needs proper nourishment too. Cheery surroundings, exercise and a positive attitude are excellent antidotes for nervousness and depression. To indulge in depression or to continue stressful activities that irritate the nerves will only prolong and perhaps worsen the symptoms and discomfort of any condition.

We may talk about milk products and wheat products as catarrh-forming foods and attempt to eliminate them from the diet. It is well to realize that when we do not balance our intake of foods, one component of the digestive system—the pancreas, for example—may become overworked. Undigested starches may be eliminated as catarrh in this case. But foods and improper nutrition are not the only source of catarrh, as we have seen, and an undue emphasis upon diet can itself become a problem.

Elimination diets can be wonderful. But some people get the idea that the solution is to stay with juices or to fast frequently. This isn't the answer. Fasting or going to an elimination diet can be excellent for getting rid of excess catarrh. But we can't live this way all the time. There are four chemical elements that will help with catarrhal conditions: silicon, calcium, sodium and iodine. If our normal food intake is low in any or all of these, we must remedy the situation. Chemical balance is

the first thing to take care of.

Underactive elimination systems contribute to catarrhal buildup, and elimination is the second thing we pay attention to. We have to take care of the bowel, kidneys, skin and lymph system. We need to keep them active and healthy, not as an occasional remedial exercise, but as a regular part of our ongoing health program. Good nutrition builds the body up; good elimination keeps the body clean. This is the balance we are seeking.

Some individuals may find that a change of climate, a change of altitude, is necessary before their catarrhal condition can be relieved. Doctors used to advise patients with chronic respiratory problems to move to Phoenix, Arizona. These days, Phoenix has such a smog problem that anyone who moved there with a severe catarrhal problem would be in trouble.

We have to realize that all disease conditions are accompanied by catarrh. Catarrh is found as a consequence of any pathological problem or process in the body, because any disruption in metabolism in a particular organ or tissue results in either an increase in production of acid waste products or a slowdown in carrying them off. Catarrh forms in either case.

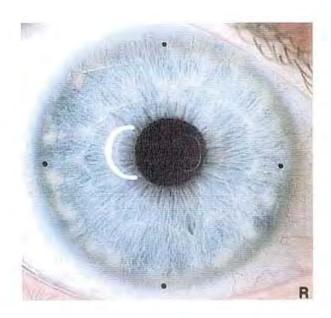
The first step toward the development of a pathological condition is not catarrh, but an imbalance in the body. The imbalance may be caused by many things: fatigue, overexposure to heat or cold, improper nutrition, emotional upset, stress, air pollution, lack of exercise and so forth. The next step is an accumulation of acids or toxins in the body. Then the catarrhal condition develops. When catarrh is blocked or impeded such that the body cannot get rid of it rapidly enough, disease develops. To get rid of the disease and to restore health, we reverse this sequence according to Hering's law of cure and bring the catarrh to the running stage.

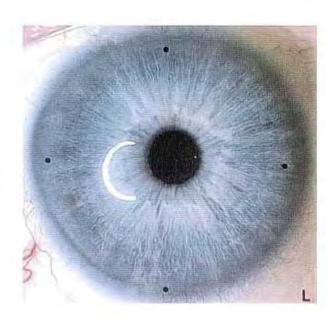
We need to remember that disease preys only on an imbalanced body. For example, a woman came in with a history of heavy congestion in the lungs and poor bowel activity. At the age of 15, she was hospitalized with hepatitis, pancreatitis and peritonitis and she was in and out of the hospital for various conditions thereafter. When she came to us, she weighed 95 pounds, appeared emaciated and complained of frequent and severe catarrhal discharges. She was unable to hold a job because of her lack of energy and strength. Her irides were white, showing heavy acid and catarrhal conditions in the body. The lymphatic rosary was prominent in both irides, revealing severe lymph congestion from acidic waste buildup. Both the thyroid and adrenal areas were underactive, accounting for both the inability of the body to expel toxic wastes and for her fatigue and low energy level. An inherent weakness in the back indicated that she could not retain sufficient calcium in the body. After three years on a special nutritional and exercise program, her weight increased to 115 pounds, and her energy level was much improved. She has gone through many elimination processes but has never come to a complete healing crisis, because some of her organs are so inherently weak that she needed a change in climate, job and mental environment to bring it out.

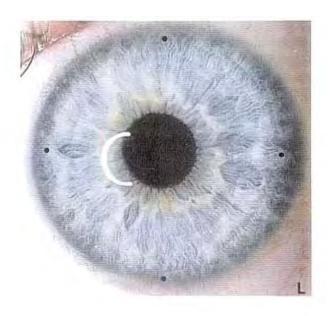
This was a typical case of heavy catarrhal congestion, demonstrating the havoc raised in the body when we find acidic waste buildup combined with many inherent weaknesses.

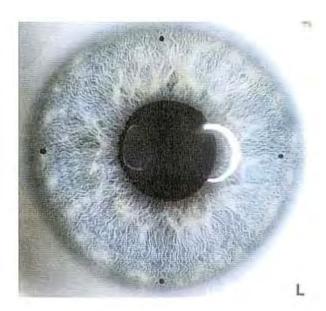
A hyperacidic body provides an ideal climate for building a disease. In the following photographs, we will examine the irides of patients who have complained of serious catarrhal problems.

ACID CONDITIONS

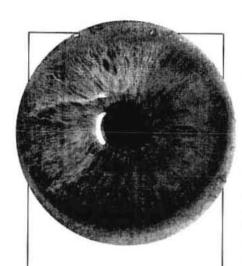








seven



"The eyes of men converse as much as their tongues, with the advance that the ocular dialect needs no dictionary, but is understood all the world over."

-Emerson

"Books are the accumulated treasures of bygone ages. Lamb used to say that there was more reason for saying grace before a new book than before dinner."

-John Lubbock

Glandular functions and the metabolic process

The thyroid gland, found in the neck below the larynx, is made up of two connected lobes, one on each side of the trachea, and is shaped something like a butterfly. In our iridology chart, it is located in the left iris at 9:30 and in the right at 2:30. Because of its importance in metabolism, we are devoting an entire chapter to it here, even though we have discussed it to some degree in Section II, in the chapter entitled Glands: Endocrine and Exocrine.

It is important to realize that the thyroid has a fundamental relationship to our state of health through its effect on metabolism. When the thyroid is hypoactive, every organ and system in the body is hypoactive, reducing the rate at which nutrients can be assimilated and toxic wastes can be eliminated. When the thyroid is hyperactive, nutrients are used faster and wastes are thrown off faster than normal. It is obvious that if we want to assist any organ in throwing off toxic settlements, we must pay attention to thyroid function.

When we examine the iris and find a white organ area, we are seeing evidence of hyperactive metabolism in that organ. When we find gray to black areas in the irides, hypoactivity is indicated in the tissue areas represented. By making such observations from the iris, the iridologist can read the metabolism of each organ. We are also reaching overall body metabolism when we examine the thyroid area of the irides because of the thyroid's direct effect on all cellular metabolism.

Improvement and degeneration are revealed in the irides over a period of time. The iridologist's starting point is the metabolic rate he reads in each organ and tissue area of the irides. This is most important. We find that hyperthyroidism can produce strain, weight loss and irritability. Hypothyroidism, among many other effects, can produce muscle aches, weakness, poor equilibrium, hearing disturbances, loss of mental concentration and depression. The thyroid is a most important gland.

The thyroid produces two important hormones: thyroxin and calcitonin. Thyroid hormones assists in controlling the metabolic rate and stimulates tissue growth. Calcitonin decreases the blood calcium level and prevents hypercalcemia. The parathyroid glands secrete a hormone that increases the blood calcium level, preventing hypocalcemia. Normally, parathyroid hormone and calcitonin work together to ensure a balanced blood calcium level. Calcium is necessary for tissue healing. Abnormally low calcium allows neuromuscular irritation to develop.

Thyroid hormone increases oxygen utilization and assists in protein anabolism, two processes essential to tissue

rebuilding. Oxygenation is important in burning up cellular wastes and in assimilation of foods. If thyroid secretion is low, eating the right foods is not enough to ensure proper protein use in the body. Even if thyroid secretion is normal, poor circulation can prevent or slow down the thyroid hormone from reaching the tissue in need of repair. We must keep these things in mind to obtain effective results in cleaning and rejuvenating body tissues and organs.

We sometimes refer to the thyroid gland as the "emotional gland" because its performance seems so sensitively related to our emotional responses. The brain's link to the endocrine system is the hypothalamus. When strong emotions are experienced, the hypothalamus releases neurosecretions, which act as "trigger hormones" that stimulate the anterior pituitary to release other hormones, one of which is TSH (thyroid stimulating hormone). Through this mechanism, the thyroid responds when we experience certain emotional states. Overly emotional individuals frequently develop thyroid conditions, particularly those who are subject to phobias, as listed below.

Phobias

Accrophobia Acrophobia Agoraphobia Aichurophobia Ailourophobia Akousticophobia Algophobia Altophobia Amathophobia Ancraophobia Androphobia Anginophobia Anglophobia Anthropophobia Antlophobia Apeirophobia Apiphobia Arachnophobia Asthenophobia Astraphobia Atelophobia Atephobia Aulophobia Auroraphobia Bacilliphobia Barophobia Bathophobia Batophobia Batrachophobia Belonephobia Bibliophobia Blennophobia Brontophobia Carcinophobia Cardiophobia Chactophobia Cheimatophobia Chionophobia Chrometophobia Chromophobia Chronophobia Claustrophobia Clinophobia Cnidophobia Coprophobia Cryophobia Crystallophobia Cymophobia Cynophobia Demophobia Demonophobia Dendrophobia Dermatophobia Dikephobia Doraphobia Eisoptrophobia

Elektrophobia

Electricity

Eleutherophobia Sourness Sharpness Enetephobia Entomophobia Open spaces Points Eremitophobia Cats Ergophobia Sound Erythrophobia Pain Gallophobia Heights Gametophobia Dust Genophobia Wind Gephydrophobia Geumatophobia Men Narrowness Graphophobia England English things Gymnophobia Human beings Gynophobia Flood Haematophobia Infinity Haptophobia Harpaxophobia Bees Spiders Hedonophobia Weakness Hippophobia Lightning Hodophobia Imperfection Homichlophobia Ruin Hormephobia Flute Hyalinopygophobia Auroral lights Hydrophobia Microbes Hygrophobia Gravity Hypegiaphobia Hypnophobia Depth Walking Hypsophobia Reptiles Ideophobia Needlex Kakorraphiaphobia Books Katagelophobia Slime Kenophobia Thunder Keraunothnetophobia Cancer Kinesophobia Heart condition Kleptophobia Hair Koniphobia Cold Kopophobia Snow Kyphophobia Lalophobia Money Color Limnophobia Duration Linonophobia Logophobia Enclosed spaces Going to bed Lyssophobia Stings Maniaphobia Feces Mastigophobia Ice, frost Mechanophobia Crystals Metallophobia Sea swell Meteorophobia Monophobia Dogs Musophobia Crowds Demons Musicophobia Trees Mysophobia Myxophobia Skin Necrophobia Justice Fur Negrophobia Mirrors Nelophobia

Freedom Pins Insects Solitude Work Blushing France Marriage Sex Bridges Taste Writing Nudity Women Blood Tough Robbers Pleasure Horses Travel Fog Shock Glass bottoms Water Dampness Responsibility Sleep High place Ideas Failure Ridicule Void Fall of satellites Motion Stealing Dust Fatigue Stooping Speech Lakes String Words Insanity Insanity Flogging Machinery Metals Meteors One thing Mice Music Dirt Stime Corpses Negros

Glass

New

Neophobia

Nephophobia Nosophobia Nyctophobia Ochlophobia Ochophobia Odontophobia Oikophobia Olfactophobia Ommetaphobia Oneirophobia Ophiophobia Ornithophobia Ouranophobia Parenophobia Pathophobia Patroiophobia Peccatophobia Pediculophobia Peniaphobia Phagophobia Phasmophobia Pharmacophobia. Phobophobia Phonophobia Photophobia Phyllophobia. Pnigerophobia Pogonophobia Poincphobia Potophobia Pteronophobia Pyrophobia Satanophobia Sciophobia Siderophobia Sitophobia Spermophobia Stasophobia Stygiophobia Syphilophobia Tachophobia Taphophobia Teratophobia Terdekaphobia Thaasophobia Thalassophobia Thanatophobia Theophobia Thermophobia Thixophobia Tocophobia Toxiphobia Traumatophobia Tremophobia Trypanophobia Xenophobia Zoophobia

Clouds Disease Darkness Crowds Vehicles Teeth Home Smell Eves Dreams Smakes Birds Heaven Young girls Disease Heredity Sioning Lice Poverty Swallerwing Ghosts Drugs Fears Speaking aloud Strong light Leaves Smothering Beards Punishment. Drink Feathers Fire Satan Shadows Stars Food Germs Standing Hell Syphilis Speed Burial alive Monsters Number 13 Sitting idle Sea Death God Heat Touching Childbirth Poison Wounds

Trembling

Foreigners

Animals

Inoculations

The San Francisco Bay area is ringed by six major bridges, and thousands of residents break out in a cold, fearful sweat at the mere thought of crossing one of those spans.

The fear of crossing bridges, or gephydrophobia, afflicts as many as 16,000 bay area residents. Phobias, according to the experts, are brought on by many different kinds of stresses that exhibit themselves as fear. The experts say the most common and easiest way to overcome the fear is to join a local group that helps people fight their phobias.

Any situation which frequently disturbs the thyroid can produce reflex conditions in the bowel such as colitis. Hyperacidic conditions in the body irritate the thyroid as well as other organs, stimulating the metabolism and causing the individual to be restless, irritable and temperamental.

The nervous system and glandular system work closely together, and a lack of iodine in the thyroid can result in hypertension of the nervous system. That is, nerve rings may be aggravated due to emotional responses to stress or to chemical imbalance in the body.

The thyroid needs the support of every other organ in the body to keep it clean and active. It is common, however, to find a toxic thyroid area when a toxic bowel area is observed in the iris. Toxemia is developed in the thyroid more easily than in any other organ, and due to the thyroid hypoactivity which results, all other organs become underactive and vulnerable to toxemia. Protein digestion is poor when the thyroid is toxic, and we cannot build the kind of clean, strong new tissue required to bring about a healing crisis which throws off toxic settlements unless the thyroid is working normally. In some cases, we may have to bring the thyroid to a hyperactive state to make up for the underactivity of some tissues.

To bring up metabolic activity, the best way is to go to the protomorphogens made of the desiccated tissue of animals. We can use a protomorphogen made from a particular animal organ to bring up the metabolic rate of the same type of organ in the human body. Dieting alone can be a very slow process. Cleansing individual organs can also be a very slow process. Protomorphogens can quicken the onset of a healing crisis better than any other means of which I am aware. It is unnecessary to go through years of slow, constant catarrhal discharge when a healing crisis would get rid of it once and for all. It is necessary to be very careful in taking thyroid substance because of the thyroid's role in regulating all organ, gland and tissue metabolism.

See Section II, Chapter 3 for a list of symptoms associated with thyroid hypoactivity as presented in the excellent book Hypothyroidism: The Unsuspected Illness by Dr. Broda M. Barnes and Lawrence Galton. It was Dr. Barnes who proved that the thyroid could still be underactive when conventional lab tests showed its function was normal.

Dr. Barnes has suggested, on the basis of longterm clinical studies, that thyroid therapy may be one of the keys in preventing the onset of diabetes among those vulnerable to the frequent acute infections often associated with failure of the pancreas. He has also pointed out the effectiveness of thyroid treatment in reducing morbidity and mortality in diabetics, particularly by delaying atherosclerosis, which is a common affliction in cases of diabetes.

A common laboratory test for thyroid function is called the PBI (protein bound iodine). When thyroid hormone is released into the blood, it combines with a blood protein until reaching its target organs and tissues, and it is this protein bound thyroid hormone which is analyzed in the PBI test.

Many years ago, a woman came to me with symptoms of thyroid dysfunction, but a PBI test showed her thyroid function to be normal. When I examined her irides, I found the answer to this puzzle. The left side of her thyroid was hypoactive, and the right side was hyperactive! Between the two imbalanced lobes of the thyroid, a normal reading on the PBI test occurred, which hid the real problem. The great advantage of iridology is that conditions of imbalance on the two sides of the body can be quickly determined for any bilateral organ.

It is also possible to have an underactivity of one kidney and an overactivity of the other. Laboratory reports on kidney function can be deceptive because either urinalysis or blood tests "average" the functioning of both kidneys. One kidney could be in a degenerative stage. It is also possible for a kidney to be only the size of a navy bean. How much work do you suppose a kidney that small could do? Could it take care of a 150- or 250-pound man? It is necessary to consider the kidney's capacity. Iridology can help us determine the metabolic rate of each kidney and the capacity of each to handle toxins and waste products that are normally eliminated in the urine, according to demands of the body.

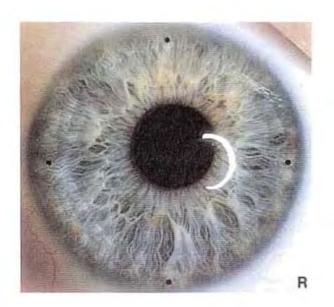
We may note that a dry skin is often a sign of iodine deficiency. In the iris, we look at the scurf rim over the thyroid area to see if it is heavier there.

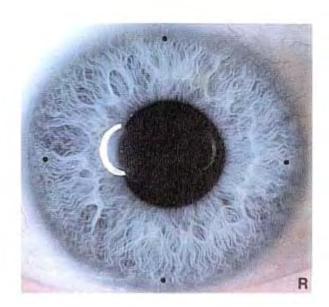
I believe the thyroid is not only affected by the hectic pace and stress of modern living, but by frequent and excessive exposure to carbon monoxide, aerosols, industrial pollutants and by living and working indoors too much. It is our present-day civilization as much as anything else, in my view, which brings on thyroid conditions.

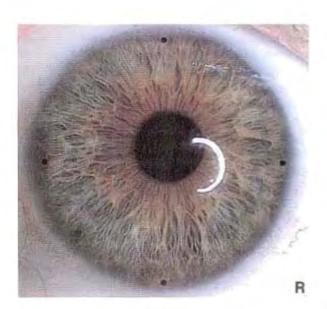
In my experience, the hectic pace of modern life affects not only the thyroid but the adrenals as well, sometimes leading to adrenal exhaustion. Emotional reactions that affect the thyroid—such as joy, surprise, anger and fear—also affect the adrenals. The adrenal glands have control of vitamin C, which

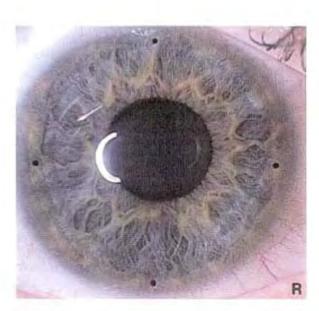
is needed to rid the body of catarrh and toxic wastes. Exhausted adrenals may be associated with low blood pressure, lack of energy and loss of motivation, conditions which make it appear that the adrenals function almost as a secondary control, after the thyroid, of metabolism.

ENDOCRINE AND EXOCRINE GLANDS



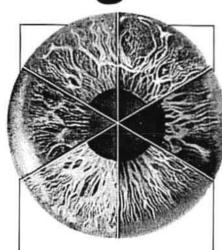






All glandular systems are dependent on circulation and elimination in order to have the highest performance. When any organ is affected by these conditions, they in turn affect every other organ in the body. There is a vicious circle that takes place but this is a certainty. As we build one organ, the other organs feel it. As we build the whole body, healing takes place in every organ.

eight



"A well-balanced person never does any single thing to the exclusion of everything else. He has learned that the enjoyment of anything is lost just the moment he gets too much of that thing. He quits eating before he becomes completely satisfied. Watches constantly his balance or poise. There are so few people in the world possessing this rare quality that the ones who have it shine like stars."

-A. B. Zu Tavern

Drugs, psora and miasms

In the 1800s, the pioneering research of Swedish iridologist, Nils Liljequist, drew attention for the first time to the effects of drugs and chemicals on the irides. Liljequist pointed out that quinine treatments had turned his blue eyes to a greenish shade, and frequent applications of iodine to the lymphatic glands of his neck led to the appearance of reddish flecks in his irides. His health deteriorated to an all-time low while he was taking those medications.

Since Liljequist's investigations, iridologists have continued to observe that taking many drugs and chemicals results in discolorations or spots on the irides which indicate the presence of toxic residues in inherently weak organs and tissues. Inorganic substances ingested or absorbed into the body are not utilized in the same manner that foods are. They do not cleanse the body. They do not build new tissue. Instead, they settle in tissues where an underactive metabolism is unable to throw them into the eliminative channels for the body to get rid of. These toxic chemical settlements, I believe, are the source of many disease conditions and can be passed along for several generations, as demonstrated by the presence of drug spots in the same locations in the irides of many parents, children, grandchildren and even great-grandchildren.

I am not against the use of drugs under emergency conditions or when alternative therapies are not possible. Nor do I question the fact that drugs have saved perhaps millions of lives. What I would like to say is that there are other safer ways to treat the majority of chronic problems.

Modern medical research and the drug industry have developed around 50,000 medications for treating various symptoms and manifestations of disease. Yet each year some of these same medications are taken off the market quietly, by order, usually, of the United States Food and Drug Administration because they have been found to be unsafe, or positively dangerous, after many years of follow-up studies of those who have taken them. I don't believe any medication is "safe." While specific drugs may be necessary from time to time in order to save lives, they are not the ultimate solution to health problems and should not be relied upon as the treatment of choice.

Most medications are given under the mistaken belief that the symptoms are the problem, and if all signs of the disease are eliminated, the problem will be solved. Iridology shows that tissue inflammation precedes disease manifestations, and if the tissue can be cleansed and restored, no disease will manifest. But the underlying cause is not tissue inflammation, it is what produces tissue inflammation. This may be malnutrition, stress, an underactive bowel or some other problem. If medication is given to stop a little catarrhal flow, then the presence of the medication in the body, along with the toxins the catarrh was attempting to remove, become a new and more difficult problem for the body. (See Vol. 1 of The Science and Practice of Iridology, pp. 166-167, for my "Drug and Chemical Chart," listing the most commonly ingested substances, organs affected, medicinal uses, symptoms and appearance in the irides. All iridologists should develop such a chart and extend it, through personal observations, to include up-to-date drug and chemical developments.)

Medications are not the only source of inorganic chemical substances that find their way into the human body. Body creams, lotions, salves and ointments may have chemical ingredients that are absorbed into the body through the skin. Workers in textile plants and paper mills are exposed to chemical dyes, bleaches, acids and fumes. Farmers and farm workers spray sulphur, chemical fertilizers, pesticides and herbicides on the fields. DDT, dieldrin and a few other pesticides have been found to accumulate and become more concentrated as birds and rodents eat poisoned insects, and predators eat the poisoned birds and rodents.

I would say when we look to all the drug areas and all the drug conditions manifested, that 50% of them reveal a yellow or a sulphur background. Sulphur was one of the most pervasive, widely-used suppressant medications in years past.

It began with the various misuses of sulphur to treat skin problems, such as boils, pimples, eczema and rashes. Most traditional ointments used on the skin were sulphur derivatives and in this way, we stopped toxic waste elimination, stopped the skin from discharging poisons in a perfectly natural way—by cleansing from without/out. Through this suppression, we drove the toxins back into the body again. The cause of the trouble was left untouched and untreated. That was the way our chronic diseases began.

Iron is probably the second most frequent drug we recognize in the iris, and we can understand why, as it has been widely used in the past.

Iron, the main ingredient in all of the formulas and tonics used to counteract anemia in the past, was generally in a form which had a suppressive effect. While it was used with some success to build up the blood count, we should realize that it was not the vibratory type of iron found in black cherries and other iron-rich foods. Rather, it was iron of a low vibratory rate which, when ingested, accumulated in the body, especially in the intestinal tract. Because it

settled mostly in that area, it was responsible for countless cases of constipation which, of course, is a precursor of countless other ailments. The iron we get from eating greens, tops of vegetables, black cherries and other chlorophyll foods is not constipating, except for that iron found in blackberries. Furthermore, we do not see an accumulation of iron from foods in the iris.

European researchers have become alarmed over the increasingly high levels of lead being found in their soil and air. Once this problem was considered to be serious only in the United States, but now, many cases of lead poisoning are being found in European nations. Lead has a degenerative effect on the central nervous system and causes genetic damage. Even small amounts inflict harm on the liver, kidneys, heart and other tissue.

The modern iridologist must be aware of the sources of chemical toxins his patients are exposed to and must learn to recognize their manifestations in the iris. New drugs and industrial chemicals are being developed every year which may have different manifestations in the irides than previously-manufactured substances. Very few drugs and chemicals are used in their crude, pure state as they were fifty years ago. Most are in complex chemical combinations.

Psora

When a drug or chemical residue has settled into an organ or tissue, we sometimes find discolored areas, spots or flecks in the irides. Over years of continued exposure to drugs or chemicals, these spots can appear quite dark and we consider them chronic settlements. A patient in this condition acquires what we call psora or psoric "itch" spots. These can be almost black, indicating serious tissue damage and hypoactivity of any organ concerned. These spots can be inherited, passed along from generation to generation. That is, not only are the same inherent weaknesses passed on from parents to children, but the effects of toxic chemical deposits on those inherent weaknesses are passed on as well.

Accumulations

Once an organ or tissue area has become irritated and weakened by chemical settlements, its ability to throw off toxins is further reduced and it may become a repository for other drugs, chemicals and toxins as they are circulated to this part of the body by the bloodstream. Additionally, some drugs and chemicals, particularly the heavy metals such as lead and mercury, tend to accumulate in the body more so than others, leading to increasingly serious problems. The iridologist will find this condition

signaled by an increasing degree of darkness in the corresponding area of the iris, showing that the tissue is going from the subacute to the chronic and degenerative stages.

Toxic accumulations in the body create conditions which invite disease. What kinds of disease? That depends upon the individual. The current epidemic of Herpes Simplex II, commonly called venereal herpes, may well be due to a lowering of general resistance among many people, due to excessive drug ingestion. The source of Herpes II is a virus, and this virus can live only in tissue which is underactive. Healthy bodies kill and eliminate viruses. Of course, sexual promiscuity and the breakdown of the institution of marriage have contributed to this epidemic. However, we find that germ life such as bacteria and viruses require a certain kind of environment to thrive, and if we don't allow our bodies to become run down, most harmful microorganisms will be eliminated.

Side Effects and Time-Bomb Effects

Every drug has side effects. Even aspirin irritates the stomach in many people and causes a variety of unpleasant symptoms in others, particularly those who take it regularly. Some decades back, a drug called thalidomide was hastily removed from the market when it was found to be causing grotesque birth defects.

I am concerned about the "time-bomb effects" of certain drugs, in particular, the suppressants—those which suppress the symptoms of disease—but, also, those that tend to accumulate in the body. Over a period of time, when the body cannot rid itself of a toxic substance which continually irritates the tissue where it has settled, a tumor or cancerous growth may develop. All chronic diseases may be traced to toxic settlement or to suppression of catarrh (either one leads to the other), and I believe that drugs are to be blamed for these conditions in many cases. This is the "time-bomb effect." This is what happens after many years of reliance on drugs.

The United States Department of Health, Education and Welfare's Task Force on Drug Prescriptions has reported that physicians tend to over-prescribe medicines, both in quantity and variety, for the same illness. About 300,000 people in this country are hospitalized each year for severe adverse drug reactions. Approximately 18,000 die annually from drug side effects. Many patients become ill from medications without getting any benefit from them.

Distilled Water

I was talking to a water engineer the other day and he was telling me that in Point Loma, California, where ocean water is desalinated, they bring it close to 99% pure water, almost completely distilled. When this water is transported through the asbestos cement pipelines, however, a strange thing occurs. The pipes begin to disintegrate and leak. This is due to the leaching effect of distilled water, drawing out the chemicals from the joints, seams and the pipes themselves.

The engineer came to the conclusion that distilled water shouldn't be used on the inside of the body because it would draw the calcium out of the joints, producing joint troubles eventually.

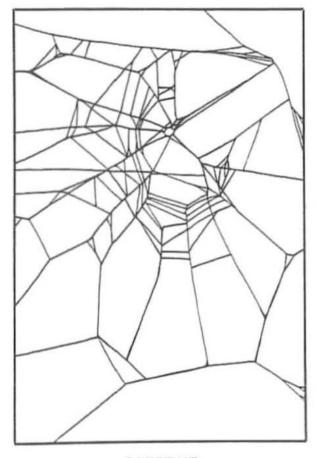
There has been much discussion in this respect. I have used distilled water when I found a heavy amount of calcium out of solution, causing knobs on the joints, hardening in the arteries, salt as settled in the sodium ring, and cholesterol, as settled in the cholesterol ring. I feel that if distilled water has any use in the body, it should be in taking out these kinds of inert chemical salts deposited where they don't belong.

Using heavily mineralized water to provide chemical salts in the body can be harmful, causing possible settlements and side effects similar to those produced by drugs. I believe that the biochemical salts in vegetable and fruit juices are sufficient for our needs. Mineralized water is unnecessary.

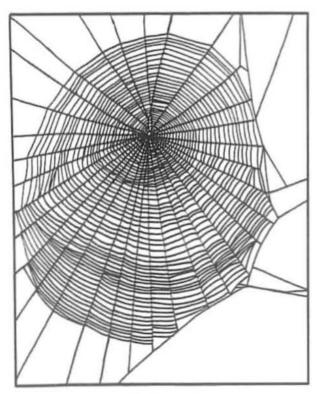
If you drink distilled water, I personally believe it is well to add juices or juice concentrates, vegetable broth powder, liquid chlorophyll or some of the other food salts found in juices. This will prevent undue leaching of the minerals from the rest of the body. An excellent demineralizing water purification unit has been developed by Bill McMahon, based on the reverse osmosis process. (It can be ordered from: On Tap Water, 14106 Willow Lane, Westminster, CA 92683.)

Miasms

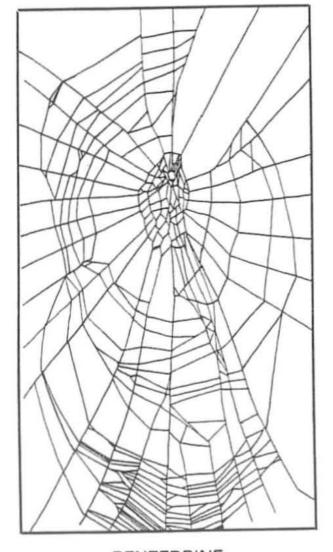
In iridology a miasmic eye is one in which the accumulated effects of inherited and acquired drug and chemical settlements have produced a dark, murky appearance in the iris. Miasm is derived from the Greek miasma, meaning "stain," and the dictionary defines it as "a foul emanation" or "an unwholesome influence." The presence of miasms in the eye tells us that catarrhal suppression has taken place, that toxic settlements are in a state of stasis. A deep level of chronicity is indicated.



CAFFEINE



NORMAL



BENZEDRINE

Drug identification through web analysis. A young Swiss pharmacologist discovered that spiders will spin erratic webs when doped with drugs. Different drugs affect different parts of the nervous system and cause the spiders to produce a characteristic web pattern for each type of drug.

Miasms suggest that something more than inherent weaknesses are operative. Perhaps we inherit conditions which actually attract certain chemicals and toxins to specific organs and tissue areas. For example, an inherited tubercular tendency tends to catalyze the development of a miasm.

There can be more than one miasm in the body. Dealing with miasms can be like an archeological excavation, in which successive layers of structures are uncovered as we dig deeper. The more miasms a person has, the slower he will respond to treatment. I have found this to be particularly evident among those who have taken cortisone constantly over the years. Such people find their immunity gradually dwindling away until their resources for fighting off disease and throwing off toxins are entirely depleted.

Like low-grade infections, miasms keep a person from feeling completely well. An accumulation of drug settlements in an organ implies a continual seepage of the "undesirable side effects" we find in all drugs into that area of the body. Many drugs—many undesirable side effects. The dictionary definitions of miasm make a great deal of sense here; they are truly "foul emanations" and "unwholesome influences."

Miasms affect the mind and personality. As we have previously mentioned, what affects the mind affects the body and vice versa. Depression, fear, emotional instability, the tendency to violence—all can stem from miasms. There are chronic conditions of the mind that match chronic conditions of the body, and we have to deal with both in the healing process.

Our eliminative systems are designed to deal only with natural metabolic wastes, not inorganic chemicals and drugs. Substances foreign to the body—especially the inorganic mineral poisons and certain drugs—are so destructive to tissues and organs that they are much harder to get rid of. But, get rid of them we must. Otherwise, the stubborn miasmic settlements become foul cesspools from which chronic conditions such as arthritis, emphysema and cancer may emerge.

In my experience, the conditions underlying miasms behave much like an insidious virus that has infected the entire organism, persisting in the living cells and capable of lying latent for lengthy periods of time. It is likely to break out at any time, overpowering mind functions and organs, resisting therapies designed to correct and restore balance. Tissues react in eccentric, erratic, unnatural ways, occasionally triggering physical deformities and malformations, not only in the present generation but those following. Thalidomide generated its worst effects not on the women who took it, but on their offspring.

Biochemical elements are not distributed or utilized properly when miasms exist in the body. The metabolism is disturbed, glandular function is erratic. Chemically imbalanced bodies produce imbalanced minds and irrational behavior. That is why I have often suggested that physiological problems caused by malnutrition, toxic settlements and unwholesome lifestyles may lead to criminal behavior.

Natural Elimination

I am frequently asked how we can get rid of drugs and chemicals in the body. Here, we again appeal to Hering's law of cure: "All cure comes from the head down, from the inside-out, and in reverse order as the symptoms first appeared." We find there is no more wonderful and helpful principle in the healing arts field. Our goal is to bring on a healing crisis to generate catarrhal elimination, and we do this through the reversal process. Drugs and chemicals will come out in reverse order as they have been taken when the energy and strength of the body have been built up sufficiently to liquefy and throw off catarrh. We need to bring the metabolism to the acute or hyperactive stage to accomplish this.

Specific drugs and chemicals will tend to be eliminated in specific ways. Sulphur, which has a vibratory harmony with the skin, tends to come out through the skin. Mercury also may come out through skin eruptions—furuncles, ulcers, abscesses, open sores and hemorrhoidal discharges among others. Body odors indicate elimination of wastes in gaseous form, and a furry tongue and bad breath are forms of elimination. Diarrhea rids the body of certain drugs, while catarrhal discharges reject others. Crystals or small stones may be released by the kidneys.

Psoric spots and miasms are a different story. We take the same basic approach, using Hering's law, but we must realize the job can take several generations. The patient and his or her offspring must make a complete change in diet and lifestyle, taking on a new pathway in life, shedding the old ways which brought on such severe settlement problems. Such people may have to move to a higher altitude, a different climate and change jobs. I believe the patient with a miasm can be changed through the building of a better body, but it will take time.

When we find multiple miasms, layered under each other, the patient may expect—and must work toward—many healing crises. Each will be different. Each will shed different drugs, toxins and toxic mental states.

Difficult Eyes to Analyze

The miasmic eye, particularly in the brown-eyed individual, can be a difficult eye to analyze for the student of iridology.

Keep in mind that we cannot tell what particular combination of drugs, chemicals and toxins has brought on the murky appearance. It is best not to guess.

Look for major landmarks: the autonomic wreath, the stomach, the bowel. When the iridologist gets accustomed to the relative darkness of these eyes, many details can be brought forth, but patience will be necessary.

Sodium

Salt, the experts are discovering, is a dangerous drug. It is addictive and can produce harmful side effects, cumulative effects and "time-bomb" effects, like many other drugs. Salt is a silent killer, and most people consume far too much of it.

It should not surprise us to find that heavy use of salt and other inorganic sodium substances is associated with heart disease. The heart is basically a potassium organ, thriving best in a nutrient medium in which potassium and sodium are in a certain proportion to one another. When we pump massive amounts of salt into our bloodstream, the sodium-potassium equilibrium is upset, and the heart is placed under stress. It becomes more vulnerable to disease.

Normally, a certain amount of sodium is needed by the body to buffer acids, to keep the joints limber, to assist in nerve conduction and to aid in nutrient absorption through the small intestine. But, it is important that the body get biochemical sodium rather than inorganic chemical sodium. Biochemicals carry life force. Sea salt or salt mined from the earth does not. Inorganic substances evolve into organic biochemicals through the action of plant life, and the body assimilates these higher-evolved biochemicals easily. Foods such as carrots, beets, celery and whey are high in sodium which can be used by the body without problems. Sodium chloride or table salt causes the joints to become brittle and hard, one of the symptoms of old age, while a study by the National Science Foundation showed that salt-cured and salt-pickled foods are associated with a higher risk of cancer

Too much sodium ingested in a brief period of time can make a person seriously ill, as in the socalled "Chinese restaurant syndrome," due to excess monosodium glutamate in the food. Mental confusion, one of the overdose symptoms, is also commonly found in Alzheimer's disease, which affects an estimated six to seven million Americans. Other symptoms of Alzheimer's disease are loss of memory, energy depletion, distorted thinking, poor judgment and personality change.

Excessive salt intake shows up in iridology as the sodium ring, a cloudy, opaque ring around the cornea; a murky iris is also a sign of sodium imbalance in the body.

Alzheimer's disease is associated with the sodium ring found in the iris, indicating hardening of the arteries and calcium deposits in the brain. Autopsies have shown four to six times the level of aluminum in brain cells as compared to normal, which reinforces iridology's discovery almost a century ago that chemical elements such as iron, sulphur, calcium, lead and so forth become toxic settlements in the tissues. Iridology is an important but neglected diagnostic tool in identifying Alzheimer's disease.

Dr. Martin R. Filmer of Johannesburg, South

Africa has conducted a research study of native Africans who moved into urban areas to work in factories, and he found a remarkable change in diet and health patterns. We quote him directly:

"It is a phenomenon in South Africa that the urbanized African boils his food, and this is limited in many cases to a staple diet of meat, corn and green vegetables. All these are boiled in water over extended periods of time and the water is thrown away. The family is left with a bland combination of meat and "pap" (American grits) and soppy vegetables with little or no taste.

"To replace some semblance of taste, table salt is added in large quantities. (It is not uncommon to see an African putting a handful of salt onto his food.)

"I have taken case histories and I have studied the phenomenon of the sodium ring in many African eyes and I come to the following conclusions:

 There is more than one white ring in the iris of the eye.

 The white ring appearing in the iris of the eyes does not form part of the iris, but lies either within the aqueous humor and/or within the cornea above the iris of the eye.

3. It is often difficult to distinguish between:

a. the cholesterol ring 'Deck,'

b. the sodium ring 'Jensen,' or

c. a circulatory ring.

"The outstanding feature of Dr. Jensen's sodium ring is that this is a ring of white which, viewed directly from the front of the eye, is within the iris ciliary field in the 6th zone and is usually more often than not clearly defined—especially in its edges. Many times the sodium ring is found in conjunction with the cholesterol ring which, as has been described, is a deposit, unclear, white/grey sickle-shaped ring over the iris border, thus giving the cholesterol ring a characteristic sickle effect, whereas the sodium ring of Dr. Jensen tends to have a conformity of width.

"As is mentioned in Dr. Jensen's work, the sodium ring is usually due to an excessive use of table salt which has overloaded the body with inorganic sodium viz. NaCl which the body cannot ionize and quoting from Dr. Jensen: 'Where salt has settled, the tissue becomes hardened and inelastic.' The appearance of the sodium ring, although more normally seen in older people, may appear in a newborn, and must therefore be seen as a constitutional sign and sometimes genetically bound. In these cases, it is usually a dysfunction of the sodium/potassium balance and the blood potassium level will be found to be high.

"In a study of over 30 African patients displaying this uniformly distributed white sign within the ciliary border, in every case it was found that the potassium blood levels were high indicating an electrolytic imbalance, and while it is accepted that the actual deposition within the aqueous humour and/or the cornea is that of free lipid particles causing the white sign—when the ring appeared within the citiary border, Dr. Jensen's theory holds true that the salt has settled in the body, especially in the circulatory system and a presclerotic or sclerotic condition exists.

"Each one of the patients under review admitted to heavy salt intake and suffered from joint pains, especially the knees! Note Dr. Jensen's comments in his book, 4th paragraph, page 162, 'Many symptoms that doctors cannot find any cause for can be traced to the use of salt. Poor circulatory conditions of the legs, especially bad feet, bunions, arch and knee disturbances, can be influenced and made worse through the use of salt."

"Furthermore, more of these patients suffered from some respiratory complaint and if we take Dr. M. Bieler at his word, 'Not a trace of salt should be allowed the asthmatic patient.'

"There is no doubt in my mind that the sodium ring of Dr. Bernard Jensen is a sodium ring and that this can be either a genotypical type—inherited as a constitution or developed over years of excessive salt abuse."

In view of Dr. Filmer's interpretation of my teaching regarding the sodium ring, I feel the need for clarification of this point.

I have come to the conclusion that the sodium ring and cholesterol ring are synonomous descriptions of the same phenomenon. Salt is made up of sodium and obviously contributes to the formation of the sodium ring. However, this ring can also be formed due to cholesterol deposits or as a result of calcium out of solution. Excess sodium, cholesterol and calcium out of solution all contribute to the hardening of the tissues in which they settle.

Please refer to Volume I of *The Science and* Practice of Iridology for a more thorough discussion of the sodium-cholesterol ring.

There is only one way to take care of the salt problem, and that is to educate people to eat without it. I believe in being forthright. Most persons want to do the right thing but do not know what is right. The truth is, we get all the sodium we need from unsalted foods.

AN IRIDOLOGY PHENOMENON



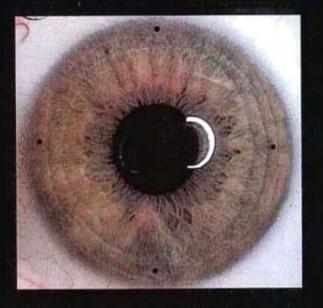


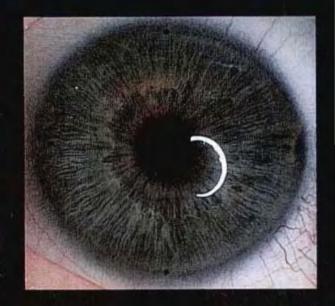
During an iridology seminar, we observed a very unusual and interesting phenomenon. Mr. M's iris demonstrated a drug accumulation that moved with his movements. Upon leaning over with his head between his knees, the drug spot moved toward the pupil. As Mr. M stood up again, the drug spot dropped to the lower periphery of the iris. This series of photos illustrates the motion.



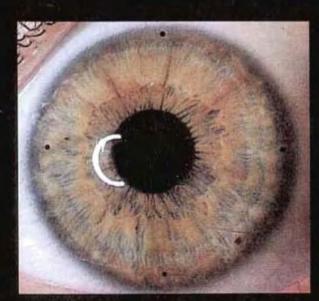


MIASMIC OR MEDEIC EYES







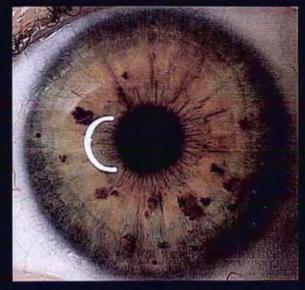




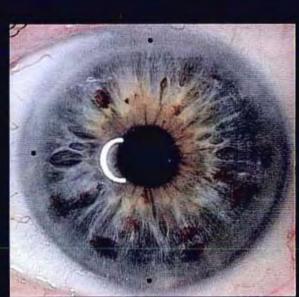
Also called miasmic, the murky eye signifies systemic drug accumulation. This accumulation can be due in part to conditions inherited from the parents. The murky eye also indicates a state in which catarrhal elimination has been suppressed. The body has been prevented from throwing off toxins and drug residues, If the practice of suppression continues, the body can become what we call medeic, so polluted that it may not live long enough for a complete cleansing.

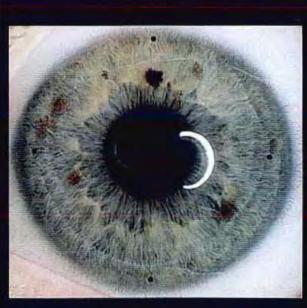
PSORA

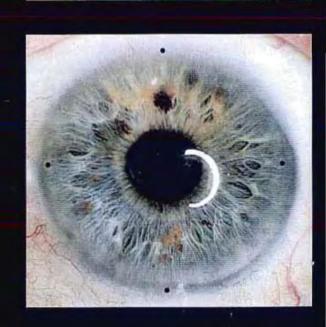




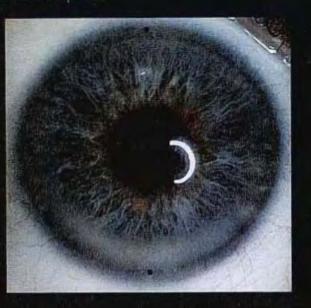


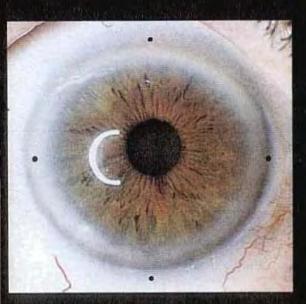


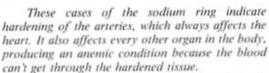




SODIUM RING



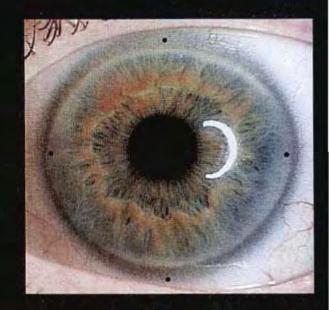




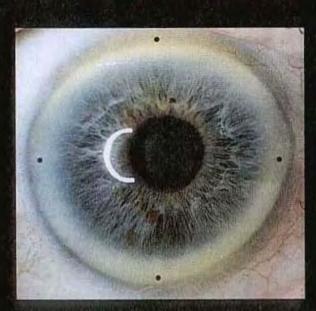
In one case, you see the sodium ring only in the lower part of the iris. We find that people with this sign complain about leg conditions most.

When found only in the upper part of the eye, we find they are complaining about brain symptoms such as lack of concentration, memory, so forth. This may be the beginning of Alzheimer's disease.

Notice the cloudy white reflection in the pupil. This indicates calcium out of solution and the development of cataracts. The sodium ring is also called the cholesterol ring.







DRUGS







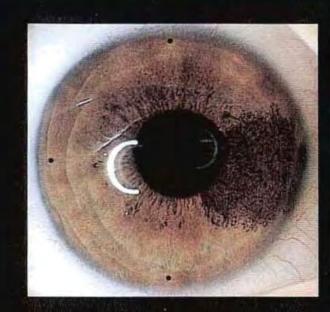


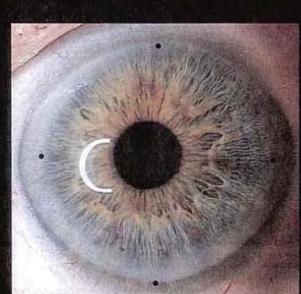


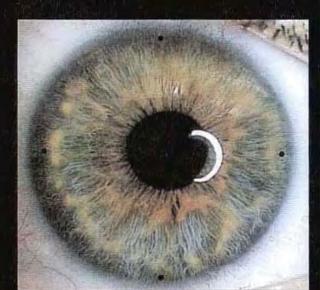
Taking drugs often produces side effects, timebomb effects or genetic effects. A person who does not eliminate drug residues can develop a murky eye, characterized by generalized staining, and this may be passed to the offspring in the form of concentrated areas of pigment, called psora. These abnormal chemical accumulations have become part of the tissue and interfere with healing and regeneration.

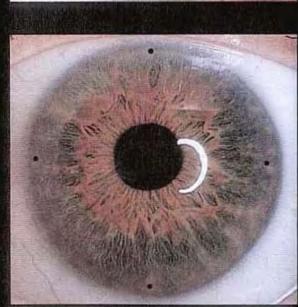
DRUGS





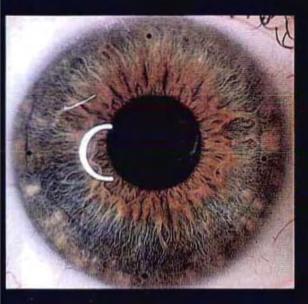


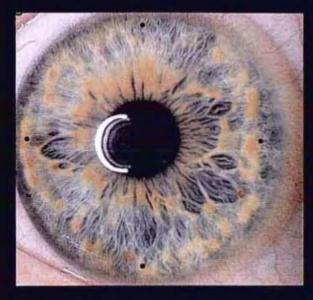


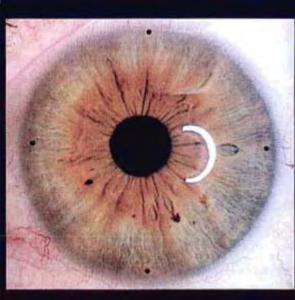




DRUGS



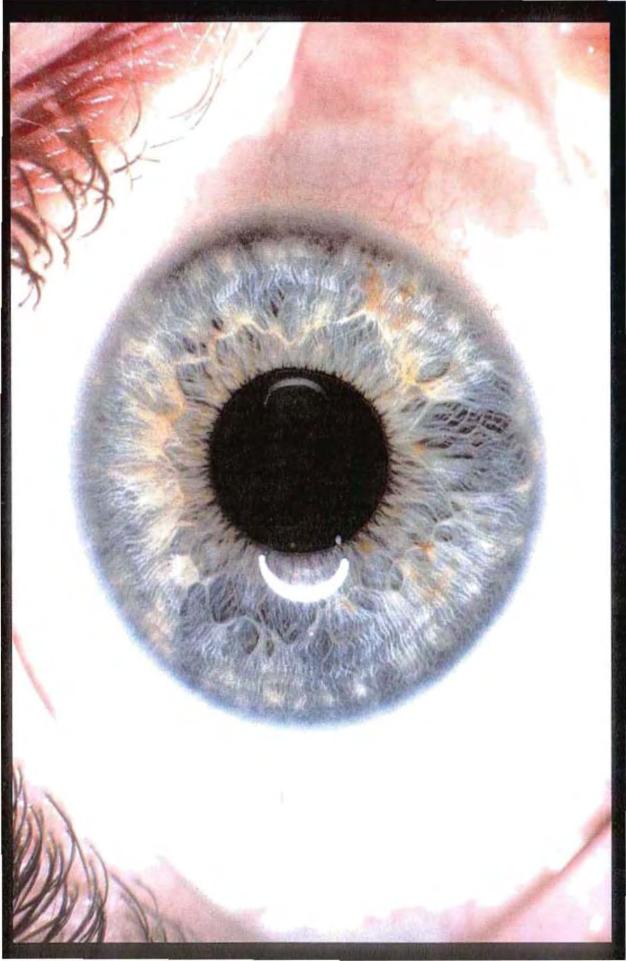




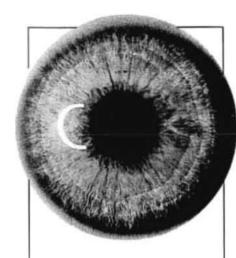








nine



Abnormal growths, operations, injuries and wounds

We are not able to determine past operations through iridology. We believe anesthetics cut off the nerve transmission from brain to eye, preventing the recording of the operation in the iris but the pathological condition of an organ or tissue area immediately prior to any past operation may still be registered.

Take special care to obtain the patient's case history before the analysis as the iris may indicate a degenerative chronic lesion in an organ that has been removed. The case history may tell the reason for the operation and future operations may be avoided by changing the life pattern, nutrition or exercise.

Iridology may show signs of injuries or broken bones, indicated by a dark, broken fiber. Adhesions can appear in the iris as very white lines, usually cross-fiber lines that look similar to healing signs. Adhesions may develop after an operation.

Usually, dark iris lesions indicate possible tumors that show no healing signs. No correction is taking place nor is there replacement of new tissue for the old because circulation on the inside of the tumor cannot be improved enough to break down the toxic material trapped within so it may be eliminated properly. Tumors can become so degenerative that they have to be removed surgically.

In some cases, tumors can, over a period of years, be eliminated naturally. However, the effect of a tumor on surrounding tissue, such as reduced circulation, must be considered in the decision to pursue more lengthy treatment.

The iridologist recognizes that one surgery may lead to another if the cause of the imbalance is not remedied. Many tumors form because the lymph system does not have the proper chemical balance, is not circulating properly and elimination is not occurring. This can be the cause of escalating problems if the lymph system problem is not taken care of. Surgery may progress from tonsils, to appendix, to cysts, to lumps in the breast, to fibroid tumors—a progression of degeneration. The initial flare-up of tonsils indicates a change of life pattern is necessary. Cutting them out is a temporary measure that can be detrimental in the long run.

We must always take care of the latent, chronically underactive areas in the body. These will be the sources of the pains, aches, discharges and other body problems. These areas must be strengthened. Surgical intervention cannot stem the tide of downward trends in health. Correct living must be encouraged

To change and change for the better are two different things.

—A German proverb

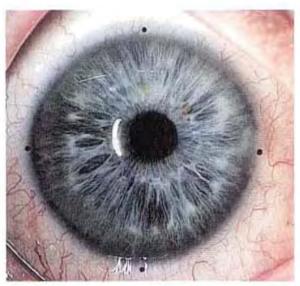
A wise man makes his own decisions, an ignorant man follows the public opinion.

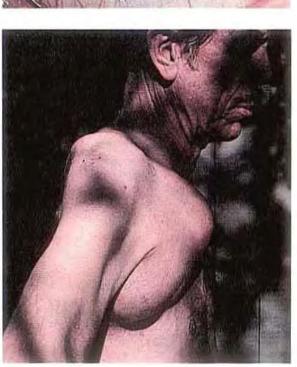
—Chinese proverb

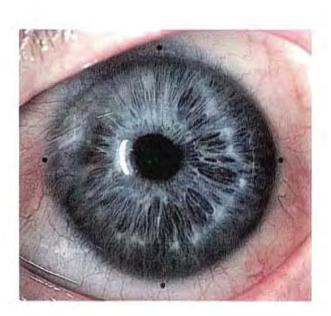
to reverse the process that leads to degeneration. When a part of the body is diseased, the rest of the body has a story to tell concerning deficient conditions to be remedied.

Most surgeries can be avoided if the proper steps are taken in time. This is where iridology shines. As a preventive tool, it pinpoints where imbalances exist before they degenerate into clinically testable diseases. A boy came to me who had been treated for leg conditions, sciatica and poor circulation for over three years by fifteen doctors. Iridology indicated a condition in the sigmoid colon, right opposite the leg area, of a degenerative nature. I insisted on an X-ray; this revealed a cancer. This was responsible for the reflex troubles. The boy died six months later from cancer of the sigmoid colon. The leg problem was a message from nature, indicating problems in another part of the body that needed care.

Tumors and Growths







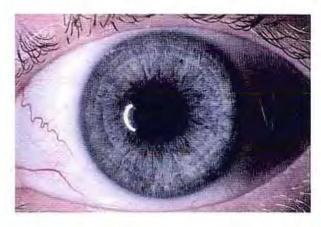
The man pictured had a lymph gland tumor under his right arm, a cancerous growth which couldn't be surgically removed. In three or four months, the growth increased in size and became uncontrollable, Iridology showed a tumor in the right arm—next to a lymph gland engorgement. All treatments failed; the patient died.

The tumor shows black—no healing signs in it. In the rest of the iris appear healing lines with some activity. There is no activity in that little round hole within the arm area at 8 o'clock in the right eye. Blood was not getting into the tumor; no correction could take place with it. We do not have that condition under the arm on the other side. The other eye, at 4 o'clock in the arm area, appears clear, with no inherent weakness or tumor existing.

We cannot tell a disease from the iris, least of all a cancer. Dr. Josef Deck of Germany is researching how we can determine a cancer from the iris. He recognizes that many drug spots are the basis of cancers; however, there are many other causes of cancer besides drug irritations. Tumors and other degenerative conditions may also develop from heavy metal accumulations which cause irritations.

Growths, Tumors, Operations, Cysts

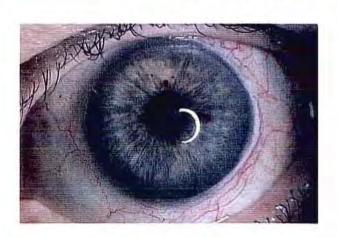


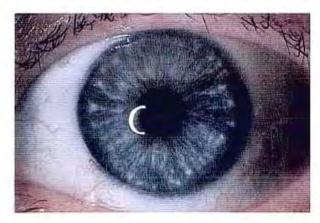






These four patients have breast tumors and are slated for operations.





Here we have two cases, both with varicose veins, both slated for operations.

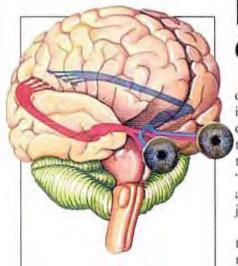
Note the inherent weaknesses, congestion, toxic materials settled in the leg areas, plus poor circulation and material migrating from the bowel. Note also the scurf rim, which indicates underactive skin and the inability to hold silicon, one of the most essential chemical elements needed for prevention of varicose veins.

In the second slide, the patient also has a tumor of the left breast. All the above factors contributed to this condition.

Is it possible that operations could have been prevented if we had started before the condition had developed to this point?

The visual center is located at the rear of the brain in the occipital lobes. A red spotlight is shining on this region.

ten



"Even though 25% of the oxygen supply of blood of an adult is consumed in the soft mass of the brain, it neither moves, contracts or divides; nor does it even grow."

"The most orderly and complex arrangement of matter in the universe is man's brain, which is only three pounds."

"Forty percent of a person's smell and fifty percent of the taste buds are lost by the age of sixty,"

"It has been computed by Dr. Paul Weiss, a scientist, that there are 100 billion cross-linked brain cells at random lost daily; but the basic pattern and memory remains. These linkages are developed by macromolecules and receivers connected to other brain cells."

"The astronauts, much to their amazement, were able to see the wakes of ships while they were in orbit. The human eye is so keen and sensitive that you can see as far as 50 miles something as small as a match being struck, if you were on a mountain peak and it was a clear moonless night."

Brain—the human computer

This is the most unusual chapter in the entire book and, no doubt, will be the most controversial. Yet, because of the importance of the brain and its functions, I feel it would be a disservice to the reader to withhold the latest, most up-to-date thoughts and findings concerning this most amazing portion of the human anatomy. It has been said that the human body is "fearfully and wonderfully made," and we find this expression applies especially to the brain, whose mysteries science is only just beginning to fathom.

We recognize, at the outset, that the mind is the master of the physical body and its functions. The body is the servant of the mind, the soul and the spirit.

It is ironic, perhaps, that iridology knows least about the brain, in view of its primacy over all physiological systems. We know something of the digestive system, the eliminative systems, the circulation, the blood and the lymph—but we know very little about the brain.

Some of what follows represents my own opinions and studies concerning the brain. I do not expect anyone to automatically accept what I have to say but I hope you will peruse the material thoughtfully, gleaning what is useful to you and adding to it from your own knowledge, study and experience. My hope is to awaken you to a greater understanding, a greater appreciation of the challenge that lies before us in developing useful methods of analysis and counseling concerning the structure and attributes of the human brain. This is all I would like to accomplish.

It is possible that some of the thoughts presented here have been brought out before their time. Mankind's need, however, is great, and my only intent is to respond to that need. When we understand the brain and realize its potential in controlling factors that determine our state of health, I believe we will find that the great path to healing is there. The healing practice of the future may develop by exalting the "great within" as we find and release its expression in and through the brain.

Imiridology, the brain area occupies a larger portion of of the iris chart than any organ in the body. There is no disease or other imbalanced condition in the body which is not affected, in some way, by the brain.

When I look back to the problem I had as a child, stuttering and stammering, I realize that it was primarily a brain problem. The entire thrust of my life—its motivation, intensity, discernment, animation, receptivity, determination—had been developed and carried out through the brain. My consuming desire to know, my acuity, my memory, all these came together in the brain, and expressed in the direction my life has taken. Even my inherent weaknesses played an important role, especially the lung weakness inherited from my mother, who died

of tuberculosis and consumption at the age of thirty. I carried that weakness and experienced, firsthand, the effects of a breakdown in the nervous system and medulla, which was the beginning of the problems that led me to seek the keys to good health and the path to a higher way of life. My inborn sensitivity and awareness plus the inherent level of my nerve activity added to the weaknesses I brought into this world and operated in my life to bring strength and purpose. It is through overcoming inherent weaknesses and obstacles that we develop the power and resolve to seek the higher path. These things are necessary for the development of the soul. We find that the brain is the instrument of the soul's activity and obstacles become stepping stones to a higher way.

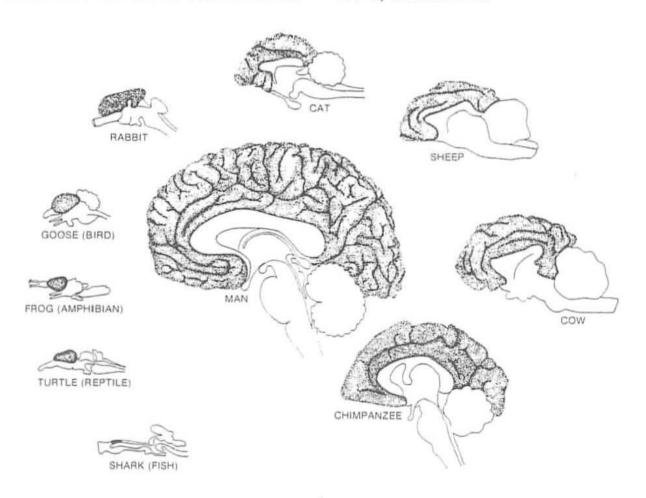
The human brain represents the highest stage of brain development within the animal kingdom on this planet. Its ten billion neurons each have 25,000 possible interconnections with other cells. Animals learn from their experiences as we do, but there is a significant difference between man and the animal kingdom. We can survey the events of the past, think of the potentials for the future and make a now out of the intersection between them. It has been said that

we now can learn in two weeks what took those in the time of Christ three years to assimilate.

Human memory is a marvelous thing, but because our access to its tremendous information storage is limited, we have designed computers to help overcome this limitation. Think about it. We are capable of developing instruments that extend the resources of the brain. They say the number of scientific books and papers now doubles every eight years. As this information is classified and stored in computers, all knowledge becomes available for the asking, permitting great strides forward for mankind.

It is also said that the sense of smell responds to a single molecule of some substances, and the eye can distinguish among eight million color vibrations. In the ear, 27,000 nerves pick up and carry sound vibrations. It has been said that the world's telephone system is equivalent to only one grain of brain substance—an amount about the size of a pea. Consider the miracle of brain cells evolving and growing from an embryo to become an Albert Einstein—the potential seems virtually unlimited.

It is time to give the brain its rightful place in iridology, and the chapter which continues is offered as a step in that direction.



Comparison of the various forms and sizes of brains in the animal kingdom.



The cerebral cortex, where learning takes place is comprised of interconnected nerve cells. These nerve connections are formed by experiential stimulation. If a baby does not receive stimulation, mental retardation can result. This drawing illustrates the increasing number of neural connections in an infant's brain from birth to 15 months. The diagram of the brain compares neural cell density of an infant to an adult.

The Magnificent Computer

The human brain is the greatest miracle of the process of evolution throughout the animal kingdom and its tissue is the most highly evolved of any tissue in the body.

Scientists consider the brain so important that when Albert Einstein died in 1955, his brain was removed by Dr. Thomas S. Harvey, at Princeton Hospital, for purposes of research into the mystery of this great man's genius.

No instrument or invention in the world is fashioned as beautifully as the human brain. To duplicate its potentials, modern technology would have to build a computer the size of the Empire State building! Yet, as Jacob Bronowski has pointed out in The Ascent of Man. "If we are any kind of machine, then we are a learning machine, and we do our important learning in specific areas of the brain, where it controls the hand, for instance, where speech is controlled, where foresight and planning are controlled." The brain is not only a great

biocomputer that governs the vast and complex array of the body's physiological functions, but is also the center of intelligence, perception, feeling, creativity and spirituality. Our learning expands in direct proportion to our perception and understanding of the connections in what we study.

We find that the brain is probably the most neglected organ in iridology and the most underrated in terms of its importance to health. From the wholistic perspective, we recognize the necessity for harmony of body, mind and spirit to promote health and vitality. If we do not feed and care for the brain properly, not only does mental and spiritual development suffer, but all other structures and functions of the body suffer as well. Brain tissue takes four times as long for repair and rebuilding as any other tissue in the body. The first thing we must learn to do, regardless of which health problem we confront, is look to the well-being of the central and peripheral nervous systems.

My understanding of the human brain is based on the work of V. G. Rocine and Judge Jones, both of whom I acknowledge my considerable indebtedness.

Scientific research is discovering more about the brain each day, and I am convinced that when microanalysis of the iris area corresponding to the brain is correlated with detailed, computerized knowledge of brain structures, functions, characteristics and faculties, a great new day will dawn for iridology. Right now, iridology is in the pioneering stage with regard to understanding and interpreting the brain area in the iris. However, its importance is underlined by the fact that it takes up one sixth of the iris outside the autonomic nerve wreath from 11 to 1 o'clock.

Although the adult brain weighs only about two and three quarter pounds and is about the size of a softball, it consumes up to 25% of the blood's oxygen to supply the energy needed to perform its tasks. A sharp drop in either oxygen or glucose can damage the brain within minutes. At any given time, 20% of the circulating blood is in the brain, yet the blood does not nourish the brain or nerves directly. The fatty tissue surrounding the nerves of the body and the tracts and tissues of the brain, largely made of cholesterol and lecithin, filters out all but highly specialized nutrients. When we realize that the brain is 80% water, we can begin to understand how important and unique the remaining "solid" matter (weighing a little over one-half pound) is in regard to the structures and functions of man,

The choroid plexus in the brain secretes the cerebrospinal fluid. This fluid appears to have an unlimited function, as it bathes the brain and spinal cord, holding them in a liquid suspension. A constant fluid pressure is maintained upon these tissues, normally equal to 175mm of distilled water. It is believed that variations of this pressure will affect the various functions of the body.

The mind has the power to control the body. To pick a simple example, the digestive juices do not flow in the stomach until we think about, see or smell food. Perception comes first. Through the miracle of consciousness, man lives, loves, works and plays in a cosmos generated by the structure of his perceptual faculties.

The age-old question that continues to puzzle scientists is, "How can mere matter live and think?" An atom does not think. It merely vibrates, but with no human direction. How then can a collection of atoms think, plan, prepare, build or invent? The truth is, the material substance of the brain does not think but acts as the vehicle for thought. It is the soul that perceives, directs, feels, reasons, thinks and plans for the future through the use of the brain as a conduit. Occasionally, we find someone with cloudy or glazed eyes, because the "soul" isn't there. There is a certain vagueness. We can tell. We find that the soul lives through the brain and body in order to fulfill its

purpose on earth, to direct our footsteps to the unique path that each of us has in this life. Through the soul, we develop sympathy, service, trust, peace and the perfect love that easts out fear. A dead man's brain can do nothing. The soul has departed.

Embryology teaches that each individual was formed from the union of sperm and ovum into a single cell that later divides into three specialized types of cells: ectoderm, mesoderm and entoderm. The ectoderm cells form the skin, nerves and brain. Inside this bit of growing tissue designed to become the brain slumbers an entire destiny.

The developing eyes first appear in the 22-dayold embryo as grooves in the forebrain wall. During
the next few days, these grooves form the optic
vesicles which expand against the outer ectoderm
layer (which will later turn to lens tissue). The retina,
ciliary body and iris begin to form about the fifth
week. After the fifth week, the developing eye is
surrounded by loose tissue, the inner layer of which
becomes the choroid, the outer layer of which
becomes the sclera. The eyes are first attached to the
brain by the optic stalk which becomes the optic
nerve, as the eyes continue to grow. My point here is
that the eyes are made of brain tissue and retain the
sensitivity characteristic of this highly evolved tissue.
This is why the eyes are so revealing.

Researchers say the differences between male and female behavior may be structured into the brain as a consequence of hormone activity in the embryo. Men are generally better at spatial and mathematic tasks. Women are usually better at verbal skills and are more emotionally sensitive. When we look further into individual variations, each person is found to display a particular set of characteristics, strengths and weaknesses. The soul that entered the body came in with a certain amount of prior growth. There are old souls and young souls.

What scientists perceive as the interplay and interaction of electromagnetic impulses and biochemical activities in the highly evolved tissue of the brain is collectively called "mind." Science considers "mind" to be a by-product, a secondary activity, produced by brain processes. While it is true that no electromagnetic energy can flow without a physical vehicle to carry it, it is the soul that has shaped the physical vehicle in the first place, to bring forth the faculties of mind required for its own learning and evolution. The soul is a glass vase into which the brain is poured. A person may have seven potential talents, with only one in use. The others lie latent within, needing only to be awakened. Inside the brain of a plumber, there may be a musical genius slumbering, awaiting discovery.

We are made of the "dust of the earth," but in the brain, that "dust" is of the highest vibrational quality, allowing for the interaction of the soul with electromagnetic patterns of neural energy. Strength to the soul brings strength to the body. When a tuning fork is struck, another tuning fork precisely an octave above or below will vibrate in sympathy. The soul interacts with brain vibrations in this manner. The cortex is rich in lecithin, which contains highly evolved phosphorus. Phosphorus is highly organized to allow electrical charge and discharge. In Greek, phosphorus means "light bearer," and in the cortex, the phosphorus is capable of carrying highfrequency electromagnetic waves. Bones contain phosphorus, but they cannot think. Only the brain can think, and thoughts can be transmitted only because the phosphorus in it is more highly evolved and chemically designed to do this specific job. When we weave brain neurons together, we are capable of transmitting danger as well as brotherly love. It is the interaction of the soul with electromagnetic patterns of neural energy that produces faculties of mind, and separates the mind of man from the other species of life on our planet.

There are people who are built along the principle of speed from head to foot, and this is a phosphorus type. They are swift in thought and idea, quick in motion, rapid in the dispatch of business, prompt in the execution of their work, winged in their steps. Such people are released in nerve, brain, muscle, joints, eyes, feet and fingers. Their tongues move with the rapidity of an electric sewing machine. They are fleet of foot, swift of hand and can make business hum, wheels spin and keyboards jump.

My uncle once lost his eyesight due to sunstroke because of heat damage to the phosphorus in his brain. Brain phosphorus, but not bone phosphorus, melts at 108 deg. Fahrenheit, which is why fever and heat can become dangerous. Matches are tipped with phosphorus to make them light at the relatively low temperature generated by friction. The highest fever recorded without evidence of brain damage is 112 deg. Fahrenheit, as noted in the Guinness Book of Records. In most cases, fever, heat and overuse cause "burnout" of brain nerves and brain structure.

When phosphorus is used up, it must be replaced. The highly-evolved phosphorus found in lecithin is limited, in the vegetable kingdom, to sources such as avocados, soybeans, nuts and seeds. It is more abundantly found in butter, cream, goat milk and egg yolk.

The integrative faculties of the mind are: consciousness, awareness, attention, memory, perception, emotion, objectivity, subjectivity, space, time and many more.

We have the faculties of joy, hope, beauty, happiness, mirth, love, friendship, generosity, honesty, morality, politeness, civility, courtesy, appreciation, graciousness, spirituality and others to help us live a more ideal way of life. Beauty, for example, is a great healer. However, when the brain is "out of harmony" with the soul, the normal higher faculties degenerate into lower ones. We can develop hate, anger, cynicism, cruelty, greed, deceit, despondency, apathy, carelessness, selfishness and other such lower expressions which ultimately drag a person to ruin spiritually, mentally and physically, if not taken taken care of. We become social outcasts or worse. We lose our grip, so to speak. It is up to us to stay in harmony with our soul life. To improve ourselves physically, mentally and spiritually allows us to become increasingly attuned to direction and control by the soul. This is the objective of seeking health and a right way of living. I believe we have come into this world to learn, serve and uplift.

There can be a faculty for business which displays a sense of the relative value of things, good judgment and analytical ability. It is also practical and conscious of the appropriate use of money, property and goods.

There is a constructive faculty which can emerge into many creative variations, all of which concern the assembling of parts into a whole—whether it is a musical composition, painting, book, temple, skyscraper, ship, home, government or nation. Of course, there are people who have a tendency to tear things apart, intellectually or physically, which is just the opposite. This can still be constructive, however, for we need people who can tell what is wrong with a project or process; these are people like literary critics and building inspectors. We also need people who can efficiently and skillfully tear down old buildings to make way for the new.

The faculty that we may call love, closely related to the familial or "nesting" instinct in man, has a great deal to do with success in life. This can be expressed through the sex life, but is also the quality which embraces tenderness, kindness, faith, trust and service-a consistency of heart, interest and purpose being a good mate and parent. This faculty or emotion of pure love is often weak in both men and women these days. Where it is present, we find a kind of harmony that nourishes and assures confidence and success in other life activities such as work, self improvement, friendships and achievement. If this faculty were more highly developed and widely used. we would not see so many family quarrels and splits or cases of divorce, infidelity, venereal disease, unhappiness, delinquency, crime and psychopathic behavior. Entire societies and cultures can be infected with this dis-ease.

While some people seem to have a color faculty, an innate talent and memory for colors, hues, tints, complexions, shades, pigments, dyes, inks, luminosities, reflections and polishes—others seem to have an inborn faculty for working easily with numbers—whether at the practical level of

accounting and bookkeeping, or the level of higher mathematics where calculations regarding infinitesimals and infinities challenge the reaches of the creative imagination.

Then there are those who have a special sense of the time/space dimension and know about form and shape, the statics and dynamics of movement and configuration; the role of microseconds and millenia. The great geniuses, Newton and Einstein, were such men.

We find the faculties of strength, courage, endurance, patience, forbearance and forgiveness. But we also find their counterparts in cowardice, weakness, impetuosity, impatience and vengefulness. Because each faculty of mind has its degenerative aspect, the personality, character and temperament develop as a complex combination of varying higher and lower expressions of faculties, depending on the degree of attunement with our soul life. Health can break down when our inherent faculty patterns are disturbed through poor circulation, hemotoxins, enervation or inadequate diet. Every food has its own vibration and every faculty has its own vibration. We must have the right foods to develop and balance the faculties.

Soul Faculties and Brain Centers

As we have said, soul faculties work through the brain centers, just as vision works through the eyes, optic nerves and visual cortex. The difference is much like that between structure and function; they are not the same. A man may have eyes and yet be blind, just as a man may have a brain and yet be unable to use its functions because of disease, lack of training, intoxication or other reasons. We can lose faculties through abuse, misuse or lack of use of the brain centers through which they would otherwise operate.

When a man is dead, he has a brain with all centers presumably remaining intact. Yet there is no life in him. The brain does not function, because the soul has departed. The soul exists before we are born, and the faculties are there. They cannot, however, function in the world of matter except through the brain. Body and brain are the soul's media of manifestation in the world of matter. At night, when brain and body are wrapped in slumber, the soul can depart from the body and can function on its own through dreams. Anesthetics drive the soul from the body, allowing us to cut, burn and slash the body. brain and nerves, as we please, without the soul's knowledge. But when the soul returns, so does consciousness, body awareness and the sensation of pain.

A faculty is a soul power having a specific function and a brain center is the physical structure through which the soul faculty acts. It is the soul that wills, thinks, feels, acts, sees and hears, not the brain, The soul lives in our body and acts through it. When it departs, the body dies, but we live on through the soul.

Later in this chapter, we will present the various faculties associated with each part of the brain shown on the iridology chart.

Garbage In-Garbage Out

Computer programmers have coined the expression, "Garbage in, garbage out," If you put "garbage" (incorrect data) into a computer, you get "garbage" out, and the same holds true for the brain. We find that the brain is nourished, not only by biochemical nutrients derived from what we eat, breathe and drink, but also by what we take in through our perceptions, our mental and spiritual life. Only when we have complete harmony with the physical, chemical and electrical levels at the thinking, emotional and spiritual levels, can we have dominion over all that swims, crawls, walks and flies on this earth. We must have harmony to have a good brain and to get good results from it.

I have often said, "If you believe a lie, you will live a lie," If a person is on the wrong path in life, yet believes he is going the right way, he will suffer from spiritual starvation. The purpose of religion is not to make a "goody" out of us, but to bring the good out of us. If a person has a bad marriage and does nothing to help it, he will suffer emotional starvation. Everyone needs love. Everyone needs to be around people who love and appreciate them. If a person lives in ugly surroundings, he may experience sensory starvation. Even his muscle activity can be altered by how he perceives his surroundings. We need color, beauty, enjoyable sounds, odors, tastes and feelings. These, too, are essential nutrients for the brain and soul.

Another word for garbage is pollution. If we eat polluted food, drink polluted water and breathe polluted air, we express this pollution in our state of health and our behavior. If we take in anger, jealousy, envy, vengefulness, fear and hate, we will express them. Whatever we put our attention to will grow. This is a law of life. Garbage in—garbage out. We need to be careful of what we take into our brains via our thoughts and our bloodstreams. We have a choice.

Stress is a kind of double-valued product of modern living that can work for us or against us. Some people are stimulated to do their best work under stress. In fact, courage grows out of experience in facing stressful situations. To cope with pressure effectively, however, it is necessary to have a clean, well-nourished body and brain. In many forms, stress becomes garbage. Working beyond our limits produces fatigue and stress. The birth of a child, a new job, buying a home, a new romance—all these can be stressful. The confusion, commotion, traffic and noise of urban living take their toll on the mind and nervous system. In one study, many of the people who lived in an urban neighborhood bombarded by jet noise from a nearby international airport, suffered a loss or diminishing of their sexual activity. Reactions to emotional stress may include asthma, urticaria, dermatitis, colitis, high blood pressure, ulcers, tachycardia, vertigo, sweating, trembling and syncope.

Stress In-Dis-ease Out

We find that the opposite of the "garbage in—garbage out" principle holds true also. We can say "beauty in—beauty out," "love in—love out," "joy in—joy out." We have to be a friend before we can have a friend. The golden rule for the mind works two ways: 1) We attract the same qualities we express, and 2) We express the qualities we attract. We have free will and the power of choice to take in only what truly nourishes the soul, mind and brain at the food level, the thought level, the innervation level, the soul level. This is the way of health, the way of wholeness.

Brain Structure

The brain is divided into a number of structures, but all are interconnected and affected by one another. The brain functions as a single, harmonious unit, and the brain and body function together as a single, harmonious whole because they are interrelated and interdependent.

We might say that the body is a symphonic orchestra, while the brain is the conductor. Just as each note in a symphony contributes to the overall sound, each thought, perception, emotion or movement in the brain or body has its effect upon the harmony of the whole. And, just as the conductor responds immediately to a sour note in the orchestra, the brain responds immediately to dysfunction anywhere in the body or outside environment. This interdependence of each faculty with all other structures is created not only by the network of nerve fibers, but is also generated by electrochemical activity that can carry vibrations without nerve pathways. The scientist cannot see or measure these as yet.

The brain, in terms of its complex neural circuitry, may be compared to a computer. The binary digits used in computer calculation are simulated by the "off-on" switching of miniaturized electrical circuits. Two wires (like two neurons) can

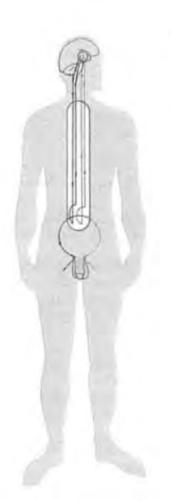
transmit four coded messages: off-off, on-on, off-on and on-off. Three wires can deliver eight messages: off-off-off, off-off-on, off-on-on, off-on-off, on-off-off, on-off-on and on-on-on. Mathematically, if we let n be the number of wires or neurons, then 2ⁿ (two to the nth power) is the number of possible coded combinations. Since there are at least 10 billion neurons in the brain, the number of possible permutations is 2 10,000,000,000! I hope this blows your mind.

The largest structure of the brain is the cerebrum, divided into two convoluted hemispheres and coated with a thin layer (1/6-1/2 inch) called the cortex, long celebrated as the thinking part of the brain. The outer cortex is gray and contains nerve cells, fibers, neuroglia and blood vessels. The inner white matter of the cortex is made up of nerve tracts, bundles of axons that are white due to the fatty myelin sheath that coats them. The convolutions of the cerebrum increase its cortical surface area to three times the area it would have if it were smooth. Islands of gray matter called basal ganglia are imbedded deep inside each cerebral hemisphere. The various lobes of the eerebrum are named frontal. parietal, temporal and occipital, after the names of the bones of the skull to which they are adjacent. The two hemispheres are connected by a bridge of white matter called the corpus callosum.

Beneath the posterior of the cerebrum is the cerebellum, the second largest portion of the brain. It, too, is divided into convoluted hemispheres and its tracts connect to the medulla, pons and midbrain, from which they proceed to the cerebrum and thalamus.

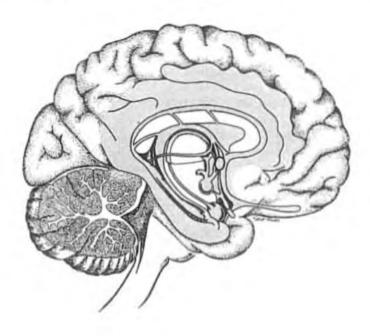
The brain appears to perch upon a stalk that arises from the spinal cord where it enters the opening at the base of the skull—the foramen magnum. The stalk is called the brain stem and consists of medulla oblongata, pons Varolii and the mesencephalon. A tract of mixed white and gray matter that runs through the brain stem is called the reticular formation, and we find that the recticular activating system plays an important role in brain function.

The diencephalon lies between the cerebrum and midbrain. Its main structures are the thalamus and hypothalamus (which houses the pituitary gland). The thalamus is a bilateral organ, each lobe of which is about an inch-and-a-half long and a half-inch wide. It contains gray matter, and many axons connect here from the spinal cord, brain stem, cerebellum, basal ganglia and parts of the cerebrum. The hypothalamus is made up of several structures including gray matter, the pituitary stalk, the posterior lobe of the pituitary and the mamillary bodies. According to my former teacher, Dr. R. M. McLain, "There is probably a larger percentage of lesions found in the pituitary area than in any other





Much of the sex life has its origin in the brain. Every other faculty in the brain is influenced by the sex life/mentality area. Sight has more effect on this area than any other sense; if the appearance of a person is not appealing, the sexual response will be diminished. This illustration demonstrates the neural pathways which connect the brain and sexual organs.



Sometimes called the visceral brain, the limbic system is associated with the emotional aspects of behavior.

area of the iris. Most of these are inherent." Attached to the posterior of the third ventricle, we find the pineal gland, sometimes referred to as the "third eye." The function of this "eye" is said to be "psychic sight," high-vibratory impressions that we may consider as intuitions.

The limbic system or "emotional brain" is made up of the cerebral structures that curve around the corpus callosum and connect the two hemispheres. These are the cingulate gyrus, the isthmus, the hippocampal gyrus, the uncus and the hippocampus. Important neural connections to the septum, caudate nucleus (one of the basal ganglia) and hypothalamus show that these structures are also involved. Whenever we experience joy, sorrow, affection, anger, repulsion, happiness, love and many of the other emotions we could name, the limbic system is involved. I call the thyroid "the emotional gland" since it is so sensitive to the emotions. We find that the thyroid is activated by a hormone released by the pituitary when the latter is stimulated by the hypothalamus; thus the thyroid is connected to the "emotional brain" through the hypothalamus and

pituitary. When the thyroid is activated, the entire metabolism is affected.

Every event in life affects every cell of the body, directly or indirectly. We must realize that whatever we put our attention to "grows," whether it is love or hate, appreciation or anger, harmony or chaos. This is done through the thoughts and emotions and the associated electrochemical changes produced in the body and brain. For example, one study showed that 20% of the women in the United States were sterile due to the fear of pregnancy.

In various central portions of the brain are hollow, fluid-filled spaces called ventricles. For protection and to help counteract the effects of gravity, the brain literally floats in a sea of what is called cerebrospinal fluid, a liquid derived from blood and similar to plasma, which circulates through the ventricles and is absorbed into the blood by the vessels of the arachnoid villi.

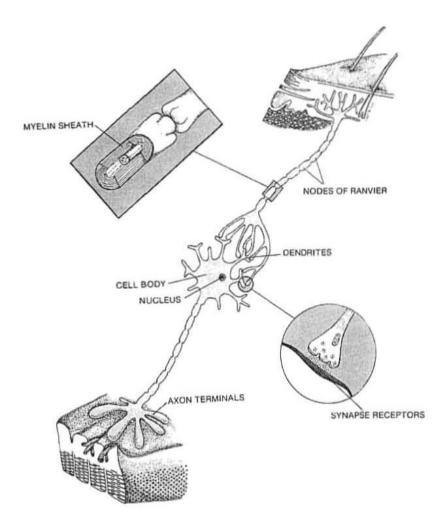
From the underside of the brain, twelve pairs of cranial nerves arise and run to various destinations in the brain, head, face, eyes and mouth. Some are purely sensory, some are motor and some are mixed sensory motor. We do not need to mention all of these here, but it is useful to be acquainted with a few. The olfactory nerves (sensory) connect the nasal mucosa with the olfactory bulbs in the brain. The optic nerves (sensory) connect the retinal receptors (rods and cones) with nuclei in the optic thalamus and with the midbrain. The oculomotor nerves regulate most external eye muscles and the parasympathetic iris muscles (cell bodies in the Edinger-Westphal nucleus of the midbrain have their axon terminals in the ciliary muscles, sphincter muscles and iris fibers). Sympathetic fibers from the first thoracic nerve go to the superior cervical ganglion where they synapse with neurons that follow the carotid artery and tributaries to the iris dilator muscle and fibers. Other nerves go to the tongue, ear canals, pharynx, larynx and so on. It is worth noting that many of these have their nuclei in the medulla or pons. Nerve conduction, of course, is one way; impulses are received by one or more dendrites and travel along the axon to the next dendrite or nerve cell nucleus. In general, sensory fibers conduct impulses to the brain and motor fibers carry impulses away from the brain. Neurons that connect motor and sensory nerves in the brain allow

"feedback" modulation of neural conduction in either direction. The neural reflex arc is much like the "feedback" concept.

Brain Function

Because the brain monitors and controls virtually every activity of the body, its proper function is necessary to health. Like other organs and tissues, portions of the brain may have inherent strengths and weaknesses. The genetic inheritance from the parents and the nutrition and lifestyle of the mother affect the quality, quantity and characteristics of the brain cells, particularly during the prenatal period.

Every organ or organ system is represented by at least one segmented area of the brain which monitors and controls its function and harmonizes it with other organ activities. We have a "chest brain," "stomach brain," "kidney brain," "heart brain," and so on. When innervation to or from any of these brain centers is disturbed, the corresponding organ cannot function properly. That is why we must always care for the brain and the nervous system first. It does no good to try to care for an organ when the problem is



There are more than ten thousand million nerve cells and their fibers in the human nervous system as we know it today. This diagram shows the (a) pathway of a nerve from skin to synapse points; and (b) the anatomy of an individual nerve fiber. Nerves are made up of hundreds of these fibers bound together and surrounded by myelin sheaths; (c) enlargement of synapse.

in the nerves leading to and from the brain or in the brain itself.

In the past, it was thought that the cerebrum was the intellectual, analytic, sensing and responding part of the brain, while the cerebellum, brain stem and diencephalon took care of involuntary functions. We now know there is a great deal more interaction between the so-called "higher" and "lower" functions than was previously thought possible.

Right and Left Sides of the Brain

Although the left hemisphere is considered to be more concerned with rational processes and speech, and the right hemisphere more concerned with spatial, intuitional and recognitional processes, we find that large portions of either side of the brain can be removed, and the other side will take over most of the necessary functions. Still, we find there is such a thing as right or left brain dominance.

Physiologically, the right hemisphere controls the left side of the body, and the left hemisphere controls the right side. This has implications beyond simple muscle and organ control. It means that the two sides may be affected differently by thoughts, emotions and foods.

It is interesting that there are people who "never forget a face," indicating right brain dominance in this act. Others say they "never forget a name," indicating left brain function. Since most people are right-handed, the left hemisphere is thought to be dominant in most of their activities.

Bilateral Balance

The right and left sides of the body are not symmetrical. Among women, one breast is always larger than the other; among men, one of the pectoral muscles is always larger. People are right- or left-handed, while a few are ambidextrous. Among men, one testicle is always lower than the other in the scrotum. The testicles, outside the body, are said to be positive; the ovaries, inside the body, are said to be negative.

There is thought to be a predominant influence from right or left that indicates primary influence from the father or mother. These can also be mixed attributes, confused attributes or conflicting attributes. The inherent strength, derived from one or both parents, determines the physical drive but the mental sex center is equally, if not more, important. If the mental side as well as the physical were taken care of, more marriages could be saved. A mismatch in marriage is a terrible thing.

Diagnoses, analyses and therapies of the future may be able to distinguish between—and treat—left or right and positive or negative disorders.

Equilibrium and Epilepsy

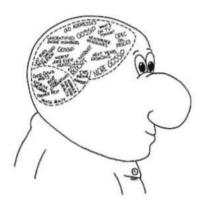
Dr. Kritzer located the epilepsy center in the left side of the iris chart where my chart shows the Equilibrium/Dizziness center. In the right iris, we find the Sex Impulse/Mental Sex center corresponding to the Equilibrium/Dizziness center on the other side. I have found that a "left-side diet," emphasizing starches, helps those who are subject to epileptic seizures. Experts, like Dr. DeJarnette, have found that epilepsy is reflexly related to sexuality. The equilibrium center and the sex center reflex to each other, and both reflex to the rectum. Inserting a finger in the rectum is known to halt grand mal seizures.

I believe that the concept of positive/negative influences on the body and mind is a great field for future study. Left-sided diets or right-sided diets may be exactly what are needed to restore or improve certain brain and body functions. Yoga and meditation affect the brain, as research has shown. Do they stimulate the brain centers? The pituitary? It would be wonderful to know. Color may be more of a "food" to the brain and glands than we realize. Do certain colors stimulate the left brain while others stimulate the right? Only time will tell.

Memory involves large areas of the cerebrum, which is why we do not find a memory center in the iris of the eye. The memory circuits are created in the brain by experience. Every event we have experienced from birth (and perhaps even before) is recorded in the biochemical-electromagnetic processes of brain cells in ways that are not yet understood. All of our memories are stored in the subconscious mind and although we can recall many memories with conscious effort, we cannot remember everything. We have memories of all the events, emotions and perceptions we have ever experienced—colors, feelings, shapes, textures, movements, sounds, odors, tastes and touches.

I once had a visit with the Dalai Lama from Tibet. When I asked him, "Why are you the Dalai Lama?" His answer was that he was chosen at the age of seven because he could speak seven different languages. One was practically unknown and very difficult to learn, and he had never attended school. Was this a hidden memory?

Memory has been defined as the ability of the brain to retain, recollect and reproduce past experiences. It is both inherent and trainable. We "charge" the memory by repetition and training, through which we may become as sharp as the person with a naturally efficient memory. It is a waste of the "memory banks" to fill them with useless data. Although most high school education is academically oriented, 90 percent of high school graduates go on to

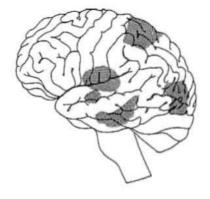


The mind is a storehouse for thoughts and memories of infinite variety. The quality of this stored information influences our level of well-being.

jobs requiring manual skills. The brain is too valuable to waste any part of it.

Neurosurgeons have found that touching certain areas of the brain with electrical probes stimulates recall of specific memories vividly and in great detail. In the 1950s, neurosurgeon Wilder Penfield touched the temporal lobes of patients undergoing brain surgery and was surprised to find that they seemed almost to relive certain portions of past experience rather than simply remember them. One young man cried out, "Yes, doctor! Now I hear laughing-my friends-in South Africa!" It seemed to the patient that he was with his cousins at home, actually experiencing being with them. Penfield called this process "flashback" to distinguish it from ordinary remembering. Other researchers have found evidence of memory storage in the occipital and parietal lobes. The limbic system is known to play a role in memory storage. When the hippocampus is removed, new information cannot be recalled, which means it cannot be stored permanently.

We hear people prattle about memory even though they do not know what memory is. As long as we are unfamiliar with the functions of soul and brain, as long as we think music is in the ear, learning is in the eye, taste is in the tongue, we know nothing of soul faculties or brain centers. If memory, reason, talent, judgment, observation and instinct are faculties, where are they? Most researchers who look upon the brain as a piece of beefsteak to be sliced up, bit by bit, until all faculties are discovered, are fooling themselves. As long as we believe that life can be explained in terms of behavioral impulses and patterns and that the soul is an illusion or a hovering spook, we will remain in the dark, whether we are professors or kitchen maids.



The mysteries of memory, its function, storage process, etc., have long been speculated about. It is known that the limbic system is crucial to short-term memory, although many areas of the brain seem to play a role in the storage of long-term memory.

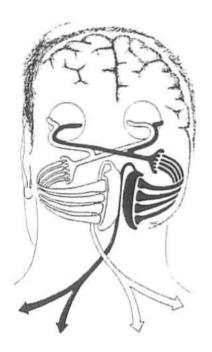
Those who study soul functions and brain centers know that specific soul functions operate through brain centers through attunement of energy frequencies. There are at least 45 different faculties and centers, each capable of classifying and storing memories of its type.

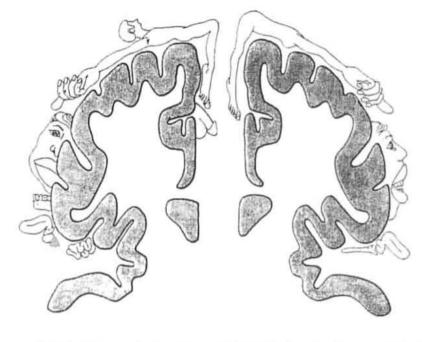
When we know what types of things a patient forgets, we can find out what brain center is weak and how to develop it. Do they forget names, faces, dates, prices, places, dangers, children, friends? Do they forget purposes, courtesy, duties, truths, colors, melodies, historical events? Specific answers to those questions can tell us what brain center we need to work on so the soul faculty can come through.

The Motor/Sensory Cortex Area

The wide band of the cortex in front of the fissure of Rolando is called the motor area and it controls the muscles from the head to the feet. The superior, or topmost, part has to do with the feet and as we move down along the fissure, the head is in the lower area. This is an up-side down arrangement with respect to the body parts.

Nerve fibers from the motor area are gathered together into the pyramidal tract which leads through the brain to the spinal cord, crossing in the medulla at the decussation of the pyramids. The cerebellum is connected to the cortex and medulla, and its job is to refine and coordinate muscle movements. Without the cerebellum, we would lurch and stagger, if we could walk at all. In disturbances of the cerebellum, a person reaching for an object may overshoot or undershoot the mark, requiring several tries before grasping it. It is the cerebellum that allows us to adapt our muscle movements in order to keep our equilibrium.





Posterior view of visual pathway.

Somatic sensory and motor regions of the cerebral cortex, Every site in these regions can be associated with a particular part of the body.

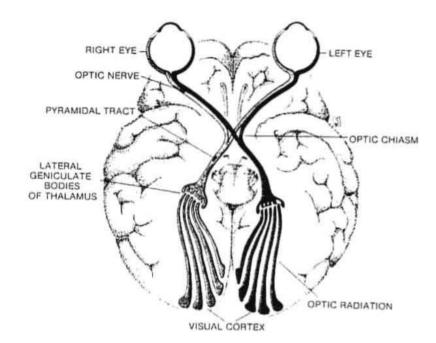
We know that the ability to oppose the thumb to the forelinger is a primate trait particularly. The hand of the artist holding his brush, the hand of a writer holding his pen, the acts of threading a needle, lighting a match or picking up food—these simple things and others like them have a profound cultural significance. We can do these things because the amount of gray matter in the brain devoted to control of the thumb and forelinger is greater than that devoted to the entire control of the chest and abdomen.

Along the other side of the fissure of Rolando, on the parietal lobe, is the sensory area of the cortex. It does not receive all sensations, only those of nerves to the skin and muscles of the body, i.e., touch, temperature, pressure, muscle position and equilibrium. It does not receive pain signals. The reticular activating system in the brain stem determines to which parts of the brain certain sensory signals are sent.

Broca's speech area, named after its discoverer, is located along the lower lateral edge of the frontal lobe, just above the fissure of Silvius in the left cerebral hemisphere. It is always in the left hemisphere in the same location in all people. Unlike other portions of the brain, animals do not have this feature. This area is preprogrammed for language. The "pattern" is already there. If that center is damaged, either we do not learn to speak at all, or we experience aphasia. Speech is not a simple process. Wernicke's area (also in the left hemisphere) involves speech comprehension, while the basil ganglia and corpus callosum are essential parts of speech

processing nerve pathways. As Jacob Bronowski wrote in The Ascent of Man, "Speech is also a way of organizing the world into its parts and putting them together again like movable images," What is in the same place in the right cerebral hemisphere? We do not know. Across the fissure of Sylvius from Broca's speech area, we find the auditory area adjacent to it on the temporal lobe. There is evidence that the comparable location in the right hemisphere picks up nonspeech sounds like laughter, crying, coughing and music much better than the left hemisphere. We might suggest that the appreciation of beauty is in the right brain. This is most important, for we find that beauty is the great healer. Beauty is food for the mind and the soul. We must recognize beauty from within or we cannot be well and healthy from without. As Hering's law states, "Healing comes from the head down." We must "feel better" in the brain before we can "feel better" in the body. We can only perceive beauty from within. Beauty is in the eye of the beholder.

Beauty can be found in many forms: nature, art, music and poetry, for example. When we consider that poems are made of words, we may develop an even deeper appreciation for language. Words are the building blocks of civilization. Through words, we record past history and plan for the future. Through words, we recreate the essence and meaning of life. To pick a simple sample, if I say, "Ham and eggs," you immediately know what I mean. Your mind may present you with the visual picture of ham and eggs, the sound of them cooking, their taste and smell. Through the memory association areas of the cortex,



The visual pathway. The retinal output is channeled to the lateral geniculate nuclei via ganglion cell axons bundled in the optic nerves. About half the axons from each eye cross over to the opposite side of the brain, therefore, a representation of each half of the visual scene is projected on the geniculate nuclei of the opposite side.

all perceptions and emotions can be evoked by means of words, in much the same manner as living experience. We have the spoken word and the written word and both have great power.

The visual area of the brain is located in the rear of the occipital lobe. The optic nerve bundle from each retina of the eye runs back to the optic chiasm where some of the nerves from each eye cross, while others continue (without crossing) to the optic thalamus on each side. There they synapse with nerves of optic radiations which continue to the visual cortex of the occipital lobes. The human eye can detect light in the range from 3800 to 7600 angstroms (One angstrom unit is 1/250,000,000 inch.). Each eye has 125 million photoreceptors called rods which do not distinguish color and 7 million called cones which do.

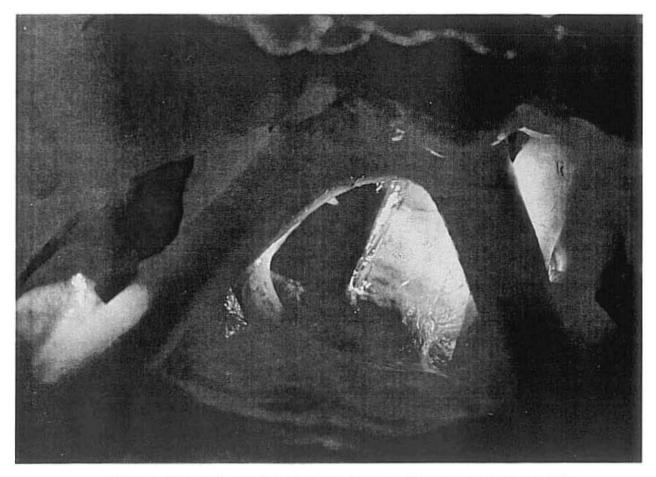
When we stop and think about it, vision is a miracle and color is its most beautiful aspect. Light vibrations call on the photoreceptor neurons, and the brain organizes the different frequencies into the colors we see: red, 7000 A; orange, 6100 A; yellow. 5700 A; green, 5200 A; blue, 4800 A and violet, 4000 A. We find that each color vibration has a specific effect upon the brain, which is capable of discerning 8 million colors. Yellow, for example, is a joy color. Green is a soothing, healing color. Blue is a calming color. Below the color red, in the invisible area of the spectrum, we have infrared, microwaves and radio waves. Above violet, we have ultraviolet, X-rays and gamma rays. We note that the word "iris" means

"rainbow" in Greek, which takes in the entire visible color spectrum. Other electromagnetic radiation goes onto infinitely long wavelengths and infinitely short wavelengths.

The senses of taste and smell (gustatory and olfactory) respond to the chemical structure of molecules instead of electromagnetic vibrations, as in the case of vision and hearing or direct contact, as in the case of touch. The olfactory nerves (about 20 fibers each) end in the olfactory bulbs beneath the cortex; there they synapse with a second set of olfactory nerves that end in the olfactory area of the cortex. Odor and taste, chemically activated initially, are transmitted to the brain by electrochemical and electromagnetic nerve impulses. Receptors from the taste buds of the tongue extend to cell bodies in various ganglia of the brain, then continue to the medulla.

The frontal and prefrontal lobes are the organizing areas of the brain where experiences are evaluated and compared. Here we find the critical function, concepts of relative value and the elements of personality and character. The structure of our identity draws many of its basic features from this area in association with the limbic system and memory association cortex.

The diencephalon lies between the cerebrum and the midbrain (mesencephalon), and its most important structures are the thalamus and hypothalamus, bilateral structures which monitor tissue conditions in all parts of the body and forward



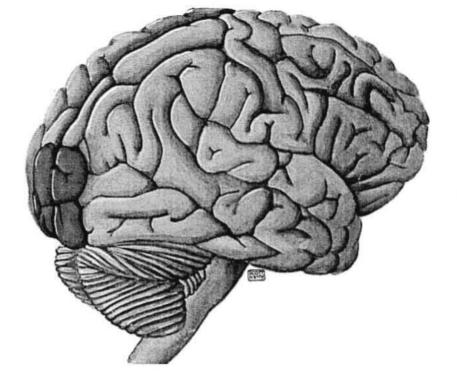
The optic chiasma, where parts of each optic nerve cross to the opposite hemisphere on their way from the eyes to the brain. The optic chiasma is located in the midline, just below the cerebral hemispheres.

that information to the irides. The thalamus and hypothalamus help regulate our attention and alertness. Through the thalamus, we respond to crude sensations of pain, touch and temperature. It relays sensory information to the cerebrum, takes part in reflex movements and associates sensory inputs with pleasant feelings or unpleasant feelings. The hypothalamus is a major relay center between the cortex (the "thinking brain") and the lower centers. It is in the hypothalamus that thoughts and feelings affect the functioning of our internal organs and vice versa. On the basis of scent alone, we avoid a skunk, while a rose attracts us.

The hypothalamus regulates appetite, helps control body temperature and secretes hormones that activate the glandular system in coordination with the pituitary. Axons of the hypothalamus secrete neurohormones into the blood supply that go directly to the pituitary, "the master gland" of the body. These hormones stimulate the release of anterior pituitary hormones such as those that activate the sex glands, the thyroid and the adrenal cortex. Nuclei of the hypothalamus actually manufacture the hormones secreted by the posterior

pituitary, including the hormone that determines the amount of urine excreted. We find that the functioning of the hypothalamus affects not only every cell of the body, but also our state of consciousness.

Every physical organ has a representative motor center in the brain to sustain its function. Every organ of perception has its reception center in the brain to receive and respond to experience. Nerves with cell bodies, or dendrites, in the hypothalamus connect with both parasympathetic and sympathetic nervous systems in the brain stem and spinal cord, regulating and coordinating the autonomic functions of all physical organs. Nerves of the cortex are connected to the thalamus and hypothalamus so that every thought, every feeling, influences the functioning of every cell in the body. When we do not feed the brain and nervous system correctly, when we abuse it with stress and strain, or deprive it of beauty, rest and recreation, not only do portions of the nervous system break down, but certain mental functions and faculties break down also. Every organ is affected, but the inherently weak organs are more susceptible to stress. (Even brain centers can be inherently weak.)



Lateral view of the brain, with the visual center appearing in red.

We cannot afford to "burn out" or deplete the nerves. Our health depends on the brain and nervous system more than anything else, and we must make sure that it is nourished at the physical, mental and spiritual levels. On the other hand, we cannot think sweet thoughts with a sour stomach. We must remember that what happens anywhere in the body affects the brain and nerves.

Gall's Studies

In the late 18th century, a Viennese physician named Franz Gall came up with the theory that different parts of the brain controlled different talents or aspects of personality or temperament. He assumed that highly-developed talents or traits of temperament would be accompanied by enlargements of the brain that would cause the skull to be enlarged over those areas. A fledgling science called phrenology was subsequently developed, based on reading talents and traits from bumps on the head. When autopsies proved that no brain enlargements were found under the bumps on skulls, phrenology lost much of its following.

Gall's theory of localization of brain function remained nevertheless, and has been verified for many parts of the brain, although not according to his original speculations.

Gall's Correlations

Ego Pressure-Combativeness, courage, executiveness, destructiveness, constructiveness,

acquisitiveness, self-esteem, dignity, self-reliance, pride, approbativeness.

Mental Ability—Individuality, order, calculation, causality, comparison, ideality, eventuality, time, concentrativeness, continuity, caution, secretiveness. Inherent Mental—Initiation, human nature, acquisitiveness, combativeness, inhabitiveness, philoprogenitiveness, friendship, conjugality, amativeness, concentrativeness.

5-Sense Area—Form, size, color, order, tune, amativeness.

Animation in Life-Vitativeness, mirthfulness, agreeableness, hope, amativeness.

Medulla-No correlation.

Sensory Locomotion-No correlation.

Equilibrium-Dizziness Center-No correlation.

Acquired Mental—Language, benevolence, conscientiousness, sublimity, veneration, concentration, weight, locality, constructiveness.

Personology

Ego Pressure—Ego balance (emotional), ego selfreliance, decision making, forcefulness, ego growth, progressiveness, mental aspiration, idealization, fugacity (flight from justice), serious mindedness, intolerance, acquisitiveness, automatic resistance, optimism, pessimism.

Mental Ability—Mental ceiling (depth of thought), comprehension ability, interest, analytical ability, concentration, objective or subjective thinking, speed of thought, resoluteness, mental stubbornness, constructiveness, conservation, exactingness, methodicalness, detail concern.

Inherent Mental—Temper, forcefulness, progressiveness, insulation (coarse or fine), forward ego balance, showmanship, resoluteness (mentally stubborn), self reliance, phobias, impatience, sociability, emotionality, capriciousness, pugnacity, the gift traits—leadership ability, pioneer, green thumb, sound appreciation, structure appreciation, dramatic appreciation, mechanical appreciation.

5-Sense Area—Visual memory, music/sound appreciation, insulation, body tone, esthetics, imagination, idealizing trend, oral memory.

Animation in Life-Psychic telepathy, intuition, acute perception, body tone, tension,

Medulla-Physicalness (amativeness), physical motive (will exaggeration).

Sensory Locomotion—Dexterity (hands and feet), sparkle in eyes, insulation, body tone, handedness (right, left, ambidextrous), casuality trend.

Equilibrium-Dizziness Center (Left Eye)—Dexterity (legs, feet, hands), esthetic (total environment—beauty and harmonic balance), ego balance, discrimination, affability.

Sexual Impulse (Right Eye)—Imaginativeness, esthetic appreciation (feeling through senses—appreciation of beauty, sound, feeling, etc.), physicalness (urge to touch and be touched), idealizing trend (perfectionist nature that enhances or impedes sex life), discriminative, sensitivity, visual memory, sex starvation (glandular imbalance).

Acquired Mental Speech—Originality, multiplicity of ideas, imagination, impatience, concentration, language lines, speech difficulty, handedness (right, left or ambidextrous), rhetoric (love of words), writing ability, nose for news, deceitfulness, considerateness, humor.

Thoughts on Rocine's Work

Brain Flairs. In working out the faculties operative through the brain centers, I have named them brain flairs because flair means a natural skill or ability, a power of discrimination, an acquired or inborn aptitude. Starting with Dr. Franz Gall in the late 18th century, many people have contributed their ideas concerning the centers and faculties operative in the brain. The work of V. G. Rocine is more thorough in this respect than that of any other researcher whose work I have examined.

Every professional in the healing arts should be familiar with brain flairs. Excess, or deficiency, in the functioning of brain faculties is always a sign of chemical imbalance in the body, malnutrition, or some other psychosomatic combination.

The brain behaves as though it was born with an intact memory system of functions that awaken in the

course of life experience. I believe that this "memory" is the soul's gift to the material body to which it gives life.

The innate intelligence at the command of mankind is capable of lifting individuals almost to the level of godliness. Yet, we are far from tapping the full potential of the human brain.

I wonder what potential lies latent in the semislumbering biocomputer between our ears; what is fixed in it and what is mutable; what is waiting in the brain to be unlocked by the future; what amazing gifts remain to be touched, awakened and expanded?

The brain appears to us now as a living forest of nerves, a maze of electrochemical energies and processes that coalesce in unique centers of transmutation; step-down transformers that receive the powerful, but subtle, soul vibrations and transmute them into living experience.

Our bodies are designed with the capability of expressing the best our brain faculties can come up with. I believe there is a close correlation between the mind and the physical body.

The works of man in various cultures imply the struggle to allow the unfolding of some divine plan. We look up to the celestial sphere at night and see countless shining golden stars already ordered according to this plan. There is an order to the universe.

Man is the carrier of life, not its initiator. Human engineers can't run a railroad without accidents, but God has been operating the universe for billions of years perfectly according to plan.

Science can't see soul faculties with its electron microscopes nor measure them on its finest electronic scales. Yet, they exist or the scientist himself would not exist.

Each human being that unfolds from the fusion of egg and spermatazoa is a miracle. Through cell division and differentiation, the brain, spinal cord and nervous system merge in a body molded to express soul faculties that entered into that first divine spark of life in the initial living cell. Gifts, talents, abilities, innate intelligence, soul memories and faculties are latent as the body and brain develop to fulfill their expression.

Rocine's Work on Brain and Soul

V. G. Rocine's work shows that we have quite a "map" of centers built into the brain to allow the faculties to function. These faculties often depend upon one another, just as geographical features depend upon one another. There is memory for every other faculty to draw on.

Speech, for example, requires not only the functioning of Broca's speech area in the brain but the tongue and vocal cords, as well. All must be rapidly and perfectly coordinated to express the variety of nuances, sounds and tonalities of any particular language. Writing, a form of encoded speech, requires other skills from the motor areas of the cerebellum and cerebral cortex. Memory, of course, is necessary to speech and writing in all brain centers involved.

It is obvious that each brain center draws on other brain centers and that many faculties are interrelated, or many complex mental and physical activities familiar to us could not take place. Think of the subtlety and extent of nerve and brain coordination required by a corporate basiness transaction, a violinist playing a piece, or a space scientist calculating the precise location of a moon landing.

Brain centers need proper nutrients and adequate circulation of the blood and brain fluid to supply them. Genius has its roots in the brain centers, and the brain draws its nutrients from the blood. For soul faculties to express properly through the brain centers, the brain must be properly fed.

Rocine's Brain Centers

Ego Pressure—Precinoia (business), leonoia (power), lausnoia (desire for fame), suamanas (suaveness), tectomanas (building), hetumanas (causation).

Mental Ability—Stonoia (stoic center/science), connoia (mind unity), uranoia (interest in universe), nomonoia (law), taximanas (order and system), plurimanas (accounting), lilamanas (wit), lipimanas (analysis and induction).

Inherent Mental—Senoia (self control), warnoia (safety), phenomanas (noticing/alertness), eceonoia (love of home and country), philnoia (love and mating), hebenoia (parental), caenoia (bolic centersenses evil), tuimanas (psychognostic), eldinoia (nostalgia), autonoia (leadership).

5-Sense Area—Spectomanas (objects), rupamanas (form and shape), metromanas (size and space), kinemanas (force and motion), chromanas (color), phonomanas (sound), physical senses, sensations.

Animation in Life—Benoia (health), alanoia (nutrition), synnoia (fraternal), cheronoia (joy), thermomanas (heat).

Medulla—Cardiophrenia (heart), pneumophrenia (lungs).

Sensory Locomotion—Tachiphrenia (muscle/ speed).

Equilibrium-Dizziness Center—Besnoia (sex brain).

Sex Impulse/Mental Sex—Besnoia (sex brain).

Acquired Mental/Speech-Kalosnoia (beauty), elnoia (adoration), eunoia (service), telenoia (psychic), lokamanas (geography), phonomanas (sound), kalamanas (time), logomanas (speech), theomanas (godliness).

In his own work, Rocine organized the brain centers he had discovered and named into related categories, as follows:

The Physical Group 1

Cardiophrenia (Heart Brain Center)

Pneumophrenia (Lung Brain Center)

Tachiphrenia (Muscle Brain Center) speedbrain; motorium

Physical Senses (Perceptual Centers) the avenue of the soul in matter—touch, smell, hearing, taste, sight

Sensations (Sensory Center) kinesthesia, balance, other internal somatic senses

The Industrial Group 2

Benoia (Health Center) the faculty that loves life and health

Alonoia (Trophic Center) the faculty of nutrition

Hygronoia (Hydric Center) the faculty that studies the watery creation

Precinoia (Business Center) the business faculty Senoia (Intronoic Center)

Warnoia (Safety Center) the faculty-voice of "safety first"

Ecconoia (Home Center) the home and nationloving faculty

The Associative Group 3

Besnoia (Sex Brain Center) the faculty that loves life and health

Philnoia (Love Center) the love, marriage and family faculty

Hebenoia (Parental Center) the motherhood and nursing faculty

Synnoia (Fraternal Center) the faculty of mind unification

Volitive or Executive Group 4

Leonoia (Power Center) the faculty of power, will and daring

Cacnoia (Bolic Center) the faculty that senses evil

Stonia (Stoic Center) the faculty of science and stability

Connoia (Connoic Center) the brain of mind unity

The Exalative Group 5

Autonoia (Autonoic Center) the faculty that leads and governs

Lausnoia (Fame Center) the faculty that craves fame and popularity Uranoia (Scenic Center) the faculty that studies the universe

Kalosnoia (Beauty Center) the soul faculty that judges beauty

The Transcendental Group 6

Elnoia (Adorative Center) the faculty of divine wisdom

Eldinoia (Eldic Center) the faculty that loves the past

Cheronoia (Joy Center) the soul faculty of joy and optimism

Eunoia (Service Center)

Telenoia (Psychic Center) the faculty of "second sight"

Nomonoia (Law Center) the soul's law faculty The Perceptive Group 7

Spectomanas (Object Center) the faculty that notices objects

Rupamanas (Morphic Center) the faculty that remembers form and shape

Metromanas (Space Center) the faculty that judges size, room and space

Kinemanas (Motion Center) the faculty that studies force and motion

Taximanas (System Center) the order and system faculty

Plurimanas (Account Center) the soul's accountant faculty

Lokamanas (Place Center) the soul's geographer and map

Chromanas (Color Center) the color perceiving faculty

Theromanas (Heat Center) the faculty that senses heat

The Expressive Group 8

Phonomanas (Sound Center) the soul's faculty for sound

Kalamanas (Time Center) the time faculty; the soul's chronologist

Logomanas (Speech Center) the faculty of speech; word memory

Phenomanas (Phenic Center) the faculty that notices what happens

The Philomatic Group 9

Theamanas (Mimic Center) relating to God in man

Tuimanas (Physiognostic Center) the soul's physiognomist (a faculty)

Suamanas (Suave Center) the faculty of courtesy and good manners

Lilamanas (Wit Center) the faculty of wit; sense of contrasts

Tectomanas (Building Center) the faculty of constructive reason

Lipimanas (Analytic Center) the faculty of

analysis and induction

Hetumanas (Causation Center) the faculty of causation

Brain Area of the Iridology Chart

When we come to the brain area of our iridology chart, we look for several conditions. We look for lesions or crypts indicating inherent weakness; signs of anemia (arcus senilis especially); the sodium, calcium or cholesterol ring indicating hardening of the arteries; signs of lymphatic congestion; nerve rings starting or ending in this area; radii solaris or spokes; deformations in the autonomic nerve ring pulling toward or away from the brain area; and reflex conditions from the bowel area. The spinal cord, of course, is represented in the autonomic nerve wreath.

When we find an abnormal sign in the brain area, we also check the opposite side of the chart. Notice that the Animation and Life Center is across from the thigh, knee and foot area at 6 o'clock, and that the Sex Impulse area at 11:30 in the right iris is opposite the sex gland and organ area a little after 5 o'clock. Keep in mind that we are looking for correspondencies, opposites and reflex conditions as well as other signs.

Faculties of Mind

We are born with latent cerebral potentials which can be developed through training and experience or which remain latent if neglected. Each of the brain centers on the iridology chart has its own group of associated qualities. The development of these faculties requires: (1) good inherent structure (high fiber density); (2) good brain and nerve nutrition; (3) elimination of toxic settlements; and (4) efficient circulation of blood through the brain. We may favor certain faculties over others, but the ideal is to develop and balance all of them, physical, mental and spiritual. However, when we abuse the brain and nerves, they may degenerate into negative attributes.

Negative or abnormal attributes of normal mental faculties may be mentioned by a patient in describing his complaint, and we can use this information in determining what kind of care the brain needs. Keep in mind that some faculties are in all parts of the brain (memory/forgetfulness, for example). When vitality in the Animation and Life Center shifts to fatigue through anemia, overwork or anxiety, all parts of the brain are affected to some degree. We need to realize that even positive faculties can become subnormal or abnormal and can result in physical imbalances. Fear, for example, may lead to

stress which produces adrenal exhaustion, leading to fatigue, enervation and often to problems in inherently weak areas of the body.

The "executive dilemma" is that leaders are always under a great deal of brain and nerve stress and they must take special care of themselves in terms of nutrition, toxic elimination, exercise and correct attitudes. Many mental faculties may otherwise shift to abnormal.

An objective person often makes decisions too quickly and a subjective person cogitate so much that he can wear out his nervous system. Faculties, we find, affect other faculties. A person who focuses too much on the psychic center can become gloomy, brooding, melancholic. Melancholy can result from illness, pain, injury or loss of domestic tranquility. There is nothing a melancholy person contributes to an occupation or job. Instead, he drags down everything he touches, everyone he interacts with. Every mental faculty affects at least one other faculty in a major way and affects all other faculties in some way. We can't judge a person on the basis of one faculty or brain area. We need to consider the "whole" person in terms of all centers. This is where iridology will prove to be a master science in detecting various problem areas and will give us a report on the whole person.

Problems in the brain areas may be associated with anemia (areus senilis) due to lack of exercise, low iron or the cumulative effects of gravity. Hardening of the arteries (sodium, calcium or cholesterol ring) contributes to high blood pressure and cell starvation in parts of the brain. Malnutrition affects the whole brain. We need to remember that the brain requires more highly-evolved nutrients (fat cells, lecithin, essential amino acids) than the rest of the body. The nutritional needs of the brain include oxygen, which must be provided through proper breathing and circulation (stimulated by red pepper, niacin, vitamin E, etc.). Such things as beauty, love, friendship and satisfying work are also needed. Pollution, drugs and other toxic sources affect the brain negatively. Excessive, constant noise, such as that found near industrial factories or airports, can lower hearing ability, diminish the sexual drive and reduce the ability to think, create and analyze. A lack of spiritual life can also be responsible for many types of problems. Any source of stress can deplete energy. bring about fatigue and increase toxic production and settlements. A poor marriage, imbalanced sex wrong occupation, gravity effects and psychological blocks can cause stress and abnormal emotional states.

We find that imagination is stronger than will power. When we are adversely affected by a degenerative or abnormal mental condition, it is imagination, not will, which has the greater power to restore balance. We can suggest to ourselves the solution or goal required and use the power of imagination to achieve it. By repetition and persistence, the power of suggestion will often produce the desired results. This can be verified through Emile Coue's work.

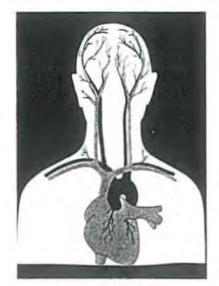
In the following discussion of the subdivisions of the brain area of the irides, the faculties of each subdivision are presented. These lists of faculties are not intended to be exhaustive or complete, but only to indicate many of the attributes—normal and abnormal—associated with each section of the brain area of the iris. (All faculties affected by, or having an effect on the adrenal glands are marked with an asterisk.)

Animation and Life (11.9-12.1, both irides). This is the great barometer of health in the irides and perhaps the most important center of the brain. This is the most magnetic center in the brain, and it needs silicon (the magnetic element) to function properly. It also needs plenty of oxygen to produce energy and burn up toxic wastes. No heat or fire can be produced without oxygen.

Health is not simply the absence of disease, but the presence of vitality, verve, exuberance, joy, bounce, get-up-and-go. Animation is vitality in motion, bounce in the footsteps and spring in the knees. By life, I mean life at its fullest and best which means exuberance and joy at the physical, mental and spiritual levels. Dr. J. Haskel Kritzer called this the "fatigue center" which is true when there is anemia or hypoactivity in this area. I changed the name to "Animation and Life," however, which is what it expresses at its best. As a barometer, it tells us when we need rest, exercise or better nutrition.

All sick people are tired, enervated, fatigued. Fatigue, even before the appearance of catarrh, is a warning signal that the body is overtaxed and vulnerable. This center represents the central core of the two hemispheres; i.e., the portion of the sensory-motor cortex representing the leg, knee and foot; the limbic system or "emotional brain"; and portions of the thalamus, hypothalamus, midbrain and pons. Note on the iridology chart that the pituitary gland (partly included in the hypothalamus) intersects the base of the Animation and Life Center. In combination, these portions of the brain express exactly the conditions we find involved in the Animation and Life Center.

Anemia, particularly when shown by the arcus senilis, is one of the most common problems affecting this center. The most frequent symptoms accompanying this sign are fatigue and forgetfulness, found in every patient to some degree. We need good circulation and iron-rich blood to bring plenty of



Blood supply to the brain.

oxygen to the brain. Vitamin E and lecithin assist in doing this. One of the main causes of brain anemia is gravity. A slant board and leg exercises are necessary to reduce its effects. The legs are the "pistons" that pump the venous blood back to the heart. Early morning barefoot walks in sand or grass and Kneipp baths are most helpful.

We find that poor nutritional habits can lead to nerve protein changes in the cortex and degeneration of nerve endings. The symptoms such as forgetfulness, irritability, restlessness, loss of concentration, disorientation and personality changes are often mistaken for signs of senility. According to a U.S. Department of Health study, however, the real cause is lack of the nerve biochemical acetylcholine.

Brain food feeds the nerves and glands. We need phosphorus, lecithin, certain fats and amino acids to allow the higher vibrations of the brain to accomplish their work. When we have an overactive mental life or sex life, we lose lecithin and it must be replaced. An overactive mind burns up its nutrients and then draws them from elsewhere in the body. Since 80 percent of the seminal fluid is lecithin, this can become depleted by overworking the brain. Conversely an overactive sex life can deplete lecithin to the point where the brain and nerves do not have enough. We need to make sure we are getting enough lecithin to prevent brain fatigue or impaired sexual functioning.

In the following pages, we are listing the areas in the brain and the faculties that we believe are affected in the brain in that particular area. When we speak of the high level expression, we refer to the normal, bright, active, sensitive, white fiber display in the iris of the eye. When the fiber structure or area is extreme in its chemical/electrical activity, we find we lose

control over the faculties listed under the animation and life center.

When we manifest the low level expression, our optimism turns to pessimism. Our inner self is no longer functioning at its highest integrity or potential. The underactive, degenerate, dark, hypoactive condition, which is explained so well in our iridology work, causes these faculties to function at the lower levels of expression.

ANIMATION AND LIFE

High Level Expression

Ecstasy*

Joy*

Love

Vitality

Physical energy

Mental energy

Enjoyment

Nerve gland center

Liveliness

Cheerfulness

Optimism

Spiritual center

Unity center for body, mind, spirit

Enthusiasm*

Memory

Low Level Expression

Fussiness* Gloom* Indifference Complaining* Depression* Unsociability Fatigue*

Stupor

Enervation* Heaviness in head Melancholv* Neurasthenia* Forgetfulness Sadness* Despondency* Morbidity* Apprehension* Listlessness Hopelessness* Discouragement*

Pessimism* Disgust*

(*Activates adrenal glands.) Fearfulness*

Sensory/Locomotion (11.7-11.9 R and 12.1-12.3 L). The sensory/motor area in the cortex is connected to the cerebellum, which coordinates and refines muscle movements. The cerebrum and cerebellum receive sensory nerve impulses from the muscles and joints and correlate these with impulses from visual, auditory and other sensory centers (heat, cold, touch, pressure, movement and position in space). Motor impulses are then sent to initiate and control muscle responses for walking and other bodily movements.

SENSORY/LOCOMOTION

High Level Expression

Movement

Cold Pressure

Kinesthesia Proprioception

Muscle coordination

Touch

Activity

Heat

Somatic memory

Low Level Expression

Akinesia

Insensitivity to touch, heat,

Awkwardness* Imbalance* cold or pressure

Lack of muscle sense

Inactivity Somatic forgetfulness

Ataxia*

*Activates adrenal glands.

Inherent Mental (11.4-11.7 R and 12.3-12.6 L).

This area involves the midbrain, emotional and limbic systems of the cerebrum as well as memory association areas of the cortex. We find that memory is dispersed throughout the brain, and memories from this area may connect with memories of other areas by association. Emotions experienced through the limbic system, the "emotional brain," affect the thyroid gland. Low level emotional expressions can ruin this sensitive gland.

INHERENT MENTAL

High Level Expression

Love

Compassion

Aspiration

Virtue

Altruism

Esteem

Social instinct

Curiosity

Habits

Endurance

Creativity

Interest (people or things)

Stamina

Attention

Will power

Constructiveness

Hope

Sentimentality

Concentration

Sincerity

Fervor*

Courage Laughter

Enthusiasm* Pride

Worship

Faith

Memory

Belief

Ideals

Fanaticism* Friendship Initiative Tolerance

Liberty

Mercy

Morality Desire* Psychic center

Kindness

Art (aesthetic, structural, mechanical, dramatic)

Consideration Respect Adventurousness*
Masculinity/Femininity

(Will power loss is associated with turgidity.)

Low Level Expression

Hate* Laziness Uneasiness* Disrespect

Antisociality
Confusion*

Destructiveness*

Antipathy* Scorn*

Boredom

Gives up easily* Weakness Aversion*

Grief *

Doubt*

Viciousness* Bad temper*

Pain sensitivity

Spitefulness*

Contempt*
Malice*
Humiliation*

Agony*
Callousness
Neuroses*
Psychoses*
Impulsiveness

Timidity

Reticence

Sadness* Tragedy* Misery* Unfriendliness* Dependency

Intolerance* Forgetfulness

Carelessness

Terror*

*Activates adrenal glands.

Equilibrium/Dizziness Center (12.6-12.8 L).

This area involves the cerebellum, brain stem and parts of the sensory motor cortex. Epilepsy, due to damage to some part of the sensory motor cortex or to some other malfunction in the brain, shows up in this center. Hemorrhage, injury, tumors or abscesses in the cerebellum may result in lack of muscle coordination, staggering or lurching while walking or muscle tremors. A hard blow to the base of the skull can produce death or unconsciousness and lesser trauma to this area causes dizziness. Disturbance of the respiratory center causes lack of oxygen to the brain, resulting in disorientation and vertigo. We find that vertigo can also result from toxemia or disturbance of the inner ear.

EQUILIBRIUM/DIZZINESS CENTER

High Level Expression

Smooth muscle coordination

Balance Steadiness

Walks smoothly, easily Good eye-hand coordination

Clear headedness

Alertness

Somatic coordination memory

Low Level Expression

Akinesia
Epilepsy center*
Lack of coordination*
Imbalance*
Tremor
Staggering
Lurching
Over- or under-reaching
Dizziness
Sluggishness
Somatic forgetfulness

*Activates adrenal glands.

Note: Iridology is an important analytical method in determining why these conditions exist.

Sex Impulse/Mental Sex (11.2-11.4 R). This is the primitive survival center associated with the brain stem and its reticular activating system from medulla to midbrain. Its most prominent feature in our time is the sexual drive, but it also includes the family instinct (motherhood especially), alertness center, "fight or flight" syndrome, competition, imitation, obsessions and hallucinations. The sex area of the brain is in charge of the sexual system and the secretion of the life principle, including the principles of growth and cell building. Psychoactive drugs, sensory deprivation and lack of sleep are thought to affect this area of the brain in producing hallucinations.

Of course, we realize that the sex drive has little meaning unless placed in the context of love. On the other hand, the sex drive can be sublimated to other levels such as creativity, dramatic or musical performance and so forth. It can also be transferred to other objectives in the form of obsession and excessive competition, such as the win-at-all-costs concept.

Greed, violence and habitual overeating may be deviated forms of the sex drive. At a higher level of function, love envelopes, dominates and includes sex as one of its potential forms of expression. We develop a love for humanity, a love for beauty, a love for excellence, a love for outstanding artistic or athletic performances. We find that we have a love for nature, for color, for food. If we develop the love faculty then we will be all right in the area of sexual expression, but if we focus on sexual expression, we may not develop love. Physical performance is a secondary effect, an after-effect of a loving and balanced way of life. We can't hate people, in general, and love one person. It doesn't work that way.

As we look to the sex impulse area, we find that inherent weakness here means that we lack motivation, drive and vitality, in general, and sexual interest, especially. This may be normal in some persons, such as those who are attracted to celibacy, as are some priests, nuns and ascetics of various religions and beliefs.

Some men and women live entirely normal lives without interest in marriage or sex. We cannot say this is normal, however, when we find inherent weakness or other signs in the sex impulse area of the iris. The brain determines our sex life. They have found, of late, that a new sex life in a patient has helped to correct and relieve arthritis symptoms. They have also found that it can normalize blood pressure, glandular disturbances and many problems of a hormonal nature.

It was Henry Lindlahr who said that we cannot have surgery in the genital area without affecting the brain. Through the nervous system, the brain is directly and intimately connected with the complex and highly sensitive nerve centers of the genital organs. Operations upon the female organs have been shown to affect the mental and emotional life of women. Much nervousness, irritability, depression, fatigue and lack of energy develop after operations on the genital area.

If we find a problem in the sex impulse area, this carries implications beyond sexuality. Sexuality is a creative drive, the basis for gusto in life. It is the vital incentive behind the repair, rebuilding and assimilation activities of the cells. There is a principle of vitality in sexuality that permeates and energizes all other aspects of life. The glandular system may be imbalanced in the sexual center. Personal magnetism, charm, virility and femininity are influenced most by the sexual principle.

Functionally, the activation of sexual interest may begin in the reticular activating system of the brain stem from sensory impulses elsewhere, especially the visual cortex. Simply by looking at someone, a man or woman may become physically attracted to them. The association cortex evaluates the other person in terms of beauty, intuition, behavior and other characteristics relative to attraction or repulsion. Unlike animals locked into instinctive and predetermined mating behavior, human beings can choose to make love any time. Man can defy the seasons, the cycles of nature. Animals have no choice. Through the mind, humans can incite and develop an activity in various brain centers which, in turn, can stimulate sexual expression. The impulses travel into the autonomic nerves and begin to activate the sexual organs. They also travel to the hypothalamus, which activates the adrenals and sex glands by stimulating release of hormones from the pituitary. Of course, the medulla area of the reticular system increases the breathing rate and heart rate. The thyroid is involved and at the culmination of the sexual act, the thyroid signals the pituitary to stop secreting.

Impotence or frigidity always has a solution at the physical and/or psychological levels. Toxins generated from the bowel can affect sexuality adversely. Lack of proteins, lecithin, zinc and other vital substances can result in loss of sex interest. A traumatic experience such as rape or molestation can result in deep-scated fears that cause frigidity or abhorrence of the opposite sex. Of course, there may be other psychological factors affecting sexual activities. There are cultural factors, instilled by teachings from home and school. The cerebral cortex also plays its role in evaluating compatibility and surroundings.

Overindulgence depletes not only the sexual energy, but throws the glandular system out of balance, disturbing all other mental faculties. Satyrism, nymphomania and various forms of perversion represent imbalance at the nutritional, glandular, psychological and spiritual levels, tendencies which can be inherited or acquired. There are certain people who should not eat red meat and spicy foods because such foods affect this center most. Sexual overindulgence and perversion are sometimes stimulated by such factors, as well as by caffeine drinks, alcohol and drugs, which can result in attraction to forms of violence or other unnatural behavior. These conditions require counseling, training and correct mutrition.

SEX IMPULSE/MENTAL SEX

High Level Expression

Family instinct Motherhood/Fatherhood Sexual attraction* Sex drive* Arousal* Excitement* Alertness Survival Zeal* Passion* Ardor* Anticipation* Creativity Confidence Leadership Healing center

Memory

Low Level Expression

Competitiveness* Insanity* Envy* Dissipation* Jealousy* Rape* Fight or flight* Degeneracy* Nymphomania* Possessiveness* Satyrism* Fear of opposite sex* Indiscriminate sex* Dullness Perversion* Impotence Vengefulness* Brutality* Sterility Forgetfulness Obsessions* Infantilism

Frigidity Phobias* Disinterest Hate*

Loneliness

Five-Sense Area (12.1-12.3 R and 11.7-11.9 L).

Hallucinations*

The five-sense area, as its name implies, involves the visual, auditory, gustatory, olfactory and tactile senses, but also the sensory memory and the senses of emotional pain and pleasure. Although separate areas of the cortex are involved as primary sensory centers, there are also centers such as the thalamus, hypothalamus and cortical association areas where the senses are monitored, compared and interpreted for purposes of appropriate response. Specific organs corresponding to the eye, ear, mouth and nose are also located elsewhere on the chart. The organ sensitive to touch, the skin, is represented by the outer perimeter of the irides, along with the legs at 6 o'clock and the arms and hands at 4 o'clock (L) and 8 o'clock (R). When we find an abnormal condition in the five-sense area, we always check the associated sense organ areas. We may find general nerve depletion affecting all senses or a specific problem causing trouble in one area.

FIVE-SENSE AREA

Higher Level Expression

Visual	Recognition
Tactile	Color
Auditory	Form (shape
Olfactory	Thrill*

Gustatory Sensory pleasure*
Appetite Sensory discrimination
Beauty Sensory association
Imagination Sensory memory

^{*}Activates adrenal glands.

Lower Level Expression

Blindness (or poor vision)* Deafness*

Anosmia

Ageusia

Acoria or

recond c

Agnosia

Lack of imagination

Failure to recognize familiar things

Color blindness

Unexcitability

Disinterestedness

Apathy

Excessively high or low pain tolerance

Nervousness*

Obesity

Edema

Sensory forgetfulness

*Activates adrenal glands.

Other causes of problems in this area include lack of exposure to beauty (especially nature), glandular imbalance, spinal misalignment, working under fluorescent lighting (vision). Some people turn a "deaf ear" to an irritating situation (such as nagging). Pleasure or displeasure is shown by, respectively, pupil dilation or contraction.

Ego Pressure (12.3-12.5 R and 11.5-11.7 L). Ego pressure has primarily to do with the effect of cerebral stress. I named this area the ego pressure center because "ego" is Latin for "I" or the "self." What a person thinks of himself in total. Of course, the ego can be deflated as well as inflated. This center expresses power, concentration, drive and these qualities can become quite harsh on the nervous system. Adolph Hitler has been described as the most destructive egotist of the 20th century.

This is the blood pressure center, and iris signs in this area can be associated with either high or low blood pressure. This center has to do with physiological and psychological stress, ambition, decision-making and anxiety level. Hard "driving" behavior, when the ego is "on a rampage," so to speak, causes high blood pressure. The person who "takes a back seat" may have low blood pressure, which may also be due to anemia. We assume that this area involves the brain stem reticular activating system (especially the medulla), the cerebrum, hypothalamus, pituitary and adrenals. Low blood pressure is often found when radii solaris go through the ego pressure area or when the adrenals or thyroid are hypoactive. High blood pressure, if due to a

condition in this center, can be complicated by the presence of a sodium, calcium or cholesterol ring indicating arteriosclerosis.

The reticular activating system and thalamus control the body's "alert" mechanism. When this is overdriven by excess stimulation from the cortex due driving ambition or excessive executive responsibility, the blood pressure is affected and the ego pressure area will show up white, acute. The hypothalamus, the "bridge between mind and body," also reacts to stress by stimulating the pituitary to keep the adrenals secreting adrenaline; pushing the heart, circulatory system and brain to work at a high state of tension. A famous movie actress was advised by her psychotherapist to drop her profession and become a sales clerk. She did, and both her health and happiness improved dramatically. A wealthy British heiress works as a hotel maid - because she is happy at that occupation. It is all too easy to get into high pressure jobs and miss out on the meaning of life. Excessive toxins in the blood contribute to high blood pressure by affecting the blood pressure center and when high stress conditions are added, stroke becomes more likely than when a person has a relaxed attitude to life and work, such as Ghandi or Abraham Lincoln had, An objective thinker tends to get problems off his mind immediately. It is the subjective thinker who becomes the worrier. People can, literally, become their own worst enemies,

High or low blood pressure may be due to circulatory problems, as previously indicated. The average blood pressure is around 120/80, with the upper figure (systolic) measuring the blood pressure during the "pump" phase of heartbeat and the lower figure (diastolic) representing the reduced pressure during the cardiac relaxation phase. Research indicates that a high systolic pressure may be due to overstimulation from emotional stress, spicy food, alcohol, allergies or excess toxins in the blood. A high diastolic pressure may indicate deposits such as sodium, calcium or cholesterol on the arterial walls. Symptoms of high blood pressure include pressure headaches, vertigo, epistaxis, tinnitis, pain or palpitation of the heart, frequent urination, emotional upsets, fatigue, insomnia, skin flushing and nerve tension. The basic cause of high blood pressure, according to some researchers, may be a glandular imbalance.

EGO PRESSURE

(Note: Even the positive faculties here can lead to high blood pressure, stroke and cerebral hemorrhage. Ego pressure can be affected by a bad marriage, sexual frustration and poor self image.)

Higher Level Expression

Success drive* Discipline Pride Memory Decisiveness* Confidence Ambition* Competitiveness* Power hungriness Constructiveness Forcefulness* Business center Domination* Intentionality Purposiveness Leadership* Courage* Determination* Resolution* Strictness* Control* Aspiration

Lower Level Expression

Harshness* Intolerance* Greed* Laziness Selfishness* Rage* Indolence Hate* Tyranny* Vanity* Imprudence* Arrogance* Perfunctoriness* Coerciveness* Cruelty* Impatience* Destructiveness* Bullying Forgetfulness Acquisitiveness* Evasiveness Arbitrariness* Anxiety* Restlessness Insomnia* Worry* Fear* Nervousness*

*Activates Adrenal glands.

Acquired Mental/Speech (12.5-12.7 R and 11.3-

11.5 L). This is one of the most uniquely important areas we find in the brain. Broca's and Wernicke's speech areas, where language skills are "prewired" in the frontal lobe near the fissure of Sylvius, is the basis for the rise and advancement of human culture. The hearing area, next to the speech area and below it the temporal lobe of the cortex, is of almost equal importance. In iridology, the speech and hearing areas were definitely established by J. Haskel Kritzer, MD. Dr. Kritzer studied the irides of persons in the St. Joseph Deaf-Mute Institute in St. Louis, Missouri, early in this century, and found lesions in the areas corresponding to speech and hearing. We know there are hearing centers in both hemispheres of the brain, but the speech center is apparently only on the left side.

Stuttering and stammering may be due to faulty speech centers, extreme self-consciousness, lack of self-control or deficiency of certain food elements.

With speech and hearing, we are able to teach and learn to move on to ever higher levels of understanding and achievement. We can plan for the future, mentally creating realities to be expressed in years to come. Written language marked a further step in civilization, a crossover of the spoken word into visual representation, including mathematical symbols, operations and numbers; musical notation; choreographic scoring; maps of nations, seas and continents; and other tools of cultural progress.

We find that the organization of thoughts into words and sentences affects the way we perceive, understand and organize experience. So does our state of health. Concepts representing inherent possibilities in the mind of man have been articulated: justice, equality, democracy, metaphysics, religion. The past and future do not exist in the present, yet we have words for them and ideas about what they mean. We record histories of the past and plans for the future. Words have started wars and words have ended them. Words can and will be used to develop permanent peace on this planet and to bring health and well-being to mankind, which will be when man is ready to accept the best that the future has to offer.

ACQUIRED MENTAL

Higher Level Expression

righer bever expression	
Language	Subtlety
Speech	Ingenuity
Hearing	Discretion
Communication	Legalism
Rhetoric	Honesty
Learning	Politeness
Memory	Civility
Ideomotor	Attitudes
Knowledge	Wit
Understanding (horizon of	Humor
development)	Temperance
Concentration	Music
Comprehension	Melody
Interpretation	Rhythm
Tact	Imagination
Wisdom	Serendipity
Sophistication	Memory
Acumen	Honor
Profundity	

Lower Level Expression

Duplicity* Anepia Lying* Aphasia Deceitfulness* Stuttering* Dishonesty* Confusion Misunderstanding* Embarrassment* Deafness* Shallowness Taciturnity Coarseness Indiscretion Akinesia* Distractability Rudeness Ignorance Forgetfulness Stubbornness* Apathy Over seriousness* Boredom

Over solemnity* Disinterestedness

Naivete Leniency
Gullibility Laxity
Clownishness Morbidity*
Torviallity Tactlessness

Mental Ability (12.7-12.9 R and 11.1-11.3 L).

This area of the irides corresponds to the frontal and prefrontal cerebral cortex, the section of the brain where we organize experience. It is not surprising that it is located next to Broca's speech area in the left hemisphere and the corresponding area of the right, where we may assume that the neural organization for language has influenced the way we organize our perceptions and ideas about the world.

MENTAL ABILITY

Higher Level Expression

Thought Organization of experience Reason Efficiency Intelligence Comparison Decisiveness* Objectivity Subjectivity Planning Criticalness* Cause and effect Scepticism* Harmony Analysis* Time Judgment* Space Reflection Patience Discrimination* Numbers Inference Mathematics Deduction Logic Induction Memory Intuition Imagination (instinctive knowing) Originality

Lower Level Expression

Forgetfulness Irrationality* Ambiguity* Dullness Mistakenness Illogicality Stupidity Feeblemindedness Slowness of thought Indiscrimination Confusion Indecisiveness Inefficiency Disharmony* Impatience* Uncertainty* Short sightedness Evasiveness* Imitation Quibbling*

Doubt*

Equivocation*

Corresponding to the right hemisphere, we find intuition, the aesthetic center, spatial relationships, the faculty of recognition, aspects of personality, imagination and idealization. According to Dr. Kritzer, willpower is found in this center.

Triteness

Corresponding to the left hemisphere, we find centers for logical thought, numbers, mathematics, analysis, reason, intellect, planning.

Medulla (10.9-11.2 R and 12.8-8.1.1 L). The medulla is a vital brain center containing the respiratory, cardiac and vasomotor centers. It controls expiration, arterial and venous circulation, heart activity, blood vessel diameter, the diaphragm and oxydation of blood, lungs and tissues. (The inspiratory center is lower down in the spinal cord.) The medulla also contains centers for the reflexes of deglutition, hiccoughing, sneezing, emesis and coughing. Nerve tracts from the spinal cord and brain cross in the medulla (decussation of the pyramids), so that the medulla is involved in many sensory/motor functions. The choroid plexus, which secretes cerebrospinal fluid, is represented in the medulla area of the iris. Eighty percent of all cases examined showed lesions in this area. X-ray studies of 700 cases revealed calcification in this area of the brain. Disturbance in this area could affect the entire body. Visual, olfactory and gustatory nerves to the medulla synapse with nerves that stimulate secretion of gastric fluids. We always check the medulla area when patients have respiratory or cardio-vascular problems. When the medulla is weak, the heart is weak and the lungs are feeble. When the medulla dies the heart stops and no human invention can get it going again. The medulla begins operating before birth and continues until the time of death.

Acuteness

^{*}Activates adrenal glands.

^{*}Activates adrenal glands.

MEDULLA

Higher Level Expression

Normal respiration Normal heart rate Normal vasomotor Normal swallowing Regular breathing

Lower Level Expressions

Ragged respiration*
Above or below normal heart rate*
High or low blood pressure*
Aglutition
Hiccoughing
Sneezing
Vomiting*
Coughing*
Salivating
Forgetfulness, shallow breathing

Brain Tissue Composition

Chemical analysis of brain tissue shows the compositional elements that we need to know before we can understand proper brain nutrition. The brain is made up of about 80% water, 8.5% protein, 9.3% fatty substance (cholesterol and lecithin) and 1.1% ash residue. Analysis of the ash residue provided the following list of chemical elements:

ASH RESIDUE PERCENTAGES

Potassium	19.50	
Phosphorus	27.30	
Sodium	6.80	
Chlorine	4.30	
Calcium	4.00	
Sulphur	4.00	
Magnesium	0.70	
Iron	0.10	
Silicon	0.07	
Manganese	0.03	
Selenium	trace	
Iodine	trace	

Treatments for Specific Brain Areas

Medulla/Cerebellum. Osteopathic or chiropractic adjustments and other mechanical treatments of the neck; live at higher altitude to force chest expansion; breathing exercises; avoid chills; Hawthorne berry tea, vitamins D and E, nerve foods, goat whey, cow's whey, sodium, potassium and chlorine foods and drinks, watermelon seed tea, sage, parsley, fish and fish broth.

Sex Impulse/Mental Sex (right iris). To reduce heat in the brain, choose foods rich in fluorine and iodine, Prickly cucumbers and grapes are good. Wild wheat seed (couch grass) tea. For underactivity, use foods rich in iron, silicon, zine, sulphur, calcium and phosphorus, especially easily digested and assimilated. Vitellin tonics. Treat for anemia, if present. This area affects the brain more than most doctors suspect. Strong, controlled sexuality is curative and helps the old stay young.

Equilibrium/Dizziness Center (left iris). Needs general alkaline diet, especially if epilepsy is involved. There are also herbs for epilepsy such as black cohosh, elder, mistletoe, Peruvian bark, vervain, valerian, scullcap, lady's slipper, antispasmodic tincture. Nerve foods, starches, magnesium foods and vitamins B-6 and E are useful. Avoid chills and cold wind, dissipation and staying up late at night. Watch for venous congestion or anemia as complicating factors.

Inherent Mental. Avoid caffeine drinks, enervation, smoking, damp climates, cold, smoky cities, fits of anger or other emotional excesses. Take care of liver, kidneys, stomach and bowel. Get enough rest, use slant board and other exercises to compensate for gravity; seek times of quiet and seclusion. Use nerve foods, and foods containing iodine, niacin, tryptophane, choline and lecithin.

Sensory/Locomotion. Sleep on hard bed, deep breathing exercises, practice self control. Avoid stressful situations, heavy lifting, great excitement, sexual excess, night work and working when exhausted. Make sure of adequate protein in the diet—animal protein is recommended to supply all essential amino acids. Also, egg yolk, cod roe, goat milk, lecithin and cherry juice (nerve foods).

Animation/Life. Get sufficient rest, relaxation and recreation. Higher altitudes are a good restorative. Use leg exercises, avoid exhaustion by resting before fatigue sets in. Avoid foods with chemical additives. Get ambitions and motivations straightened out. Use foods and supplements to get enough vitamin E, sulphur, iron, oxygen, phosphorus, silicon and manganese; also cod liver oil and berries. Make sure the thyroid is taken care of.

5-Sense Area. Stretching exercises, neck exercises, cold water applications to head and neck, fresh air, nerve and muscle-building foods, proteins combined with sulphur foods such as cauliflower and onions, iron-rich foods.

^{*}Activates adrenal glands.

Ego Pressure. This is the blood pressure center, always affected when the ego has ambitions that bring on constant stress. Use stress reduction exercises, relaxation, meditation. Avoid excessive obligations, crammed schedules, frustration, impatience, family disputes, money and job anxiety, great sexual passion. Take care of defective venous drainage and the liver. Develop a more relaxed philosophy of life. Valerian helps, also hops tea and magnesium foods.

Acquired Mental/Speech. Activities such as swimming, whistling, singing, public speaking and exercises involving the hands are helpful. Moving air is needed—get outdoors in fresh breezes. Take care of thymus, pituitary and pineal glands. Nerve foods and tonics, valerian, choline and cod roe.

Mental Ability. Often requires detoxification of the body through tissue cleansing or fasting. Requires high phosphorus diet, especially in persons who are heavily mental in their lives. Quickened by cayenne and kelp, stimulated by exercise and nerve tonics. Avoid monotony, cultivate pleasing companions. Mental life can be balanced with help of heat vapor blankets, epsom salt baths, adequate exercise and foods like warm goat milk.

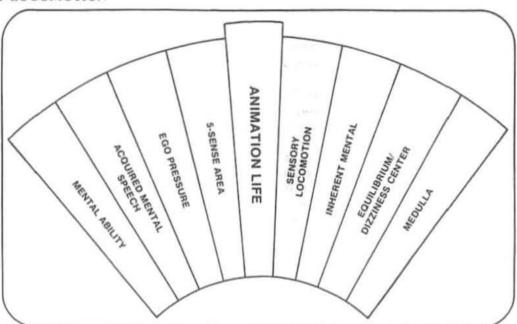
General Notes. Memory, dispersed throughout all brain areas, requires manganese foods. Any spasmodic condition shows need for magnesium foods. Anemia can cause many kinds of problems in the mental areas, including the sex impulse/mental sex (hypoactive sexuality or sterility). The brain area may be affected by excesses of any kind, including work, sex, studying, worry and pain. Sunstroke can affect brain function.

My book titled *The Chemistry of Man* has many other formulas for rebalancing the brain centers.

BRAIN FLAIRS OF IRIDOLOGY (BRAIN CENTERS EXPLAINED)

These centers for the Brain Flairs of Iridology have been adapted from the work of V. G. Rocine and extended through my own studies and observations. Each flair takes on greater meaning for the student of iridology as we expand upon the normal and abnormal (hyperactivity and hypoactivity) attributes associated with these brain areas.

SENSORY LOCOMOTION



Location:

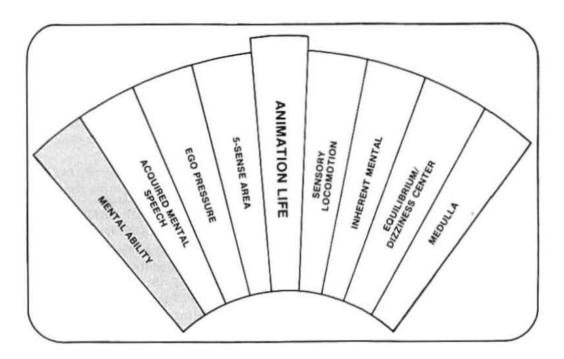
Mid-cortex, kinesthetic, sensory motor area

Normal Function:

Muscle coordination, magnetism, sensations of heat, cold, pain, touch, pressure, tension, movement

Attributes: (Extensions of Normal Function) Perception, motor or sensory type, reaction time to sound or light, limit of muscular exertion without fatigue, strength, physical fitness, muscle and mental coordination

Abnormal Function: (Hyper/Hypo Activity) Uncoordination, lack of sensation, exhaustion



Location:

Prefrontal and frontal lobe

Normal Function:

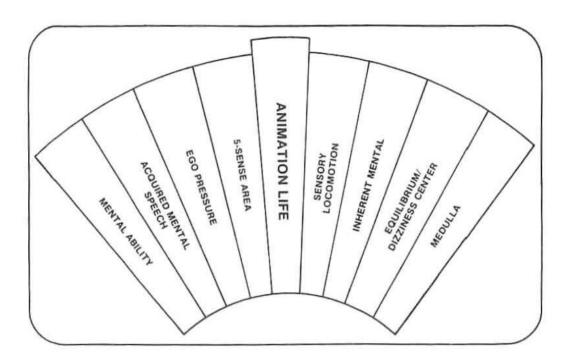
Intelligence, logical thinking, personality, reasoning, voluntary movement, memory, will power

Attributes: (Extensions of Normal Function) Confidence, independence, competence, assertiveness, realistic attitude, skepticism, cooperation, ability to reach a compromise, discrimination, divergent/convergent thinking, rationality, consistency, firmness, confirmation, individuality, resilience, adaptability, objectivity, willfulness, reliability, creativity, initiative ability, reasoning ability, assimilative ability, curiosity, types of memory, cleverness, intellectual bent, capability of repentance, fearlessness, leadership, self-reliance, thoroughness, criticalness, resoluteness, methodicalness, originality, analytical ability, exactness, attentiveness, tolerance, dominance, adventurousness, detail appreciation, oral and visual memory, carefulness, leadership, mathematical ability, judgment, responsiveness, sensitivity, accomplishment, fidelity, ruthlessness, self expression, self awareness

Abnormal Function: (Hyper/Hypo Activity) Cunning, confusion, suspicion, recklessness, hopelessness, neglect, poisoning thoughts, mental blocks, lack of control, sense of futility, mental "chatter," tension, dominance, aggressiveness, withdrawal, heartlessness, cruelty, melancholy, pessimism, touchiness, moral cowardice, depression

Dr. Bach says:

Will, confidence, convictions, effort, geniality, joyousness, imagination, irritability, procrastination, self confidence, poise, worry



Location:

Brain stem; midbrain

Normal Function:

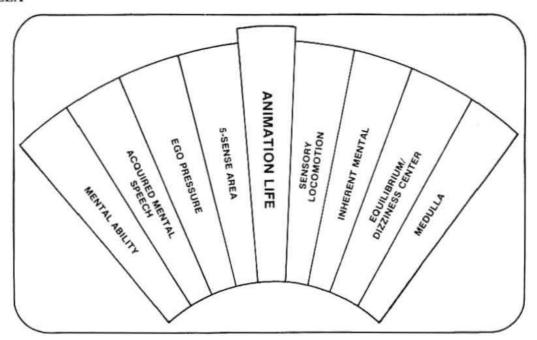
Survival instincts, social instinct, stamina, emotions, will, social imitation, hallucinations, obsessions, concentration

Attributes: (Extensions of Normal Function) Optimism, courage, will, love, individuality, security, intuition, sensitivity, concentration, intensity of attention, imagination, independence, initiative, awareness of indwelling spirit, zest for life, confidence, originality, leadership, acquisitiveness, analytical ability, ambition, stability, identity, success, social acceptance, reproduction, understanding

Abnormal Function: (Hyper/Hypo Activity) Impatience, hallucinations, obsessions, melancholy, ability to comprehend, vacant mindedness, habitual inattention, mental turbulence, dogmatic actions, submission, spinelessness, self condemnation, recklessness, alienation, suicide

Dr. Bach says:

Ambitions, will, delusions, day dreaming, envy, faith, instability, obsessions, melancholy, loneliness, restlessness, shyness, violence, uncertainty, unhappiness, worry, sentimentality



Location: Medulla

Normal Respiration, heart and vasomotor center, swallowing, Function: hiccoughing, sneezing, vomiting, coughing, salivation

Attributes: (Extensions of Normal Function)

Survival, preservation of vital functions

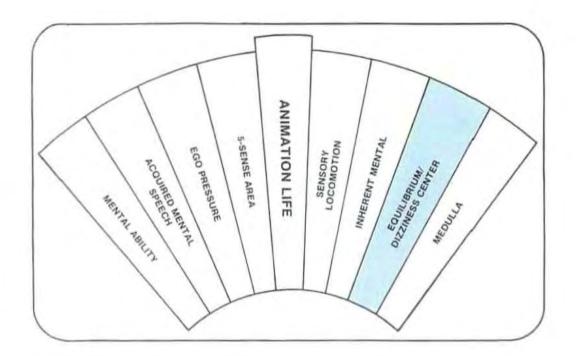
Abnormal Function: (Hypo/Hyper Activity) Breathing tension, head colds, weakened arterial and venous circulation, catarrh, shallow breathing

***DR. BERNARD JENSEN'S IRIDOLOGY PROJECT SIX

Project Six related to the brain and was probably one of the most important of my projects relating to the study of iridology.

Certainly, the brain is one of the most complex centers ever created for telephonic transmission and reception. But it wasn't until scanning microscopy methods were perfected that it was recognized how the brain and the iris, which is an extension of the brain, consisted of a quantity of transmission cables. In the recent past, it has been ascertained that one nerve has 2700 of these transmission cables. With this new method of investigation, we can more easily see and understand that every organ in the body is interconnected in an elaborate network of nerve transmission. This complex electro-chemical system is probably the greatest invention ever devised. When you consider the various conditions which can arise in a body, and that are revealed through an iridological analysis, it is thrilling to realize what an organized and elaborate receiving and transmitting station we have in the brain. For example, anemia in the extremities affects every body organ; the arcus senilis reflects every organ in the body; circulation affects every organ in the body; toxic materials that don't get eliminated can affect certain organs.

Scanning microscopy techniques and computer use opened a new world. These methods raised the possibility of explaining how each section of the brain actually controls dozens and dozens, maybe hundreds, of mental faculties. We have attempted to indicate on our brain area charts this possibility; to show how each brain area has hundreds of faculties which we can use to control, influence and command our inner selves and to direct, lead and influence our bodies so as to help mankind to develop to a greater potential. We cannot even conceive of all the effects this expansion and enlightenment will bring about. But it could increase longevity, lessen destructiveness and enmities, produce higher spirituality. In other words, mankind might be able to fulfill its destiny and really become the greatest of all creatures on the face of the earth.



Location:

Cerebellum

Normal Function:

Equilibrium, autonomic muscle coordination, dynamic

energy center, sexual activity

Attributes: (Extensions of

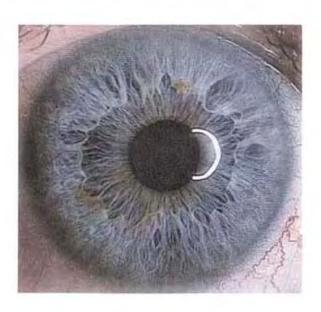
Discrimination, sense of balance, stability, security

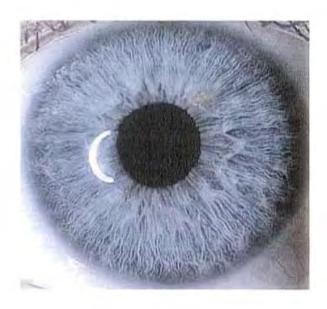
Normal Function)

Abnormal Function:

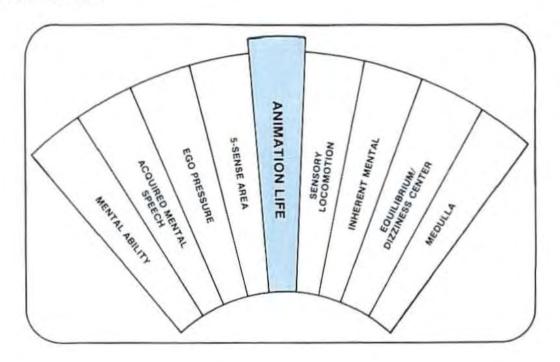
(Hypo/Hyper Activity) Epilepsy, faintness, dizziness, impaired muscular

response





These photox represent the equilibrium/dizziness center as seen in the left eye.



Location: Cortex, psyche, soma energy center, hypothalamus

Normal Function: Vitality/fatigue balance, appetite, enervation, emotional energy, nerve/gland interaction, psychosomatic center

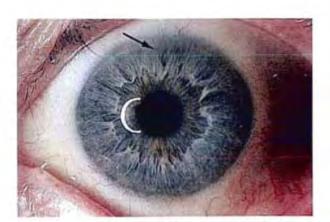
Attributes: (Extensions of Sense of life, excitement, exhilaration, vitality, movement Normal Function)

Abnormal Function: (Hyper/Hypo Activity) Restlessness, hyperactivity, melancholy, laziness, dullness, despondency, inactivity, suicidal tendencies, depression, despair, weariness, lack of energy, exhaustion, indifference, resignation

Dr. Bach says:

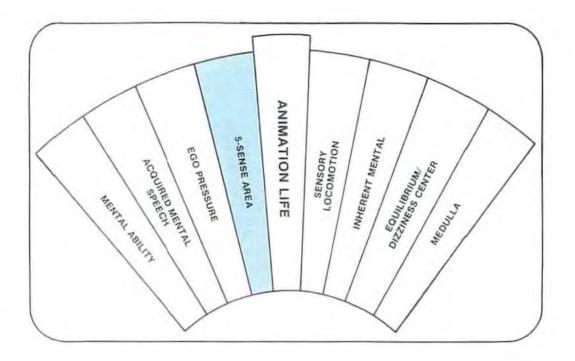
Vitality, depression, despair, anxiety, weariness, despondency, discouragement, weakness, disheartenment, excitement, exhaustion, indifference, interest level, irritability, melancholy, loss of interest in

life, suicidal, numbness, resignation





These photos represent the animation in life center as seen in the left eye.



Location: Cerebral cortex, gnostic area (near lateral sulcus of left

hemisphere)

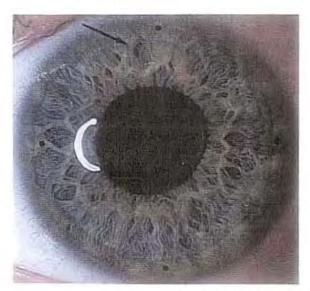
Normal Function: Visual, tactile, auditory, olfactory, gustatory

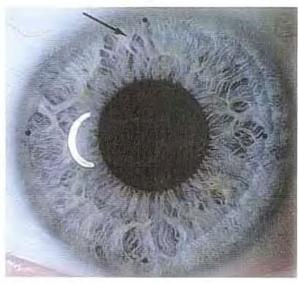
For experience, sensuality, materialism, narcissism, Attributes: (Extensions of

Normal Function) sensory stimulus

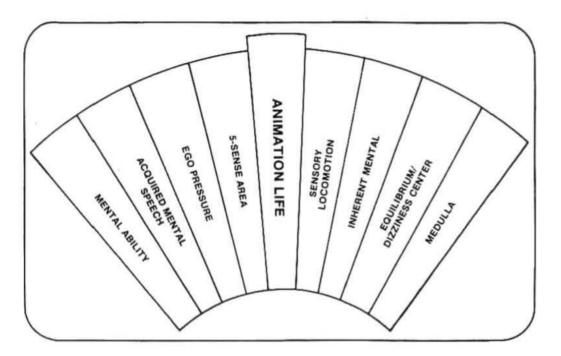
Abnormal Function: (Hyper/Hypo Activity)

Hedonism, impaired sensation, sensory handicaps, overstimulation





These photox represent the 5-xense area as seen in the left eye.



Location:

Cerebrum, thalamus, forebrain, pineal, pituitary

Normal Function:

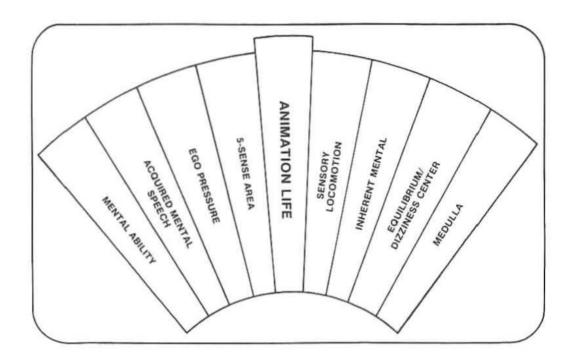
Learning, speech, memory, experimental skill center, concentration, attitude center, language skills, reading, writing

Attributes: (Extensions of Normal Function)

Differentiation, conformity, desire, obedience, cooperation, community, conservation, submission, subversion, rejection, respect, trust, faith, modesty, dependency, confidence, tension, competence, coordination, rejection, trust, leadership skills, joy of living, sociability, assertiveness, attentiveness, social attitudes, communication skills, amiability, courage, consistency, loyalty, temperament, self control, habits, art appreciation, imagination, truthfulness, self respect, altruism, self discipline, faithfulness, patience, contentment, love of cleanliness, religious reverence, determination, mannerliness, sensitivity, ideals, wisdom, thirst for knowledge, vocalization, communication, serenity, consideration, passiveness, sense of justice, fairness, stubbornness, sympathy, tolerance, honesty, patience, impetuousness, impatience, capriciousness, gratitude, religious appreciation, tact, ambition, grace, appreciation, generosity, affection, conservation, writing ability, sense of freedom, abundance, truth, brotherhood, love, humility, forgiveness, peace, selflessness

Abnormal Function:

Slow learning, forgetfulness, poor attitude, stuttering and (Hypo/Hyper Activity) stammering, lack of concentration, social maladjustment, dvslexia



Location: Cerebrum, pituitary, hypothalamus

Normal Function: Blood pressure regulation, decision making, physiological stress reactions, will power, psychological stress responses, anxiety, etc., tension, sexual activity

regulation

Attributes: (Extensions of Normal Functions) Desire, power, assertiveness, domination, determination, individuality, self image, ideals, initiative, ego balance, ambition, leadership, self reliance, independence, acquisitiveness, survival instincts, self assurance, success,

social prestige, competition, acknowledgment

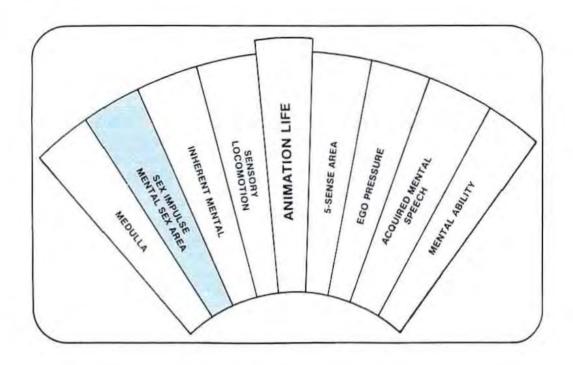
Abnormal Function: (Hyper/Hypo Activity) Envy, inferiority, pride, selfishness, fear, prejudice, self pity, criticism, jealousy, nasty temper, greed, hate, anger, bitterness, aggressiveness, dishonesty, sense of persecution, brutality, inordinate love of money, unfair use of power, impetuousness, impatience, stubbornness, exhibitionism, narcissism, exploitation, sarcasm, bossiness, rebelliousness, suspicion, obsequiousness,

worry, delusions, anxiety

Dr. Bach says: Possessiveness, advice seeking, will power, resentment, ambition, alternating moods, self centered,

discontentment, dissatisfaction, domination, envy, greediness, anxiety, hesitancy, impatience, jealousy,

pride, shock, faintness



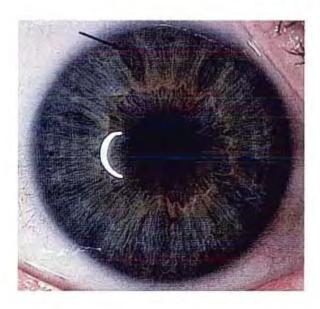
Location: Cerebrum, hypothalamus, limbic system, pituitary gland

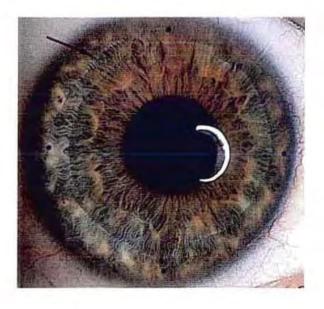
Normal Function: Attraction, sexual responsiveness, reproduction

Attributes: Creativity, motivation, excitement, imagination, (Extensions of Normal Function)

Abnormal Function
(Hyper/Hypo Activity)

Sexual apathy, perversion, violence, combativeness, irritation, competitiveness, lassitude, vanity, self centeredness

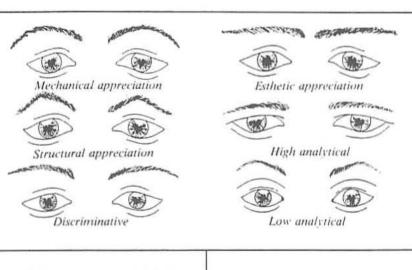




These photos represent the sex impulse/mental sex area as seen in the right eye.



These drawings indicate the various combinations of features that comprise an individual's facial structure. In personology each feature has a specific correlation to a mental trait—the combination of which represents the total personality. If you were a woman, who would you marry?



Low critical

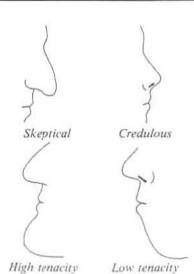
High critical

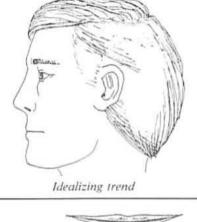
Low tolerance

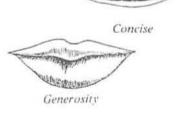
High tolerance

Judgment variation

Here we show a few of the individual features and their meanings as identified in the study of personology.







Psychology and Health

There can be great value in psychotherapy, but we must always be careful. There are psychologists and psychiatrists whose emotional stability is as scrambled as the worst of their patients. I prefer the older psychotherapy because of its foundation in both common sense and spiritual values.

We must realize that when the body is sick, the mind is sick and vice versa. Sick people are tired, passive, enervated. They want someone to take charge and tell them what to do. Be careful about offering inspiring, uplifting encouragement. It may work for the moment, but soon, they will go down harder and deeper than before. Tell the truth and be sincere with your patients. The principle we go by is to put the patient to work on his own recovery, helping him to help himself, to lift himself up. Rest and health are not "external" things to be administered but must come from within. Henry Ward Beecher once said, "We only see in a lifetime a dozen faces marked with the peace of a contented spirit."

Love of money is not only the root of evil, but an enemy of physical and mental well-being. Many people work so hard getting their money that they cannot enjoy it afterwards. It is always best to take vacations before becoming too tired to enjoy them.

The human mind is complexly organized and easily rules over the body.

Exploring the Mind through Personology

When we look at symptoms or iris signs, we can often determine what is behind them, what the cause is. In the same way, the physical features of a person can tell us much about that individual. Every health professional should be acquainted with personology, the art of reading the structural features of the face and body, for it is a wonderful aid in understanding how a patient should be treated from a mental standpoint. Personology is a type of psychostructural analysis developed by Judge Jones in the early 1900s and expanded by Whiteside.

Personology may be defined, more specifically, as the art of interpreting the physical structure and design of a person's face and body to understand the character, temperament, abilities, feelings, actions, thoughts and characteristic facial expressions. We commonly recognize this type of analysis when we speak of someone having a newsy nose, a loving eye, a poker face, a tactful look, and so on.

The physiological pattern of a person is intimately correlated with inherited features of character and personality. They emerge simultaneously from genetic instructions unfolding from the developing brain from the time of conception through all stages of growth to maturity. If the brain determines body size and shape and the arrangement of facial features such as nose, eyes, eyebrows, cheekbones and lips as it determines the basic structure of the personality, then we should expect connections between the two. In fact, we can read personality from the face, if we know what to look for.

It is very important to understand that choice supercedes structure in personology, but only when you have the knowledge. Sincerity, idealism or dishonesty, for example, show in the physical structure, but the physical structure will change as the sincere person chooses to be deceitful, as the idealist turns cynical, as the dishonest person reforms. We can deform our bodies by what goes on in our minds. An incompatible marriage breaks down a person mentally and physically. On the other hand, as we take the higher path in life, improving our thoughts and attitudes, the resulting changes in the body and face are evident to friends.

Personology is particularly useful to the iridologist for assessing correlations between what the iris reveals in the brain area with what the face reveals. It is also useful in understanding how to treat a patient.

The positive and negative traits in personology correspond to some extent with the hypoactive and hyperactive signs in the iris. What determines whether any part of the body is hypo or hyper depends upon the inherent quality of the tissue, what its metabolic level is and how much activity it can take without becoming depleted. We have a physical basis that commands, to a great extent, the mental activities. We have to consider how acute nerve rings or pockets of toxic material in the bowel may affect or be affected by the emotional life or the extreme highs and lows of the personology factors. We have to consider that extreme criticalness may be a useful trait in a person's job but a very destructive trait in home life. So we need to realize that the right balance depends upon physical factors, mental factors and the external situations a person faces.

The following interpretations are specifically helpful in increasing the effectiveness of treatment.

Chin. A pronounced or protruding chin indicates tenacity and determination, which means that a person will follow through with instructions given to him. A weak or receding chin shows a lack of tenacity, and this type of person should only be given one or two instructions at a time and should be seen more often. He will also need more encouragement.

Hair. The fineness or coarseness of the hair indicates the "insulation factor"; how well the person will respond to nutrients. A person with coarse hair

can tolerate a high dosage, whereas a person with fine hair needs smaller amounts because he is more sensitive.

Forehead. A high forehead indicates a strong tendency toward mental activity and away from physical activity. Mental types need to be encouraged to get enough physical exercise and to eat foods rich in elements such as phosphorus, that feed the brain.

Eyes. The degree of tolerance a person has is indicated by how close to the bridge of the nose his eyes are. Close-set eyes are often found in people who have an acid eye, many nerve rings and an acute autonomic nerve wreath. They let little things bother them and are prone to ulcers. Wide-set eyes are found in people who are easy-going, who don't let things get them down, who believe in the philosophy of live and let live.

Eyelids. The analytical trait is demonstrated strongly in those who have little of the cyclid visible as they look at you. They need to have things explained to them. Those whose cyclid is more visible don't need to know as much. They will get along fine without knowing the "whys" and "wherefores" of their treatment program.

Personology Categories

Coordination of feet Coordination of hands Phobia Mannerism Temperament Responsiveness Sensitivity Ideals Plethora Initiative Dominance Ego balance Consideration Thinking Ego Courage Thoroughness Passiveness Mental/Motive Horizon Comprehensive Criticalness Tolerance Impetuousness Impatience Capriciousness Writing ability Judgment Fugacity Causality syndrome Recessiveness Leadership Religious appreciation Imaginative (hallunosis)

Arithmetic appreciation

Ambition Construction Conservation Tact Acquisitiveness Memory: Visual Memory: Oral Restlessness Intuition Analytical ability Melancholy Carefulness Exactness Detail appreciation Methodicalness Generosity Affectionateness Sympathy Self reliance Stubbornness Resoluteness Ministrative Mercenary Credulity Originality Music appreciation Rhetoric Art appreciation Structural art appreciation Mechanical art appreciation Dramatic art appreciation Discrimination Affableness

Adventurousness

On a more personal and professional level, I have found personology helpful in many ways. The executive's dilemma is how to use stress properly to earry out his duties competently without breaking down his nervous system. The executive needs analytical ability, shown by the eyelids coming down over the eyes, as mine do. Deep-set eyes indicate seriousness and we must keep in mind that too much seriousness leads to overwork and depression. We must watch these things and try to keep a balance. I make my living from people who go overboard.

People who have a big hump on the nose are interested in acquiring things. They are interested in money and have a natural ability to get it. If we took everyone's money away and divided it up equally among all the adults in the United States, five years from now these same people would have it back again. Others cannot hold onto money no matter how hard they try.

There are those whose foreheads jut forward and those whose foreheads slant back. The latter are quick thinkers and make decisions rapidly, while the former tend to be worriers. They keep problems on their minds, even going to sleep with their troubles. I'm not suggesting there's anything wrong with them—that's the way they are; but they need to know themselves in order to stay in balance.

People with large lips love to talk. For example: President Jimmy Carter. Those who have short, close-together lips tend to be curt. Another former president, Calvin Coolidge, left church one Sunday, and a reporter asked him what the sermon was about, "God," he replied. Such people seldom ask questions or offer conversation unless you hit on a favorite subject—then they will talk.

Natural administrators tend to have certain types of noses, while the "fighters." like Roosevelt and Churchill had square jaws. They were willing to fight for peace. This type of person tends to have a stomach like iron, able to digest anything.

When the temple is indented, those who have this trait experience poor digestion. They don't have a strong enough nervous system to digest well.

People with round, bell-like ears love music. Those with straight-across eyebrows are esthetically minded—they love color, form, texture, beauty, but they are often impractical, finding difficulty keeping their feet on the ground. I know of a medical doctor who is so esthetically inclined and humanitarian that he can hardly practice medicine. He feels offended by the coarseness of the medical profession. He would probably be better at leading people from a spiritual standpoint.

Plastic surgery can change the outward form but the inner person doesn't change. Personology is accurate because the face and body features are a reliable out-picturing of soul faculties and only something like plastic surgery can, to some extent, fool you. The imprint is there for life, but you can change and you can improve. For example, I used to make decisions so hastily I was always in trouble. So I began telling my wife or secretary, "Don't let me make a decision on that question until next Tuesday morning." Now I am more accustomed to thinking things over; but this also has disadvantages. You can miss opportunities by delaying your decisions.

We are all here on this planet to overcome, to improve, to learn, to find the path that is right for ourselves. That's what life is all about!

All health practitioners need to know enough about their patients to help them get the most good from their treatments. Anyone who wishes to know more about personology may consult my book Nature Has A Remedy, pages 208-213.

Mind and Body

According to the former Harvard University Professor of Medicine, the late Richard C. Cabot, "Disease may...be defined as a self-corroding circle, and health as a self-maintaining circle." In either case, mind and body are involved. Dr. Cabot distinguishes two categories of disease: functional disease, which includes all maladies treated by breaking the circle at the mental level, and organic disease, which includes all maladies treated successfully by breaking the circle at the physical level. Diseases helped by both treatments may be said to be a mixture of organic and functional. The lines dividing mind and body seem to be relatively clear in cases of organic disease, but in the healthy person, they are barely visible. Do we sing with our souls or bodies? Does art come from the hand or the spirit? Or does each interact with and shape the other? Cabot believed the mind and body work together, and because of that fact, felt it was useless to search for a single "cause" of a disease.

Organic functions may be disturbed by aberrant nerve impulses generated by mental activity. Worries about money, family, sex or all three and more, can interfere with circulation, excretion and nutrition. Disease is the cumulative effect of physical, mental, chemical and electromagnetic factors, and when we realize this, we realize that healing is also the result of many forces. Anxiety about a treatment, for example, can nullify its beneficial effects. Our goal must always be to treat the whole person, not just the body or the mind.

Healthy Mindedness

What is healthy mindedness? We might start by saying that healthy mindedness aims at the prevention of disease, at right living and at the building of a healthy personality. Healthy-minded people have a sense of order, a capacity for recognizing beauty even where least expected and the ability to share wholeheartedly in the happiness of others. They sense a unity in the world because they feel it in themselves.

Although blind and deaf from birth, Helen Keller triumphed over her handicaps to become a shining example of healthy mindedness. She once wrote, "Thus it was not the sense of touch that first brought me knowledge. It was the awakening of my soul that first rendered my senses their value, their cognizance of objects, names, qualities and properties. Thought made me conscious of love, joy and all the emotions. Man looks within himself, and in time, finds the measure and the meaning of the universe. Thus, mind itself compels us to acknowledge that we are in a world of intellectual order, beauty and harmony. The essences or absolutes of these ideas necessarily dispel their opposites, which belong with evil, disorder and discord. Reality, of which visible things are the symbols, shines before my mind. While I walk about my chamber with unsteady steps, my spirit sweeps skyward on eagle wings, and looks out with unquenchable vision upon the world of eternal beauty."

Those who, like Helen Keller, become swept up in enthusiasm for "the reality of the mind," can be described as healthy-minded people. In a healthy person, the mental powers rule. Thought takes man from slavery to freedom. Expression and action, knowledge and reason, are balanced to many moods, attitudes and behaviors, some of them conflicting with others. Nervous breakdown is the result of a confusion over which "self" is the real "me," or which "I" should act in an emergency.

We find that the psychological side of health is as important as the physical side, perhaps more so. It makes a big difference whether sickness is regarded from the perspective of bitterness and injustice or whether a person is challenged to leave sickness behind and find a better way. Harmonious thoughts add to our well-being; disharmonious thoughts tear it down. Many neurotic or lower level expressions of mental activity are accompanied by disturbances of blood pressure. The mind is married to the body. As many different causes can lead to the same malfunction in the body, so can many different causes trigger the same malfunction in the mind.

Faith is a wonderful aid to healing work, but it requires a humble, willing and gentle mind. William James once said, "If any medical fact can be considered to stand firm, it is that in certain environments prayer may contribute to recovery, and should be encouraged as a therapeutic measure." I

would not argue with that, except to point out that faith without works is useless.

Unfolding the Great Within

The potential of the brain is largely untapped, and the process of unfolding the great within is the greatest task of the future. In the past, all inventions have been modeled on the human body as extensions of its capacities. Now, in the 20th century, inventions are being modeled on the brain as extensions of its capacity. In the future, the talents and abilities of children will be analyzed, and computers will spell out a uniquely appropriate learning program for each child-the potential artist, engineer, tradesman, carpenter, philosopher, health practitioner, electrician, politician, musician, and so on. If man realized the wonderful potential of his own brain, he would turn from the greedy, rapacious and destructive influences of this era, and would, instead, turn toward developing and maximizing his potential for creating a more ideal mental, spiritual and physical environment on this planet, helping uplift all mankind.

Wholistic healing applies to the whole person mental, spiritual and physical. But each of these categories can be subdivided many more times. We could spend twenty lifetimes and still not know all there is to know about the structures, functions and faculties of the brain and mind. That is why proper care of the brain is a special art.

We are all on this planet for a purpose. Each individual has a unique body and mind, a unique set of strengths and weaknesses, manifested as matter through the shaping and molding of the body by the soul for its purposes. Through the direction of the soul, our task is to find the right path and follow it. Once we have found the way of life that is right for us, the soul will help us use our strengths and overcome our weaknesses to fulfill our highest purpose on this planet. I call this the unfolding of the Great Within, for the purpose of the soul is to progress and develop.

The truth is, we don't know how high and how far we can go with the brain. Vibrational frequencies occur in octaves, and who knows what man will discover when he begins to reach the higher octave levels through right eating, right exercise, right thinking, right believing and right loving? That is why I say over and over, good health is a way of life.

The brain is the laboratory of life. Every faculty of mind has its own vibration and every word has its own vibration, affecting every muscle, organ, joint, tendon and bone in the body. We touch what we feel and we feel what we touch. It is said that man presently uses only 10 percent or less of his brain. Researchers at an Eastern university found that 65 percent of the average person's thinking is

destructive. When we put the two together, we find that only 3-1/2 percent of our capacity for constructive use of the brain is ever expressed. Man uses so little of his brain that it is understandable why he fails to see the wonderful potential of this planet.

The wisdom of all the philosophers of the past will pale in significance when the highest potentials and purposes of life are revealed, as we learn to use the miracle that we call the human brain to its fullest.

An After Thought: The Glance of the Eye "As it came to me in a quiet moment."

The following came to me during my quiet time one day as I was contemplating the eye as an extension of the brain. It is rather more the stream of consciousness of the poetic side of life than from the scientific and technical side and is offered as a concluding thought to this chapter.

As I stepped forward in consciousness, my eyes looked to the side and saw the path I knew I should follow. My eyes opened to the fact that I live in relationships, and all the experiences of my past were to make sure that every step I took was for my good. They worked according to my faculties of self preservation and judgment. They led to my highest good. As I stepped forward, my eyes were glued to the ground, making sure of my way. I was careful not to stumble. I was determined to take the path that was best for me. I wasn't going to take the lazy way; for the vitality, the vim, the energy I had accrued through my night's rest gave me the capacity to use my revived muscles.

I jumped across the stream. It felt good to know that my whole body reacted and that the long jump was measured accurately. I moved freely onward.

A beautiful view appeared off to the left, but as my eyes glanced to the right, I took in a view that was new to me. What I saw told me I could be happy there. My eyes were working with ease, without resistance in taking in the new experience. There was no tension in my brow. I felt relaxed. As I walked along in the steps of my life, I was passing from one moment to another. I brought back a related experience of 15 years ago, a lovely memory, good for every nerve cell in my body. So many of us spend too much time on unhappy moments.

As I looked again that memory passed into another, one that I wished I could return to, and I recognized the pleasant feeling it had brought me years ago. I was realizing that my whole life was one of comparison of experiences. I was bringing in discernment, relationships, disturbances, acceptance, awareness, and, as I traveled over the map of the mind, for the first time in my life, I realized that everything I looked at was working with every brain cell that I had; although possibly not with all at one time.

All at once, I remembered I had forgotten something. To be comfortable at school, I needed the little bag of pencils, with the various colors, red, green, yellow. I was going to do a wonderful job today, because the teacher promised she would show us a new way to use those colors. We were going to draw something beautiful and I was looking forward to that moment.

I was so happy that I didn't even come back through the gate, but climbed over the fence instead. I felt exuberant. I felt wealthy, as if I had inherited the whole earth. As I was going into the house, the screen door hinges stuck and when I finally got it open, they squeaked loudly. Remember to tell Dad it needed fixing; some oil will make the hinges open smoothly.

As I ran up the stairs, each step was numbered. Yesterday, I counted them-18 steps to the second floor. I even took two at a time, I felt so well that morning. Reaching the head of the stairs, I tried to remember where I had left the bag for which I had come back. Oh, foolish me, I hadn't even taken it to the room last night. It was still down in the kitchen. Rushing down the stairs, I grabbed the banister. I remembered someone had fallen one day and I had to be careful and I was going to use my carefulness, so nothing would happen to my body. I had been bruised before, and it wasn't a comfortable feeling to nurse a bruised muscle. As I picked up my colored pencils, I smiled and I went out the back door. I wasn't going out that screen door that had delayed me before. I was going in another direction, one I felt was easier for me to take.

As I looked out on the view before the steps from the porch. I never saw so many colors in my life. One shade of green after another: The hues and the tints as they entered my consciousness gave me a sense of tranquility. I had never recognized this before, but remembered my teacher saying we react differently to every color. I looked forward to the moment I was to enter that color class. So much was going on in my mind that my eyes twinkled as they glanced from one side of the road to the other. I was heading for the school of life.

I said "hello" to a friend of mine as I passed by. I waved and gave him a joyous expression of "Hi, there, I'll probably see you after school. I'll drop in and see you. I'm a little late now and I must hurry. I hope you have a good day." A prayer was offered that he would be kept in good stead for the whole day.

As I went through the consciousness that I passed through looking from side to side, up and down, from treetop to the topsoil, I beamed with thankfulness. Yes, I raised my eyes and gave thanks; I raised my eyes to the heavens and gave thanks for the moment. I felt a sense of gratitude. I had stopped for the moment to let my eyes gaze on many beauties of the land all that was around me. And, all at once, in

my enthusiasm, while it was slow and relaxing, untiring, I felt I had to quicken my steps and the strength came back to reach my goal. So I stepped a little faster, then felt I should even run a bit, to make up time. In my haste, I was looking to being on time. I had made a promise to be there and I was going to be there if I had to speed every cell in my body to make it happen.

As I ran along, my heart quickened. The soul response came to me that all was well, be grateful for your body response. My heart quickened, yes, and every cell in my body seemed to quicken along with it. It was here I found that my whole body was responding to what I looked at. I remembered the evening before-that beautiful sunset. I watched as the sun went down and now it glowed again before me. What a sight it was, a gift, and I realized, at that moment, it was all mine and I hoped it would stay a little longer so that I could feast my eves upon this glorious vision just a few more minutes. Yes, I knew the lesson that its beauty would leave but more would be given unto me, because other sunsets were yet to come and beauty after beauty would be given to me and stored away into my memory vault. I could draw upon these glorious moments time and again.

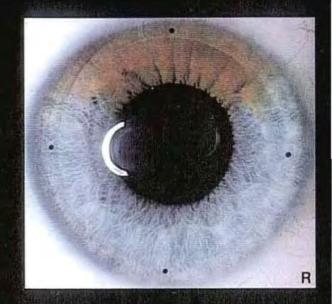
The eyes are doors to a house of beauty, letting in wonderful memories for storage. All that went into it is mine to be drawn upon, to be given to others, to work with relationships, associations, discernment, awareness; it is all there, given to me to express the good life. My ownership of all that is beautiful, of all I can expect, of all the hopes made up of all I have seen flow into and throughout my mental faculties, the map of consciousness that floats in the matter of my brain. All of our mental faculties can be called into use, and our true life is built upon all that you have seen and experienced, all the memories that can be brought back to attention now and tomorrow, gifts of happiness to be opened every day as long as you live. I gave thanks to my eyes and my brain, for this is really the beginning and without it there is no life, no being.

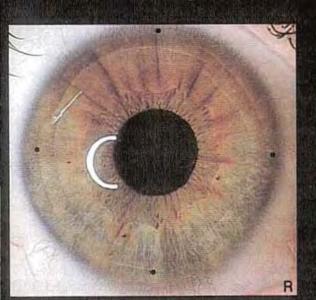
A Poem

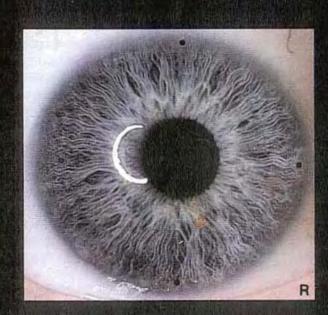
"As given to me by one of my master teachers."

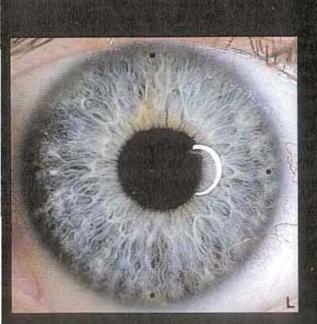
Spring blew trumpets of color,
Her green ran in my brain;
I saw a blind man groping,
tap-tap, with his cane.
I pitied him in his blindness,
But can I boast I see?
Perhaps there walks a Spirit
close by who pities me.
A Spirit who sees me tapping
the fine sensed cane of my mind.
Amidst such unseen glories,
I may be worse than blind.

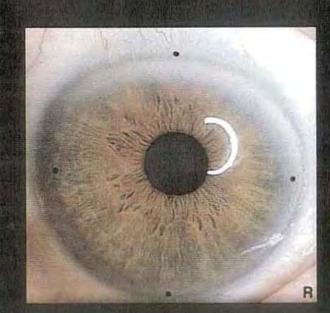




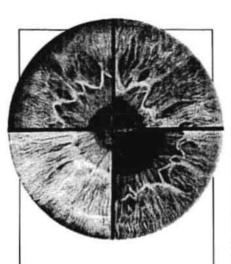








eleven



"We often rebel against the strenuousness and chaos of our time. But historically it has always been in such time that man has won his great inner victories."

-E. M. McKee

"William Harvey was called a quack because he said the blood circulated instead of going back and forth in the vessels. He was quite old when his theory became accepted generally by the physicians, which was the beginning of what is known as the modern physiology."

Anemic conditions

It is said, "The life of the body is in the blood thereof," and to a great extent, I find this to be true. There are two basic ways in which the life-giving power of the blood may be hindered in its function. The first is through a lack of nutrients of the kind necessary to build a good blood supply.

The second is through inadequate circulation of the blood. Both of these conditions produce anemia. Hardening of the arteries, or atherosclerosis, although not an anemic condition in itself, can produce the effects of anemia when blood capillaries become so clogged with lipid deposits that the cells they nourish are cut off from their supply of nutrients and are prevented from eliminating wastes.

Anemia is one of the most frequent conditions I encounter in my patients and it is generally accompanied by enervation. Like the chicken and the egg, we can't be certain which came first. But if enervation is present, anemia cannot be far behind—and vice versa. Anemia and enervation are twin doorways through which disease-producing factors may enter.

There are many causes of anemia. A low blood count indicates systemic anemia. The red blood cell supply of the body depends upon a balanced nutritional intake including proper amounts of iron, folic acid and vitamin B-12. If these are in short supply, there will not be enough red blood cells to do the job of bringing oxygen and nutrients to the tissues. A diet sufficient in all other respects, but lacking in iron, folic acid and B-12, will result in semistarvation of the tissues, just as if the entire diet was inadequate.

Poor circulation can produce anemia, particularly to the extremities—feet, hands and brain. This may be the result of a sedentary occupation or lack of exercise. It can also be caused by hardening of the tissues and arteries, a condition that often comes about from an excessive intake of inorganic sodium such as table salt.

Mechanical pressure can cause localized anemia in parts of the body or in particular organs. Prolapsus of the transverse colon, by creating pressure on the organs below, can interfere with their blood and lymph supply. Obese individuals with large abdomens find that circulation to the legs is impaired by pressure on the veins and arteries. Occupations or habitual postures (such as crossed legs) that cause pressure on the blood vessels for lengthy periods of time may result in anemia in the affected areas. Cold hands and feet are signs of anemia.

In iridology we cannot tell the degree of anemia from the irides but we can determine whether a particular organ or body area is anemic. When an anemic condition has existed for a long time, hypoactivity of the affected tissue results in toxic accumulations similar to that found in inherently weak organs and tissues.

One of the most commonly encountered anemia-producing factors is the force of gravity, an effect so pervasive in life that we often overlook its interaction with physiological processes such as circulation of the blood. Its importance, however, is abundantly evident.

Anemia in extremities can be noted in the irides as a translucent ring at the iris perimeter through which iris fibers and some blood vessels may be seen. The wider it is, the more anemic the condition.

Venous Congestion

The two most important factors in the return of venous blood to the heart are muscle activity and respiration. We must keep in mind that the venous blood in the lower extremities is moving against gravity, and anyone who has had to stand in one position for an hour or so can attest to the fact of how much more tiring it is to stand than to walk. When we stand, the legs tend to become heavy and swollen with blood. Although the heart is the pump for the arterial system, the legs and lungs are essentially the pumps for the venous system. Lack of exercise can lead to venous congestion, which in turn, reduces the rate at which carbon dioxide and acid wastes are eliminated from the body.

Even if the red blood cell count is where it should be, venous congestion is accompanied by fatigue and enervation which invite health problems. We have to get that venous blood moving by adequate exercise and strong, full breathing.

Venous congestion can be recognized by a bluish colored ring which appears in the sclera almost flush with the iris periphery.

Arcus Senilis (Arc of Senility)

Virtually all the life activities of the body are directed by the brain, and I have 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 the 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.

We call the iris sign representing anemia of the brain the "arcus senilis." This "arc of old age" is revealed in the eyes by an opaque arc found at the superior margin of the cornea. It consists of a scleral type transition tissue which Western medicine calls a "pannus" (a membrane-like structure produced by the superficial vascularization of the cornea with infiltration of granulation). It is attributed to a lack of oxygen. When we see this sign in the iris, the extent to which it overlaps is an indication of the severity of the problem.

The arcus senilis is also defined by Western medicine to be the white ring which iridologists call the sodium or cholesterol ring. This can be a bit confusing. However, in iridology the arcus senilis is always found as an opaque arc at the uppermost portion of the cornea.

When we look at the iris chart, we see the animation and life center exactly at 12 o'clock. This is the first brain center affected by anemia of the upper extremities. In close proximity to the animation and life center, we find the other brain centers. The greater the degree of anemia, the greater the effects upon these centers.

If a low blood count is suspected, I advise obtaining confirmation through a lab analysis. We 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 the circulation, I recommend slant board exercises (see Chapter 13, this section), 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 person's age. Physical exercise stimulates increased adrenaline secretion which in turn stimulates faster, deeper respirations, faster heart action and greater oxygenation of body tissues.

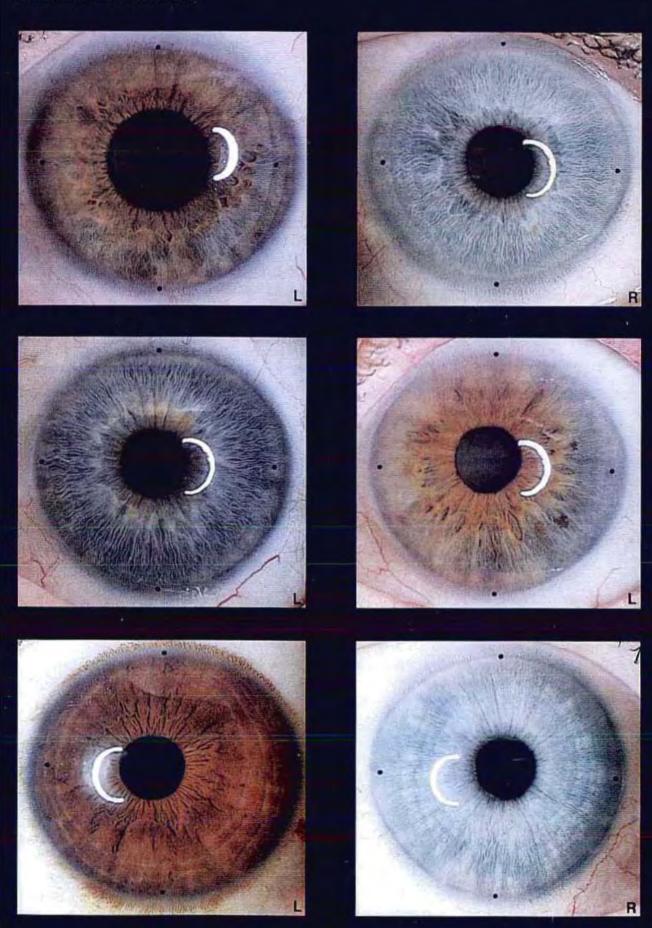
Anemia is not a necessary consequence of old age, in my opinion and in that of an increasing number of medical researchers. There are many things we can do in the way of nutrition and exercise to assure alertness and vitality throughout our lives. Attitude is very important.

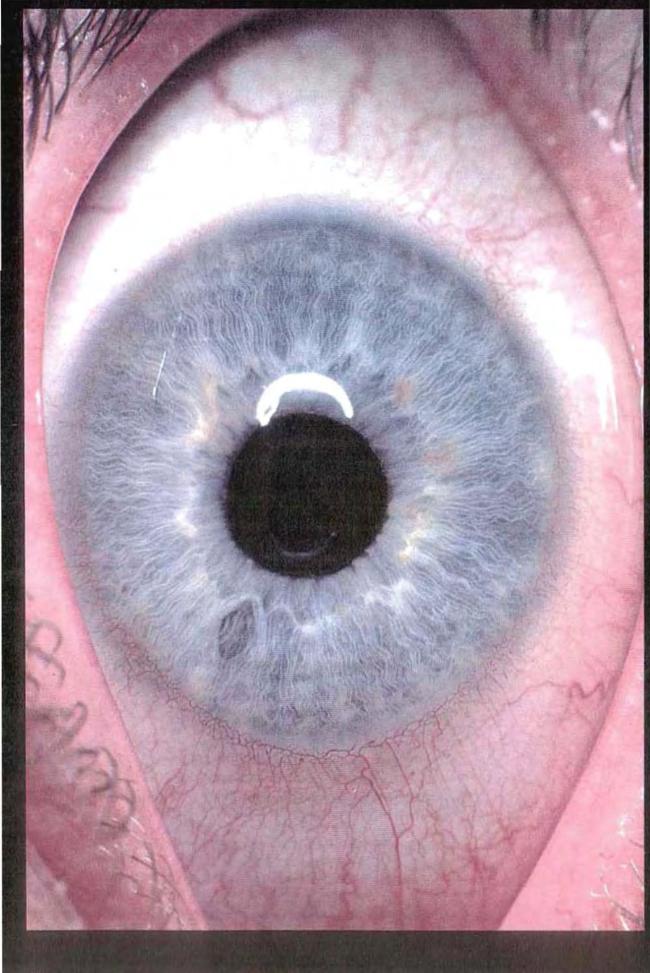
Oxygenation is very important in the body, not only to normal metabolic processes but also in getting rid of dis-ease. So we must recognize that in good metabolism, oxygen is necessary for the burning up of waste and oxygen is very necessary in the oxidation of protein for tissue building, and of fats and carbohydrates for energy production. We find that oxygen is ingested from the water we drink, the air we breathe and even through the foods we eat.

When we are anemic, we do not carry enough oxygen in the body. Iron is necessary to attract oxygen, and I like to call iron and oxygen the two frisky horses that give us the power to overcome disease, but to get the right amount of oxygen, we also have to have enough iron. So we see how this fits with the nutritional idea of feeding the anemic condition. When oxygenation is poor, there is always a little blue or purple color in the ring around the iris.

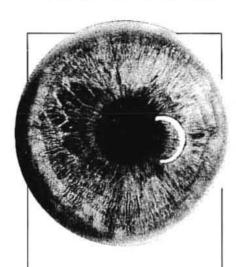
The following photographs show anemia conditions in the irides.

ANEMIA IN EXTREMITIES





twelve



"Eyes speak all languages; wait for no letter of introduction; they ask no leave of age or rank; they respect neither poverty or riches, neither learning, nor power, nor virtue, nor sex, but intrude and come again, and go through and through you in a moment of time."

-Emerson

"The man with a new idea is a crank until the idea succeeds."

-Mark Twain

Gravitosis: the new disease

The human body is predisposed to a great variety of mechanical problems (dysfunctions of the purely physical kind), and we observe the effects of many of these problems in the irides. In previous chapters, we have discussed problems of the body's structural system and operations, injuries and wounds. In this chapter, we will be discussing gravitosis—the new disease resulting from the effects of one of the most pervasive forces on our planet—that of gravity.

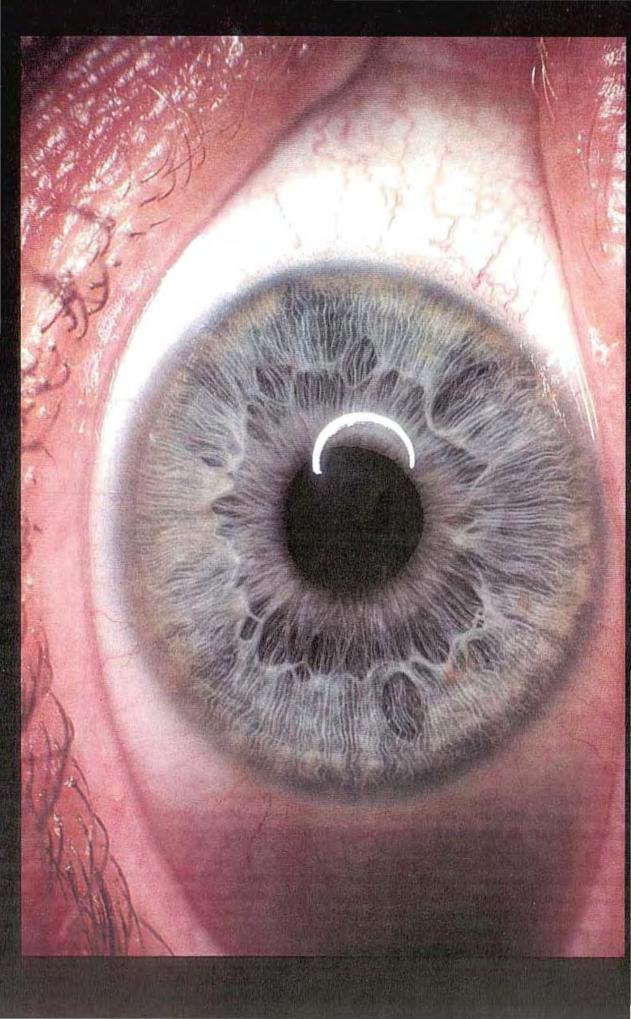
Gravity is one of the most difficult forces to overcome, because of our continual exposure to it. As a result, we have to exert a great deal of preventive care to reduce the development of spinal problems, brain anemia or prolapsus of the transverse colon.

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. Prolapsus 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, the 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.

Prolapsus of the transverse colon among men is frequently accompanied by prostate trouble due to visceral pressure.

In general, the pressure due to prolapsus 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 the consequent buildup of gas.



One of the most troublesome problems in the abdominal area is that of hemorrhoids caused by rectal pressure. The veins are forced out of the rectal area because of pressure at the stool. When hemorrhoids are present, we always look in the irides for a reflex condition of chemical imbalance in the liver and a toxic condition of the sigmoid colon.

When prolapsus is present, we may find that circulation in the legs is poor. The enervation which contributes to the development of prolapsus of the colon in the first place is, unfortunately, compounded by the effects of prolapsus. Poor elimination increases enervation. Enervation contributes further to poor circulation, and so the vicious circle widens. Venous congestion develops easily in a tired body.

We may note briefly that impaired circulation due to prolapsus may lead to brain anemia or further aggravate an existing anemic condition. This develops the arcus senilis as seen in iridology examinations. As Paul Dudley White, President Eisenhower's physician once pointed out, when we have flabby leg muscles we have a flabby brain. The legs are the pumps that assist our blood to move in its uphill struggle against gravity.

A toxic and hypoactive intestinal tract is capable of generating sufficient gas to become abnormally distended, causing cardiac pressure. Palpitations have often been relieved after gas problems were taken care of. Gas pressure is an important secondary effect to look for when prolapsus is present. We find that gas pressure can also reflexively produce headaches or symptoms in a number of organs remote from the intestinal tract.

To counteract the symptoms of mechanical conditions, slant board exercises are generally very effective, particularly among those who are too sick or elderly to get into other forms of physical exercise right away. Slant board exercises are good for spinal problems, which are the effects of prolapsus and brain anemia. As soon as sufficient improvement of the physical condition is evident from use of the slant board, other exercises should be added. For those who have not yet developed any mechanical symptoms, regular exercise is the best means of preventing them.

Often, those whose occupations, activity preferences or age incline them more to sedentary activities do not realize what they are losing by not getting sufficient exercise. Most health care professionals now believe strongly that benefits to both physical and mental health result from regular moderate exercise. Physical fitness programs which have been largely developed for children have been found to be just as important for adults. One obvious benefit for adults is the firming of flabby muscles; but

there are less obvious and even more important benefits.

Exercise improves the functioning of the internal organs, especially the cardiopulmonary and lymphatic systems. The venous system, which returns blood to the heart and to the lymphatic system (which has no internal "pump" to drive it), relies on muscular contractions to push circulation along. With exercise, the heart becomes stronger, breathing becomes deeper and circulation improves.

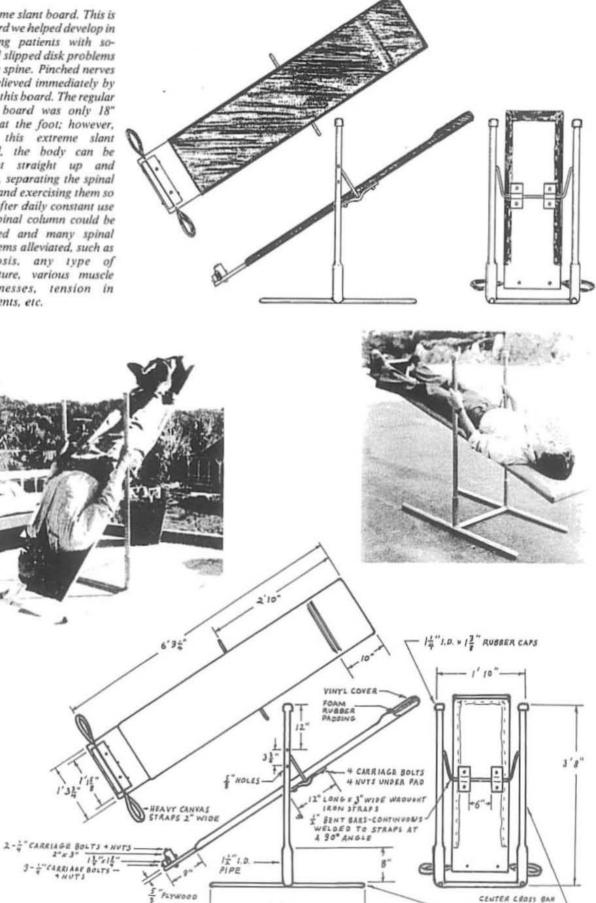
Many authorities believe that regular exercise helps prevent degenerative disease and slows down the physical deterioration that accompanies aging. In my visits to places like the Hunza Valley and Villacabamba where there are many more people over the age of 100 than in other parts of the world, I often found these centenarians at work in the fields, carrying water or firewood and doing other physical tasks. By delaying the aging process, exercise prolongs the active years and the enjoyment of life.

In controlling weight, exercise may be as important as eating less. It is believed that exercise may guard against or reduce the process of diabetes and atherosclerosis. We know that exercise relieves stress and tension, factors which contribute to the onset of many disease conditions and brings an improved mental outlook.

As previously mentioned, one of the important reasons for exercising is to counter the ever-present effects of the force of gravity on the human body. Those portions of the blood and lymph circulatory systems which must "work uphill" are especially affected by gravity. One of the most useful ways of counteracting gravitational effects upon them is by means of the slant board. If prolapsus is present, the lower abdominal organs will move back into better position during slant board exercises and circulation of blood and lymph will be temporarily restored. Over a period of time, the prolapsus condition will often be greatly improved and bowel tone will return, although never to the degree preceding the onset of prolapsus.

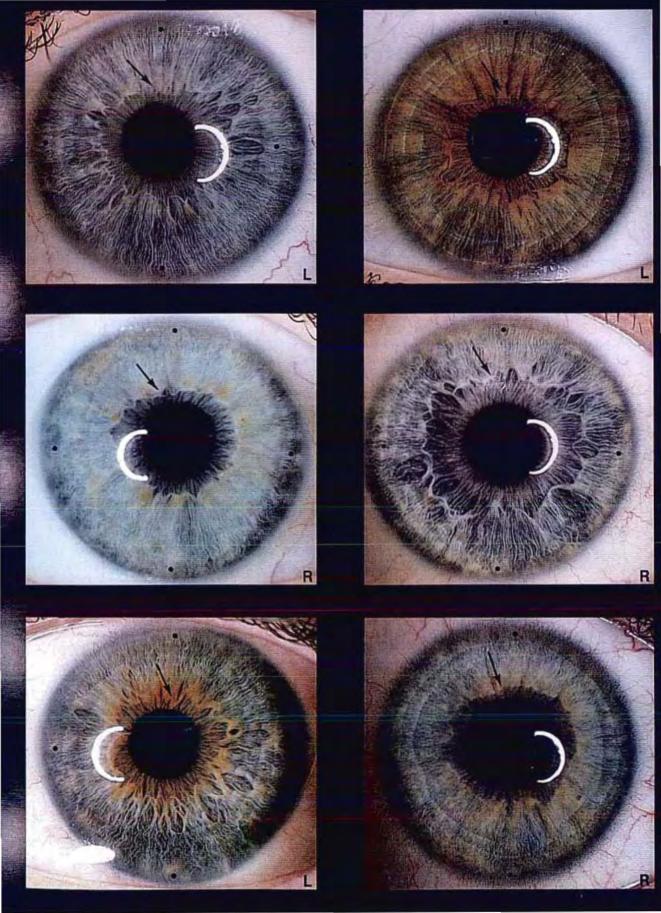
There are several types of slant boards, ranging from a very gently sloped, fixed-angle board to the spiral gravity exercise machine which permits a complete upside-down inversion of the body. Probably the most convenient and comfortable device is the extreme slant board which the user can easily balance at angles varying from slight to extreme. One of the main reasons for using the slant board, rather than standing on one's head, is to avoid pressure on the cervical disks. There are, however, precautions to the use of the slant board, and those who have back problems, heart ailments, ulcers or other serious physical conditions, should consult their doctors before using this kind of equipment.

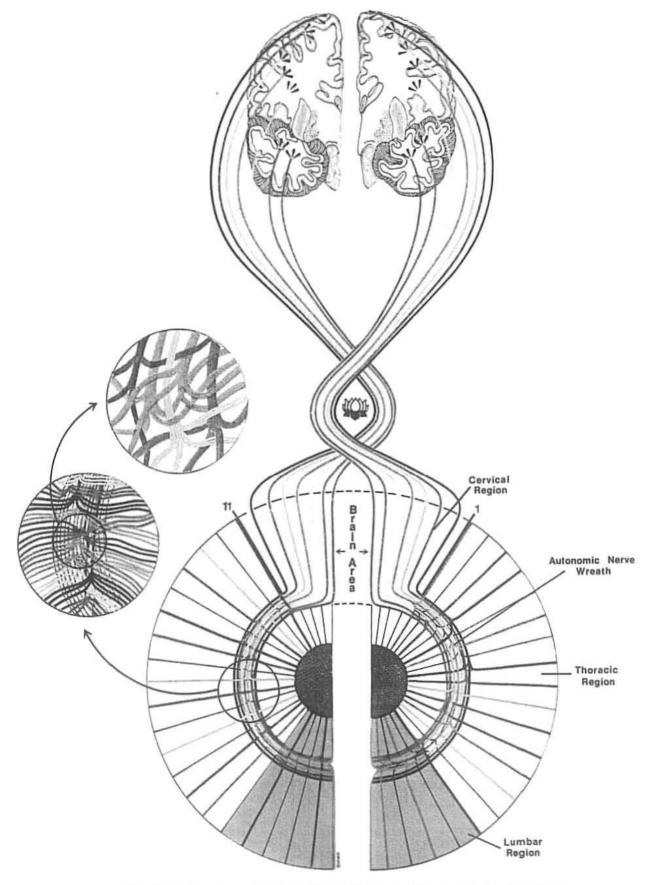
Extreme slant board. This is a board we helped develop in treating patients with socalled slipped disk problems in the spine. Pinched nerves are relieved immediately by using this board. The regular slant board was only 18" high at the foot; however, with this extreme slant board, the body can be almost straight up and down, separating the spinal disks and exercising them so that after daily constant use the spinal column could be relieved and many spinal problems alleviated, such as scoliosis, any type of curvature, various muscle weaknesses, tension in ligaments, etc.



3'81"

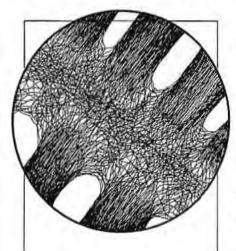
IL IRON PIPE . CONTINUOUS WELDED AT ALL JOINTS





This illustration shows the relationship of the brain to the iris, with details of the nerve plexes at the autonomic nerve wreath. Neural energy travels through the crossing at the optic chiasm and the pons, and is expressed through the autonomic nerve wreath, which is the extension of the brain.

thirteen



Reflexology and neurogenetic syndromes

The coming together of several unique threads of experience led me to the discovery of the neurogenetic reflex, a central principle in all healing.

Many years of sanitarium experience taught me that bowel problems accompanied all chronic conditions. We could locate the precise spot by palpation, X-rays or examination of prior medical records. When the bowel was taken care of, symptoms elsewhere in the body often disappeared without treatment.

Iridology taught me why. Lesions in the bowel region of the iris were often "paired" with lesions outside the autonomic nerve wreath where all other organs and tissues of the body are represented. It became evident that bowel problems were triggering reflex conditions elsewhere in the body. The darkest, most chronic lesions were always in the inherently weak bowel area, but they were not isolated from the rest of the body.

Hering's law is enlightening on this matter. It states, "All cure starts from the inside out, from the head down and in reverse order as the symptoms have appeared." Restated, it can be put like this: "All cure starts from the bowel outward, from the brain centers to the organs they control and in reverse order as symptoms are stored in memory." This fits exactly with the evidence from my sanitarium experience, in iridology and nutrition.

"Problems in human engineering will receive during the coming years the same genius and attention which the nineteenth century gave to the more material forms of engineering."

-Thomas A. Edison

"Let us learn to treasure only the good and reject the evil in everything."

-Mahatma Gandhi

"I want to be thoroughly used up when I die, for the harder I work, the more I live. Life is no brief candle for me. It is a sort of splendid torch which I have got hold of for a moment, and I want to make it burn as brightly as possible before handing it on to future generations."

-G. B. Shaw

Our Genetic Inheritance

As we have pointed out previously, each individual is born with a pattern of strengths and weaknesses inherited from the parents.

The term neurogenetic reflex appropriately describes the linkage between inherent weaknesses because we find that these inherent weaknesses are genetically inherited and connected to one another via neural pathways such that a change in one of them reflexly stimulates a change in the other.

Our genetic inheritance begins to emerge as soon as the female ovum is fertilized by the male sperm and we find that the developing brain and nervous system, even in the embryo stage, are in some sense attuned to inherent strengths and weaknesses as they begin to appear. The brain is aware of the condition of each organ and tissue area of the fetus through the electromagnetic vibrations that pulse through the developing nervous system.

In my view, inherent weaknesses as revealed in the irides, represent a predisposition to malfunction in both a specific organ and that portion of the brain and nervous system which are primarily responsible for directing its activity. I believe this condition is genetically inherited and operates very much like the reflex are familiar to most health professionals, in which a stimulus to a sensory neuron triggers a response, via the central nervous system, through a motor neuron.

I believe the brain plays a central role in the neurogenetic reflex which links one inherent weakness with another. That explains why a toxic condition in one part of the body can induce a toxic condition in another part of the body. It also explains why healing in one part of the body is followed by healing in some gland or organ remote from the first, even though the latter gland or organ is not specifically treated.

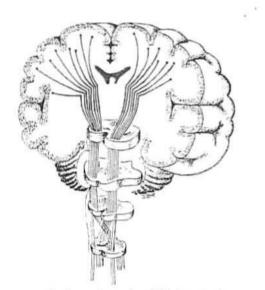
The Nervous System and Vibration

Let's have a closer look at the reflex function. Physiologists define the reflex are as the response generated in a motor neuron (or in a gland) due to a sensory stimulus. The stimulus to the sensory neuron sends a nerve impulse to a particular location in the brain or spinal cord, where the type of reflex response is determined. The activated nerve impulse then crosses a synapse to the motor neuron which will carry the signal to the organ, gland or muscle that will respond. This is how the reflex are works.

Nerve conduction is the transmission of electromagnetic vibrations along conduction pathways, involving diffusion of electrical ions (sodium and potassium) across synaptic gaps and, in the ease of transmission to the brain, comparison with stored information in the memory bank. Electricity, in order to flow, requires a physical pathway. It cannot get from one place to another without one. Nerve conduction is an electro-chemical process. Neural vibrations flow properly only when the nervous system is in proper electro-chemical balance.

Electricity cannot pass through distilled water. It has to have electrically-charged chemical ions such as potassium and sodium to pass. We have to have chemical ions to carry neural vibrations at synaptic junctions. A chemical imbalance in the body can seriously affect the transmission of neural impulses along the network of nerves that is part of our genetic inheritance, perhaps stimulating an abnormal response in some organ or tissue.

We find that each organ, gland, tissue and cell responds normally to a certain vibration. Our nervous system is the communication network that carries vibrations to and from the brain, and it is of



Pathway through which the neural are reflex manifests.

the greatest importance that these vibrations reach their intended destinations without hindrance or distortion. While the electromagnetic impulse travels along the neuron itself, we can say it is following a physical pathway; but when it crosses a synapse or gap from one neuron to another, the transference of the impulse involves a chemical process. For proper nerve impulse conduction, we must have not only a healthy nervous system but the right chemical balance as well.

Nutrition and Vibration

I have often said, "It is not what we cat that counts, it is what we digest." Nutrition at the cellular level is more complex than we realize. Each organ, gland and tissue requires special nutrients. The nutrients needed by one organ may be harmful to another, and since the blood carries a more or less homogeneous blend of nutrients, each cell must select only the nutrients it needs and no others. How does this selection process work? What causes it to malfunction from time to time?

Although physiologists have described various modes of nutrient transmission into cells, all forms reduce eventually to an electrochemical process. The genetic code inside each cell contains complete instructions concerning what that cell needs to take in, what it is used for and what is to be eliminated. But, only when certain electromagnetic vibrations are present can those instructions be carried out in a living cell. Here we are getting to the heart of what constitutes health and disease, normal and abnormal function.

In order for a cell to select proper nutrients from the bloodstream and eliminate wastes, the internal processes of the cell and the cell membrane must be activated by specific electromagnetic vibrations in the appropriate biochemical environment. That is, electromagnetic vibrations interact with electrically-charged ions and molecules inside cells and in the cell membrane to attract certain substances from the blood (nutrients) which pass through the cell membrane and to repel other substances (wastes) out through the membrane into the blood. When these processes take place at the proper rate, the cell may be said to be functioning normally.

However, many things can disrupt normal function. First, the vibration received by the cell may be distorted or diminished so that not all the right nutrients are taken in or not all wastes are eliminated. A cell can become poisoned from its own toxic wastes or from toxins taken in from the bloodstream. It can be starved if the nutrients it needs are not in the bloodstream or if it is unable to attract what it needs from the bloodstream. When the electrochemical environment inside the cell is abnormal, the cell membrane may not develop the right electrical potential to attract needed nutrients or to get rid of wastes.

We can take this a step further. The brain knows what nutrients are needed by all tissues in the body, via the autonomic nervous system. Innervation from the brain to the bowel helps determine what nutrients are assimilated from food and what are left behind, but since the bowel is the most common inherent weakness, we must realize that a toxic or underactive bowel seriously affects all other inherent weaknesses in the body as well as the body chemistry in general. When the vibratory level of an organ falls to the same vibratory level as the bowel, the former picks up toxins from the latter. This could not happen unless the brain and autonomic nervous system were implicated in a neurogenetic reflex between the bowel and other inherent weaknesses in the body.

From a mechanical standpoint, the reflex relationship also holds. In the iris, the transverse colon is opposite the animation in life center of the brain. We find that prolapsus of the transverse colon is always accompanied by fatigue, and when we realize that the animation in life center was once called the "fatigue center," the relationship becomes obvious. Prolapsus causes fatigue through neural-reflex action.

The Evidence from Iridology

As we have stated before, it appears to be no accident that the brain area of the iris takes up 1/6 of the area outside the autonomic nerve wreath. Its importance in all physiological functions is undeniable.

The brain and spinal cord are connected to every organ in the body via the autonomic nervous system. It is my belief that the iris is built around the



Butterfly lesion in the neural arc reflex.

autonomic nerve wreath, which emphasizes the importance of brain and nerve function. When we examine the autonomic wreath, we find the genetic pattern is stamped indelibly upon it. Inherent weaknesses in the various organs have a direct effect upon the size, shape and formation of the autonomic nerve wreath.

If we examine the autonomic nerve wreath closely, we find that fibers from the pupillary region (representing the stomach and bowel) come up to meet fibers from the ciliary region (representing the rest of the body) at the wreath. I believe that this juncture of fibers at the autonomic nerve wreath represents the synaptic junction of the neurogenetic reflex, the neural relationship between the bowel and other parts of the body. It is at the synaptic junction that vibrations through the nerves pass through an electrochemical medium.

Drs. V. L. Ferrandiz and J. Sagrera-Ferrandiz of Barcelona, Spain, examined the irides of 229 chronic migraine suffers and found a high correlation with disorders of the digestive or bowel areas, including 94 cases of constipation. They also noted arcus senilis (10), scurf rim (30) and nerve disturbances (134). When 180 of the patients were treated nutritionally and the bowel was taken care of, 105 had no further attacks of migraine and 68 showed considerable improvement. Only 7 did not improve. These results are consistent with my observations of the neurogenetic reflex.

In every iris we examine, we will find that activity inside the wreath is associated with a reaction on the other side of the wreath. Radii solaris provide an obvious example. We also find that a dark bowel pocket inside is always connected with some definite activity outside the wreath. As healing signs are produced in the inside structures, healing lines automatically come into the crypts on the outside, showing a definite communication between the two. There is certainly a vibratory relationship between them.

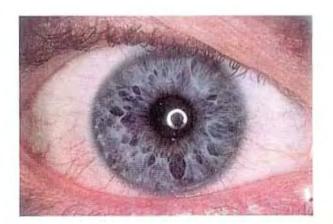
I have seen this association in many cases of breast trouble. A dark lacuna inside the autonomic wreath adjacent to a dark sign in the breast area outside the wreath showed that the bowel was throwing toxic material into the breast. When the bowel was taken care of, the lump in the breast would disappear. We might say that when the vibratory level of the bowel was raised, the vibratory level of the breast tissue came up correspondingly.

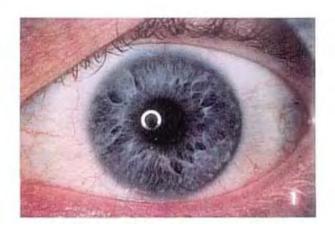
The neurogenetic reflex is especially interesting when we look at heart activity. I believe that the heart is predominantly a nerve organ whose activity is stimulated by nerve impulses to the heart muscle. Vibrations generated by the medulla determine heart strength, energy and rhythm. If we look at the heart area of the iris at 3 o'clock, an inherent weakness shows up as a trapezoid-shaped lacuna splitting the autonomic wreath at that location. At the wreath itself, the split represents a vibratory impulse hitting the synaptic gap, passing through an electrochemical junction representing a degenerative vibratory level on both sides. We find that nerve activity to the heart is broken down, overworked, depleted to the point where toxic material has settled in that area.

I have observed many cases of heart trouble in which healing lines in the heart area of the patient's iris have been accompanied by a changed electrocardiogram, showing improvement of innervation. The arythmia had stopped and the hypotonic condition had normalized.

It is worth saying once again that thoughts and emotions affect the vibratory activity in the brain and, through the brain, affect every cell in the body. Good attitudes promote healing, What bad attitudes promote is obvious. What goes on in the mind influences the body without question, shifting the vibratory level of the neurogenetic reflex either higher or lower.

The right and left sides of the body are never perfectly matched. Notice in the pictures the prominent varicose veins in one leg but not the other. The same leg has an ulcer. The right iris shows extreme inherent weakness in the leg. Toxic laden, underactive, the leg tissue is not responding well to treatment. We find no holes or lacunae in the left eye, and we see only a slight inherent weakness in the leg—nothing like the right leg. Comparing the two irides often shows right and left side differences.



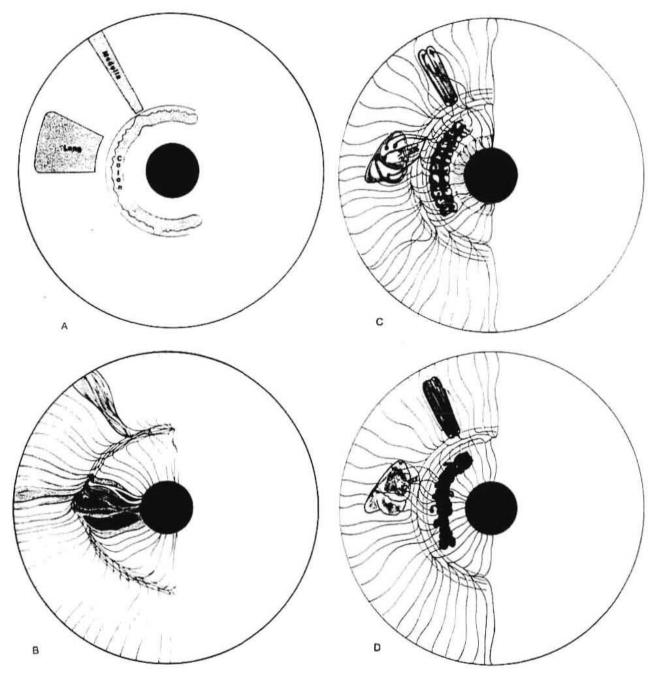








In the above photos, notice the varicose veins, which are more prominent in the right leg than the left. In looking at the irides, you will see that the greater inherent weakness of the leg area is found in the right eye.

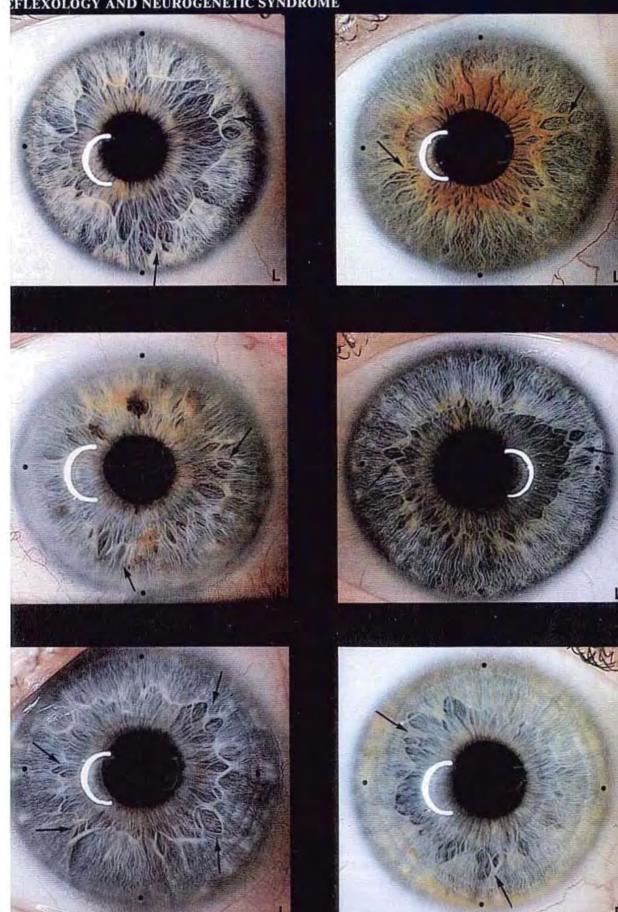


Medulla, Lung, Colon Arc-Reflex Syndrome. The function of any organ depends upon corresponding control centers in the brain. If one of the control centers in the brain is genetically weak or damaged, a corresponding weakness occurs in the organ associated with that center. This illustration shows the correlation between the medulla, also known as the chest brain and the lung. We also see here that the colon plays a similar role in its effect on other organs, in that a diseased colon will have a reflex action upon the organ situated across from it in the iris chart. A. Position of medulla, colon and lung in the iris chart; B. Illustration of healthy organs; C. Abnormalities in iris fibers showing relationship via the autonomic nerve wreath; D. The lung, medulla and colon in a diseased state corresponding to the lesions in Fig. C. (For more in-depth study, refer to Volume I, Science and Practice of Iridology.)

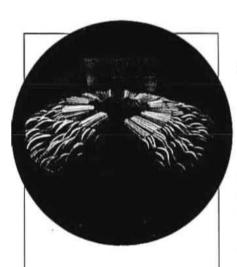
***DR. BERNARD JENSEN'S IRIDOLOGY PROJECT TWO

One of my first projects was when I recognized there was an inherent pattern and a direct relationship between what was within the autonomic nerve wreath and what was just outside. Over the years, I began to see the reflex relationship between these two areas was much more profound than I first understood. Recently, I came to the conclusion that reflex conditions are latent in the brain and nervous system and become active when we fail to follow a right way of life. It is very important for every student to understand the neurogenetic reflex concept.

FLEXOLOGY AND NEUROGENETIC SYNDROME



fourteen



"To the Spiritual Soul, the Path is not Woe. It is a Way of Compassion, for those who tread it have perfect understanding. It is a Way of Harmony, for it is worn smooth by feet that move in perfect time with the Rhythms of Life. It is a Way of Creation, for by it the Builders of Life pass to and fro on their labors. And lastly, it is the Way of Seers, and upon it rolls the Chariot of the Law."

-The Sayings of the Ancient One

"Every service rendered to our fellowmen, every glance of compassion, every act of healing is accompanied by a release of energy from the eyes."

—Dr. Douglas Baker

Genealogy and genetic factors

Many conditions manifesting in the iris have come down through the generations from parents, grandparents and so on. Constitutional strength, inherent strengths and weaknesses, nerve rings and psora are among these. I have personally verified this in my examination of the irides of parents and children and in a few cases of grandparents as well.

Our organs and tissues are strongly influenced by geographical location, altitude, climate, sunshine and food patterns. The food and water vary from place to place depending on the soil condition and what minerals are present (or lacking) in the water supply. Over several generations, it appears that some genes undergo changes in adapting to various environments.

There is very little we can do about our genetic inheritance other than making the best of it. We have to be satisfied with the weave of the cloth of which we are made. We have a great deal to learn from our weaknesses, and there is no obstacle in life that cannot be turned into a stepping stone.

About 3000 abnormal genetic conditions have been identified by science, including hundreds of biochemical metabolic disorders. These include cystic fibrosis, Huntington's chorea, sickle-cell anemia, hemophilia, high blood pressure, coronary heart disease, cancer, diabetes, mental retardation, schizophrenia, eczema and kidney disease.

A missing enzyme may predispose individuals to certain health problems. Nearly all adult Orientals and 70 percent of all Blacks cannot tolerate milk because they lack the digestive enzyme lactase. Milk gives them diarrhea. While this is a minor problem, easily avoided, others are more serious.

Inherited birth defects range from minor things like birthmarks, flat feet or webbed toes to heart defects, blindness, deafness and dwarfism.

The genetic pattern is part of the cell structure from the moment of conception. Human cells contain 46 chromosomes, which carry the inherited characteristics. When the sperm unites with the ovum, each carries 23 chromosomes. As the two form a single fertilized cell, the chromosomes unite to bring in the combined inheritance of both mother and father. The chromosomes are made up of thousands of genes, the actual units of heredity; these are too small to be seen even under an electron microscope. The genes are made of DNA (deoxyribonucleic acid). Each cell may have from 100,000 to 2.5 million genes. We acquire half of our genes from our fathers, the other half from our mothers. While an individual may appear

more like one side of the family than the other, he or she still has received half of the genetic inheritance from each side.

We find that mental attributes—intelligence, musical aptitude and artistic ability can be inherited. The Darwin family produced five generations of brilliant scientists. But, genius can also spring from an average family, as in the cases of Isaac Newton or Albert Einstein.

Researchers say that everyone carries genes for from four to eight hereditary diseases. While these may never emerge in the lifetime of the individual, they may turn up in the children or grandchildren. Ten percent of all people develop some inherited disorder, according to the experts. I would put the figure considerably higher.

We need to realize that our genetic pattern, coded in the genes via the DNA, contains the blueprint for every bone, muscle, nerve, gland and organ in our bodies. Our constitutional strength and inherent weaknesses indicate a predisposition for certain health problems, and the habits and attitudes we acquire during our lifetime either make those problems manifest or lead us to a higher path. It is up to us.

Of all the wonderfully intricate structures of the body we have inherited, the iris is the most complex tissue to meet the outside world. As extensions of the brain, the eyes, through the irides, reveal the genetic inherent weaknesses of the body and any pathological processes going on in the afflicted organs and other parts of the body. The brain knows everything that goes on in the body, and I am convinced there is more in the iris than we yet understand.

Structurally, the iris appears to be formed around the autonomic nerve wreath, the most significant landmark used by the iridologist. Every organ in the body is dependent for its nerve supply on the autonomic nervous system. Here we observe how indelibly the genetic pattern is stamped out. The size, shape and formation of the autonomic wreath tell us a great deal about what is going on in the body. In a sense, the nervous system of the body can be considered as an extension of the genetic coding that determines how the body is made.

TWIN STUDY NO. 1

The occurrence of identical twins, that is to say, two individuals produced from the same sperm and egg, offers a unique opportunity to observe the interactions of genetic influences not commonly available.

The chances of identical twins being born are 1 in 96. By all appearances, they look exactly alike in

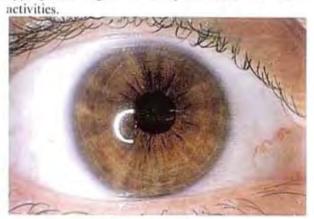
every detail. There is the classic case of identical twins being separated at birth and raised by different families in distant locations, one not being aware of the other's existence. Researchers being aware of this very unique opportunity found startling similarities when an investigation was made. Not only had both male twins married, but they had married women with the same name, had pets with the same names, worked in the same industry, encountered illnesses at the same times and had many other very unusual "twin" experiences.

In this study, we have two males. For our discussion, we will refer to them as twins A and B. Physical characteristics are as follows:

	Hair Color	Eye Color	Age
Twin A	Brown	Mixed	16
Twin B	Brown	Mixed	16
Father	Blond	True blue	41
Mother	Brown	True brown	42

In appearance, they are identical, both exhibiting the same mannerisms, posture, body build, voice tone and disposition. Their interests and activities are the same. It is impossible to tell one from the other casually.

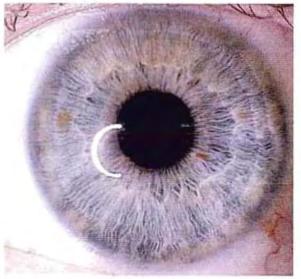
We can easily see that the influence from the mother has controlled the hair and eye colors. The twins are both very active in sports and exhibit an appropriate degree of competitiveness for these activities.



Mother, right iris.



Mother, left iris.



Father, right iris.

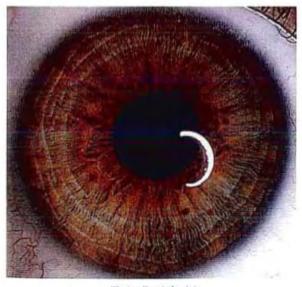




Twin A, right iris.



Twin A, left iris.



Twin B, right iris.



Twin B, left iris.

We know in iridology there are two true eye colors in the world today—blue and brown. It is a popular conception that there are many eye colors—hazel, green, gray, yellow, etc., but in truth, these are combinations of the blue and brown and various taints from drugs and toxic settlements in the body.

In this case study, we have a father with a very blue iris and a mother with a true brown iris. Genetic literature tells us that the blue is recessive and that the brown is dominant. If this were true, then we might expect to see brown-eyed twins. You can see for yourself the outcome.

Both twins show characteristics of both mother and father! The blue definitely shows through while there is a thin dusting of brown pigment in the anterior layer. This suggests that the genetic strength of both parents is equally balanced, as far as eye color is concerned.

The next important observation is that of constitutional strength. The genetic material is quite good with lots of strength and endurance available. Neither parent exhibits major lesions; the fiber integrity is very good, giving rise to a rich source of health and vitality. There is obviously good genetic stock in the ancestry. That is to say that the path of right living has its rewards and serves the twins well in their arduous athletic interests.

Proceeding from the macro to the micro, the next most obvious sign comes in the form of the very definite nerve ring pattern. It is obvious that the twins are under stress and tension in their environment.

The blue color of the irides comes through at these rings most prominently.

Both parents exhibit nerve stress, but the mother seems to be carrying more than the father, although blue eyes tend not to reveal their stress rings as easily as the brown. The twins are clearly more stressed than either parent. Perhaps there is an amplification of susceptibility to stress in the sons, although these days are particularly stressful. The irides of the twins are somewhat larger than either parent.

It appears that the mother's influence is strong in the intestinal area, as they are very similar. We see the radii solaris and toxic bowel condition coming from her.

Starting from the top at 12 o'clock, we see that the process of radii solaris is underway in both twins, affecting various cerebral centers. Parentally, this condition is most prominent in the mother. Bowel structure seems to be a balance of both parents, where the even course of the autonomic nerve wreath is coming from the father and the rather closed-in autonomic wreath of the mother is absent in the twins.

In the right irides, we notice in the father at 1:45 to 2 a field weakness that is carried over to the twins

as they both show strong radii solaris in this area. From approximately 3 to 3:30 in the father, we see another field weakness that has carried over to the twins somewhat modified. Still following in the right irides, we see at 5:30 to 6 another field weakness in both parents and in both twins. In the father, we see slight hyperpigmentations (psora), none in the mother, none in twin A, but they are present in twin B without a recognizable pattern.

There is a lymphatic congestion showing in the twins and appears to be coming from the father, as he exhibits this sign more strongly than the mother.

In the left irides, we can see some very interesting correlations. The most obvious is in the heart-bronchial tube area. Here we see a definite weakness in the mother and a less specific area weakness in the father. Twin A has amplified this condition considerably, while twin B is much less affected. Hyperpigmentations of both parents, left irides, have been predominantly lost to the twins. In the areas from 5:30 to 6:30, left irides, we can detect a slight field weakness in both parents that has carried over to both twins.

The adrenal gland appears to be slightly subacute in all four cases.

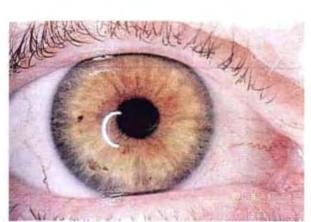
At approximately 9 o'clock, left irides, we see a field weakness in the father that has carried over to both twins, although it has manifested somewhat differently. From 10:30 to 12, there is considerable radii solaris activity in both offspring, which is obviously a factor coming from the mother's influence.

Overall there are many similarities and individual differences between the parents' and the twins' irides. In some cases, inferior qualities of the parents have been lost and in others, they have been amplified, while in other instances, the twins have developed characteristics of their own.

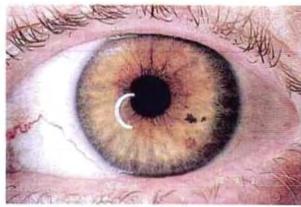
TWIN STUDY NO. 2

In the previous study, we have a blue-eyed father and brown-eyed mother having brown-eyed twins with definite blue undertones coming through. In this study, the parents tend to be both toward the brown pigmentation. As a result, these twins, both females, have brown irides. The twins in Study No. 1 are still living at home and are basically under the same influences as far as diet and lifestyle are concerned. In Study No. 2, these twins are both married and have been under their own individual patterns for some time. The irides reflect individual differences perhaps related to this fact.

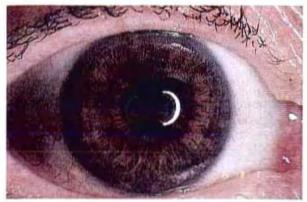
The father has brown eyes, showing the darkest pigment or coloration in the intestinal zone, as would



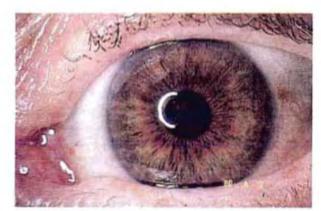
Mother, right iris.



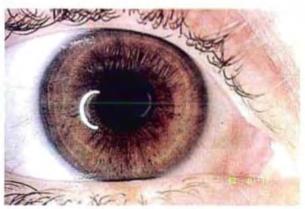
Mother, left iris.



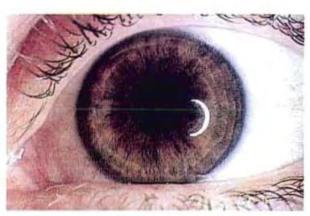
Father, right iris.



Father, left iris.



Twin AA, right iris.



Twin AA, left iris.



Twin BB, right iris.



Twin BB, left iris.

be expected. His irides show greater tissue weakness than that of the mother.

The mother's irides are very fine fibered as we find in those who possess a good constitutional quality. I suspect that in her youth, she may have had blue irides. There is a yellow and brown staining in the fibers suggestive of accumulated toxic settlements.

The appearance of radii solaris is obvious, being more extensive in the father. This quality is definitely carried over in the twins, as is the weak digestive and eliminative ability. The transverse colon area in all cases is weak, showing this sign to have been carried over from the parents. It appears that the twins have a greater degree of this sign than the parents.

Constitutionally, the twins have done well in that very little to none of the parents' major lesion-weakness areas have been carried over. There has been an amplification of the inherently weak nervous system in the twins. We can see that the autonomic nerve wreath is weakest in the father, stronger in the mother. In this respect, the twins seem to have pulled from the father. Neurovascular cramping or stress rings are quite evident in the twins. It is difficult to determine how much of those rings is environmentally induced and what part is inherited.

Notice that the mother's psora spots have been lost to the twins. This is a good sign indicating a certain degree of good living practices on the parents' part. Notice in the animation and life center that both parents are affected in some degree. This trait has been acquired by the twins and seemingly increased.

TRIPLET STUDY

In recent years, a case of identical male triplets, separated since birth, has been discovered. The separation provided a maximum opportunity to distinguish between genetic inheritance and environmental influence—at least theoretically. The triplets, Bob Shafran, Eddy Galland and David Kellman, born in 1961, rediscovered one another through coincidence in 1980.

Photographs of their irides were obtained in 1982, but we lack photographs of the parents' eyes. Each of the triplets was adopted by a loving family; none knew their baby was one of a set of triplets.

When the triplets were reunited, the boys discovered they had many experiences, preferences and habits in common. All three had flunked high school math even though their I.Q.s were very high—borderline genius. All had been through psychiatric analysis for similar problems—including recurring dreams of a look-alike brother. They enjoyed wrestling and Italian food and all three preferred dating older women, and all smoked the same brand of cigarettes.

The triplets completed Cornell Medical Index questionnaires, which disclosed both individual health problems and a few similarities. Two had amblyopia of the left eye (lazy eye). Two suffered from hay fever, and two had recurrent frightening dreams.

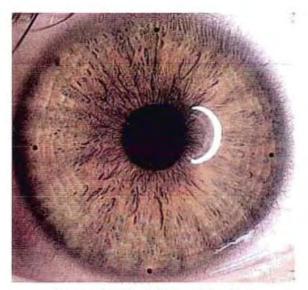
The iris photos presented here represent the first set of identical triplets examined by iridologists, to the best of my knowledge. A University of Minnesota report stated that Bob, Eddy and David were 99.9% alike because of genetic factors.



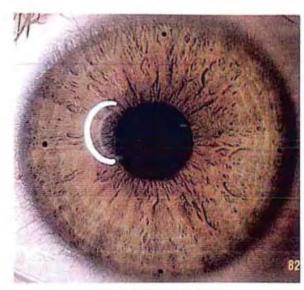
Eddy, David and Bobby

OPPOSITE PAGE

Note the similarities in color in the iris slides of the triplets. We find also a great similarity in the nervous system, especially as indicated by the nerve rings. In all three men, there is a concentration of toxic settlements in the bowel area. Note pancreatic weakness in all three, as well as the small lesion in the leg area. I'm sure you will find many other correlations as you study the eyes with the transparent grids.



Triplet David Kellman, right iris.



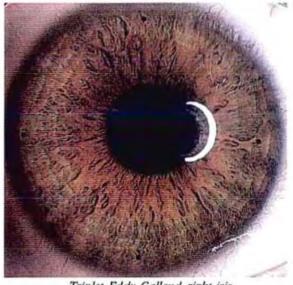
David Kellman, left iris.



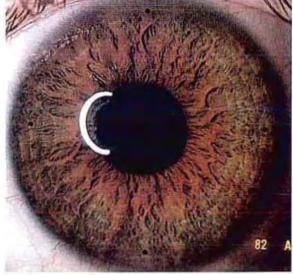
Triplet Bob Shafran, right iris.



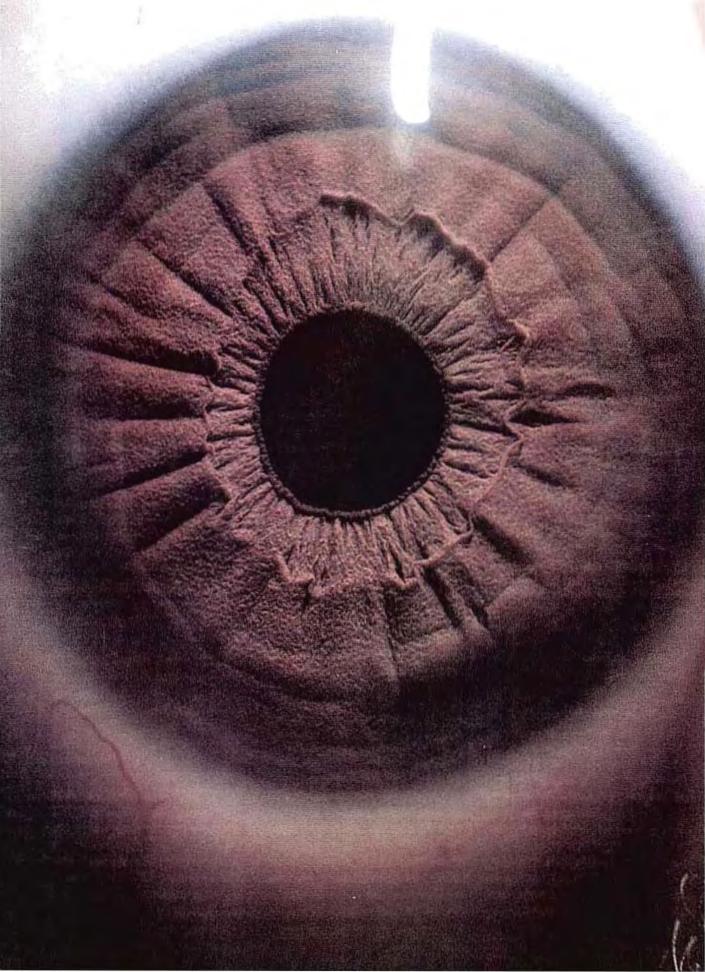
Bob Shafran, left iris.



Triplet Eddy Galland, right iris.



Eddy Galland, left iris.





Next to experience itself, the most important means of developing skill in iridology is to carefully examine a broad cross section of iris photographs and the case histories that go with them The reader should take the time to peruse the iris photographs that accompany each of the case histories in this section. checking the areas in each iris which correspond to the problems indicated in the narrative. The reader may find it instructive to see what he can discover for himself from the iris photographs before reading the case histories, then go back over the iris

This section is important for those willing to sacrifice time and patience to see just what iridology can disclose when correctly applied. We're going to discover that many different conditions can develop into the same disease.

photographs a second time,

reading the case histories to look

for what he missed at first.

We will find that a patient's first symptoms—the beginning of the disease and the acute stage as a child—were not cared for properly. Chronic diseases develop from those early acute conditions. These case histories show the job that had to be done, which, as indicated by Constantine Hering's law of cure, is to break down the chronic lesions, and bring back the problems that the patient has had in the past. As we come through

Case histories

the reversal process, each patient consistently has greater strength and a lessening of symptoms. Eventually, many dramatic improvements result from following this approach.

These case histories are all from our files. Anyone who takes the time to understand and apply iridology will come to these conclusions. This chapter is for the student who would like to study the background and the basis of the lesions that show the development of what is called a disease. Emphysema comes after asthma; asthma comes after hay fever; hay fever comes after suppression of colds, flu, bronchial disturbances, coughs and so forth.

Many of these case histories mention diseases, because my patients were treated unsuccessfully for them by their previous doctors. In many cases the failure was due to treating the individual organ instead of the basic cause. When the cause is taken care of, symptoms disappear. Proper health care for the young is essential in preventing the later

development of chronic

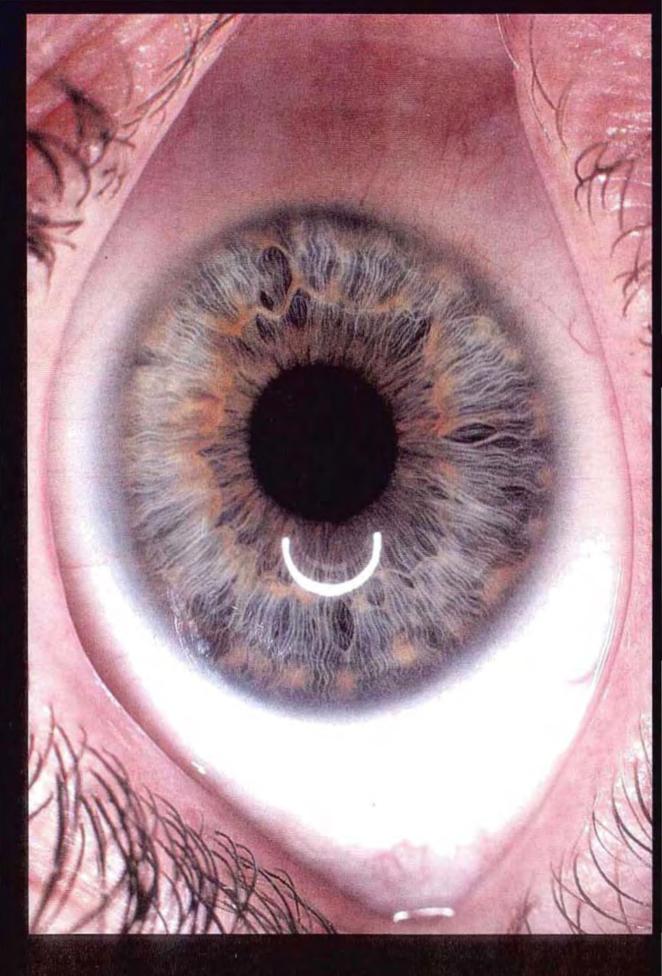
In the following pictures showing the various conditions people brought in, we can recognize that whatever they complained about was a symptom, a side effect. It wasn't the cause of the trouble. And, of course, if we cannot find the cause of the trouble we are not going

to get rid of the underlying and contributing problems that make a disease. We must identify and deal with the contributory cause. Otherwise, we are only going to be treating the effects, the patient's complaints.

It is here we realize we do not treat a disease. The iris of the eye shows the whole body must be treated because of the various conditions that make up a disease. We cannot treat by numbers. We cannot treat by specific organs entirely. We must take care of the whole body.

You have had enough experience now in going through with the study that is presented in this book to see all the many problems that have to be taken care of in the various patient complaints that are listed along with the slides.

These case histories demonstrate what can be done with iridology. Some cases are lengthy and others are short. We have included, where possible and appropriate, the patient's complaints and prior diagnoses as well as our iris analysis.

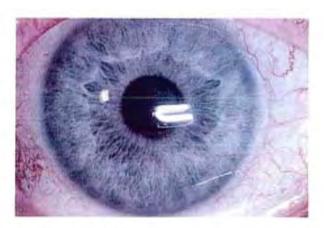


Personal History: Male, 38 years of age. Rheumatic fever at age 10, followed by increasing problems with fatigue, infections and heart palpitations. Physical exam in 1976 showed mitral stenosis and aortic insufficiency. Surgery performed to replace aortic and mitral valves and to repair tricuspid valve. Patient was told he had been in severe heart failure and was fortunate to have lived. Six weeks after surgery pain in chest persisted, and subacute bacterial endocarditis was diagnosed. Antibiotics given intraveneously did not destroy bacteria. Second heart surgery was performed to check condition of valves which were found in good condition. Patient then developed kidney failure due to high levels of antibiotics received and was told kidneys retained only 7% of function. Condition improved, and patient was released from hospital. Patient's father and grandfather both died of heart attacks.

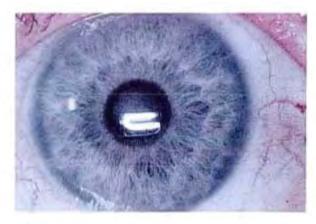
Main Complaints: Subacute bacterial endocarditis, resulting from staphylococcus infection following open heart surgery one year ago. Patient has taken antibiotics off and on, but infection persists with fever rising as high as 105 degrees F. when drugs are

discontinued. Fatigues easily, has pressure cough which eases with rest.

Iris Analysis: Acid stomach and acidity throughout body, adrenal weakness, bronchial catarrh, circulation poor, drug deposits in medulla, psoric itch spots, inherent weaknesses in bowel and right bronchus, kidney weakness, underactive liver, nerve rings and nervous indigestion, scurf rim, bowel pockets in ascending colon and in descending colon next to heart area. Note autonomic wreath next to heart area. Iris indicates lack of sufficient nerve supply to heart as complicating factor. Two black pockets opposite heart. In these irides, the following may be noted; acid stomach; acidity throughout the body; adrenal weakness; bronchial weakness; catarrhal settlements; poor circulation; bowel pockets in ascending and descending colon adjacent to the heart area; excursion of the autonomic nerve wreath into the heart area; drug deposits in the medulla (chest brain) area, right side; kidney weakness; liver weakness; nerve rings. Patient suffers from subacute bacterial endocarditis as a result of rheumatic fever as a child. He has had surgery to replace and repair various heart valves and is on antibiotics. Has had heart failure.



Case History 1-Right eye.



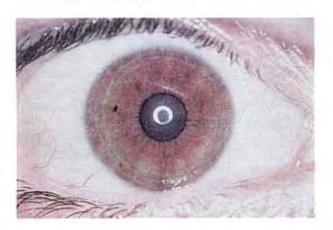
Left eye.

CASE HISTORY 3

Personal History: Male, 65 years of age, building contractor; blood pressure 138/80; appendectomy operation.

Main Complaints: Stomach pain, poor digestion. Food variety is difficult to handle. Erratic bowel, lots of gas and pain, belching. Lower back pain concentrated in right side. Knuckle disturbance in hands. Skin breaks out in lower extremities, especially on right ankle. Diagnosed as "nervous throat," throat irritability. Frequent urination. Mental anxiety due to exacting attitude. Eyes give considerable trouble. Fatigue and headaches.

Iris Analysis: General acidity, bowel pockets in upper ascending and upper descending colon, transverse colon in prolapsus, heavy scurf rim, chronic acid stomach, weakness in pancreas, pressure on prostate gland, pressure on rectum, lower back weakness (heavy acids), inflammation of right kidney, tension in throat area, enervation, spastic sigmoid colon, nerve rings indicating nervous system depletion,

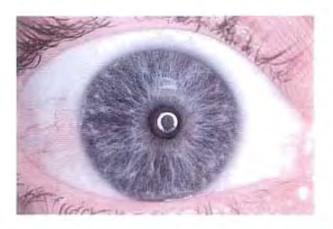


CASE HISTORY 4

Personal History: Female, 23 years of age. Has had difficulty getting breath in past four months. Energy only fair. Blood pressure 102/62 at time of examination.

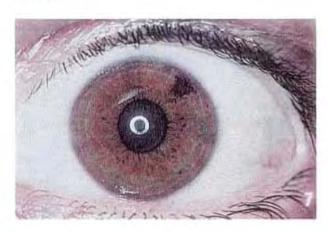
Main Complaints: Low blood pressure, difficulty breathing, constipation, heavy menstrual flow.

Iris Analysis: Animation life center underactive, corresponding to low energy state. Inherent weakness and acute condition, right ovary. Note scurf rim dipping into ovarian region. Inherent weakness in adrenal gland may account for low blood pressure. Poor circulation in leg area. Acute stomach indicates hyperacidic condition. Darkest areas go through lung structure and bronchial tubes. Inherent



irritable thyroid gland, brain anemia and fatigue, anemia in lower extremities.

Program: Supplements for chemical imbalances; calcium, silicon, sodium, iodine, sulphur; vitamins: B, E, lecithin, black cherry juice and egg yolk. Fruits and vegetables (no citrus), veal joint broth, gelatin, chlorophyll, proteins twice a day, elimination program, building program, skin brushing, circulation improvement techniques, baths, exercises.



weakness in right bronchial tubes. Heavy lymphatic gland congestion, especially in left iris at 9.5 o'clock. Other elimination channels are underactive, but lymphatic congestion is main problem in breathing trouble. Two bowel pockets along autonomic nerve wreath are throwing off toxic material into bronchial and lung structures. Medulla area weakness.

In both irides, notice the acid stomach condition, bronchial tube and lung weakness, lymphatic rosary, especially in the lung area (left eye 9:30), weakness in the adrenal gland/kidney area. Patient complains of low blood pressure (might be connected with adrenal exhaustion); breathing trouble, constipation, heavy periods (ovarian weakness).

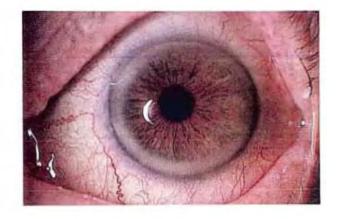


Personal History: Male, 66 years, contractor.

Main Complaints: Hard of hearing. Ringing in ears.

(Blood pressure 152/90 at time of visit.)

Iris Analysis: Sodium ring indicates hardening of the arteries, which may be associated with the hearing problem. Beautiful healing signs through intestinal tract. Prolapsus. Underactive liver. Bronchial weakness.



CASE HISTORY 30

Personal History: Male, 24 years. Hepatitis, 5 years ago; chronic headaches.

Main Complaints: Gallbladder, headaches, general discomfort.

Iris Analysis: Note size of lesion in gallbladder area, due to inherent weakness. Also note lower back area and drug settlements in lymph system (headaches); blood pressure 104/60.

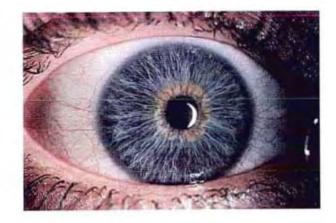


CASE HISTORY 31

Personal History: Acne (chronic) since age 13; lack of menstrual period for 1 year period. Lack of sex drive; poor circulation, low energy.

Main Complaints: Menstrual problems; sex area; chronic acne.

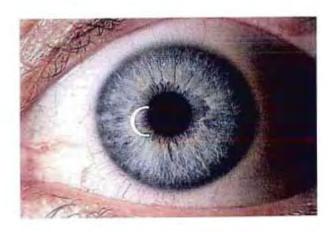
Iris Analysis: Right eye: thyroid; ovary; sex life and skin.



CASE HISTORY 17

Main Complaints: Hemorrhoids, prolapsed mitral valve, hiatal hernia.

Iris Analysis: Bowel pockets causing heart pressure and bronchial condition. Hiatal hernia shows up in the esophagus area. Prolapsus opposite hemorrhoidal condition shows dark spot on periphery in rectal area. Nerve ring stops at hiatal hernia.



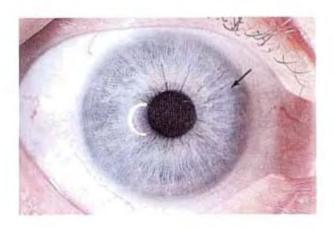
Personal History: Female.

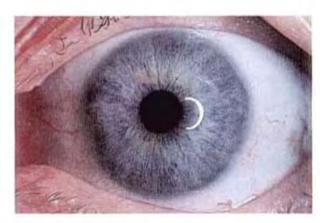
Main Complaint: Thyroid, right side.

Iris Analysis: Came with nervous breakdown; has

been worse. Kelp and iodine supplementation.





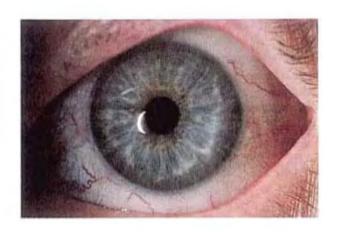


CASE HISTORY 42

Personal History: At age of 3 years, this patient was operated on for cancer of sigmoid colon.

Main Complaints: Indigestion, bowel problems.

Iris Analysis: Transverse bowel prolapsus, bowel pockets in splenic flexure and descending colon, lymphatic congestion, overacid body condition, toxic skin.



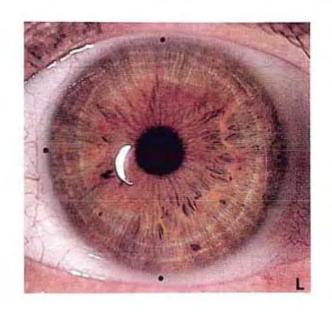




Personal History: Male, 34 years, architect. Occupation requires long periods of desk work, little exercise. Patient lived and worked in Santa Monica, CA, where exposure to damp, evening sea air aggravated asthmatic condition, particularly in winter and during periods of foggy weather. Periodic difficulty sleeping at night due to asthma attacks.

Main Complaints: Asthma for previous 4 years. Wheezing, tightness in chest.

Iris Analysis: Inherent weakness in intestinal tract with four or five bowel pockets in lower descending colon. Heavy lymphatic congestion, adrenal gland weakness; especially in the right side. Nerve rings passing through cheek area and brain area, indicating primary locations of tension. Note healing signs in bowel pockets, showing improvement from two months on diet and exercise program.

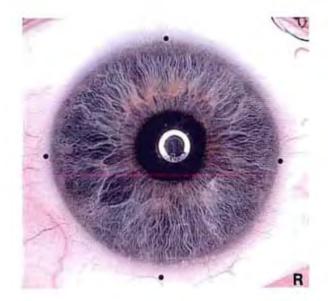


CASE HISTORY 24

Personal History: Female; fell off bicycle at 9 years; began trouble with gallbladder, chronic.

Main Complaints: Gallbladder problems. Lumps in breast.

Iris Analysis: Inherent weakness in gallbladder, right iris. Note pleura and breast area.



CASE HISTORY 57

Personal History: Female; reports serious allergy problems going back several years.

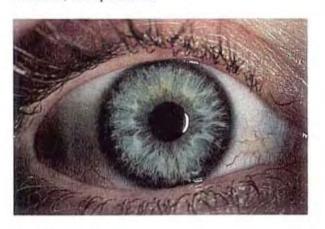
Main Complaints: Allergies, nervousness.

Iris Analysis: Extremely acid eye. Lymphatic congestion. Large bowel pocket halfway down descending colon, balloon condition. Good healing lines coming in.



Personal History: Female. Takes penicillin for tonsillitis. Surgical operations: massive cyst removed from right breast; appendectomy.

Main Complaints: Slightly overweight (10 lb); tonsillitis; skin problems.



CASE HISTORY 19
Personal History: Female, secretary.

Main Complaints: Constant severe cough.

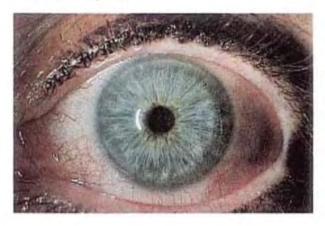


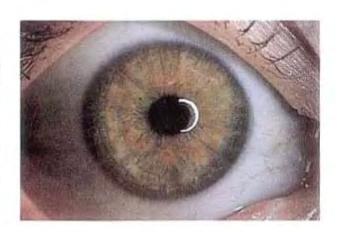
In the following brief case histories, look for the relationship among areas of inflammation, the patients' complaint and any disease mentioned. Try to see the correlation between the iridology findings and all that goes into the formation of a disease. Iridology gives a broader perspective, a deeper understanding of a patient's problems.

Iris Analysis: Toxic thyroid. All four elimination channels blocked (underactive). Bowel, kidneys, lungs, skin; lymphatic congestion and bronchial weakness. Pockets in ascending and descending colon. Extreme elimination from skin produces bad odor. Poor circulation—silicon deficiency.

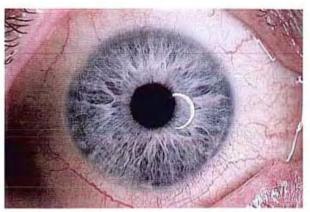


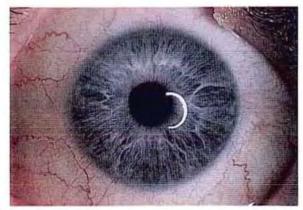
Iris Analysis: Sodium rings. Anemia with arcus senilis. Lymphatic congestion. Pockets in bowel, underactive thyroid.





Right foot surgery.





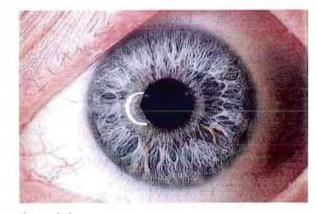
Thyroid, both sides, underactive.



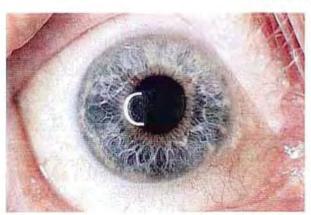


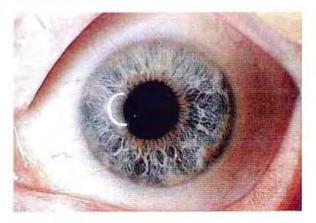
Uterine infection; congestion, left lung; subacute activity.



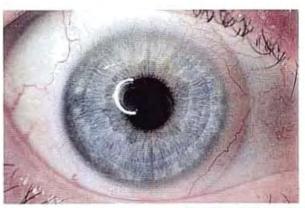


Right testicle undescended.





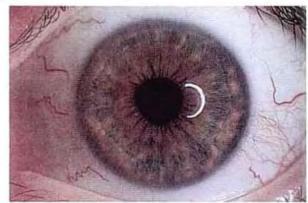
Right mastectomy; leaky heart valve.





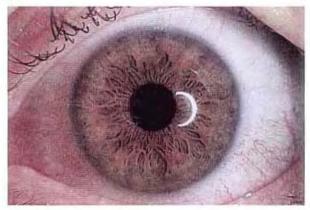
Abortion, cauterization of cervix; sprained ankle. Inherent weakness in cervix.



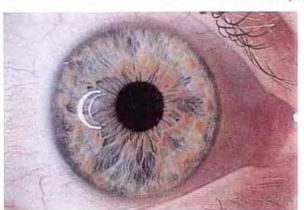


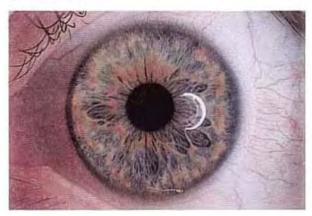
Varicose veins, hemorrhoids, elevated bilirubin, tension; drugs in lymph glands.





Undetected symptoms; miasmic iris.



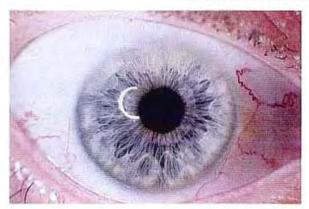


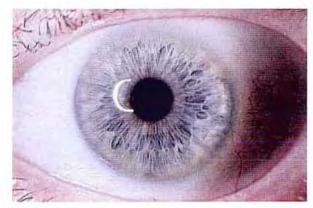
Drugs in lymphatic glands; heavy catarrh.



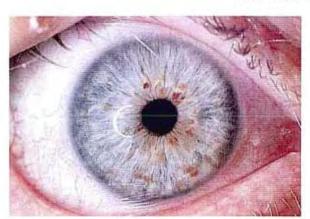


Psora in stomach area; unusual pattern showing inherent conditions. Parents had stomach troubles.





Heart trouble; hernia, right side.



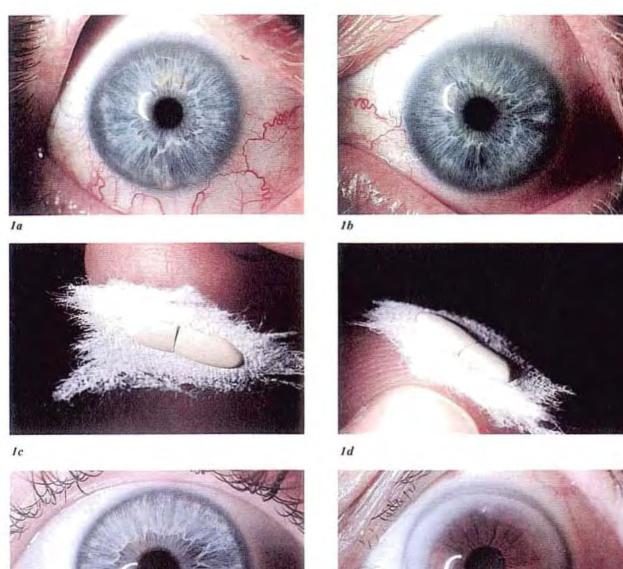


Compressed vertebrae, low back; acid eye.

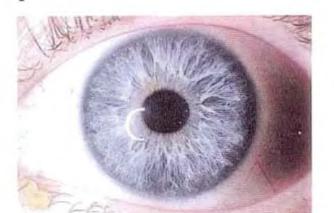




Bad knees; inherent weakness. Craves sugar.





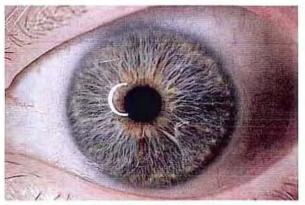




- la. Rt iris of patient with bladder stones. lb. Lt iris of patient with bladder stones. lc. Bladder stones.

3

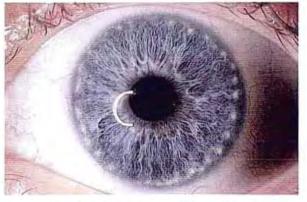
- 1d. Bladder stones.
- 2. Stress, respiratory complaints; bowel-bronchial syndrome; note reflex are syndrome.
- 3. Sodium ring.
- 4. Splenectomy; kidney problems.



Bowel-lung syndrome.



Dropped transverse colon; acidity and catarrh.



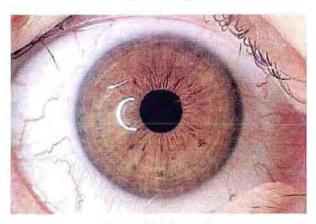
Lymphatic rosary; catarrhal conditions.



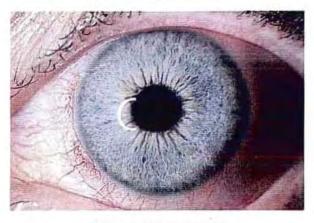
Bad memory.



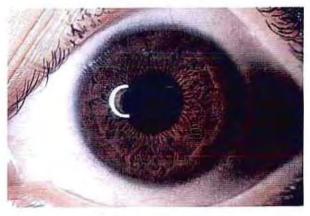
Possible cystic breasts.



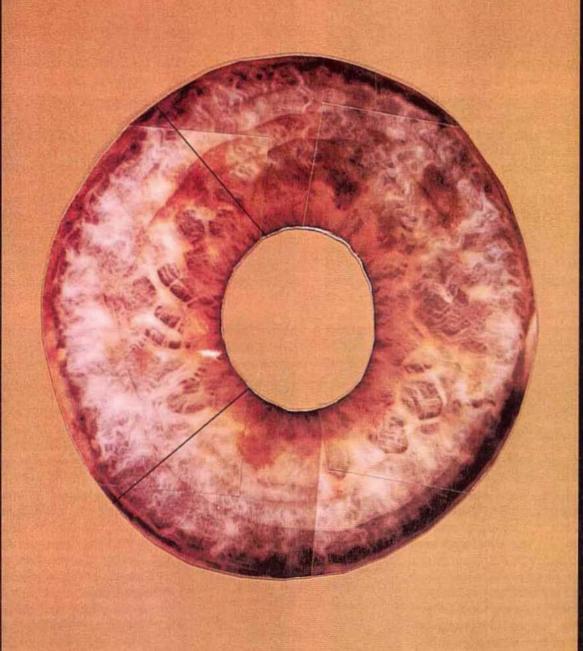
Angina or false angina.



Inherent rheumatic pains.



Healing signs throughout.



The scanning electron microscopy photographs throughout this chapter were taken from this iris specimen (58-year-old woman, left eye, melanoma and septicemia). The lines indicate the area which was photographed.



SCANNING ELECTRON MICROSCOPY

It has been my privilege to be in iridology close to fifty years, to recall the instrumentation that we had to deal with, the light and glass in particular, and to marvel at how it has changed. We have come to look at iridology in a different light over this period of years.

When I went to college many years ago, they talked to us about a particular nerve; now they have discovered there are 2700 nerves within this I nerve.

Most of us look at the material body in its gross aspect. We have neither seen nor understood the infinite activity that is manifesting in this finite structure. So it is with the iris. We have analyzed the gross fiber structure, possibly bringing into focus a 50th of an inch with the unaided eye. Not until the technique of scanning electron microscopy was developed were we able to see the ultrastructure of the iris, down to 64 hundredths of an inch, making the measurement with our human eye something of a passe nature. We recognize, however, that we can get lost in details, and it is well to see the forest before we look at a tree.

As we look at the lesions and trabeculae with our "new eyes," we recognize a variety of structures that we, as yet, know nothing about. What we considered in our analyses as a single structure has suddenly become multitudes

Science at work

within the one. Seeing the iris structure in this detail makes us realize that there is still much work to be done before we truly understand the activity which brings about changes in the iris or the methods by which transmission of reflex signals are accomplished.

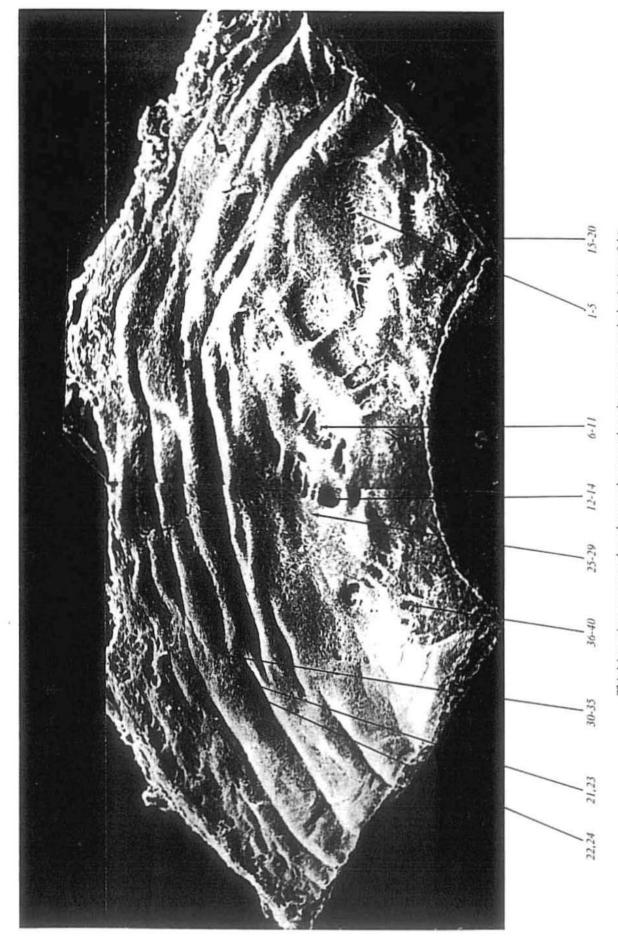
It is hard to believe that a fiber becomes a shaft with a thousand more fibers in it. Or that a hole, so to speak, has many fibers within it that were invisible until now, showing that there is activity in the nothingness which we saw before. The iris is truly an instrument of a million strings.

The advent of scanning electron microscopy is bringing us closer to the ability to record change at levels which were previously impossible to witness. The marriage of this new instrumentation with our computerized knowledge of body reflex conditions will enable us to analyze more accurately the current health status of the body.

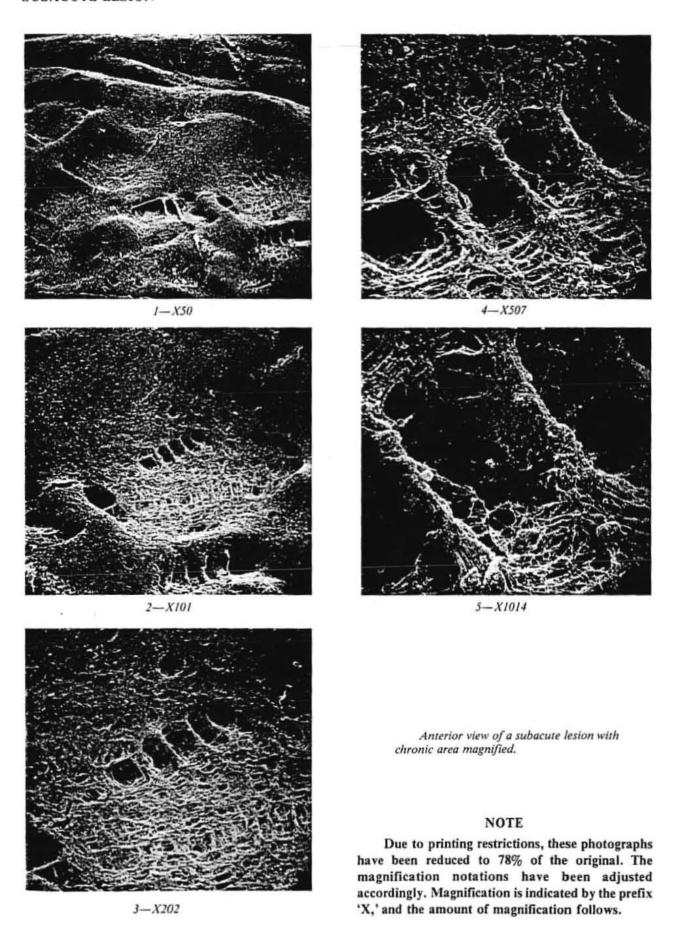
New insights into the immediate response of our bodies to environmental stimuli will help us to understand more clearly the importance of maintaining both our internal and external environments in a healthy manner. We will begin to see how quickly the body molds to our state of consciousness, our perception of the world, manifesting degenerative changes in response to depression and negativity while repairing and rebuilding when nourished by right thinking and living.

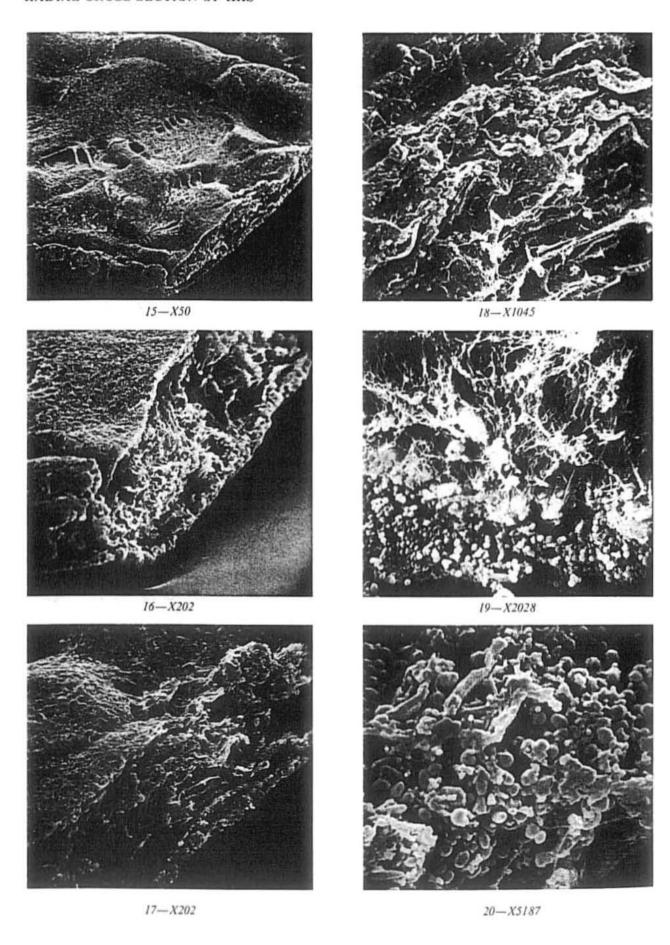
We are deeply indebted to Thelma Carlysle, specialist in scanning electron microscopy with the U.S. Department of Agriculture, Science and Education Administration in Gainesville, Florida, who provided us with the photographs on the following pages. Her sensitive approach and personal interest in bringing forth this work has made it possible for us to view an entirely new level in the science of iridology. In her words, "I have been so in awe as I have worked with the complexity of this iris tissue, and I give the individuals full credit who have worked out the anatomy of the eye. I doubt, however, that anyone has looked at the eye from the standpoint of how these enormously complex structures 'vibrate' with each other and the corresponding organ.

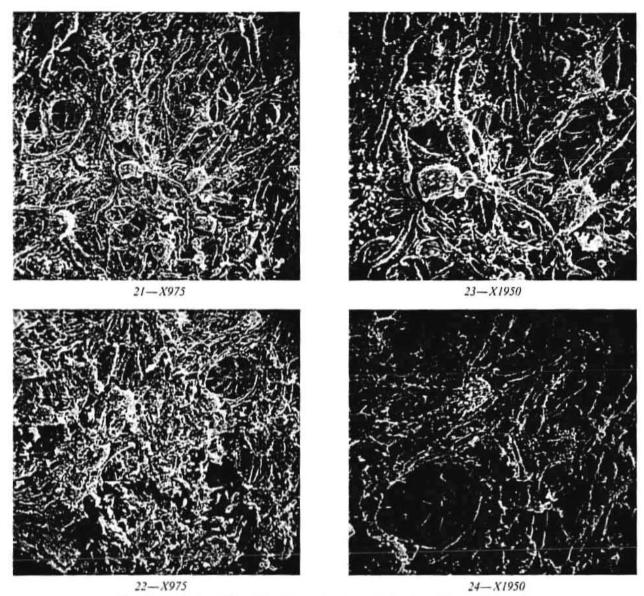
One can look right at something of paramount significance and never see it until nature nods her favor. Let's join together in inviting the keeper of nature's methods to impart to us the knowledge of how the vibrational concept works between the iris and the various organs."



This iris section corresponds to the area shown on the color montage at the beginning of this chapter. The numbers represent the photos on the following pages.







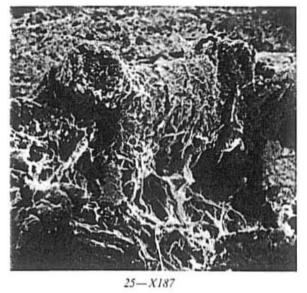
The above photographs of the fiber network are to be viewed from left to right.

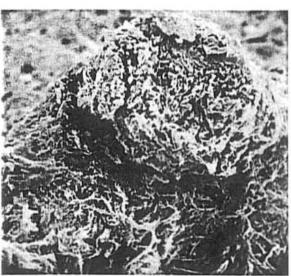
OPPOSITE PAGE

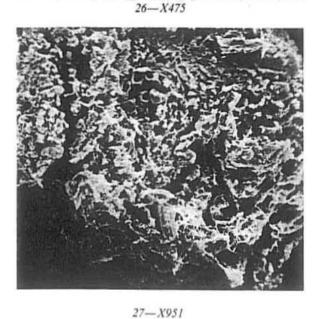
- (15,16) Iris cross section showing pupillary boundary.
- (17) Cross section showing four layers: anterior pigment epithelium, stroma, muscle layer and posterior pigment epithelium.
- (18) Close up of stroma.
- (19) Stroma, muscle layer and posterior epithelium (pigment layer).
- (20) Pigment granules as found in posterior epithelium.

***DR. BERNARD JENSEN'S IRIDOLOGY PROJECT NINE

The scanning electron microscopy project has unveiled many new mysteries for us to ponder. The electro-chemical nature of the iris/body connection is only beginning to be revealed, and there is still much work to be done. The information that is available now has already influenced the anatomy and physiology textbooks of the future. I am sure that when a portion of the technology and research funding of these two sciences is channeled into iridology, we will see great leaps in our understanding and application of this valuable science. This project was made possible by working with Thelma Carlysle.







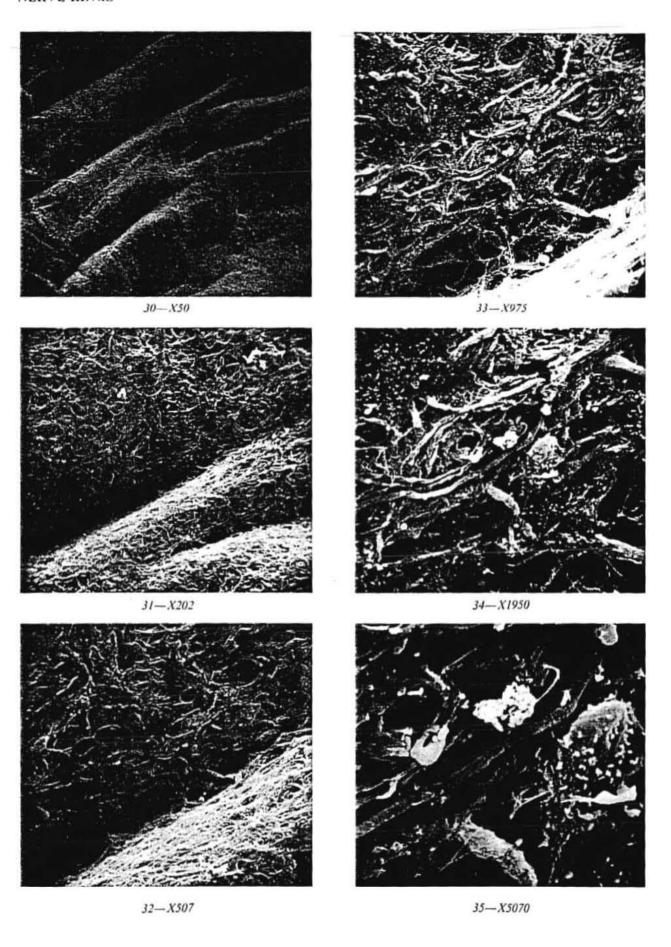


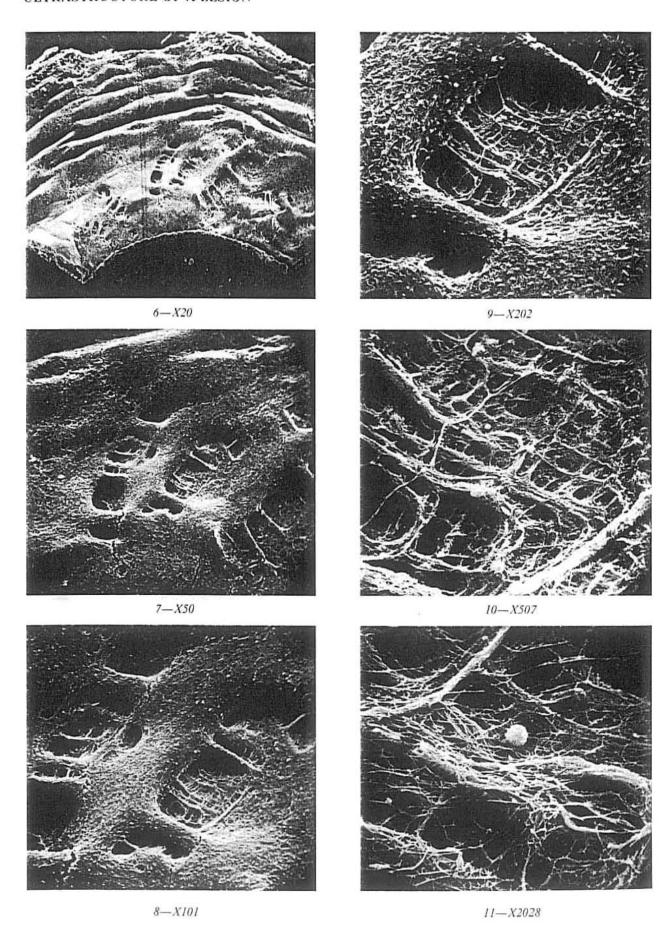


29-X3120

Note the densely packed fiber network around the minor arterial circle in this cross-section view of the autonomic nerve wreath. From the iridology standpoint, this is the hub of reflex activity in the iris, transmitting bowel reflex conditions to the corresponding organ reflex areas in the ciliary zone.

OPPOSITE PAGE These photos show the ultra structure of the anterior iris as it contracts into the familiar furrows which we call nerve rings.

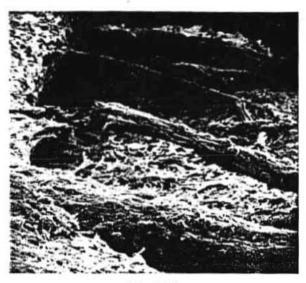




DETAIL OF IRIS FIBER



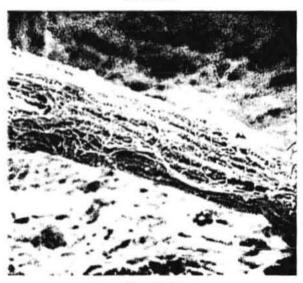




38-X483



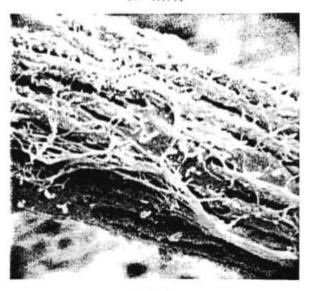
37-X195



39-X1911

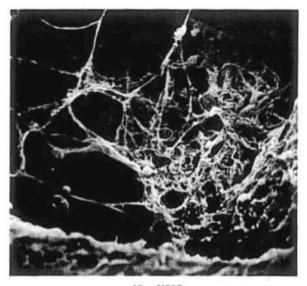
These photos take us on a journey into the complexity of a single iris fiber (trabeculae). Like nerves, an iris fiber is composed of many fibers, which in turn are composed of many other fibers.

> OPPOSITE PAGE. Anterior view of the iris with high magnification shots of a lesion, showing the ultrastructure of the fibers. Note the small white dot in (10) and (11). Features such as these provoke much thought, making us keenly aware that we have only begun to learn what the iris has to teach.

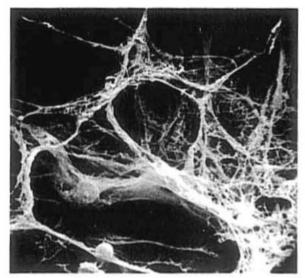


40-X4836

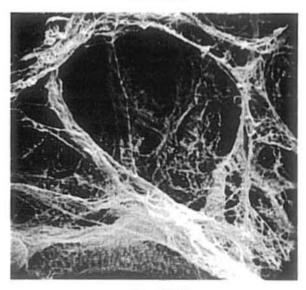
FIBER NETWORK



12-X507



13-X1014



14-X2028

In conclusion, we would like to say that we have taken you into a new world, into the world 2000; we've had you walk on the various fiber structures that are found and deeply imbedded in the iris. You have been able to experience some of the new ideas that are coming along in the future and to see how we are going to measure what is yet to come. We find that in this new world of instrumentation we have the privilege of handling things that probably no man has ever thought existed.

We are very thankful for this new insight which has emerged so iridologists can realize they are handling tissue that is more than a forest, more than a tree. It is the life force within the tree, within the limb, within the leaf, within the seed, and so many things make it up that a new world of consciousness should be opened to you.

You must recognize that you are looking at pictures which are not seen in the average anatomy or embryology textbooks. You may have to take a second look to realize what you are really seeing.

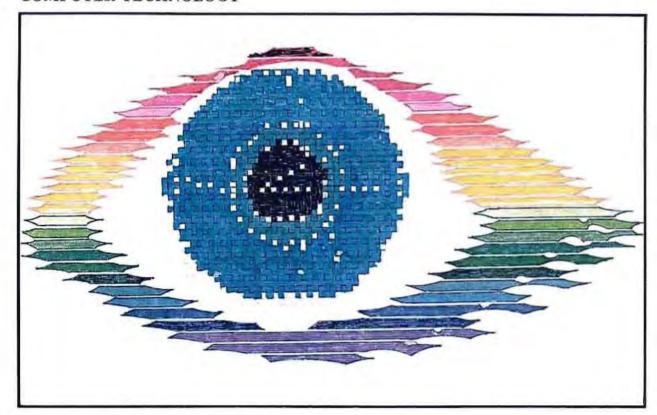
"We have opened up a universe of intrigue in the iris. I have seen many aspects of creation in microminiature form and I can say, 'The iris is unparalleled in complexity and wonder.' When I first saw it, I was both exalted and humbled."

-Thelma Carlysle

"There is more in the iris than the iridologist will ever know."

-Bernard Jensen

Beginning with the top photograph, this sequence illustrates the various fiber levels. Within a seemingly insignificant lesion there is an unexpected variety of fiber activity.



Iridology has entered the computer age. In the computer field, the state of the art is changing so rapidly that many new developments are obsolete within two weeks. It appears that the same thing could take place in iridology. Using the advanced computer technology developed for earth satellites, Richard Wullaert has produced a preliminary study of potential applications to iridology, the essential features of which will be presented here.

Within a year or less, we expect to be able to use a solid-state scanner to scan a person's iris, or a photograph of it, and break down the electronic image into discrete units as small as one-ten thousandth of an inch. We will then get a computer readout describing the type and location of lesions, the degree of color (white to black) in any lesion or inherent weakness, a graph profile of relative constitutional strength and the ability to identify, locate and analyze other iris signs. If we want to, we can get the computer to compare a recent iris photo with one taken a year or two previous and to give us a printout of the changes.

We must realize, of course, that computers aren't everything. An Amtrack train operated by computer once pulled into Oceanside, California without a single passenger on it. A computer error had shown the train to be full to capacity, unable to take on any passengers, so it wouldn't pick anyone up. What good is a computer without a human operator?

It is difficult to say how far we can go with computerization. A system capable of recording the topography of the iris in units smaller than the human eye can discriminate, keeping track of light intensities and colors in each digitized unit, gives us the capability to inquire into the heretofore hidden mysteries of the iris that we could only speculate about before. We are on the threshold of major breakthroughs in the analysis, correlation and understanding of tissue conditions in the body as reflexly revealed in the iris.

The computer can look closely at the edges of a particular lesion and enhance the data readout to show whether the lesion boundary is well-defined, broken up or faded out. We can describe lesions in greater accuracy and detail. In other words, the computer serves as an extension of the human eye, able to see better and more.

Keep in mind that by keeping track of a patient's iris changes, the computer will be able to tell us if we need to suggest further changes in nutrition, exercise and lifestyle. The computer will show progress or lack of it, healing signs or no healing signs.

Once and for all, the claim by iridologists that iris fiber structure can be changed will be proven. Western medicine has doubted that changes can be made with nutrition or as a consequence of chronic disease. Now we will see.



Thoughts on the Future-My Conclusions

It is clear to me that, until now, iridology has been working with an archaic level of instrumentation. With each new advance in technology, we discover a more profound and wonderful depth to nature. Now that iridology has entered the computer age, I expect computer analysis of the iris and of iris photographs to reveal a world we never knew existed.

This new world will open up horizons in wholistic health and our knowledge of the human body that I expect to yield a new and powerfully verified approach to healing, drawing the various health arts and sciences together so each can contribute its best to the well-being of humanity.

Iridology has accomplished a great deal by analysis of the coarse structure of the iris, the macrostructure, so to speak. Analysis of the fine structure—the microstructure—brings us to a different dimension, a dimension which reaches inside the macrostructure to probe behind the scenes. I am excited at the prospect of discovering how sensitive iris fibers really are. I eagerly look forward

to observing how quickly they will respond to correction of the diet, exercise and a new path in life.

As we are able to probe ever deeper into the fine structure of body tissue via the irides, we will find that tissues and organs have their own vibratory rates, and these are recorded in the iris stroma. Scanning microscopy will show the network of cells, fibers and nerves working together in a living, vibratory state, each contributing to the life of the whole.

To gather the full implications of the fiber structure of the iris will take time. First comes the thought, then the understanding. We want to know everything the eye can tell us about conditions in the body.

The health care centers of the future will be linked into a single worldwide telecommunication network via satellites. Iris records will be sent from doctor to doctor, from hospital to hospital, from continent to continent—in milliseconds.

Harold S. Grimes has said that diagnosis is the key objective in health practice. Accuracy is due to many factors, with the greatest reliability coming from technology. In his studies in Australia, Harry Grimes is working out applications of telecommunications in iridology. He notes that discrimination and color integrity are the first step. Secondly, density readings will reveal the degree of inflammation. Thirdly, the measurement of whether inflammation is increasing or diminishing is important.

The telecommunications chart shown was prepared by Harry Grimes. Iridology requires the kind of accuracy which this type of mapping can provide, in which the location of each organ and tissue area is determined to a fine degree of reliability.

As iridology embarks on its new path in partnership with high technology, we can all look forward to some wonderful changes.

***DR. BERNARD JENSEN'S IRIDOLOGY PROJECT EIGHT

In the computer project, we see that a great job is coming in the near future. We now have instrumentation that can measure to 64 hundredths of an inch, when, with the naked eye, we see only a 50th of an inch.

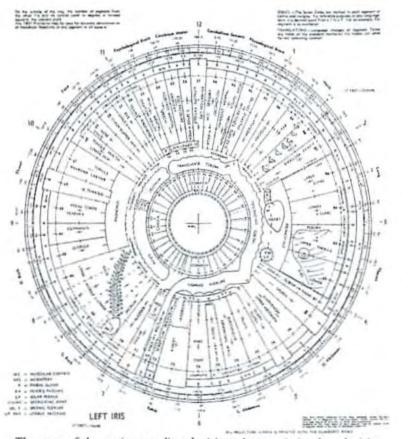
When we can put down 5 million memory expressions on a disc 1/8th of an inch square, then we will be able to calculate, discern, evaluate and compare as we have never before been able to do.

I hope to live long enough to see this project well on the road. At the present time, we are scanning a slide of the iris, giving us proportions and percentages of the inflammations found in the iris, which reflexly represents conditions existing in the various organs of the body. We are able to tell the gradation and in what part of the organ many of the inflammations are found.

Perhaps in the future, with the aid of further developments in the field of scanning electron microscopy, we will be able to record minute changes in the living iris which we now can only imagine. We will then correlate these changes with the information stored in our memory banks to give an analysis that is a precise indication of the current and changing conditions of the patient.



Telecommunications chart of the iris perfected by Harry S. Grimes.



The state of the art in recording the iris and transmission by television.

ADVANCED COMPUTER STUDIES by Richard Wullaert

We will briefly review the results of the advanced computer study and then show some of the computer images of the iris. The readout photographs shown here will eventually be mechanically read out for us. The iris image scanned by the computer is shown in Fig. 1 and is from a photograph taken with my camera. The computer stores the image of the iris in the three primary colors (red. green and blue). The computer recreates the original color photograph of the iris (Fig. 1) by controlling a light beam in a special device and making separate negatives for the three colors.

Figure 2 shows the computer generated full color image obtained by combining the three negatives. The iris image in the computer is much sharper than that shown in Fig. 2 because several copying steps were involved in making the photograph.

Because the computer can keep track of the position, color and intensity of every spot in the iris (to one thousandth of an inch), many exciting things can be done with regard to iridology.

Figure 3 shows the image generated when the computer was told to ignore the blue in the iris and measure the ratio of red to green in the iris. This is the sort of thing that is done to determine the type of vegetation in earth satellite photographs. Since drug

spots have high red content, they show as black spots. For visual effects, the various intensities in the iris can be assigned color. For example, the enhanced drug spots in Fig. 3 were assigned the color red as shown in Fig. 4.

The use of color separation in computerized iridology appears very promising. The research I have performed indicates that many of the key indications in the iris, such as the colon area, drug spots or lesions can be separated out due to their particular color composition. This technique could be very helpful in analyzing brown eyes, which are the most difficult to study with the unaided human eye.

Figure 5 shows how the computer can be used to enhance the edges of key features in the iris, such as drug spots, lesions or the pupil. In looking at the black and white image, it almost looks like what the beginning iridologists used to do with pen and ink drawings.

The preliminary results from the advanced computer studies are very promising. Applying the technology used to study photographs of the earth and the planets to the iris has already provided valuable insight into the scientific aspects of iridology. My earlier studies have shown that the computer can be used to accurately map indications in the iris and to determine their intensity. The advanced studies have shown that through a combination of color separation and edge enhancement, very specific indications in the iris can be identified.

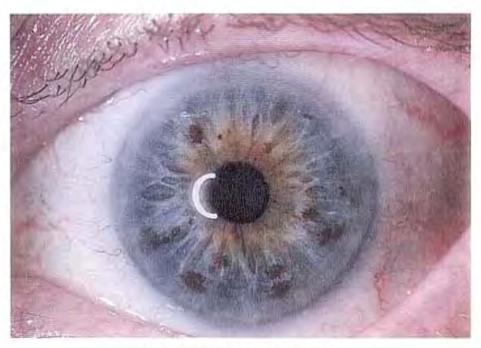


Fig. 1. Original photograph of left iris.

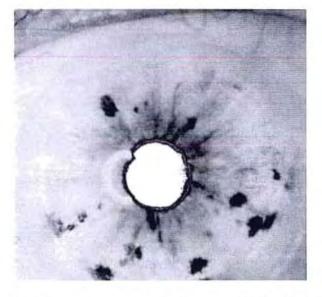


Fig. 3. Computer image of ratio of red to green colors in iris image from Fig. 1. Use of color ratios separates drug spots (dark spots) from lesions (not visible for this color ratio).



Fig. 5. Computer image of Fig. 1 (which has been processed to enhance edges). This process highlights both drug spots and lesions.

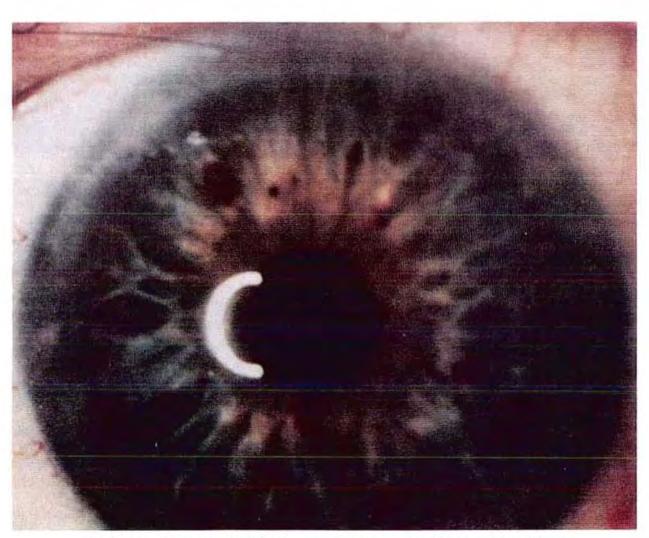


Fig. 2. Copy of photograph of full-color computer image produced from separate computer generated red, green and blue negatives. (Same eye as Fig. 1.)



Fig. 4. Same photograph as Fig. 3 but with the computer assigning the color blue for the eye (except for the drug spots, which are made red for visual effects).



Pseudo-color computer display of iris photograph. The total range of brightness was divided into ten levels of gray. Each level of gray was then assigned a color as show



The previous chapters have given us an overview of the practice of iridology. A good student of iridology will now see what makes up and develops disease. He will know how to identify the various lesions. He knows the meaning of shades from light to dark, how the gradations of color come into existence, and how dark areas leave through correct diet and lifestyle. He knows the laws he and the patient must apply to gain success with the reversal process.

For the person ready to learn, I offer an invitation to study further the practice of iridology. Knowledge of equipment and procedures is an important part of the successful practice, and the student should be familiar with them.

The current forms of analysis and instrumentation used in iridology will be viewed one of these days crude unsophisticated. Yet, iridology is a new science, and it is advancing day by day. We have labored diligently to improve the instruments used in this science. The simple flashlight and the little magnifying glass have served for many years as our basic tools; however, significant advances have come about in recent decades.

This is a day of technology and instrumentation. Diagnosis is no longer the same in hospitals as it was 20 years ago. It almost takes an electronic engineer to diagnose

Practice of iridology

these days! The electronic engineer has brought all his vibratory, heat, sound and color sensing and analyzing equipment into the hospital and into the diagnosing of various diseases.

This level of instrumentation has to be carried into iridology to lead us into the future. Soon iridology instrumentation is going to reach a level of sophistication that will reduce the degree of human error that we now have. Human error has entered every diagnostic method ever used—that includes diagnosis in hospitals, clinics and doctors' offices as well. Wherever we have humans, we have a human error factor.

Advances in iris photography allow us to show some of the most minute details of the iris. We can now show enlargements of lesions which allow pinpoint accuracy in determining their exact nature. We are now able to feed information into a computer that gives us percentages of chronic conditions and healing signs. We can tell whether a treatment is going to do a patient any good or not. The computer will also

indicate needs for calcium, sodium, silicon, iodine or any of the chemical elements required by the various organs to get well.

In the very near future, we will have compiled many profiles providing important reference materials to advance this science and art. I do believe that iridology has much to develop in the

areas of science and technology, but until then, we must use the relatively crude methods now available to us.

Every science or healing art can use iridology to great advantage. Iridology has shown itself to be an important adjunct in the fields of optometry, gynecology and gastro-intestinal work, in particular. Every specialist will gain greater insight into the personal needs of his clients through becoming acquainted with iridology.

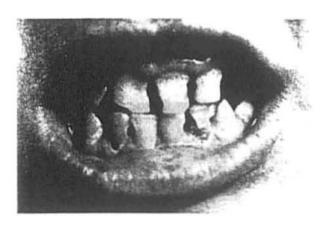
In the near future, we plan to publish a book presenting advanced iridology techniques, procedures and equipment which will expand greatly on the necessarily brief sections which follow.

IRIDOLOGY-NUTRITION CONNECTION

Iridology and nutrition work together—one mutually supports the other. Each organ or tissue type has its own unique chemical balance which is in equilibrium with the chemical balance of the body as a whole. When nerves are depleted in any part of the body, nerve depletion is reflected in the iris. When calcium is depleted in any organ, it is depleted in all tissues of the body. So depletion in the iris fibers corresponds to organs short of one or more chemical elements. In sum, the iris shows chemical and nutritional needs as well as other signs.

Some foods are cell builders and others lack essential biochemical elements. Chemically short foods cannot build a good body. One of iridology's great values is the capacity for identifying depletion of specific biochemicals as well as showing tissue rejuvenation when the needed foods have been added to the diet. Without the proper chemical elements, a cell is not well-balanced. Foods do not destroy cells, but lack of chemical elements in perfect balance triggers overfunction or underfunction. If milk does not have fluorine for tissue to draw on, the cells are unable to build and repair.

Bad or depleted foods do not produce disease per se. The only way foods can produce disease is by failing to nourish. An undernourished or malnourished body may generate symptoms of all kinds, and disease ("dis-ease") is the result. Germ life and viruses live on chemically deficient tissue. Skin that is short in silicon manifests pimples, boils, acne, roughness; nails peel, crack and break. Every disease follows or produces a nutritional need. In the words of Dr. W. Albrecht, head of the Department of Agriculture, University of Missouri, "Disease preys on an undernourished body."



A dentist sent this 12-year-old boy to me because his tooth decay was coming from an unbalanced diet lacking the proper chemical balance.

We now see that another step in our problem is the processing of our food in our own kitchens. Upon the shoulders of the housewife, mother or cook rests the responsibility for the health of the entire family. Just as a surgeon has the best tools and equipment to save a life, so the housewife, mother or cook should have the best tools. equipment and knowledge of what natural foods are, so as to build and retain a healthy lifestyle for her family.

In iridology, we see these chemical shortages in the form of hyperactivity or hypoactivity, acute inflammation or a chronic inflammation. The stomach ring in the iris indicates hyperchlorhydria or hypochlorhydria. A chronic, underactive toxic condition in an organ can be made active when the proper chemicals are fed to those tissues. Tissue that is overactive uses up the chemical elements rapidly. Unless they are restored, the tissue will become worn out. When tissue is underfunctioning, it is nearly always in need of certain nutritional elements to bring it to normal.

Iridology deals with these tissue changes. Nutrition makes changes by adding the proper chemical balance to the tissues. This is why iridology and nutrition work together. As improvement in diet is made, a change can be viewed in the iris. Healing lines appear in dark areas or extremely white lines recede to normal.

What chemical elements are needed? A man weighing about 160 pounds is made up of the following:

90 lb oxygen	3 oz potassium		
36 lb carbon	2-1/2 oz sodium		
14 lb hydrogen	2 oz fluorine		
3 lb 12 oz calcium	1-1/2 oz magnesium		
3 lb 8 oz nitrogen	1/4 oz silicon		
I lb 4 oz phosphorus	1 6 oz iron		
4 oz chlorine	Frace of iodine		
3-1/2 oz sulphur	Trace of manganese		

The main chemical needs of the body organs are:

Thyroid	Iodine		
Bowel	Magnesium		
Brain/nervous system	Phosphorus, manganes		
Heart	Potassium		
Kidneys	Chlorine		
Skin/circulation	Sulphur, silicon, oxyge		
Nails/hair	Silicon		
Spleen	Fluorine, copper		
Teeth/bones	Fluorine, calcium		
Adrenals	Zinc (trace)		
Liver	Sulphur/iron		
Pituitary gland	Bromine		
Stomach/digestive system	Chlorine, sodium		
Tissues/secretions	Potassium, chlorine		
Lungs/respiratory system	Oxygen, iron		

Thus, we have the 16 chemicals found in man, largely from the work of Dr. V. G. Rocine, with whom I studied. In his words, "A chemically well-balanced body is a healthy body."

There are additionally smaller traces of other elements. For complete coverage of the chemical elements in health and nutrition, refer to my book The Chemistry of Man. Below are very brief summaries of the 16 elements.

Oxygen infiltrates each individual Oxygen cell in the body, influencing anabolism and catabolism. Carbon The principle element of growth. Wherever carbon and oxygen are at work, one upon the other, there is heat generation, growth and generation of carbonic acid gas. Hydrogen Present in bodily secretions, soft tissue, lymph, brain, lungs, glands, liver, kidneys, spleen, pancreas. Calcium Calcium gives vitality, endurance, heals wounds, counteracts acid, is tone building in the body, and, of course, builds and maintains bone structure and teeth. A tissue and secretion chemical Sodium element found and needed mostly in the digestive system. Sodium is the youth maintainer in the body, aids digestion, counteracts acidosis, halts fermentation, purifies blood, forms saliva, bile and the pancreatic juices. Fluorine Found and needed mostly in the structural system and tooth enamel. Preserves bones. It is a disease resister and beautifier in the body. strengthens tendons and knits bones. Fluorine combines with calcium. Nature's laxative, a nerve mineral Magnesium found and needed mostly in the digestive system. Silicon Found and needed mostly in the structural system, nails, skin, teeth and hair and in the ligaments. Silicon creates a magnetic quality and is the "surgeon" in the body, giving keen hearing, sparkling eyes, hard teeth, glossy hair, tones the system and gives resistance to the body. Nitrogen As found in food or in air, is a restraining element, the opposite of oxygen. Oxygen is like fire; nitrogen is stillness itself. Without nitrogen, oxygen would burn us up and life

would cease to exist.

Found and needed mostly in the nervous system and is a brain and

and nourishes the brain, builds

processes and intelligence.

bone element. This is a nerve builder

power of thought, stimulates growth

of bone and hair, and helps thinking

Phosphorus

ener for linings of body structure, increases resistance, improves memory, coordinates thought and action, and needed mostly in the nervous system. Manganese is dependent on iron and phosphorus. Potassium Is a tissue-and-secretion chemical element and is found and needed mostly in the digestive system. Potassium is a healer in the body, is a liver activator, makes tissues elastic, muscles supple, creates grace, and good disposition. Nature has given us hundreds of foods that contain healing elements for our health and wellbeing. We should study these foods, analyze and understand the natural healing properties they contain. Many hundreds of the commercial foods and drinks become slow-acting poisons by defaultin lacking the necessary chemical elements for maintaining and rebuilding the tissues of the body. A genuine food chemist and nutritionist knows that the proper foods cure in one way, by building up the blood, toning up the organs, nerve centers, brain

Chlorine

Sulphur

Iron

lodine

Manganese

Found and needed mostly in the

the cleanser in the body, expels waste, freshens, purifies, disinfects.

found and needed mostly in the nervous system. Sulphur tones the

system, purifies and activates the

emotions. Sulphur needs iodine to

goals and achievements are stimula-

Essential in the blood as the oxygen

carrier, prevents anemia, promotes

A gland and brain element. It is a

prevents goiter, normalizes gland

metabolism normalizer in the body,

and cell action, rejects and counter-

A memory element, tissue strength-

vitality and ambition, Iron foods

work properly. Driving force for

body, intensifies feeling and

ted by sulphur foods.

attract oxygen.

acts poisons.

digestive system and secretions. It is

A brain and tissue chemical element,

centers and the glandular system. When deficient organs are supplied with the proper food elements, the organs take on new strength.

All of these normalizing changes back up good health and can be viewed in the iris of the eye. This is the invaluable link iridology has in correlation with nutrition.

IRIDOLOGY NUTRITION CHART

ADRENALS	C.E.F. Pantothenic acid	Calcium, Sodium, Fluorine, Iodine, Iron. Magnesium, Manganese, Silicon, Sulphur, Tin, Zinc	Juniper, Licorice Root, Blood Root, Gota Kola, Borage, Ginseng, Kelp, Parsley
BLADDER	A,D	Manganese, Potassium	Comfrey, Cornsilk, Golden Seal, Oat Straw, Uva ursi, Yarrow
BONES/JOINTS	A,B1,C,D, Folic Acid	Calcium, Phosphorus, Fluorine, Potas- sium, Silicon, Sodium, Sulphur	Dandelion Root
BRAIN	B Complex, B12,C,D,E,G	Calcium, Copper, Fluorine, Iodine, Iron, Magnesium, Manganese, Phosphorus, Silicon, Sulphur	Gota Kola, Oat Straw, Red Clover, Valerian, Orange Blossom, Ginseng, Rosemary, Rue Sage, St. Johnswort, Walnuts
CIRCULATION/BLOOD VESSEL	A.B.B1,C,D,G,Niacin	Magnesium, Phosphorus, Silicon, Fluorine, Iodine, Iron, Manganese, Sulphur	Hawthorne berry tea, Oat Straw tea, Sprouts, Prickly Nettle, Cayenne
COLON	A.C.D.F	Sodium, Potassium, Magnesium, Iron	Flaxseed, Psyllium seed, Slippery Elm, Alfalfa, Comfrey Root, Chlorophyll
EARS	A,B,C,D	Potassium, Calcium, Phosphorus	Garlic, Hyssop/Sage combination, Malva flowers, Mullein, Shavegrass, Yellow dock
EYES	A.82,C	Calcium, Silicon, Sodium, Fluorine, Manganese, Sulphur	Eyebright, Oat Straw, Dandelion Root, Camomile, Golden Seal, Marshmallow, Raspberry, Rose petals
GALL BLADDER	A.C.E	Iodine, Sulphur, Chlorine, Iron, Potassium, Sodium	Dandelion, Boldo, Gascara sagrada, Chicory, Golden Seal, Marigold, Rosemary, Yellow Dock, Comfrey
HEART	A,B,B1,C,D,E	Calcium, Iron, Magnesium, Manganese, Nitrogen, Phosphorus, Potassium, Silicon	Hawthorn berry, Anise seed, Cayenne, Gartic, Horehound, Mistletoe

KIDNEYS	A, B12,C,E	Potassium, Chlorine, Iron, Manganese, Magnesium	Alfalfa, Uva ursi, Blood Root, Buchu, Comfrey, Juniper, Oat Straw, Parsiey, Scurvygrass, Shavegrass	
LIVER	A,B12,C,E, Niacin	Iron, Potassium, Chlorine, Copper, Iodine, Magnesium, Sodium	Yellowdock, Alfalfa seeds, Archangelica, Artichoke, Blue violet, Boldo, Cascara sagrada, Dandelion, Golden Seal, Mari- gold, Mullein, Nettle, Oat Straw, Saw palmetto, White oak bark	
LUNGS/BRONCHIALS	A,B,C,D	Calcium, Copper, Fluorine, Iron, Oxygen, Silicon	Comfrey, Lungwort, Angelica, Elecam- pane, Eucalyptus, Fenugreek, Licorice, Marshmallow, Mullein, Sage, Thyme	
LYMPH SYSTEM	B Complex,E	Potassium, Sodium,Chlorine	Pokeweed, Dandelion Root, Golden Seal Cascara sagrada. Blue violet tea	
MAMMARY GLAND	A.B1	Chlorine, Sodium, Potassium	Anise seed, Black Cohosh, Fennel, Mullein	
MEDULLA	C.B Complex	Phosphorus, Silicon, Sulphur	Sage, Rue	
MOUTH/THROAT	A,B.C,D	lodine	Comfrey, Fenugreek, Golden Seal, Licorice, Raspberry, Sage	
MUSCLES	A,B1,B6,C,D,E,G	Nitrogen, Potassium, Chlorine, Iron, Sodium	Rye, Bananas	
NAILS	A,D	Calcium, Sillcon, Phosphorus, Potassium, Sodium, Sulphur	Oat Straw	
NERVES	A.B Complex,B1,B2,B6, Niacin, C.D,G	Phosphorus, Calcium, Sulphur, Iodine, Magnesium, Manganese	Oat Straw, Valerian, Balm, Lavender, Orange blossoms, Passion flower, Peppermint	
NOSE/SINUS	A.C,D	Calcium, Chlorine, Silicon	Licorice, Comfrey, Eucalyptus, Fenugreek Golden Seal, Mint, Sage	

IRIDOLOGY AND NUTRITION CHART (CONTINUED)

OVARIES/GONADS	A.B.B12,C.E,F	Calcium, Zinc, Fluorine, Iodine, Iron, Phosphorus, Silicon	Elderberry, Raspberry, Black Cohosh (ovaries), Catnip, Damiana (testes)
PANCREAS	B Complex, B1,B12	Sodium, Chlorine, Copper, Iron, Magnesium, Potassium, Silicon, Zinc	Dandelion, Alfalfa, Beanpods, Eucalyptus Goldenrod, Juniperberry
PINEAL/PITUITARY	B Complex,E	Bromine, Iodine, Manganese, Phosphorus Silicon, Sulphur	Mistletoe, Sage, Veronica
PROSTATE	C.B,B12,E,F	Zinc, Calcium, Fluorine, Iron, Potassium, Silicon, Sulphur	Golden Seal, Juniperberry, Buchu, Gota Kola, Kelp, Uva ursi
SPLEEN	C.B Complex	Copper, Iron, Chlorine, Fluorine, Magnesium, Potassium, Sodium	Dandellon Root, Cascara sagrada, Chaparrai, Pokeweed
SPINE	A,B,C.D	Calcium, Sodium, Silicon	Comfrey, Barley, Dandelion
SKIN	A,B1,B2,C.G. Niacin, PABA	Silicon, Copper, Iron, Manganese, Potassium, Sodium, Sulphur	Oat Straw, Alfalfa, Bay leaf, Burdock, Chickweed, Elderflower, Sarsapariita, Yarrow
STOMACH	A,B1,B2,C,D,G, Folic Acid, Niacin	Chlorine, Iron, Magnesium, Potassium, Sodium, Sulphur	Comfrey, Fenugreek, Peppermint, Archangelica, Ginger, Papaya, Raspberry Slippery Elm, Alfalfa
THYMUS	В	Calcium, Fluorine, Iron, Silicon	Dandelion Root
THYROID	A,B6,B12,C.D,E	Iodine, Chlorine, Magnesium, Potassium, Sodium	Dulse, Horseradish, Parsley, Pokeweed (black), Radish, Kelp
TEETH/GUMS	A,B2,C,D	Calcium, Sodium, Sillcon,Fluorine, Phosphorus, Sulphur	Ginger, Myrrh, Shepherd's Purse, Tormentilla, Walnut leaves
UTERUS	B Complex,B12.C,E,F	Catcium, Silicon, Zinc	Black Cohosh, Red Raspberries, Rue

***DR. BERNARD JENSEN'S IRIDOLOGY PROJECT FOUR

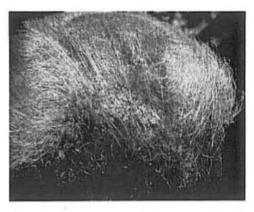
In Project 4, we have taken up the activity of nutrition and its influence on the cell structure of the body. We determine, classify and characterize the chemical structure of plant life, soil, and dust of the earth and correlate it with what is seen in the various areas of the irides.

In this project, we definitely believe that the electrochemical foundation is what our nervous system and physical body are based upon. Science is working to see the relationship between the electrovibratory realization that has just begun to be discovered and chemistry and how the two can be brought together. They can see that man is more than skin, bones, a liver, kidneys and breath. We find it is all the chemicals that come together to make man the dust of the earth. It is represented in the ear structure, the bones, the brain, and wherever the function is in the human body.

The chemical study and the chemistry of man is most interesting. It has been the birth of a new concept that is of a wholistic nature, bringing together the vast knowledge we need in order to build up a man, repair him and rejuvenate him. We need to make a greater wholistic body than we've ever conceived possible. We have become too many specialists: bone specialists, kidney specialists, mind specialists, ear specialists; we have forgotten the whole being and the combination of all the things that make man whole and pure.

In this project of determining the iridology/nutrition connection, we have found a way to treat the whole person. We have found the keys hidden in the dust of the earth and can use them in the biochemical balancing of the body. We have learned to call on nature to give us what we need to live a long, healthy life.

IRIDOLOGY-NUTRITION CONNECTION



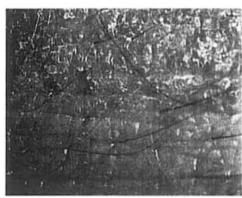
Psoriasis on scalp before nutritional therapy,



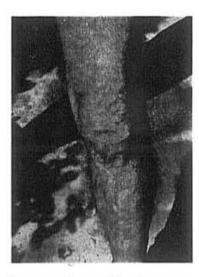
Healthy scalp after nutritional program.



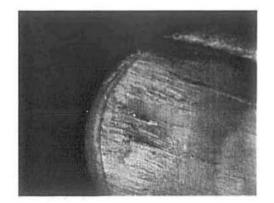
Psoriasis on legs before treatment.

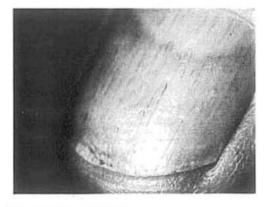


New skin coming in to replace the old.



Leg area after nutritional program.





Fingernails before and after nutritional program.

IMPLICATIONS OF NERVE RINGS

To the practicing iridologist, another aid in analyzing a patient's condition is the evidence of nervousness or extreme tension indicated by nerve rings in the irides and by some facial characteristics of the eye area.

In a previous chapter, we have described nerve rings as ring-shaped indentations or cramps in the trabeculae. Nerve rings are parallel with the curvature of the iris perimeter, and we may find from one to six of them in the irides of patients.

I am deeply concerned about the number of children in whose irides I encounter deeply-imbedded nerve rings. These days, the majority of people live in high stress, urban environments where their nerves are constantly on edge. It is the children of these highly-strung people who are coming in with nerve rings. These children are wound up too tight; they often seem on the verge of exploding.

Of course, there are some people who are born into a certain pattern in which the hard-driving nervous life is embedded in them whether they like it or not. Speaking of myself, I do well under pressure. I feel at my best living at a fast pace and I cannot slow down. Those with temperaments like mine must have appropriate outlets for their energy, constructive outlets, to avoid the accumulation of nerve tension, stress and dis-ease. Nerve rings do not necessarily indicate problematic physiological conditions. Abnormal, perhaps, but not necessarily harmful.

Frequently, nerve rings are associated with an overall acidic condition of the body, revealed in the irides by a whitening of the trabeculae. The nerves may be reflexly transmitting a stress or tension from one organ or tissue area to another.

Patients with deep nerve rings often have personal histories that reveal the source of their aggravation. A secretary who worked at Lockheed lived in constant anxiety because her boss was so demanding and explosive that ugly scenes with people who came to the office were frequent. His temper tantrums upset her terribly. When a major government contract fell through, Lockheed laid this woman off along with thousands of others. She was surprised to find she slept better, felt better and even her vision improved.

A movie actress, who became one of my patients, has great emotional strain when she has to play parts she doesn't like. Acting is an emotional job in the first place, often with difficult hours. It requires sacrifice. This combination is producing heavy nerve rings for this lady. She needs more time off for herself, foods that build up the nerves and acting parts that suit her personality type.

Any person going through life unhappy, unfulfilled and under stress is very likely to be producing nerve rings.

Ulcers are often associated with nervous tension and stress, and anyone can get them—from babies to senior citizens. Peptic ulcers (in the duodenum) are found ten times more frequently than gastric ulcers (in the stomach), and those most susceptible to them are in their 30s and 40s.

From the perspective of the wholistic healing art, we must realize that the life history of the patient is revealed in the irides. Nerve rings are said to be present at birth, and they may indicate an outpicturing of an individual's nervous energy patterns. To get rid of nerve aggravations requires that the person's life patterns be changed. We must assist the patient in exchanging poor habits for good ones.

Origin of the Executive Dilemma

The corporate executive often overworks his nervous system through four faculties: seriousness, criticalness, analytical ability and exactness. The executive dilemma is, however, that these four faculties are necessary for success. Overdoing any of them can lead a person "to the ragged edge."

Seriousness. When we are serious about something, we give it our undivided attention, concentrating totally on gaining the maximum amount of information about it. To the serious person, there is no let-up, no coasting, no "time out." He takes pride in his work; he cares about what he does; and, he drives himself. To "let go and let God" is almost an impossibility. He must finish the job at all costs.

The serious executive cannot tolerate criticism of his work. He will pursue a project relentlessly and continuously to a point beyond monotony, scarcely taking a rest. He "keeps his nose to the grindstone," as the old cliche goes. He easily becomes overserious. The serious person cannot give a horse free rein, but drives it to a lather.

The physical indication of a serious disposition is a deep-set eye. The eyes are set deeply into the orbits, making the bony portion of the forehead over the eye sockets appear to protrude dramatically beyond the eyes. A person with such eyes seems to stare right through you.

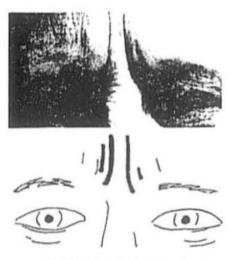
Criticalness. This is the faculty of preciseness, of exactness, of careful judgment. The critical person will tear apart any proposal or suggestion offered, not out of cruelty, but out of a habit of searching for flaws. They discover each and every fault and often quibble over details too insignificant to be worth bothering over.

Criticalness is indicated by the oblique position of the eye aperture in which the external angle is lower than the internal or medial angle of the eyelid. When the lateral angle is definite and very low, we recognize the critical tendency in a person, even to the point of being extremely obnoxious.

The person who is tactful and diplomatic in his criticism and suggested changes should be listened to and appreciated. Criticalness may be a necessary component of success, but it must be used with great care, because this faculty can become a great draining

force on the nervous system. Policy decisions, planning and the execution of programs are not easy.

Analytical Ability. By analytical ability is meant the capacity for resolving an issue into its component parts or elements and looking at how each one fits into the entire picture. This may be an intellectual process, such as in physics or mathematics, or a sensory and practical process, such as in judging a work of art or directing the activities of corporate personnel. As in the case of the other two faculties, it can be carried too far. A person who constantly picks things apart can be almost impossible to be around for any length of time, and if this trait is combined with criticalness and seriousness, the combination



Exacting (vertical lines between eyes).



Very critical (outer edge of upper eyelid drawn downward). Exacting (vertical lines between eyes). Analytical (upper lid overlapping).



Serious (deep-set eyes). Analytical (upper eyelild overlapping). Critical (outer edge of upper eyelid drawn downward). Exacting (vertical lines between eyes).



Exacting extreme (vertical lines between eyes). Critical (outer edge of upper eyelid drawn downward).

can be deadly and explosive. The brain and nervous system are besieged under this stress and are subject to extreme enervation.

Analytical ability is characterized by a curtainlike fold that forms down over the eye, and the eye is unable to open as widely as it should. The aperture may appear smaller than normal. This person knows the why, when and wherefore of every situation.

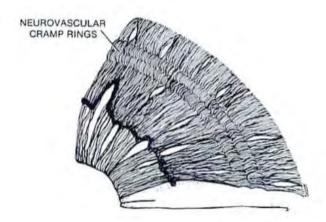
We need to remember that analytical ability is an excellent tool but a poor habit. When we are through using it for its purpose, we should let it rest.

Exactness. The fourth hallmark of the executive is exactness. Physically, this is identified by elongated vertical crease-like indentations at the glabella, going up into the base of the forehead over the bridge of the nose. The person with this trait is observant of the smallest detail, the most minute measurement. He files his collection of data into the right compartments in his brain, is careful and prompt in all he does and becomes easily disturbed when those around him are careless or late.

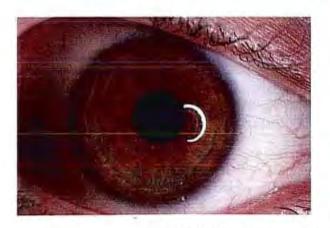
As an employer, the exacting person is satisfied with nothing less than perfection. He may be virtually impossible to please. Excuses only aggravate him. Yet where would the accountant, the surgeon and the scientist be without exactness? Nevertheless, it is possible to miss seeing "the forest for the trees," and thoughtless, habitual exactness can drain the nerves.

These four faculties must be balanced and used with discretion to avoid an undue drain on the nervous system. It is all too easy a matter to be captured by the momentum of one's own projects and ambitions, to overwork oneself and to go overboard on the use of these four faculties.

May your whole life be one of ease and not disease—one of calmness and not tension, free of anxieties. And, as you know, your eyes reflect what's on the mind, may your mind be one of freedom, exaltation and travels free of disappointments.

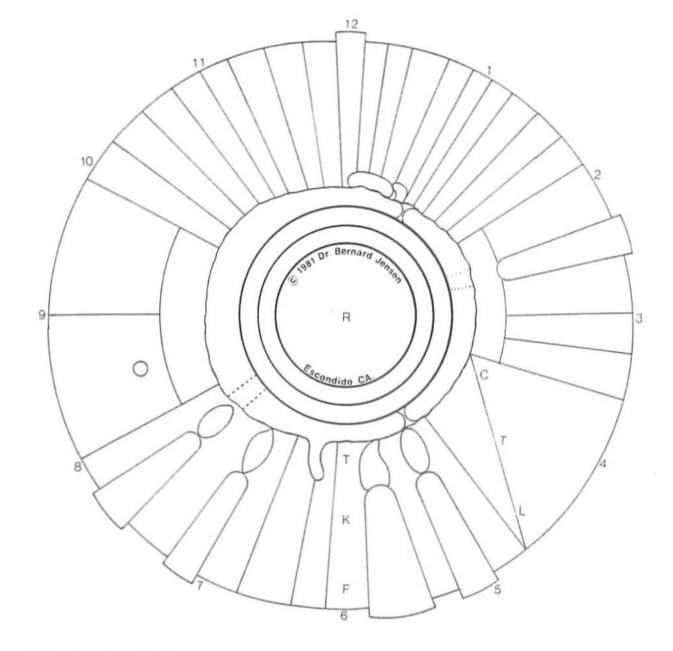


The nerve wreath is part of the nervous system, a direct extension from the brain. It is probably the most important thing to look at from an analysis standpoint.





Don't let the furrows on your brow develop nerve rings in your eyes.



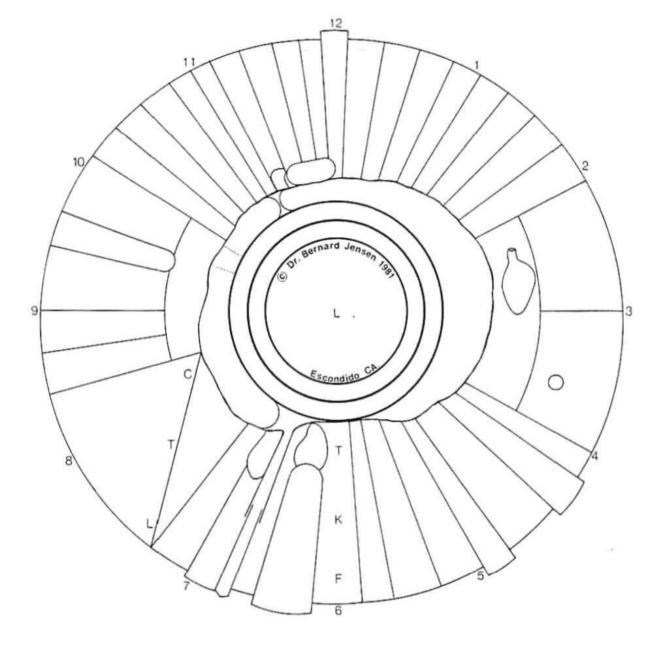
GRID STUDIES

Increased precision and reliability of iris analysis came when iridologists began freezing the iris image on transparent color film and projecting this image onto a screen. The time available to study the iris has been expanded to allow an unrestricted, detailed examination of the iris. The image size can be enlarged to permit close inspection of minute details. Film provides a permanent record, and retains color, unique signs and features. This alone has opened up a whole new opportunity to document and validate iris changeability.

Another advance came when the iris image was projected directly onto or through a map of the iris features. Reduced and simplified, the iris chart became the basis for the grid overlay. The grid overlay is a powerful tool for the specific and exact correlation and location of iris features on the iris chart. In this way, great accuracy is obtained. Results can be rechecked as desired.

I have obtained the best results by projecting the iris image onto a rear projection screen. With this arrangement, the projector is behind the screen while the observer is in front of it. This results in a brighter, sharper, more intense image than obtained from the usual front projector. The lens of the projector faces the observer, transmitting a direct primary image, without the usual losses from the traditional reflection screen,

Placing the transparent grid overlay on the screen in front of the observer allows the iris image to



be superimposed over the grid, resulting in a crisp, bright image ready for analysis. By carefully adjusting the grid position, precise identification of lesions and other features can be made. A relaxed study will reveal many otherwise unseen correlations, connections and revelations of the subject. A much richer interpretation of iris information can be made.

I use two projectors and two screens in my work so that both irides can be viewed simultaneously. It helps greatly to have adjustable lenses on the projectors so image sizes can be reduced or enlarged to fit the grid dimensions. Viewing both irides at the same time is a bonus in terms of information gathering. We have reproduced here the anthropomorphic grid which closely matches the oval shape of the iris and takes into consideration the asymmetric qualities of the living iris. For example, the pupil is slightly nasalward and up, not true center. The three concentric pupil circles refer to either a tense, average or lax pupil tone. The left descending colon swings wide as it does in the majority of cases studied. This grid is the result of detailed research involving hundreds of iris tracings which revealed the mean or average contours of the most vital iris features.

At your local graphic arts studio, these images can be enlarged and copies can be made to suit your needs. They can also be transferred onto clear plastic to serve as rear projection screen overlays.

INSTRUMENTATION FOR IRIDOLOGY

Photography

Advances in camera technology have gone far toward making iridology a more exact and reliable science. Since I first began taking iris photographs many years ago, I have, successively, used III cameras—each with features improved over the preceding one. It is difficult for me to accept the idea that a solid-state video-scanning device may replace the camera in iridology one of these days, but progress is inevitable—and desirable.

An iris photography system must be highresolution, providing sharp focus. It must have a
sufficient depth-of-field to bring in clearly the
various levels of iris fibers and to allow for the slight
curvature of the eye. Depth-of-field refers to the
"thickness" of the area our camera lens can bring into
focus, "front-to-back." A good system must be
relilable and easy to operate. The disadvantage of
most homemade iridology camera setups is that so
many photographs turn out poorly. The light source
must be consistent, allowing even illumination over
the whole iris. Otherwise, one side of the photograph
may be too light with the other too dark.

Our system must provide good contrast to show up the fiber structure and lesions, and the best contrast in iris photography comes from side lighting. Side lighting makes the fibers in the eye and the nerve rings almost "jump out" of the picture. Reflections from the light source can be a problem, particularly during analysis of the photograph. Here, we have to consider a phenomenon called "flare." If your light source is in front of the camera lens, it will reflect back into the camera off the surface of the eye. (See illustration, Flare.) This is like shooting into the sun in outdoor photography. The result is a lighter photograph with poor contrast.

There are two basic types of flash attachments, both with serious drawbacks. The ring flash provides poor contrast. The direct flash, the type most photographers use, blasts the eye with 1/10,000 second of white light, forcing the pupil to widen and to contrast pupillary region fibers. We now use a

strobe light source designed to meet the precision needs of iridology. It is possible to use a regular flash with an attachment to hold a flashlight to get the pupil to contract. If the subject is told to hold his mouth open when the photo is taken, the eyes will not blink.

We use color slide film for several reasons. The color is faithful, processing cost is less and it is convenient to use with slide projection systems for analysis. Each slide is numbered on the film. Always mark each roll of film with adequate identification.

Poor quality photographs taken with homebuilt systems not really designed for iris photography will seldom meet the needs of the serious iridology student. Examine the accompanying photographs and notice the great sharpness and detail. These are sufficient for use with computer technology as well as meeting every requirement for direct analysis.

Camera and Accessories

The Jensen III Iriscope has been designed exclusively to meet the requirements of computer technology in analyzing iris photographs. I believe it is the best iridology photographic system yet developed. It was designed and produced by Expanded Optics Company, Westminster, California. Our best photographs to date have been taken with this system. It uses a fiber optics light source which provides excellent illumination of the iris. Model III uses a unique, patented head support to prevent distortions of the iris, and can be attached to a stereo-zoom microscope to allow 5 to 35 times magnification. A syncronized flash over-ride takes a 1/125th-second exposure to stop all motion of the eye. I call Model III the "space-age" camera.

INTERNSHIP/EDUCATION

Internship and education programs are available at the Ranch to keep practitioners abreast of the latest developments in iridology and to assist professionals in all health specialties in understanding how to use iridology as an adjunct to their work. All health fields are changing so rapidly that continuing education is almost a necessity to meet the needs of patients.

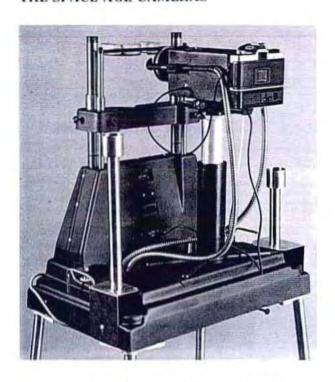
***DR. BERNARD JENSEN'S IRIDOLOGY PROJECT SEVEN

The development of the iris camera was one of our main projects in the study and practice of iridology.

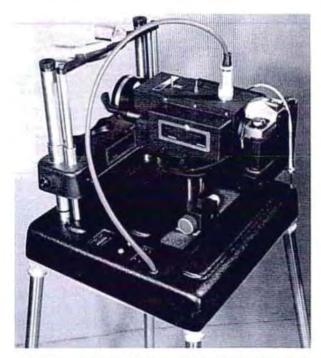
We have gone through 111 cameras, continuously making improvements in lighting, film choice and third-dimension reproduction. Special lenses had to be created to accurately photograph the curvature of the iris along with specific lighting which would allow us to capture the depth of the gullies, as in radii solaris and to bring out the detail of the individual iris fibers. We are pleased with the results which are presented to you in this book, but also recognize that there is still much to be done.

No doubt we will some day see the fine trabeculae magnified on 3" x 4" negative film and may even be using positive film for greater clarity and reproductive ability.

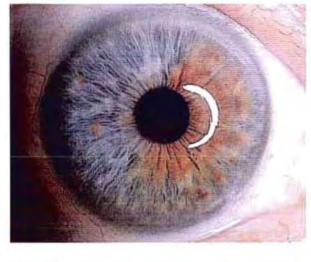
THE SPACE-AGE CAMERAS



The Model 110 Jensen Iriscope office model.



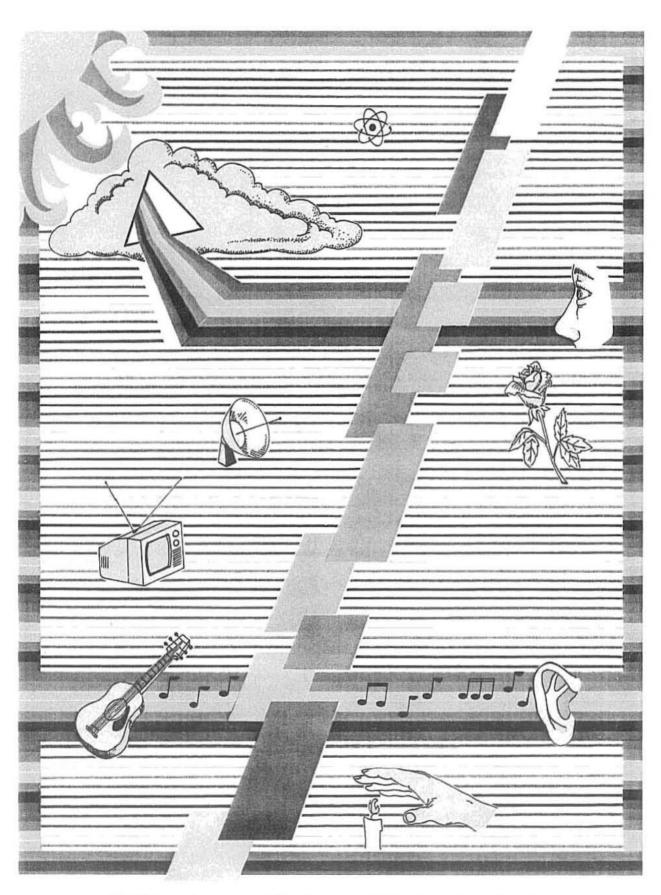
The new Jensen 111 Portable model triscope, weighs 26 pounds with stand.







Stereo-zoom microscope which can be used with either 110 or 111 models of the Jensen Iriscope.



All of life's experiences are carried by vibration, music, color, heat, sight, smell, taste, even feelings and emotions.



Nearly every new discovery in science has stirred controversy at the time of its presentation to the scientific community. It seems to be a law of human nature that we become attached to the old ways to an extent which blinds us to the wonderful potential of a new vision.

Iridology is looking to the dawn of a new day, a new vision, a new hope for mankind, but the birth and nurturing of this new science will not be an easy one.

I wonder, who will bring this science out to receive its rightful place in the world? Who has the right combination of wisdom and authority to bring iridology to the colleges and universities? Who decides a new concept or science is worthy of attention?

There is a great need throughout this planet for health care that even the poor can afford. There is a great need to address the problems of the poor in spirit, the poor in knowledge, the poor in consciousness. Health is not obtained from a successful surgery or a new miracle drug, it is a way of life.

When I first began to combine iridology and nutrition many years ago, I was delighted to see the healing lines coming in faster than with any other therapy. The right biochemical elements accelerate the reversal process. Applied nutrition and its effects on the body will be discussed in depth in the companion book to

CONCLUSION

this one called *The Chemistry of Man*. The two books complement one another.

As I see it, iridology and nutrition offer hope to mankind. Iridology is a minimum intervention analytic tool. Nutrition rebuilds and regenerates tissue without poisoning some other part of the body. Both are safe, effective and economical.

Iridology is an idea whose time has come. To bring forth a new science takes boldness courage and conviction. Perhaps the world will always have its scoffers and doubters, and iridology has had its share of criticisms. But, do great discoveries ever come from their ranks? Can they name a Galileo, a Newton, a Marconi, and Einstein among their own? Can they name a Leif Erickson, a Marco Polo, a Columbus? No. Men of great vision never come from the crowds of those with skeptical spirits. They follow their own paths. climb their own mountains, dare to believe what they know. The others are left behind in the dust and debris of impossibility thinking.

Genius does not come with the college diploma, yet there are those who believe that genius can only be found on a college or university campus. Only the person with a membership card can hope to obtain recognition there. In that sense, higher education suffers from its own myopia and we cannot look to it for

solutions when it is part of the problem.

True education calls for visionary thinking, the boldness to look at new possibilities; it calls for the willingness to work, persevere, compare, evaluate and turn over stone after stone in search of answers; it calls for the capacity to bear ridicule in pursuit of truth. This is the kind of education that holds the key to a new world, a new tomorrow.

In my time, I've seen the invention of television, transcontinental jet air travel and rockets that carry men to the moon. During the same period, I've seen the technology of war developed to a point where our entire planet could become demolished in a matter of hours or days by sophisticated nuclear weapons.

We can choose life or we can choose death. These are our choices for the future.

To choose life is to choose health. Can a truly healthy person want war? I believe the day is at hand when war and violence may become obsolete. When we realize that health is a total lifestyle, that hate, anger, resentment and all negative thinking is toxic to the mind, it is time for a change. Physical toxins lead to disease. Mental toxins lead to war and violence. We need to detoxify our systems, physically and mentally. When I look into the iris of the eye, I see the potential for life and health among those delicate iris fibers. It is time to look into the eye of the future and see the same vision.

***DR. BERNARD JENSEN'S IRIDOLOGY PROJECT TEN

In making iridology my life's work, my contributions include chart changes, nutritional applications, reflexology considerations, camera and photographic developments. But there is much more to be done by those who will follow up in this field.

The first part of the project will be to compare various lab tests with inflammation signs in the iris and to search for correlations. A second will be to investigate iris factors to see if we can determine when the reversal system is impossible. Third, we must experiment to discover what proportions of various chemical elements are needed in different organs and tissues to match the needs of different levels of inflammation. Fourth, it is time to begin documenting the different constellations of iris signs accompanying different disease states. Fifth, we must find out what proportions of inflammation levels are in each organ.

Western medicine's diagnostic methods should be compared with iridology findings. New photographic techniques and equipment must be developed to the full advantage of the coming computer analysis. Iridology will need instrumentation to check iris fiber structure to 1/2500th inch. Color separations in the color photography of dark brown eyes can aid in analyzing difficult eyes. Can iridology consistently predict future conditions if a person's lifestyle remains unchanged? These are future studies to be carried out.

THE FINER FORCES



Once I had verified for myself that iridology works, I began to ask, "Why?" I wondered what was going on at the deeper levels, the unseen levels of the body where fine chemical and electrical forces carry out functions of life and healing. What makes iridology work?

Explanations seldom satisfy me. I respect the great universities, but they have just as often slammed their doors to new and original truth as they have been willing to welcome it. What strikes the spark that opens our eyes to a new discovery? I decided to search for myself.

As a young man, I met George Starr White, MD, and Dr. Avrums, a San Francisco radionic technician. They told me each disease had a specific electromagnetic expression, a specific vibrational frequency. I was awed but uncertain. How could such things exist?

Certainly I saw iris fibers moving and healing lines come in as patients improved. I understood the nerve connections that relayed information from the organs and tissues to the brain and irides. What made it happen? It seemed to me that finer forces, that functioned as if by direction of some innate intelligence, were operating through the autonomic nervous system.

I knew something about vibrations, wave phenomena that occur throughout nature, and I wondered if this was the key. I'd played around with the first crystal radio sets as a boy, and later I'd met Dr. Robert Millikan, the great physicist who pioneered research on cosmic radiation. From radio waves to cosmic rays, nature has brought out a tremendous spectrum of vibrations—all to some purpose.

Certain vibrations can destroy. An opera singer can shatter a wineglass with a certain note. Soldiers break their marching rhythm when they cross a bridge, because a certain vibration would break it down. An electrical signal can set off a charge of dynamite. Perhaps we should say that each vibration seems to have its place in nature, but when it is out of place or wrongly used, it can be destructive.

Life on our planet depends upon light as a creative force. Light is essential to photosynthesis in plants, the living factories which transform inorganic chemical elements into the life-giving biochemicals we call food. We could not survive on a diet of inorganic chemical elements even though we are made of them. The vibrations of light interact with living plants to create life substance for the animal kingdom and man.

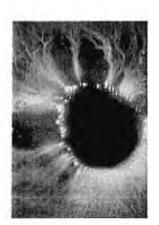
Vibration is a fundamental part of nature, Light is vibration. The rainbow is vibration. Music is vibration. Perfume is vibration. The full range of vibrational frequencies in nature extends from the long, slow wavelengths of geologic time eras to ultrahigh frequencies beyond detection by human instruments. A wise man from India once shared with me that the essence of healing is vibration—through color, music, odor and food. Vibrations are nature's finer forces.

Kirlian photography has demonstrated that music has a profound effect on the body's electromagnetic field. So does love, beauty and delight.

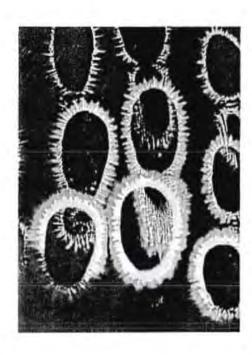
Throughout the human body, the finer forces are at work to bring harmony and health. Each organ and tissue type has its characteristic vibration which is sensed by every other organ and cell in the body. When all is well, these vibrations harmonize. When an organ malfunctions, a jarring note enters to throw the body harmony off balance. Healing is needed to restore harmony.

This ideal harmony throughout the human body is what we seek to sustain in wholistic health. Our search is to understand the finer forces that keep the body, mind and soul in balance.

"All living substance radiates energy and only waits to be perceived."







"This whole material universe is a system of vibrations with every combination bearing its exact mathematical relationship to all the other paris."





A Deeper Look

One of my purposes in writing this book is to arouse in the minds of my readers a deeper interest, a greater curiosity about the wholistic philosophy of health and healing generally, and about iridology specifically. If I have succeeded, then you may wish to pursue the study further and, in that event, it may be helpful to you to refer to the books which have helped me.

I have had the good fortune to know personally some of the great thinkers of our time. I commend their works to you. The most influential men that I have met in my life are: Manly Palmer Hall, founder and president of the Philosophical Research Society, Los Angeles; Sai Baba, one of the great Eastern masters; V.G. Rocine, a Norwegian homeopath whose understanding of food and body chemistry provided the foundations of my own understanding and further investigations; Henry Lindlahr, MD, one of the first doctors to demonstrate to me the relationship of iridology and nutrition; Professor Edmond Bordeaux Szekely, a great scholar, writer and teacher; Dr. Ralph Benner of the Bircher-Benner Sanitariums, Zurich, Switzerland; Ernest Holmes, founder of Science of Mind; Judge Jones, a pioneer in personology; and Dr. John Harvey Kellogg, Dr. John Tilden, Dr. George Weger, Jiddu Krishnamurti, Murdo MacDonald Bayne, Roland Hunt, John Ott, Dr. Max Gerson, Dr. Randolph Stone, J. Haskel Kritzer, Dr. Major De Jarnette, and Dr. Weston Price. Other writers whose work I recommend include F.L. Rawson, C. de Radwan, Ph.D., and Melvin E. Page, DDS.

Among the great books I have read, which I would also recommend to you, are the following:

A Course in Miracles: Foundation of Inner Peace; The Temple Not Made With Hands: Walter Lanyon; Practicing the Presence: Joel Goldsmith; Science of Mind: Ernest Holmes; Isis Unveiled: H.P. Blavatsky; The Ascent of Man: J. Bronowski; Weiner's Herbal, the Guide to Herb Medicine: Dr. Michael Weiner: Origin of Consciousness: Julian Jaynes; Broca's Brain: Carl Sagan; The Brain Book: Peter Russell; Diverticular Diseases of the Colon: Neil S. Pointer, MD; Maps of the Mind: Charles Hampden Turner; Gerard's Herbal: Marcus Woodward; Diet, A Key to Health: R. Swineburne Clymer, MD; The Science of Homeopathy: George Vithoulkas; The Roots of Consciousness: Jeffrey Mishlove: Alternative Medicine: Dr. Andrew Stanway; Discovering the Human Body: Bernard Knight, MD; Normal and Therapeutic Nutrition: Corinne H. Robinson; The Magnetic Blueprint of Life: Albert Roy Davis and Walter C. Rawls, Jr.; The Principles of Natural Living and Natural Healing: Dr. Charles H. Gesser; Vibrations: Virginia McIvor and Sandra LaForest; Dr. Wright's Book of Nutritional Therapy: Jonathan V. Wright, MD; Complete Book of Minerals for Health: Rodale Press; Nutrition and Physical Degeneration: Weston A. Price, DDS; Encyclopedia of Herbs: Renny Harrop, ed.; The Herbalist: Joseph E. Meyer; Herbal Medicine: Dian Dincin Buchaman; A Modern Herbal, Vols. I & II: Mrs. M. Grieve; The Grosset Encyclopedia of Natural Medicine: Robert Thompson; The Complete Book of Herbs: Kay N. Sanecki; People's Desk Reference: F. Joseph Montagna; Male Practice: Robert S. Mendelsohn, MD; The Encyclopedia of Herbs and Herbalism: Malcolm Stuart, ed.: The Medical Discoveries of Edward Bach, Physician: Nora Weeks; The Human Body and How It Works: Exeter Books; Green

Medicine: Mrs. C.F. Level; Human Energy Systems: Jack Schwarz; Hypothyroidism: Broda Barnes, MD; The Galaxies of Life: Stanley Krippner and Daniel Rubin; Radionics: David V. Tansley; Seven Keys to Color: Roland T. Hunt; Report on Radionics: E.W. Russell; Healing Through Color: Theo Gimbel; The Principles of Light and Color: E.D. Babbitt, MD; Green Algae: J.D. Pickett-Heaps; Chemical Diagnosis: V.G. Rocine; A New Model of the Universe: P.D. Ouspensky; Enervation: Dr. John Tilden; A Guide to Alternative Medicine: Donald Law; Mitton's Practical Modern Herbal; F. and V. Mitton; Healing, the Divine Art: Manley Palmer Hall; A Field Guide in Color to Minerals, Rocks, and Stones: Dr. Jaroslav Bauer; The Aquarian Conspiracy: Marilyn Ferguson; A Physician's Handbook on Orthomolecular Medicine: Roger J. Williams, ed.; The Chemistry of Youth: Edmond Bordeaux Szekely; The Bach Flower Remedies: Nora Weeks and Victor Bullen; Diet and Nutrition: Rudolph Ballentine, MD: Staving Healthy with the Seasons: Elson M. Haas, MD: Chemistry in Therapeutics: Walter B. Guy, MD: Lectures on Electro-Homeopathy: H.D. Banerjee; Mental and Elemental Nutrients: Carl C. Pfeiffer, MD; Who Is Your Doctor and Why?: Alonzo J. Shadman, MD; Nature Cure Series: Henry Lindlahr, M.D.; Practical Homeopathic Therapeutics: W.A. Dewey, MD; Homeopathic Materia Medica: William Boericke; The Salts of Salvation: Dr. George W. Carey and Inez E. Perry; Studies in Electro-Physiology: Arthur E. Baines; Christian's Encyclopedia of Diet: Eugene Christian; Health and Light: John Ott; The Living Aura: Kendall Johnson; Light and Vision: Life Science Library; The Essene Gospel of Peace, Books 1, 2, 3, and 4: Edmond Bordeaux Szekely; Using Energy to Heal: Wendell H. Hoffman; Using Plants for Healing: Nelson Coon; Breakthrough to Creativity: Shafica Karagulla, MD; Medicines from the Earth: Wiliam A.R. Thomson, MD, ed.; The Power of Plants: Brendan Lehane; The Illustrated Herbal: Wilfried Blunt and Sandra Raphael; Anatomy and Physiology: Dr. James Beven; Radionics and The Subtle Anatomy of Man: David V. Tansley, DC; Galaxies of Life: Stanley Krippner

Iridologists, in searching the wonders of the human eye and body, have endeavored to give form to their discoveries in books. Here is a list of some of them:

Discoveries in the Realms of Nature and Art of Healing: Ignatz Von Peczely; The Human Eye: Peter C. Kronfeld, Gladys McHugh, and Stephen L. Polyak; The Science & Practice of Iridology: Bernard Jensen; Fundamental Basis of Iridiagnosis: Theodor Kriege; Traite Pratique D'Iridologie: G. Jausas; Augen-Diagnostik: Alfred Maubach; Iridoskopie: Rudolf Schnabel; The Diagnosis from The Eve: Henry Edward Lahn: Handbuch de Augendiagnostik: Joseph Angerer; Diagnostico por El Iris: Dr. Vander; Iridology: F.W. Collins; Iridiagnostik: Theodor Kriege; El Iris de Tus Ojos Revela Tu Salud: Manuel Lezaeta Acharan; The Science of Iridiagnosis: Victor S. Davidson; Wert und Unwert der Iridiagnos: Max Kibler and Ludwig Sterzing; La Medicina Natural al Alcance de Todos: Manuel Lezaeta Acharan; Nature Cure Magazine: Henry Lindlahr; Klinische Prufung derOrgan und Krankheitszeichen in Der Iris: Franz Vida and Josef Deck; The Diagnosis from The Eye: N. Liljequist; Geschichte Wesen und Entwinklung der Augendiagnose: Paul Wermuth; Disease Diagnosed: F.W. Collins; The Book of Iridiagnosis: J. Haskel Kritzer.

Glossary

ACID STOMACH -A condition of under or over acidity in the stomach - also an indication of a nutritional need for sodium.

ACQUIRED CONDITION - A condition that is created in the body after birth; a lesion or marking in the iris not present at birth; a change in tone or color in a lesion from poor lifestyle.

ACUTE - Highly active with short course; rapid metabolism with rapid use of nutrients and rapid production of waste.

ADHESIONS - The union of two surfaces that are normally separate; a fibrous band that connects two surfaces together which are normally separate.

ANALYSIS - 1) a breaking up of any whole into its parts so as to find out their nature, function, etc. 2) a statement of these findings. ANEMIA, Brain - A light, fuzzy are found in the seventh and sometimes also the sixth zone of the iris indicating a lack of oxygen in the brain.

ANEMIA IN EXTREMITIES - Poor circulation in the extremities of the hands, feet and head caused by a lack of exercise or weak digestion. It is illustrated in the iris by a fuzzy edge at the border of the iris in the seventh zone, at the top and bottom of the eye.

ANTERIOR - Front or outermost.

ANTERIOR BORDER LAYER - A layer of cells, both melanocytes and fibroblasts, that are oriented parallel to the iris surface. It varies in thickness and may be absent or thin near the openings of iris crypts or lesions.

ANTERIOR EPITHELIUM - The layer of the iris that contains epithelial (connective tissue) and muscle cells.

ARCUS SENILIS - An opaque arc in the brain area of the iris giving the iris an overall almond shape; usually occurring in subjects over 50 years old. It is associated with a decline in cerebral function and memory and a destruction of brain cells.

ASSIMILATION RING — See Pupillary Ruff.

ATAXIA - Incoordination resulting in involuntary movement. AUTOINTOXICATION - Toxins produced by the body, when not

eliminated, settle into different organs and result in a form of selfpoisoning.

AUTONOMIC NERVE WREATH - Abbreviated ANW, it is also known as the iris collarette; a distinctive landmark that surrounds the pupillary zone and is light in color. It represents the condition of the autonomic nervous system and intestines.

-B-

BALLOONING - An enlargement of the bowel due to an accumulation of gas or fecal material.

BASAL METABOLISM - The lowest possible metabolic rate in the body resulting in the lowest body temperature; usually the lowest in the morning upon rising.

- C -

CALCIUM LUTEUM LINES - See Healing Lines.

CANTHUS - The angular junction of the eyelids at either corner of the eye with the most visible indication on the nasal side.

CATARACT — Opacity of the lens of the eye.

CATARRH - Inflammation of mucus membranes with a resulting free discharge of mucus.

CELL SALTS - A homeopathic concentration or dilution (often to 1000 times) of the twelve salts found in the cells of the body after water and protein are removed; they enter the body as an ion for easy cell absorbtion.

CHEST BRAIN - The medulla or brain stem which controls heart and respiratory functions in the chest area.

CHOLESTEROL DEPOSIT - a lumpy, yellowish deposit on the sclera or white of the eye; usually the result of cholesterol imbalance in the body or liver problems. Also called lipid deposit,

CHOLESTEROL RING - A solid white band circling the perimeter of the iris in the 6th zone; caused by calcification of the cornea due to a sodium and cholesterol imbalance; also called Sodium Ring.

CHRONIC - Persisting for a long time; a morbid state showing little change or extremely slow progress over a long period of time; a weak cell metabolism where cells do not take in nutrients or excrete wastes efficiently.

CILIARY ZONE - The area of the iris contained within the collarette or ANW and the iris root (outer edge).

COLITIS - Acute, often painful inflammation of the colon resulting in alternate constipation and diarrhea; often caused by emotional stress and anxiety.

COLLARETTE - See Autonomic Nerve Wreath.

CONSTITUTION - The inherent make up or strength of the body metabolism, indicative of the body's resistive powers; illustrated in the iris by fiber density, and quality.

CONTRACTION FURROW - See Nerve Ring or Cramp Ring. CORNEA - The clear, anterior cover of the eye.

CORTEX - The outer layer of an organ such as the brain or a gland. CRAMP RINGS - Also called Nerve Rings or Contraction Furrows; a constriction of the iris stroma and tissue that appears as a broken, concentric ring around the pupil; indicative of a poor response to stress.

CRENATIONS - Also called the pupillary ruff, are produced by the continuation around the margin of the radial folds present in the posterior iris surface.

CRISIS, DISEASE - A severe illness, usually lasting over three days accompanied by constipation and other signs of poor elimination.

CRISIS, HEALING - A one to three day illness accompanied by a heavy elimination that rids the body of toxins and improves the health; usually a re-experience of an old suppressed disease or illness. CRYPT - See Lacunae or Lesion - Shallow or deep pits or troughs with a diamond or elliptical shape with irregular openings and containing less fiber density within. Continuous with loose spaces in the iris stroma.

- D -

DEGENERATIVE - Tissue destruction as cell metabolism becomes overburdened with wastes and unable to take in new nutrients; usually associated with a deficiency in circulation to that area and a loss of function.

DILATION - The expansion or widening of the pupillary opening. DILATOR MUSCLE - The muscle that dilates the pupil. Found within the iris structure starting from the outside of the iris (iris root) and running toward the iris frill (ANW), ending at the sphincter muscle.

DIVERTICULUM - Weakened area of the bowel forming a pouch created by a protrusion of the mucus membrane through a defect in the muscular coat of the intestines and bowel.

DIVERTICULITIS - Inflammation of a diverticulum in the intestinal tract causing stagnation of feces and frequently producing

DRUG DEPOSIT - Found in the inner zone of the iris that represents the intestinal area, as a widespread coloration, usually dark brown, and indicative of an accumulation of drugs or toxic material in the body tissues.

Glossary

- E -

EGO PRESSURE CENTER — The area in the brain portion of the chart relating to the regulatory function for blood pressure, stress reactions and willpower.

ENERVATION - Lack of nervous energy.

ETIOLOGY - The study of the causes of disease.

EQUILIBRIUM — State of balance between two forces such as the chemical and physical aspects of cell metabolism.

- F -

FIBER DENSITY — Measure of the number or frequency of iris fibers within a given area of the iris; the greater the quantity of fibers the higher the density and the higher the metabolic strength of that area.

FIELD WEAKNESS — The weakness of iris fibers over a fairly large area with ill-defined borders.

FLACCID - Relaxed, flabby, lacking in tone.

FLOCCULATIONS - Anatomical term for what iridologists call the lymphatic rosary.

FLORA - Intestinal bacteria.

FUCHS' CRYPTS — Rounded or irregular openings in the iris stroma found close to the collarette on both the inside and outside of the autonomic nerve wreath.

- G -

GLAUCOMA — Disease of the eye affecting the retina and optic nerve resulting in blindness when not treated; caused by a fluid pressure build up within the eye from an overproduction of fluid.

- H -

HEALING CRISIS - See Crisis, Healing.

HEALING LINES — Small white cross fibers that appear in the iris as tissue regains its metabolic strength or integrity; also called Calcium Luteum Lines.

HERING'S LAW OF CURE — A law of the natural healing arts postulated by Constantine Hering in the 1800s, "All cure starts from within out, from the head down and in the reverse order as the symptoms appeared."

HOMEOSTASIS — Stability or equilibrium of the body states; regulated by the hypothalamus in the brain.

HYPER - Very increased.

HYPERPIGMÉNTATIONS — Heavy dark colored patches on the surface of the iris made up of pigment cells or melanocytes. Genetically created they indicate a weakness or instability of tissue metabolism. Also called Psora, they represent a genetic accumulation of drugs and toxins.

HYPO - Under or decreased.

- I *-*

IATROGENIC DISORDER – Abnormal condition produced in a patient by the effects of medical, surgical or pharmaceutical measures.

INFLAMMATION — A tissue response to cell destruction involving a change in fluid level and circulation with a resulting change in metabolism and heat production.

INNERVATION — Supply of nervous energy to the organs vital to their proper tone and function.

IRIDOLOGY — The science and practice of revealing inflammation, where it is located in the body and at what stage it is manifesting. The iris reveals body constitution, inherent weakness, levels of health and the transition that occurs in the individual according to the way he lives.

IRIS — 1) Greek stem — rainbow; Mythology — The goddess who

acted as the messenger of the gods, whose sign was a rainbow, a many colored refraction of light from drops of water. 2) The circular pigmented membrane behind the cornea, perforated by the pupil. It is made up of a flat bar of circular muscle fibers surrounding the pupil, a thin layer of plain muscle fibers by which the pupil is dilated and, posteriorly, of two layers of pigmented epithelial cells.

IRIS FRILL - See ANW or Autonomic Nerve Wreath.

IRIS ROOT — The outer edge of the iris where it meets the selera or white of the eye.

IRIS ZONE — A concentric area in the iris which represents certain groups of organs or tissue structures.

IRRITATIONS — Areas of wispy white lines or of thick white fibers often with one tiny grey fiber in the center running from the center of the iris out toward the root; indicates reflexly a large amount of energy being released or consumed in an organ by the nerves.

- L -

LACUNAE — A closed lesion in the iris; indicating an encapsulated condition; usually a genetic weakness.

LANDMARKS — Major organs in the body most likely to have a sign reflecting in the iris; used in iris analysis for chart placement and identification of minor area of weakness.

LESIONS — Acquired or Inherent weaknesses in the body reflected in the iris tissue as separations of the fibers; represents a reduction in body strength in the metabolism of an area to endure stress or use. LYMPHATIC ROSARY — Small cloud-like spots found along the periphery of the iris resembling a string of pearls; indicates reflexly an acute activity of the lymph system; also called Flocculations.

- M -

MAJOR ARTERIAL CIRCLE — The artery that lies in a concentric ring at the iris root or where the sclera meets the iris.

METABOLISM — The body process concerned with the breakdown of food and its intake and use by the cells or tissues; included the input and output of energy, heat and wastes from a cell as it functions.

MIASM — A polluted atmosphere. In iridology a murky coloration throughout the iris that indicates an overall pollution in the body.

MINOR ARTERIAL CIRCLE — The artery that forms a concentric ring around the pupillary zone of the iris creating the landmark known as the Autonomic Nerve Wreath.

MUCUS — The free slime-like secretion from mucus cells in the body containing various salts, mucin and other secretions.

- N -

NERVE RING - See Cramp Ring.

NEURAL ARC REFLEX — A genetically determined reflex condition in the body where conditions in the bowel and intestines affect organs in the body; illustrated by areas inside the ANW affecting areas adjacent to and outside the ANW; a genetic pattern that follows the "inside outside" principle of Hering's law.

NEUROPTIC REFLEX STUDY - Iris analysis.

– P –

PERISTALSIS — A wave-like progression of alternate contraction and relaxation of the muscle fibers of the gastro-intestinal tract by which digestive material is propelled through the alimentary canal. PEYER'S PATCHES — Whitish patches of lymph tissue in the mucous and submucous layers of the small intestines.

PHYSIOGNOMY - The determination of mental or moral character and qualities by the face.

PIGMENT RUFF — The often rust-colored area around the pupil, also known as the Assimilation Ring and Pupillary Border; a visible portion of the posterior surface of the iris.

PLEXUS - A network or tangle of veins or nerves.

POSTERIOR EPITHELIUM — A layer of the iris which is darkly pigmented to prevent penetration of light through the iris into the posterior chamber of the eye.

PROLAPSUS — The falling down, or downward displacement of an organ or tissue; in the colon, this puts pressure on the organs below, impairing circulation and function; illustrated in the iris by a slackening of the ANW along the uppermost portion.

PSORA - See Hyperpigmentation.

PSORIC ITCH SPOT - See Hyperpigmentation.

PTERYGIUM — A patch of thickened tissue growth on the cornea; frequently the result of continued irritation from dust, sand and the environment.

PUPIL - The opening in the center of the iris.

PUPIL TONUS — The tone of the sphincter muscle that shapes the pupillary opening; deformations of the shape of this area indicate imbalance in the nervous system.

PUPILLARY ZONE - The section of the iris bordered by the autonomic nerve wreath and the pupillary border.

- R -

RADII SOLARIS — Elongated and darkened lines that branch out from the pupil or automonic nerve wreath like spokes on a wheel (hence the nickname "spokes"); a reflex sign of a toxic, slow moving bowel.

RETINA — The innermost of three tunics of the eyeball, surrounding the vitreous body and continuous posteriorly with the optic nerve. The retina is composed of light sensitive neurons arranged in three layers; the first layer is made up of rods and cones and the other two transmit impulses from the rods and cones to the optic nerve. The rods are sensitive in dim light and the cones are sensitive in bright light and are also responsible for color vision.

REVERSAL PROCESS — The biochemical process within the body tissues of removing unnatural chemicals and suppressed wastes as the body reestablishes good chemical balance.

- S -

SACCULATION — The development of small, sac-like pouches in the walls of the intestinal tract; see Diverticulum.

SCANNING ELECTRON MICROSCOPY — High-resolution, high-power photographic images created by a scanning beam of electrons; produces images of extreme magnification.

SCLERA — The tough, white covering of the outer portion of the eyeball covering five sixths of the eyeball surface from the cornea to the optic nerve sheath, continuous with the cornea anteriorly and with the external sheath of the optic nerve posteriorly.

SCURF RIM — A darkening of the peripheral area of the iris in zone 7; indicates an underactive skin metabolism and slow waste elimination.

SOLAR PLEXUS — The nerve reflex center in the abdomen (the center of the body) which distributes nerve impulses to the liver, stomach, kidneys and adrenals; has a major effect on the entire body in emotional response and equilibrium.

SPASTIC – Characterized by spasms, or tightening of the muscles. In the bowel this causes pain and a hindrance of fecal movement through the small and large intestine.

SPHINCTER MUSCLE - The smooth circular muscle which is responsible for constriction of the pupillary opening.

SPOKES - See Radii Solaris.

STASIS - A stoppage of flow, as of blood or other body fluid or of intestinal contents.

STOMACH RING — Also known as acid stomach; appearing as a light-colored halo around the pupil.

STROMA — The tissue that forms the ground substance or matrix of the iris.

SUBACUTE — Between acute and chronic; moderate metabolic activity slightly under normal.

SUBCLINICAL — Without clinical manifestations; said of the very early stages of disease.

SUPPRESSION — Sudden stoppage of secretion, excretion or normal discharge from body tissues.

- T -

THERMOGRAPHY — Photographic chart showing body surface temperatures using infrared techniques; indicative of metabolic rate of organs under the surface.

TONUS — The normal state of slight contraction of the iris which is affected by innervation of the autonomic nervous system.

TORTICOLLIS – Wry neck; a contracted state of the cervical muscles producing torsion of the neck.

TOXEMIA — The presence of toxic material in the blood from body cell and bacterial wastes as well as from inorganic chemicals ingested into the tissues.

TRABECULA — 1) Iris fibers 2) Small fibro-muscular bands or cords providing structural support for an organ.

TRANSVERSAL — A line running across the fibers of the iris in a transverse manner (often vascularized); indicates a place in the body where an unusual amount of activity or stress has been involved; associated with injuries.

TRAUMA — Wound or injury; injury to the subconscious mind by emotional shock.

- U -

URIC ACID - The end product of purine metabolism in the body; an excess of this acid is present in gout, when stones are formed in the urinary tract, or when crystallized deposits form in the joints and tissues.

– v –

VITAL ENERGY — The power within the body that comes from consumption of nutrients through body metabolism in the cells and tissues; keeps the body alert and ready for action and provides the nerve innervation that keeps the body functioning and in proper balance.

- Z -

ZONE — A region representing parts of the body similar in function; division of the iris into seven divisions from the pupillary border to the iris root.

Credits

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Assimilation 289-290

521, 527

Atherosclerosis 433, 497, 503

Autointoxication 400, 408

Asthma 99, 191, 231, 249, 270, 338, 367, 370, 371, 420, 427-29, 459,

Autonomic Nerve System 248, 300-303, 311, 313, 509, 562; Wreath

315-18, 352, 397, 419, 439, 456, 470, 510, 518, 523

84-85, 102, 125, 134, 137, 145, 147, 154, 158-59, 230, 238, 298,

A	В
Abdominal: Organs 374, 505; Pains 398	Bacillus Acidophilus 424
Abnormal: Cells 410; Conditions 85; Growths 449-451	Bacteria 63, 288; Bacterial 409, 523
Abscesses 244	Barnes, Dr. Broda O. 270, 433
Absorption Ring 123, 137, 288	Basal Metabolism 268
Abortion 530	Beddoe, John, MD, 163-64
Accumulations 436	Biochemical 63, 173, 417, 456, 458, 564; Balance 399; Elements
Acharan, Dr. M. L. 7, 39	213, 439, 552, 561; Imbalance 159; Needs 95; Salts 437;
Acid 426, 428, 429, 531	Therapy 237
Conditions 92, 94, 103, 524, 527	Bird Eyes 151, 154-156
Stomach 113, 124, 393, 523, 524	Bladder (Conditions) 238, 241, 372, 398, 410, 428, 532
Wastes 240, 423, 424	Blood 1, 63, 78, 167, 178, 226, 285, 337, 398, 417-19, 425-27, 450,
Acidity 6, 102, 173, 425, 426, 427, 523, 524, 533	453, 456, 497, 509; Cells 338, 343, 417; Clots 339; Circulation
Acne 369, 525	336, 351; Count 338; Plasma 418; Pressure 65, 67, 74, 184, 222,
Acquired Mental Area 324; Speech 301, 324, 325, 330, 468, 477.	270, 336, 434, 459, 474, 523-25; Pressure, High 6, 170, 379,
487; High/Low Level Expressions 477, 478	394, 459, 476, 513; Low 374, 411, 476; Stream 63, 226, 230,
Acupressure 63	397, 408, 410, 419, 420, 436, 440, 458, 509; Toxemia 398;
Acupuncture 10, 62, 63, 78, 356	Vessels 2, 339, 377
Acute 103, 173-175, 185, 300-01, 372, 385, 394, 439, 521	Bodeen, Dr. Donald 206-07
Symptoms 173, 232-33, 264-65, 286-87, 300-01	Body Defense: Normal 408
Hyperactive 303, 418, 431, 433, 439, 497, 552	Body Fluid 336; Circulation 336-351; Oxygenation 417, 421;
Adhesions 449, 501	System represented in iris 225, 229; Temperature 242, 321,
Adrenal 65, 85, 250, 264, 270, 272, 324, 370, 373-74, 392, 411, 420.	418, 466; l'issue 6; Waste 407-08, 410
429, 434, 466; 476, 516, 523-24, 527	Bones 355, 457; Area 399, 400; Marrow 338; Phosphorus 457
Adrenalin 420	Bowel 10, 62, 72, 105, 192, 201, 231, 234-35, 238, 325, 338, 372-73,
Air 417, 419, 498	381, 387-88, 392, 394, 397-406, 410-11, 449, 420, 424, 429, 433,
Albrecht, Dr. W. 552	507, 528, 532; Ballooned 113, 415, 501, 527; Chart 45;
Alfalfa 398, 424	Diverticula 105, 393, 416; Pockets 374-75, 523, 528;
Alimentary Canal 285, 408	Underactive 436
Alkaline 425, 427, 429; Phosphate 411; Alkaline Foods 426	Brain 10, 63, 85, 88, 167, 226, 244, 262, 271, 298, 300, 301, 314, 318,
Allergy 249, 370-71, 420, 527	336, 392, 418, 425, 453-59, 461-63, 469, 472, 508-11, 513, 527,
Allopathic Medicine 3, 187; Method 221-22, 384	562; Anemia 338, 374, 375, 391, 503; Centers 480; Cerebellum
Alternative Health Care 221-24	319-20, 473, 484; Cerebral Cortex 319; Cerebral Hemisphere
Alzheimer's Disease 440, 444	464; Cerebrospinal Fluid 327, 478; Cerebrum 325, 466; Cortex
Amblyopia 518	474; Flairs 480-89; Midbrain 465, 471-74; Phrenology 467;
Anabolism 279, 431	Psychic 92; Tryptophan 479
Anderschow, Dr. H. W. 7, 9	Brain, The Master Control Center 318-335
Anemia 85, 94, 302, 338-39, 373, 393, 436, 470, 476, 497-98, 528;	Brain, The Human Computer 453-496
Extremities 104, 113, 130, 178, 321, 374, 375, 392, 500;	Breast 392, 410, 420, 428, 462, 509, 510, 528; Conditions 376;
Pernicious 78	Feeding 221; Lumps 411, 527
Angerer, Dr. J., Charts 7, 28-29	Bronchial 85, 232, 249, 251, 255, 372, 378, 393, 397, 399, 400, 402,
Animation Life Center 276, 300, 306, 321, 331, 498, 470, 472, 485.	418-21, 424, 427; Bronchitis 338, 429; Bronchus 250, 256, 418,
509, 518, 524; High/Low Level Expressions 472	419, 523; Story 417; Weakness 521, 523-25, 532
Ankle 372, 411 Anthropomorphic Grids/Charts 59, 559	Bronowski, Jacob 455, 464
Appendix 63, 295, 345, 381, 408-10, 420, 449, 523, 528	Burkitt, Dr. Denis P. 409
Appetite 267, 315, 321, 351, 466	
Archer, Dr. Maurice 7, 343	
Arcus Senilis 104, 113, 122, 321, 498, 503, 509, 528	С
Arnold, Dr. John 6, 7	
Arteriosclerosis 271, 336, 428	Calcium 104 190 213 270 288 302 309 352 355 272 204 200
Artery 64, 342, 374, 417	Calcium 104, 190, 213, 270, 288, 302, 308, 352, 355, 373, 386, 388, 412, 425, 426, 429, 430, 431, 440, 470, 524, 551, 552, 553;
Arthritis 6, 205, 271, 353, 355, 379, 381, 408, 428, 439	Calcification 327, 377, 478; Fluorica 218; Lack of 393
Arythmia 510	Callinga Dr. Paul 77

Cameras 557-58

526, 534

Capillaries 64, 497

Carbohydrates 238, 498

Carrel, Dr. Alexis 409, 410

Case Histories 394, 395, 411-13; 521-533

Carlysle, Thelma 544

Cancer 245, 344, 397, 398, 407-10, 428, 437, 439, 440, 450, 451, 513,

573

Cataracts 159, 167, 197 Catarrh 92, 100,101, 174, 184, 270, 338, 372, 374, 384, 417, 419, 420, 424, 427, 434, 436, 437, 439, 523, 524, 530, 533; Catarrhal 428, 430; Discharges 433; Settlement 370 Cell 408-09, 508-09, 513; Functions 410; Level 418; Metabolism Cell Saits 212, 214, 218, 220, 408 Cervical Nerves 306 Cervix 379, 530 Charts 9-59; American 18-25, 54-59; Anthropomorphic 59, 559. 560; Australian 35; Chile 39; Chinese 46; de Bardo, Boris 34; Development 4-7; French 33-34; German 26-29; Grids 59, 227-28, 559; Hebrew 50-51; Italian 40; Japanese 47-49; Netzah, Dr. M. 50-51; South African 35-37, 40-41; South American 40-41: Spanish 38, 42-43 Check Area 527 Chemical: Balance 449; Element 187, 551, 552, 564; Fertilizers 61; Imbalance 67, 524; Inorganic 435; Poisoning 85; Processing 408; Salts 437; Signs 106 Chest Conditions 372, 417-18 Chicken Embryo Pictures 140-41 Childrens' Diseases 428 Chiropractic 10, 302, 307-09, 312-13, 315-16, 352, 364 Chlorine 240, 425-26, 553 Chlorophyll 498, 524; Molecule 417 Cholesterol, Ring 103-04, 130, 190, 338-40, 437, 440 456, 498 Choroid 456; Plexus 327-38, 456 Chromosomes 513 Chronic 173, 175, 410, 436, 439, 527; Conditions 174, 383, 385, 393. 402, 507, 521, 551; Diseases 210, 222, 521; Manifestations 397; Stages 187; Symptoms 232, 233, 264, 265, 286, 287, 300, 301 Christopher, Dr. John R. 6, 7 Ciliary Body 456; Zone 84, 85 Circulation 64-67, 104, 168-69, 178, 226-277, 321, 327, 337-39, 342. 346, 375, 393, 401, 411-12, 417, 420, 432, 434, 453, 497, 498, 503, 524; Poor 450, 523, 525, 528 Cleansing 104, 200, 202, 208, 235, 398 Climate 429; Altitude 498 Colds 3, 249, 338, 417, 420, 428-29, 521 Colema Board 410, 415; Treatments 411 Collins, Dr. F. W. 5, 7, 8, 343; Charts/ Drawings 22-23 Colitis 235, 373, 400, 411, 416, 433, 459 Wall 410

Colon 126, 230-32, 234, 236, 276, 285, 289, 313, 315, 376, 390, 394. 400-02, 407-09, 416, 424, 428, 511, 548; Ascending 285, 394, 399, 400, 401, 419, 523, 524; Conditions 416; Descending 527; Flexures 408; Pressure 235; Sigmoid 526; Transverse 533;

Colonics 397, 398; Irrigators 407, Polyps 409; Surgery 408 Color 88, 457-58, 462, 474, 548, 549, 550-551

Computer 96, 458-59, 509, 545-458

Cones 136-37

Constinution 211, 231, 235, 338, 390, 397-98, 402, 407, 410-11, 424, 436, 509, 524

Constitution (Strong/Weak) 114, 115, 168-69, 371, 401, 513, 516, 545

Contributing Factors 372-75

Coughs 245, 323, 398, 428, 521, 528

Cranial Nerves 326

Crypts 105, 189, 470

Cuddington, Alfred L., 36-37

Cysts 277, 279, 397, 449, 451, 501, 513, 528, 533

Colonic Surgery 408-09

D

Deck, Dr. Josef 7, 69, 85, 160, 162, 451; Charts 28, 159 Degenerative 173, 175, 397, 409, 433, 449, 453; Condition 65, 407. 410, 437; Tissue 450 DeJarnette, Dr. 462 Detoxification 409 Diabetes 196, 503, 513 Diagnosis 73, 78, 178, 222, 551 Diaphragm 233, 418, 478

Diarrhea 198, 387, 398, 411, 439 Diet 6, 62, 80, 398, 400, 401, 407-410, 420 Digestive System 284-98, 302; Digestion 270, 281, 299, 338, 420; Poor 523

Diseases 86, 91, 367, 369, 397-99, 407-10, 419, 437, 458, 551; Constitutional 168, Process 181; Source 184

Diverticula 105, 234, 393, 397, 398, 400, 402, 406-09, 416, 501

Dizziness 322-23; Vertigo 459, 473, 476

Douglas, Dr. Bruce 384

Dreier, Dr. John 7

Drugs 4, 63, 67, 87, 92, 104-06, 159, 163, 187, 235, 372, 415, 420, 424, 435-37, 439, 445-47; Accumulations 1, 6, 93, 164; Deposits 14, 85, 402, 516, 523; Penicillin 528; Pesticides 61; Spider Experiments 438; Surgery 62

Duodenum 293, 285

E

Ear 419, 461; Conditions 358, 387; Deafness 68, 387-88, 427, 525; Ringing 377, 476

Eczema 244, 513

Edema 5, 192

Ego Pressure 301, 324, 329, 469,476, 488; High Low Level Expressions 477

Einstein, Albert 454, 455

Electrocardiogram 510; Abnormal 74; Impulses 456, 508; Vibrations 507

Elimination 190, 192, 196, 201, 270, 397, 399, 410, 419, 421, 424, 426, 428, 429, 430, 434, 439, 471, 501, 503, 524; Channels 230, 247, 425, 427, 435; Diet 415; Process 244, 418; Program 411; System 231-33, 453

Embryo 454, 456; Chicken Pictures 140-41; Human 142 Emotions 212, 235, 298, 320, 417-18, 425, 457-58, 473, 510;

Emotional 321, 428; Response 159; Stress 1

Emphysema 250, 420, 427, 439, 521

Endometriosis 379

Enemas 398, 419

Enervation 161, 298, 411, 471, 497, 498, 501, 503

Engler 7

Enzymes 284-85, 423, 425

Epilepsy 274, 323, 462

Equilibrium/ Dizziness Center 301, 322, 323, 333, 462-64, 468, 473, 484; High/Low Level Expressions 474

Esophagus 287, 293, 525

Ettlingen 28

Exercise 1, 63, 64, 67, 104, 226, 245, 338, 397, 398, 420, 421, 423,

426, 429, 430, 498, 503, 471, 524, 527, 545

Expanded Optics, Inc. 557

Extremities: Arm 362, 381; Hands 374; Feet 457; Knees 376; Legs 328, 353, 356, 363, 375, 379, 411; Wrist 63

Eye 69, 133, 167, 359, 373, 394, 417, 456, 458, 514, 525; Anatomy 134; 135, 146; Area 166; Blood Supply 146; Color Variations 162, 165, 516; Cornea 85, 498; Development 140-42; Difficult to Analyze 439; Diseases 166, 168-70; Extension of Brain 143; Index to Health 168; Medeic 115, 413, 442, 445; Pigeon 154

Fallopian Tube 501 Fasting 62, 63, 400, 427 Fatigue 64, 65, 85, 92, 95, 158, 159, 207, 230, 270, 276, 308, 321 377. 381, 407, 419, 424, 459, 471, 474, 498, 509, 523; Persistant 373, 524 Fats 244, 270, 498 Fear 65, 178, 270 Felke, Pastor 4, 7, 162, 343; Charts 16, 17 Ferrandiz, Dr. V. L. 6, 7, 9, 244, 509; Chart 42, 43 Fever 5, 398, 420, 428, 429, 518

Fiber, Absence of 409, 410

Filmer, Dr. Martin 7, 162, 440, 441; Chart 35

Fingers 457; Fingerprints 89, 90

Five Channels of Elimination 230

Five-Sense Area 301, 323, 329, 393, 468, 469, 475, 486; High/ Low Level Expressions 476

Flatulence 235, 394, 400, 427

Flu 4, 420, 429, 521 Folic Acid 497 Foods 290, 380, 397, 398, 407, 408, 428, 457, 498; Devitalized 284; Fried 411; Junk 288, 316, 420; Whey 479 Four Principles 63 Four Stages of Activity 173

G

Gall, Dr. Frantz 467, 468 Gallbladder 62, 285, 286, 296, 374, 379, 408, 427, 525, 527; Gallstones 92, 375 Gangrene 411 Garden of Eden 225 Gardner, Dr. Hoyt D. 384 Gas 372, 373, 394, 397, 399, 400, 425, 523; Pressure 418, 503 Genetics 164; Conditions 513; Factors 519; Inheritance 138, 507;

Predisposition 100 Genius 455, 514, 518 Gesser, Dr. Charles 211

Glands 95, 408, 410; Exocrine 262, 274; Endocrine 262, 432; Glandular System 263-65, 268, 275

Glance of an Eye 494 Glover, Dr. John 164

Gravity 327, 498, 503; Board 504; Effects 501; Gravitosis, The New Disease 234, 277, 394, 397, 416, 501-05

Griffin, LaDcan 6, 7 Grimes, H. S. 7 Grain, Fiber 409

Growths 267, 274, 277, 282, 437, 449, 451

Gull, Sir William 217

H

Haendel Chart 40-41 Hahnemann, Dr. Christian 190, 211 Hall, Dorothy 7 Hardening of Arteries 390, 391, 393, 437, 440, 470, 471, 497, 525 Hart, Dr. B. F. 190 Harvey, Dr. Thomas S. 5, 455 Hay Fever 420, 521 Hendache 72, 73, 328, 375, 390, 398, 427, 503; Chronic 524, 525; Migraine 509 Head Lice 177

Healing 1, 208, 398, 445; Arts 61, 62, 87, 91; Crisis 5, 93, 177, 185, 191, 193, 201, 205-07, 216-17, 235, 270, 421, 430, 433, 439; Lines 67, 69, 84, 103, 113, 210, 510, 552, 561; Process 181, 270; Signs 93, 122, 134, 189, 190, 400, 449, 509, 527, 533, 545

Health 6, 63, 190, 371, 372, 408, 410, 420, 427, 431; Good 61, 316, 408; Level 94, 96; Program 208

Heart 2, 10, 64, 218, 250, 340-44, 350, 381, 408, 417, 460, 498, 503, 510, 513, 523; Conditions 6, 160, 342, 377, 378, 440, 459, 503, 508, 525, 529, 531

Hemorrhoids 235, 290, 409, 427, 503, 525

Hemophilia 513

Hense, Heinrich 7, 9; Charts 27

Hering, Constantine 181

Hering's Law 93, 174-75, 181-82, 196-98, 212-13, 384, 386, 388. 420, 421, 433, 439, 464, 507, 521

Hernia 409, 531; Hiatal 525

Herpes 167, 437

Hess, Dr. Eckhard 159

Hiccoughing 323

Hines, Dr. Wayne L. 7, 72

Hip 376, 394

Homeopathy 178, 184, 211, 220

Homeostasis 77, 86

Hormones 262, 263, 267, 270, 271, 274, 279, 321, 324, 340, 345, 356, 418, 456

How to Build a Disease 369-381

Hydrochloric Acid 288, 336, 337, 356, 386, 423, 425

Hyperacidity 73, 119, 121, 375, 524

Hyperchlorhydria 423, 552

Hyperpigmentation 116, 516

Hypertension 72, 271, 433 Hypoactive 418, 420, 431, 433, 436, 503, 552 Hypoglycemia 378, 379, 381 Hypothalamus 262, 279, 300, 301, 319, 321, 434, 460, 466, 474, Hypotheses of Iridology 83 Hypothyroid 267, 389, 431 Hunza 213, 503 Hutchens, Alma R. 6, 7 Huntington's Chorea 513

I

latrogenic Disease 384 Heocecal Vaive 295, 393, 410 Heum 285 Immune System 343, 345 Importance of Pupil 157, 161 Indican 398 Indigestion 526 Infection 63, 94, 410, 433, 439, 523, 594

Inflammation 92, 173, 212, 222, 394, 410, 419, 435, 528, 546, 552; Acute 119

Inherent Mental 300, 322, 332, 468, 469, 473, 482; High: Low Level

Expression 473 Inherent Weakness 6, 67, 69, 85, 223, 238, 290, 341, 343, 383, 385, 386, 388, 393, 397, 400, 401, 411, 418, 424, 430, 436, 454, 461, 470, 508-10, 513, 514

Injuries 4, 85, 103, 449

Innervation 62, 63, 85, 177, 299, 308, 371, 459, 509, 510

Insect Eyes 151-53

Intestine 231, 285, 286, 289, 291, 293, 315, 393, 394, 399, 402, 410, 425, 427; Area 398; Domino Effect 408; Flora 234, 409, 424; Pressure 409

Intoxication 458

fodine 4, 85, 386, 435, 524, 526, 551, 553

Ions, Negative 419

Iridectomy 166, 168

frides 10, 88, 397, 398, 427, 431, 433, 435, 436, 498, 514

Iridology 5, 299, 307, 398, 433, 437, 440, 441, 449, 450, 453, 454, 455, 456, 497, 551, 556, 561, 562; Application 75, 417; Charts 11-53, 431

Iridology Aids Optometry 72

Iridology, Other Viewpoints 71-80

Iridology, What It Does Not Do 91

Iridology, What It Reveals I

Iris 67, 68, 84, 436, 449, 465, 498, 513, 514, 551, 559, 560; Analysis 106, 397, 524-526; Anatomy 147; Changes 101; Fibers 535; Frill 100; Landscape 101; Markings 113; Muscles and Nerves 145, 149, 150; Photographs 521; Pigmentation 163; System of Identification 90; Topography 4

Iron 337, 338, 402, 417, 424, 425, 436, 497, 498, 553

Irritations 92, 118, 302, 397

J

Janssen, Dr. G. 7; Chart 35 Jausas, Dr. G. 7 Jaw 359

Jensen, Dr. Bernard 7, 343, 440; Bowel Chart 45; Iridology Charts 53-57; Zone Chart 58;

Joints 373, 386, 457

Jones, Judge 455

Kellogg, Dr. John Harvey 408 Kidney 62, 232, 238, 239, 338, 344, 374, 375, 391, 392, 394, 410-12, 424, 425, 429, 524, 528, 553; Area 75; Conditions 85, 373, 513, 523, 532; Stones 428

Kidney Brain 461 Kinesiology 10, 75

Kirlian Photography 88, 564

Kneipp 64, 238, 327, 472; Baths 357, 498

Kriege, Dr. Theodor 7, 9

Kritzer, Dr. J. Haskel 5-7, 306, 323, 343; Charts 23-24, 477-78

L

Laboratory Analysis 75; Tests 270

Lactase 513

Lacunae 105, 117, 510

Lane, Dr. Henry E. 4, 7; Chart 20, 21, 23, 38

Lane, Sir William Arbuthnot, MD 408

Lang, Dr. Walter, ND 7, 20, 21, 69, 84, 145, 343

Larynx 431, 461

Laxatives 398, 407, 419, 553

Lead 419; Poisoning 436

Lecithin 456, 457, 524

Legal Cases in Iridology 8

Lesions 67, 85, 105, 113, 117, 191, 327, 398, 449, 470, 478, 511, 535, 545, 548, 549, 551, 560; Butterfly 509; Chronic 120, 533; Closed 118; Subacute 120, 533

Levine, Jr. J. D. 7, 25

Lifestyle 187, 203, 220, 299, 308, 340

Liljequist, Nils 4, 8, 106, 163, 323, 343, 435; Charts 11-14, 23

Limbic System 300, 460, 463

Lindlahr, Dr. Henry 5, 7, 178, 184, 323, 343, 474; Charts 18, 19, 23,

Lipid Deposits 497

Liver 2, 10, 62, 286, 288, 296, 344, 388, 408, 503, 523, 553; Area 394; Bile 285, 424; Function 411, 523, 525; Jaundice 8; Hepatitis 378, 429, 525

Lungs 10, 65, 85, 104, 232, 245, 246, 249-53, 289, 375, 381, 391, 397, 398, 415, 417-421, 424, 428, 511, 524, 528; Cases 260, 261; Consumption 454

Lust, Dr. Benedict 7, 424

Lymph 62, 63, 242, 244, 336, 342, 367, 373, 374, 390, 410, 420, 427, 429, 435, 449, 453, 497, 503, 516, 524, 528, 533; Circulation 351; Congestion 353, 375, 470, 527; Glands 4, 233, 279, 285, 337, 343-46, 370, 419, 450; Tissue 1, 62, 64, 345

Lymphatic Rosary 103, 113, 128, 220, 245, 342, 429, 524, 533

Mc

McLain, Dr. R. M. 5, 71, 327, 343, 356, 459 McMahon, Bill 437

M

Magnesium 425, 426, 479, 480, 553; Phosphate 219

Magnetism 240

Main Chemical Needs of Body Organs 552

Main Complaint 372, 374, 375

Malaria 398

Malnutrition 63, 68, 72, 85, 436, 439, 468, 471, 552

Maloff, Pete 80

Mammary Gland 278, 279; Mastectomy 529

Manganese 425, 479-480, 553

Manifesting Conditions and Symptoms 85, 367, 435

Marchesseau, Dr. P. V. 7

Mastoid 358, 419

Maubach, Alfred 7, 343; Charts 28

Mechanical Signs 105

Medical Technology 223

Medicine 178, 370

Meditation 174, 178, 436, 462, 480

Medulla 249, 258, 300, 319, 323, 331, 338, 373, 381, 417, 418, 459, 461, 463, 465, 467-469, 474, 476, 478, 483, 510-511, 521, 523

Mehlmauer, Leonard 7

Melanin 164

Memory 325, 457, 462, 463, 465, 469, 470, 473, 480

Menstruation 279, 501; Disorders 374, 398, 524, 525

Mental I. 201, 202, 207, 208, 418, 421; Ability 301, 325, 333, 467, 469, 480, 481; Abnormalities 475; Cerebellum 479; High Low Level Expressions 478; Retardation 455, 513; Sex 322

Mercury 439

Metabolism 86, 94, 95, 101, 120, 217, 230, 248, 267, 274, 279, 284, 321, 336, 356, 420, 433, 439, 498; Metabolic: Disturbance 238; Functions 92, 105; Rate 173, 174, 418

Meyens, Philippus 2, 99

Miasm 175, 381, 437-439, 530 Microorganisms 410, 418

Michael (patient) 200-204

Milk 425, 429

Mind 196, 197, 209, 220, 417, 459, 474, 491; Faculties 457, 459, 470 Mucus, Mucous 173, 205, 219, 290, 410, 414, 415, 419, 427, 428;

Membranes 418

Muller, A. 4

Multiple Sclerosis 328

Muscular System 356, 357

Muscles 356, 425, 431, 457, 462, 463

N

Nerves 1, 63, 78, 106, 157, 219, 226, 397, 425, 454-58, 461, 465-69, 508, 535, 543; Cell 304, 455, 459; Depletion 373, 552; Fibers 85, 304, 463; Impulse 69, 418; Pathways 84, 298-317; Rings 104, 127, 137, 138, 288, 306, 433, 470, 516, 518, 524, 525, 541; Supply 77, 100, 127, 308, 315; Fension 400

Nervous System 63, 65, 67, 85, 138, 225, 235, 274, 290, 298, 300-02, 310, 369, 374, 433, 459, 466, 467, 474; Disorders 69, 378, 509.

523, 526 Neurons 454, 457, 461, 508

Nincin 471, 479

Nitrogen 418, 553

Nutrition 63, 67, 88, 100, 174, 175, 205, 206, 213, 216, 226, 306, 308, 315, 327, 370, 371, 376, 386, 387, 408, 426, 428, 429, 471, 551, 561; Supplements 267, 270, 271, 279, 306, 338, 411, 479; Vibration 508

Nutrient Fransmission 508, 509

0

Obesity 267 Occipital 459; Lobes 463, 465 Oculomotor Nerves 461 Olfactory 458, 461, 465, 478 Operations 103, 449, 451 Ophthalmology 101, 167 Optic Chiasm 465, 466; Nerve 456, 458, 461 Organ Reflex Area 540 Orthopedic Evaluation 74 Ostgoporosis 356, 377 Ostness, Dr. George, Zone Charts 58 Ovaries 85, 271, 276, 278, 279, 280, 388, 428, 456, 462, 501, 525; Area and Conditions 72, 265, 524 Overacid Body Chemistry 125, 526 Overweight 245, 427, 528 Oxygen 63, 219, 327, 337, 338, 375, 417, 418, 420, 421, 432, 456, 471, 498, 553

P

PBI (Protein Bound Iodine) 433 pH (potential of Hydrogen) 238, 337 Pain 4, 5, 211, 394, 427, 428 Pain Receptor 397, 398 Palmer, D. D. 308 Pancreas 265, 271, 273, 285, 286, 374, 388, 429, 524 Pap Test 411 Parasites 92, 398, 399 Parasympathetic Nervous System 461, 466 Parathyroid 270, 431 Parietal Lobes 463, 464 Pathology 67, 68, 92, 166, 169, 170 408; Etiology 369 Pathway Chart 182, 183 Pauling, Linus 217 Pelvic Area 397, 501 Penfield, Wilder 463 Penis 278, 281 Perfect Iris 100 Personality 467, 478 Personology 467, 490-492; Type 164; Temperament 417, 458 Perspiration 424, 426 Petinak, Dr. Marko 7, 24, 343

Phiegm 173, 419, 427, 428 Roeme, V. G. 211, 213, 417, 455, 552; Brain Centers: Faculties 469-470, 480; Work on Brain & Soul 468 Phobias, List of 432, 433 Rods 136, 137, 461, 465 Phosphates 425 Phosphorus 426, 457, 472, 553 Romanshov, Dr. Fedor W. 81, 85 Photoreceptor Neurons 465 Roux, Dr. Andre 7: Charts 33 Physical Examination 74 Physiology of Iris Signs 99 S Pigment 163 Pigment Ruff 100 Salt 425, 437-441 Pincal Gland 262, 263, 265-67, 325, 327, 334, 460, 480, 487 Scanning Electron Microscopy 534-544 Pituitary 262-64, 266, 267, 279, 290, 321, 324, 327, 334, 459, 460, Scapula 361, 374, 393 462, 466, 471, 474, 476, 480, 487-489 Schenk, Dr. Anthony 7 Pleura 233, 248, 249, 254; Area 391, 527 Schnabel, Dr. Emil 4, 343 Poisons 408, 410, 420 Schuessler, Dr. 217 Polarity 89 Schulte, Karl, Chart 26 Polyni 4 Schultz, Dr. Myron G. 399 Pollen 418 Schwartz, Louis H., MD 168 Pollution 61, 68, 93, 103, 230, 249, 250, 270, 408, 418-20, 429, 471, Sciatica 450 Pons 319, 459, 461, 471 Science of Bringing Light to Dark Places 67-69 Posture 306, 352, 354 Scientific Method 80 Potassium 240, 279, 290, 302, 337, 424-426, 440, 441, 553; Chloride Sclera 84, 85, 456 218; Phosphate 219 Scurf Rim 104, 105, 113, 129, 242, 244, 302, 419, 424, 433, 509, 523, Prefrontal Lobes 465, 478, 481 524 Pregnancy 91, 94, 279, 460 Sensory-Locomotion 300, 321, 322, 330, 467-469, 479; High/Low Prenatal Period 461 Level Expressions 472-473 Preventative 409 Sex: Area: 332, 525; Behavior 271, 459, 460, 462, 472, 479; Organs Projects: One, 56; Two, 510; Three, 195; Four, 555; Five, 411; Six, 466, 470, 474 483; Seven, 557; Eight, 546; Nine, 539; Ten (Future), 562 Sex Impulse Mental Sex 276, 300, 322, 323, 462, 468, 469, 470, Prolapsus 113, 234, 276, 279, 306, 367, 374, 394, 397, 406, 416, 497. 474, 479; High Low Level Expressions 475 501, 503, 505, 509, 524-526 Shoulder 361, 381, 427 Prostate Disturbance 409; Glands 235, 271, 278, 279, 283, 524 Side Effects 439, 445 Protein 427, 475, 479, 524 Sigmoid Colon 402, 450, 501, 503, 526 Protomorphogens 270, 271, 338, 343 Silicon 240, 386, 388, 412, 424, 429, 451, 479, 524, 528, 551-553 Psora 113, 116, 306, 436, 443, 445, 531; Itch Spots 93, 106, 439, Sinus 72, 73, 259, 372, 378, 379, 390, 391, 401, 402, 408, 419, 429 518, 523 Sipes, Dr. Glen 398 Psoriasis 190, 191, 202, 203, 356, 381, 556 Skin 178, 190, 220, 233, 243, 342, 344, 373-76, 389, 392, 417, 427, Psychological Problems 235, 471 451, 456, 523, 526, 556; Eruptions 5, 244, 458, 459, 528, 552; Psychopathic Behavior 457, 468 Brushing 242, 524 Pterygium 167 Skull 355, 418, 459, 473 Pulse 5, 340, 417 Slanting Board 321, 327, 338, 397, 472, 479 503-04 Pupil 157, 159, 298, 306, 335; Constricted 158; Dilated 476; Small Intestine 285-86, 425 Ellipsed 160-61; Tonus 101; Pupillary Border 84, 100, 102, Sodium 92, 103, 190, 240, 279, 288, 290, 386, 412, 426, 429, 439-41, 476, 524, 551; Chloride 425; Phosphate 219; Sulphate 220 Putrefaction 397, 424 Sodium Ring 103, 104, 113, 130, 288, 302, 339, 437, 439-441, 444, Pyramidal Tract 463 471, 476, 498, 525, 528, 532 Solar Plexus 250 0 Solid State Scanner 545 Soul 456-59, 463 Quining 4 Spasm 398, 416, 480 Speech 325, 464, 468, 469; Area 324 Sperm 456, 468 R Sphineter Muscle 78, 84, 85, 461 Spine 72, 252, 303, 306-09, 312-15, 352, 393, 394, 503, 523, 524, 531; Radii Solaris 104, 113, 126, 235, 340, 470, 476, 509, 516, 518 Receptors, Neurons 465 Cord 299, 418, 456, 459, 463, 466, 470, 478, 509; Injuries 328; Rectum 237, 285, 398, 399, 408, 409, 462, 524, 525 Misalignment 476; Scoliosis 504 Reflex Activity 394, 540; Areas Opposite 315; Conditions 62, 67, Spiral Gravity Exercise Machine 503 68; Reflexology 10, 356, 507-511, 532; Relationship 83, 303, Spiritual Aspects 1, 352, 353 Spleen 2, 233, 345, 346, 348; Splenectomy 74, 532 313 Stomach 2, 62, 72, 102, 138, 286, 288, 294, 373, 375, 398, 412, 418, Regeneration 417, 418, 445 423, 425, 427, 428, 456, 461, 523, 531 Remedial Reader 72 Replacement 190; Therapy 67 Stone, Dr. Randolph 89 Reproduction 274; Male/Female 276-283; Scrotum 282, 462 Stress 6, 104, 209, 230, 235, 270, 284, 306, 324, 340, 371, 376, 397,

Respiratory System 248-261,276, 340, 373, 374, 412, 420, 429, 532;

Retina 1, 138, 170, 456, 465; Retinal Receptors 461; Reticular

Reversal Process 177, 191-193, 199, 201, 205, 439, 521, 551;

473

Response to Treatment 94, 393

Activating System 459, 464, 474-476

Rest 64, 178, 213, 226, 270

Reverse Order 187

Breathing Problems 323, 418, 524; Carbon 419, 553; Carbon Dioxide 248, 417, 418, 424; Carbonic Acid 423, 426; Center

Petritsch, Dr. J. F. 7, 25 Pever's Patches 244, 289, 345, 349

Pharynx 287, 461

Rheumatic Fever 377, 523; Rheumatism 68, 308, 376, 381, 408, 533

Right Left Sides of Body 235, 299; Positive Negative 89

428, 429, 436, 458, 459, 466, 471, 480, 516, 532

Subclinical Conditions 84, 182, 223, 383, 385, 386, 394

Sulphur 85, 402, 419, 425, 426, 436, 439, 479, 524, 553

Stricture 113, 416, 501

Stroma 84, 85, 137-39

Stuttering 453, 477

Sulphur Foods 479

Structural System 293, 352-56, 362

Summaries of the 16 Elements 552

Subacute 173-75, 388, 437, 537

Ridell, Dr. 7

577

Sunstroke 457
Suppressant 172, 182, 190, 191, 213, 245, 250, 385, 420, 436, 437
Surgeons 407-409
Surgery 63, 87
Sweat Glands 242, 459
Sympathetic Nervous System 461, 466
Symptoms 177, 208, 212, 222, 267, 356, 385, 429, 435, 521
Synapse 461, 465, 478, 508-10

T

Teeth, Decay 68, 552 Testes 276, 278-80, 462, 529 Thalamus 84, 85, 319, 459, 465, 466, 471, 476, 487 Theory and Philosophy of Iridology 83-89 Thermography 76 Third Ventricle 460 Thoracic Cavity 248, 355, 461 Thiel, Peter J. 5, 7, 343; Charts 15, 16 Throat 417, 524 Thymus 245, 264, 345, 480 Thyroid 72, 95, 102, 250, 265, 267-70, 276, 290, 321, 373, 374, 392, 401, 402, 410, 418, 431-34, 460, 466, 473, 475, 476, 479, 525, 526; Conditions 85, 408, 429, 528, 529 Tilden, Dr. J. H. 63 Time-Bomb Effects 437, 439, 445 Tissue 64, 68, 69, 99, 408, 417, 421, 425, 431, 432, 435, 439, 449; Cleansing 190, 196, 398; Conditions 61, 67, 83, 86, 238, 289, 306, 397, 518; Inflammation 6, 84, 85, 428 Tissue Activity, Four Stages 173-179 Tongue 78, 89, 293, 457, 461, 468 Tonsils 245, 288, 345, 349, 374, 408, 419, 420, 429, 449, 525 Toxin 64, 65, 126, 230, 288, 290, 308, 313, 337, 340, 342, 345, 397, 409, 410, 419-21. 03-29, 433, 435-38, 476, 509; Absorption 72; Bacteria 408; Deposits/ Material 5, 6, 14, 103-105, 208, 216, 242, 394, 397-99, 401, 402, 410, 411, 414, 415, 421, 431, 435. 437, 439, 449, 451, 470, 497, 503, 508; Toxemia 223, 270, 398, 473; Toxic Condition 10, 62, 116, 184, 211, 230, 231, 324, 471; Waste 407, 408, 434 Trabeculae 85, 535, 543 Trachea 257, 418 Transit, Slow 409 Transverse Colon 289, 394, 397, 401, 406, 497, 501, 509, 518, 533 Tretchikoff, N. G. 6, 7 Triglyceride 411 Triplet Study 518, 519 Tumors 245, 397, 428, 437, 449-451, 473 Twin Studies 516-518 Tyler, Dr. Richard H. 7, 73

U

Ulcer 288, 299, 397, 408, 427, 459; Foot 411
Unfolding the Great Within 494
Unity of Symptoms 95
USSR 80, 81; Charts 52, 53
Urinary System 238, 425; Disturbances 192, 501; Urination 372, 523; Urine 466
Uterus 271, 278, 428, 501, 529; Tumor 411

V

Vagina 276, 278, 281, 428
Val (patient) 191-95, 197-99
Vannier, Dr. Leon 7
Van Wyck, R. H. 184
Veins 64; Varicose 451, 510, 530
Velkhover, Dr. E. S. 81
Veneral Disease 457
Venous System 472, 478; Congestion 104, 113, 131, 479, 498; Supply 77
Verdier, Gaston 7; Charts 32
Vibration 68, 88, 454

Vibratory Quality Rate 274, 336, 456, 535, 562-64
Virchow, Rudolph 217
Virus 552
Vision 72, 171, 452, 458, 476
Visual Pathway 458, 464, 465
Vital Energy 63; Force 174, 175, 187, 225
Vitality 72, 190, 267, 408, 410, 470, 474
Vitamins 407, 408, 471, 472, 479, 497, 524
Vital Principles of Iridology 91-97
Vitellin Tonics 479
Vocal Cords 360, 468
Von Peczely, Ignatz 2, 3, 4, 83; Chart 11
Vogt 159

W

Walker, Dr. H. W. W. 7 Walshe, Dr. F. M. R. 178 Walter, Leon 7 Wasserman, Dr. Karl 250 Water by Reverse Osmosis 437; Distilled 327 Weise, Dr. Emil 7; Charts 30, 31 Weiss, Dr. Ralph 7 Werhlen, Arnie 7 Wermuth, Paul 7, 86 Wernicke's Area 464, 477 Western Medicine 222, 223, 397 What is Iridology 1 White, George Starr, MD 562 White, Dr. Paul Dudley 64, 79, 340, 357 Wholistic Health 61, 187, 190, 225, 320, 338, 342, 376 Whyte, Dr. O. D. 7 Williams, Dr. H. W. 7 Winter, Siegfried 7 Wolf, Harri 7 Worry 299 Wounds 449 Wreath 399, 400 Wrench, G. T. 213 Wutlaert, Richard 548

X, Y, Z

X-Rays 77, 251, 342, 353, 394, 397, 406, 450 Zinc 479 Zone Therapy 77 Zoeppritz, August 4, 343 Zones 102; Charts 57-59

Further study with Bernard Jensen

In "retirement," Bernard Jensen has been busier than ever, lecturing to university and professional groups—not only in the United States, but in many other countries—including China, Canada, Mexico, Germany, England, Russia, Australia, New Zealand, Spain, France, Italy, Turkey, Norway, South Africa, and South America.

Iridology seminars are held at his Hidden Valley Health Ranch. Escondido, California three times a year—two seminars during the summer and one in the winter. The Basic Iridology seminar is 5 days, the Internship Workshop is 3 days. Rejuvenation seminars, in which Dr. Jensen teaches his system of right living, are given one week each month, schedule permitting. Tissue Cleansing Programs are also given periodically at the Ranch. Dr. Jensen has sold his sanitarium and has retired from treating patients.

A prolific writer, Dr. Jensen continues to write and publish in spite of his busy teaching schedule. All of his 30 books are still in print, including Science and Practice of Iridology, Volume 1; Tissue Cleansing Through Bowel Management: Nature Has A Remedy; My System; Doctor-Patient Handbook; Blending Magic; World Keys to Health and Long Life; Survive This Day; Vital Foods for Total Health.

New books soon to be published include a companion book to Iridology: Science and Practice in the Healing Arts, Volume II titled The Chemistry of Man; Iridology Internship: Science and Practice in the Healing Arts, Volume III: The Bernard Jensen Cookbook; Arise and Shine; Asthma, and The Chlorella Book. These volumes will be added to the Bernard Jensen Library series on iridology and wholistic health.

Many of Dr. Jensen's most popular lectures are available as 60-90-minute cassette tapes; others are available as lecture reprints. Other aids for the teaching, study and practice of iridology are available, including Dr. Jensen's Master Teaching Series of Slides. Series Set 1: Fundamentals of Iridology; and Series Set 2: Body Systems and Bowel Management, as shown in this volume, Section I, Chapter 7. Dr. Jensen's charts are also available—the four charts seen in the back of this book and the Jensen Chart to Iridology in several formats.

For the practicing iridologist, the Jensen 111 Iriscope camera and microscope system is available for immediate delivery, as well as grids, rear projection screens, iridology worksheets and self-analysis mirrors, as well as other iridology equipment.

PORTABLE IRISCOPE MODEL 111 CAMERA

The Jensen Iriscope Model III combines spaceage technology with advanced state-of-the-art photographic equipment to produce a precision instrument specifically designed for iridological analysis. Development of this camera resulted from the perceptive insights of Dr. Bernard Jensen, who recognized the need for an advanced optical system that could produce high resolution iris photographs suitable for detailed study. Responding to this need, Dr. Jensen devoted five years of research and spared no expense in creating the finest camera of its kind in the marketplace.

Key to the development of the Jensen Model III was the combination of a recently developed, highintensity Krypton light source and a short-coupled fiber optic light transmission bundle. This innovation eliminated the need for a large power source and allowed the system to be further miniaturized and modularized. The result is a professional floor model, studio-type camera that disassembles for portability.

The Krypton light source, coupled to the fiber optic bundle, provides constant intensity light for viewing the subject. The light source is combined with an electronic strobe to produce high-quality photographs. The fiber optic bundle, consisting of approximately 100,000 fibers, introduces light at an optimal angle that is both comfortable to the subject and gives the depth and shadow necessary to best expose the fibers and pockets of the iris.

The camera system utilizes an auto-bellows technique to permit maximum clarity for throughthe-lens viewing. An automatic feature provides the depth of field which is essential to high-quality iris photography.

Most of the photographs included in this book were taken with this camera.

The Model III portable iris camera is a fitting capstone to Dr. Jensen's 50 years of pioneering research and endeavor to advance the technique of iridology.

For further information, please contact:

Bernard Jensen Route 1, Box 52 Escondido, CA 92025 (714) 749-2727 TO everything there is a season, and a time to every purpose under the heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to east away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; a time to get, and a time to lose; a time to keep, and a time to cast away; a time to reap, and a time to sow; a time to keep silence, and a time to speak; a time to love, and a time to hate; a time of war, and a time of peace.

-The Bible

EVERY morning is a fresh beginning. Every day is the world made new. Today is a new day. Today is my world made new. I have lived all my life up to this moment, to come to this day. This moment—this day—is as good as any moment in all eternity. I shall make of this day—each moment of this day—a heaven on earth. This is my day of opportunity.

- Dan Custer

THE creative thinker: A man willing to listen to every suggestion, but determined to judge for himself. He should not be biased in appearances; have no Javorite hypothesis; be of no school; and in doctrine have no master. He should not be a respector of persons, but of things. Truth should be his primary objective. If to these qualities be added industry, he may indeed hope to walk within the veil of the temple of nature.

-Faraday

WE grow by thinking and not by simply accepting the thoughts of others, even though these thoughts may be noble.

-Manh Hall

EACH man has his own vocation; his talent is his call. There is one direction in which all space is open to him.

-Emerson

NEVER regard study as a duty but as an enviable opportunity to learn to know the liberating influence of beauty in the realm of the spirit for your own personal joy and to the profit of the community to which your later works belong.

-Alhert Einstein

ENGAGE the eyes by your address, air, motions; soothe the ears by the elegance and harmony of your diction; and the heart will certainly follow.

-Lord Chesterfield

I DON'T know what your destiny will be, but one thing I know; the only ones among you who will be really happy are those who have sought and found how to serve.

-Albert Schweitzer

OF all knowledge, the wise and good seek most to know themselves.

—Shakespeare

THE end of science is not to prove a theory, but to improve mankind.

-Manly Hall

NOR can any work however persevering, nor any success however great, exhaust the prizes of life. The most studious, the most successful, must recognize that there yet remains: "So much to do that is not even begun, so much to hope for that we cannot see, so much to win, so many things to be."

-John Lubbock

I CONCEIVE the essential task of religion to be "to develop the consciences, the ideals, and the aspirations of mankind."

-Robert Millikan

THE regular habit of reflection is a necessary part of profound and philosophical thinking. The deep thinker is deep mainly for the reason that he takes time to examine his ideas, and forms his opinions and judgments only after long and conscientious deliberation.

-Grenville Kleiser

A MOMENT'S insight is sometimes worth a life's experience.

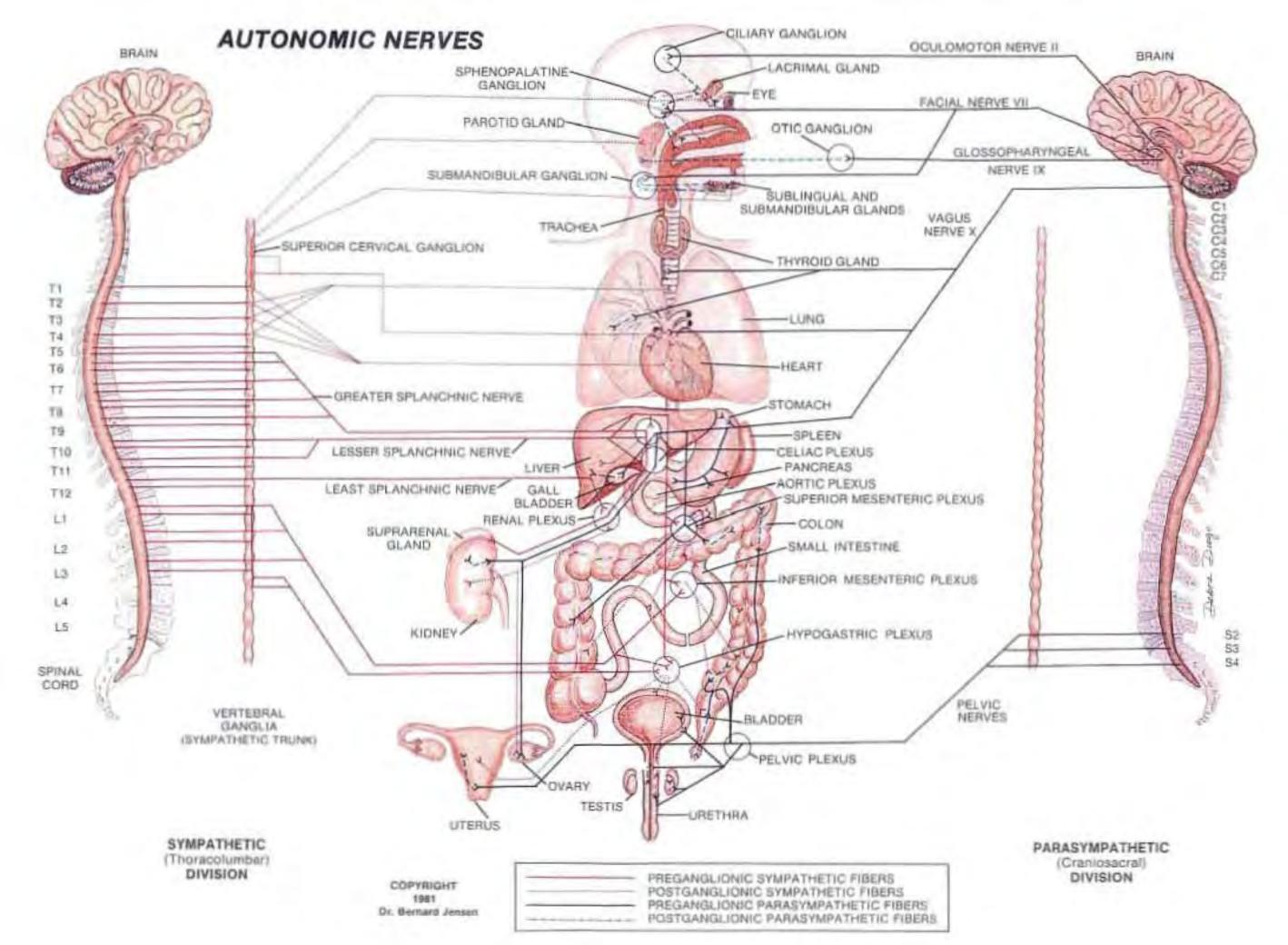
-O. W. Holmes

THERE are two sides to every question.

-Protagoras

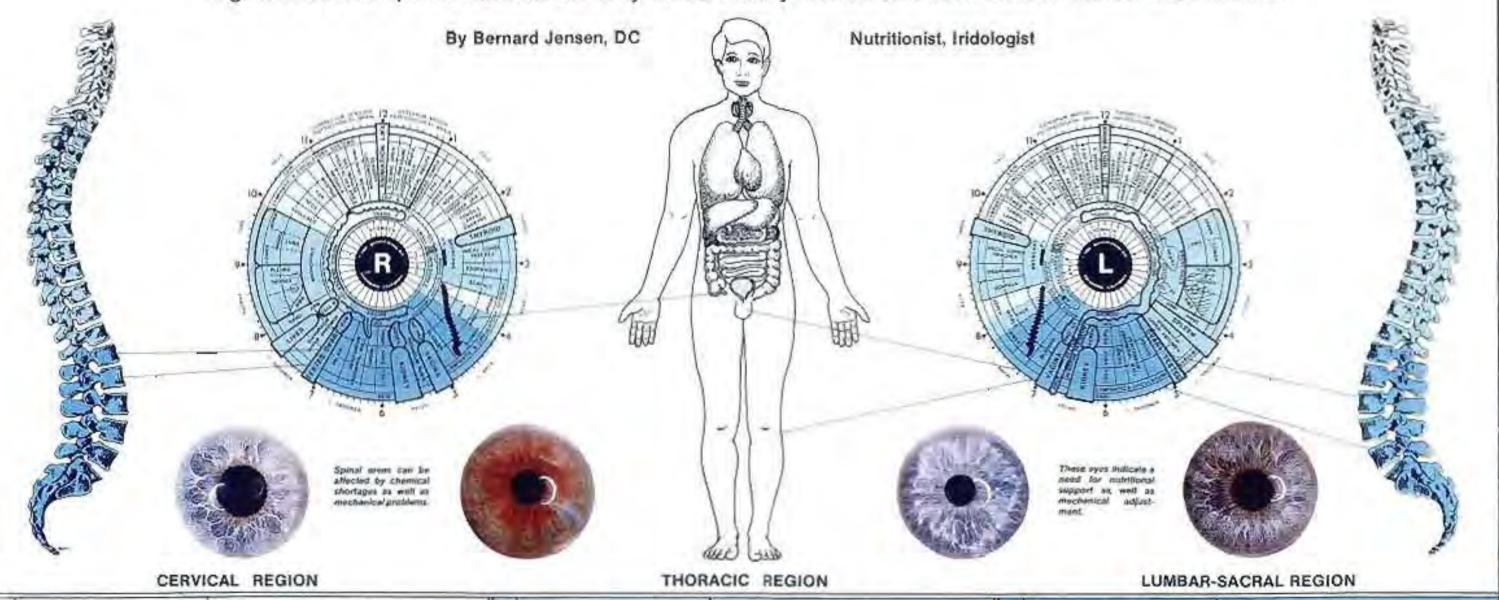
VERY few people take the trouble to use their brains as long as their prejudices are in working condition.

-Roy L. Smith



IRIDOLOGY AND THE NERVOUS SYSTEM

This chart illustrates the iris map and its correlation with the cervical, thoracic and lumbar-sacral regions of the spinal nerves as they affect body functions and bowel reflex conditions.



A		~
M	ŧ.	C.

Pituitary gland; brain; blood to head; animation and life center; mental ability

Nerves, eyes and ears, sinuses, tongue; mastoid; locomotion center; 5-sense, ego pressure

Ears; teeth; tritacial nerves; sex life/mentality, medulla

Mouth; nose, eustachian tube; mastoid

Pharnyx: vocal cords; neck; speech

Tonsils; muscles; neck and shoulders

Shoulders; arms, thyroid

Effect

Nerves, sleep, blood pressure; headaches, convulsions, memory, fatigue, diginess

Sinuses; allergies; ear and eye disturbances; visual disturbances; memory

Face, neuritis; neuralgia

Hay fever, adendids

All throat conditions,

Coughs, tonsillitis, neck muscles

Thyroid, shoulder joint complaints

Area

Hands, lower stm; ssophagus: traches

T2 Heart valves and arteries.

Lungs: pleura, bronchial tubes; chest and heart

Gailbladder

75

TE

T9

Liver, solar plexus, stomach

Stomach

T7 Pancreas; duodenum

T6 Spleen: upper abdomen, diaphragm

Adrenal, kidney

T10 Kidney

T11 Kidney, bladder T12 Small intestines

Effect

Asthma, breathing disturbances; arm and shoulder disturbances

Heart and chest conditions

Pleura congestion: influenza, bronchitis

Jaundice; shingles; galibladder disturbences riepatitis; liver; levers, circulatory problems Stomach troubles; nerves; indigestion;

Stomach (roubles, nerves; indige heartburn

Gastrita; ulcers

Lymph disturbances and recuperative problems

Low blood pressure, allergies, fatigue

Nephrits, kidney troubles, fatigue All skin and bladder conditions

Rheumatic acids: bowel gases

Area

Large Intestines; groin

Appendix; lower abdomen, upper leg

J Uterus, prostate, pladder,

Prostete lower back; sciation nerve

Liggs

Hip bones; palvis

Rectal

Effect

All large bowel disturbances

Legs: cramps, variouse vains and poor circulation

Urinary disturbances; menstrual period irregularities; impotency; knee pains

Backaches; sciatica, lumpago, urinary disturbances

Swelling in lower extremities, legs, cramps disculation

Curvatures, sacro-illac and pelvis

disturbances

Hismorrhoids

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VITAMIN-MINERAL-HERB CHART

A READY REFERENCE CHART FOR THE IRIDOLOGIST/HEALTH PRACTITIONER TO USE IN ASSISTING PATIENTS IN THE REPAIR AND REJUVENATION OF THE HUMAN BODY THROUGH NATURAL CHEMICAL THERAPY

BY BERNARD JENSEN, DC. NUTRITIONIST

PITURTARY

-U-COMPLEX E W-BROWNE IDDINE MANGANESE PHOSPHORUS THE LEGISL. SUCH PERSON. H-LICORICE ROOT, GINSENG, CAYENNE GOLDEN BEAL

THE BECOMPLEX BILL BIS BIS NACING & F WE DISTASSION CALCIUM PROSPROAUS HEMILLEIN YELLOW DOCK PYSSON, GARLIS OIL

LYMPHATICS

V-II-COMPLEX. E U-POTASSIUM SODIUM CHLORINE H-BLUE VIOLET, CHAPPARRAL BLUE FLAG PORE NOOT

THYROID

W-A B-COMPLEX CHOLINE INOSITOL E M-PODINE CHLORINE MAGNESIUM FOTASSIUM BODGIM, SULPHUR H-BUILSE, BURDOOK ROOT, KELP, GRISENG

Y-B-COMPLEX M-CALCIUM, FLUGRINE, MON. SILICON H-LICORICE GINSENG, WHEATGRASS, IGDLDEN SEAL

V-A B-COMPLEX C. D. E. K. CHORNE, E. K. M-HIGH POTASSEM CHLORNE COPPER YOUNG MAGNEBIUM, BODIUM H-DANDELION YELLOW DOCK DHICORY BOOT

SALL BLADDER

V-C. U-COMPLEX W-KNOWL BUILDING CHURING WOLL POTASSIUM H-BARBERRY BLACK HORSERADISH MANDRAGE

ADREMALS

WHILE COMPLETE BY BATZ FOUR ACID PARTOTHERE ACID M-POTASSIUM, CHLORINE, MACNESIUM, PHOSPHORUM. MON CALCIUM MANGANGSE SUIDON SULPINUR H-LICOPICE HOOT LOBELIA DINGER GINSENII

KIDNEYS

W-CALCIUM HOM MACHEGIUM FOTASSION CHLORINE MANDANESE H .- JUNIOR SERVES PARKETY UVALUES SERVERY ELS

FEMALE REPRODUCTIVE GRIGANS

Y-BCOMPLEX BILL BILL D. C.C. / W-IRON ZING CHLOTHIN JODUN POTANDUM FLUDRING SILICON CALCIUM JODINE PHOLIPHORUS HI-LIVALIFIE RASPIBLIEFY LICORCE CONTIGUAL BLACK

BLADDEN U-D COUPLER BY PANTOTHENIC ACID C III II IB-CALCIUM MONDANESS SU/CON POTASSIMA SION DIS COMME MACRASTICAL HAZDWINE ABOUT FLOOR FLOWERS PARKET LIVE

THE SECRETARY OF THE BUT OF A BUT OF THE CHOCKES. BICFLAVONOIDS 4

W-DALCKIM, COPPER MOR, MAGNEDIAM, POTATISLAS BULFILM, THE SILICON MANCAMENT SCHOOLS HILLIAMS TEA MENDOOK ALOE VIIIA, COMPRES



PANAMETYE

NOB MOSSITO, MACM, PRITTINGS PANGAGE

AGD D. D. E. F.

M-CALCIUM 180% MAGNESION MATGANESE PROSPROBUS POTATION THE PLUCIUM COCKE

H-VALERIAN, LOBELIA, SCIATION DISTERBUS

DUMS/TRETH

W-EASTIM FLUDRING BOX PROSPRORUS POTREINAL BOOLDAY BLADON SILPHERI HE-WHEATGRAND GOLDEN SIL NYRON BLECAMPANE DATETRAIN, WHITE CHK BATH, ILACK WALNUT

WORK THESE PARTIES AND THE PAR

W-CALDON DECRINE SECTION OVERS SUCKEY. THE MOREOWANDER CONFIDER

WHISTOL NIADE FANGAME AGE. C M.-CALCUM WON MANGARINE POTATISHIN DESIREN FLOORINE BLICON H-MALLEN CONTRET LOSE A ELDER REPRESMINT

V-B-COMPUZ B-1 0-12 CHICLAG FOLIC ACID NIACIN PANGANG ACID. C. E. F. BIGLLYONGICS B-CALCEAR COMALT COPPUR HODING MAGNESIUM, PHOSPHORUS POTABBUM, PHC HIGH MANGANESIE WIROGEN SILICON 19-MANTHORNE BERNIEL CAYRAGE LOBBLE

MAMMARY GLAND

VINCE BECOMPLEX M-CALORM SILICON BOOKING CHLORINE POTABILIM H-MARSHMALLOW, BLACK WALNUT, DONG GUAL BAW PALMETTO GOLDEN SEAL

Y-8-COMPLET B-1 FOLIC ACTE
M-CALCIDIN MON SILINON PHOEFMORUS
POTASSILM SOBUM EXPRIME A-DATSTRAW BRAVE GRASS WHITE WALNUT BARE

W-B-COMPLEX BY BY BY BY CHOLINE HARBITON NIAGIN PABA PANTHOTHING AGIO C D. L. BIOFLAVONOIDS, F. S. M-CALCIUM, CHLORINE, THON, MAGNESTON PHOSPHORUS, POTABSILIA RODILIA SULPHUH H-GOLDEN SEAL ALGE YEM COMPREY PSYLLILIA

MALE REPRODUCTIVE ORGANS

V-B-COMPLEX. C. D. E.F. M-ZING, CALCIUM, FLUGRINE IDDINE, MON. PHOSPHORUS, SILICON H-CHICKWEED, GINSEING, SAW PALMETTO, HASPERSON

V-B-COMPLEX, B-6, B-18, BIOTIN, CHOLINE, PANTOTHENIC ACID, C. D. E. MI-CALCIUM, MAGNESIUM, PUTASSIUM, NITHIOGEN, CHLORINE, IRON, SILICON M-JUNIPER BERRIES ROSEMANY TANKY BLACK

A IF-COURLES IT IF IT BIOTIN, CHOLINE FIGLIC SCID. PANTOTHERSE ACID, NIAGIN, PARA IL

IF-CASTOR OIL CHAPPARRAL CAYERNIE

Y-A B-COMPLEX BIG B-1, BIG D II CHOCKE INDICTION NACH PANTOTHENIC AGID, C M-ZINC, CALGIUM SHLIGGIL BOOKIM FLUORINE MANGANESE SALPHUR HE-EVERHOUT GOLDEN SEAL ELDEN FLOWERS

F-E-COMPLEX B-1 0-2 B-4 B-13 CHOLINE HOSETON FOLIO ACID NACIR, PANIZAMIC ACID PANIZOTHEMIC ACID, BIOFLAVONCIDO, C. B. I. F. M-CALCIUM IRON MANIZAMICE PUTASIBUM CONFER

PLUGISHE STUCCH HAMEHWALLOW BAGE

VEINS AND ARTERIES

V.—A. B-COMPLEX BIG B-12 B-2 B-1 FOLIC ACID INOSITIC HIACIN PASA B, C BIOTLAYCHOOD F F K M-COBALT COPPER TODAYS IRON MAGNESIUM MANGANESS POTASSEMI ZING PHOSPHORUS SILICON PLUGBINE SCILMAUN

M-TANSY, BLACKWHEAT, DATATHAY, WHITE CAR BAIR KELP VARROW CAYENAIR HAWTHLINKS INTUINES

V-C B COMPLEX M-COPPER IRON CHLORINE HALISTIMA MAGNETURA MUIDOR MURRATOR H-DANGELION WANGO DANGERHIT SILLE VIOLET

STOMACH

V-8-COMPLEX 8-1 5-2 5-6 8-12 FOUR ADD MOSTED.
MIACIN PARTOTHERIC ADID, C. E.
M-O-4 DRINE IRON, MAGNETINE WITH THE CONTROL IN-SUPPERV ELM CAYENNE BURDOCK ROOT INJULYA

ALFALEA COMPRET

PANCREAS

V-B-COMPLEX II-1, B-13 M-SCOUM DILORINE COPPER HIGH MACHEMIAN POTASSIUM, SILICON, EMC.

H-DMORION ELECANPANE BOOT YELLOW DOOK

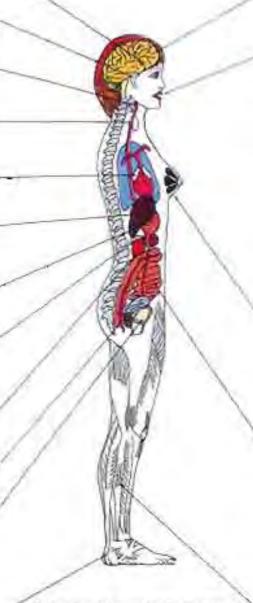
PROSTATE

W-S-DOUPLED BE C. D. E. P. D. C. M-THC CALCUM FLUCRISE HON PUTABLISH SECON SERVICE H-BOCHE LEAVES JUDIPUN HEIMIES, DOKOGN SEAL

V—B-COMPLEX B-1 B-4 B-12 FOLIC ACID, NACINI PAYTOTHENIC ACID C D. E. F. BIOFLAVONCIOS B—CALDIUM NOONE BION MAINESTIAN PHOSPHICAUS. POTASSILM SULPHUM ZINC FLUGRINE SILICON

IN-ELDERFLOWERS, CHICONY ROOT, SUMPER BERRIES ARMICA FLOWERS

PHOSPHORUS POTASSRAS A COMPREY FORE ROOT KALE BOWERET



To rejuvenate and restore the body it is necessary to sum to the biogenic properties of whole, pure and natural nutrition as it comes through the organic form provided by Mother Stature.

When enterly used, the substituters correlated in this

that will promote a higher integetly of cell withdy to

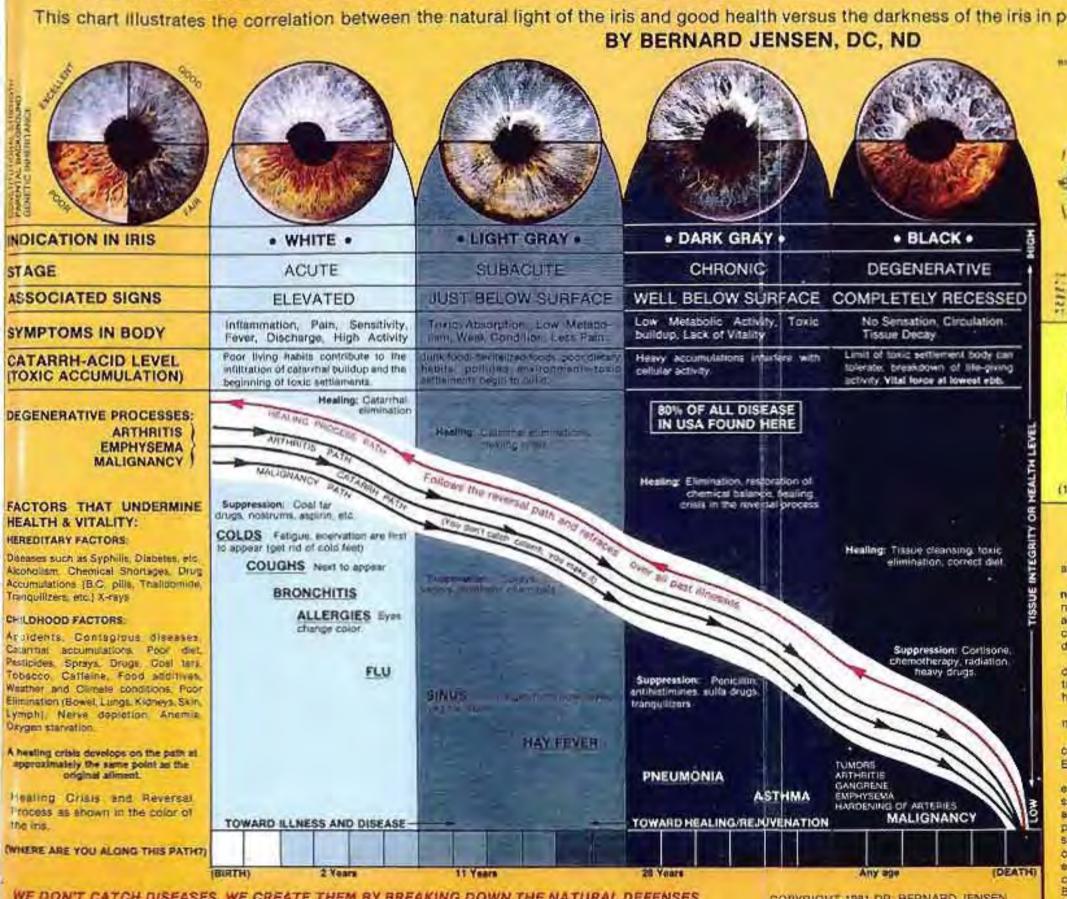
apportance with the pathway of health and without

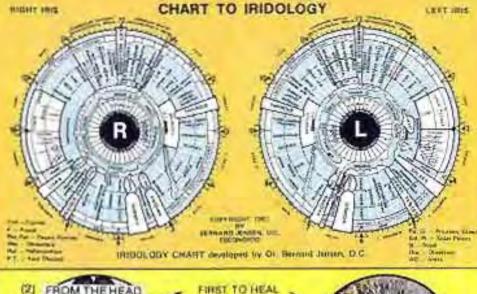
harmital side effects.

PATHWAYS TO HEALTH AND DISEASE OBSERVED IN THE IRIS OF THE EYE

ACCORDING TO HERING'S LAW OF CURE: "All cure starts from within out, from the head down and in the reverse order as the symptoms have appeared."

This chart illustrates the correlation between the natural light of the iris and good health versus the darkness of the iris in proportion to the degree of degeneration in the body.





SECOND TO HEAL

THIRDTOHEAL

FOURTH TO HEAL

(1) FROM THE INSIDE OUT

(3) IN THE REVERSE ORDER

FUNDAMENTALS FOR STARTING

THE REVERSAL PATH TO A HIGHER HEALTH LEVEL

Dis-ease cannot be cured in anyone who practices degenerative lifestyle habits. There is no one specific cause that produces any one specific discesse nor is there any one treatment that will correct any one dis-ease.

Man is a wholistic being composed of body, mind and soul. Treatments should be noninvasive, nontoxic, wholistically oriented -such as nutritional homographic naturopathic, osteopathic, chiropractic, massage, structural, exercise, reflexive, acupuncture, hydrotherapeutic, physiotherapeutic, herbal, vibrational [music and color, etc.), geographic, climatic, spiritual, philosophical, etc. These treatments are designed to promote the retracing process to attain higher health levels.

All the wholistic treatments strive to reestablish balance and equilibrium, to develop light in dark places. This is the path of Hering's Law of Cure. When the body is treated properly, we come out of degeneracy (darkness) to a lighter eye and good health, tridology leads the way in demonstrating this principle

In Iridology, we change all dark places to light. Goethe's last words were. "God give

Four factors to regain and maintain good health. Nerve supply (mechanical and chemical). Blood supply (cleansing and building), Circulation and Overcoming Enervation

What prevents a dis-ease will cure a dis-ease. All chronic and degenerative diseases follow the same path of enervation and chemical depletion along with suppression of vital nerve force. All heating starts with the elimination of toxic wasters and removing the darkness found in the iris. True heating is a cleansing and building process. Cure is an ideal that we must constantly strive for. Without ideals we become sick, aged and die prematurely. Always welcome a catarihal discharge, it is nature a way of ridding the body of poisons. Decide which way you want to go-suppression or elimination. It all depends upon the path you take. Hippocrates, "Give me a fever and I'll oure any disease." Henry Lindlahr, "Give me a healing crisis and I'll oure any disease." Bernard Jersen, "Nature cures, but she must be given the opportunity." For an in-depth description of the reversal and healing crisis process, refer to Doctor-Patient Handbook by Dr. Bernerd Jensen 3

WE DON'T CATCH DISEASES, WE CREATE THEM BY BREAKING DOWN THE NATURAL DEFENSES. ACCORDING TO THE WAY WE EAT, DRINK, THINK AND LIVE.

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