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# IRIDISCELOGY

Health Analysis & Treatments  
from the Iris of the Eye



*James & Sheelagh Colton*

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**James Colton** became interested in complementary medicine after a deep sea diving accident in 1963 and in particular became fascinated by health analysis and diagnosis. After studying Herbal Medicine in the 1970s, James translated previously unknown German iridology works into English. This work became the foundation for the British Society of Iridology which James set up in 1981. He is married to **Sheelagh Colton** who studied naturopathy in the 1970s and ran a busy clinic for many years before introducing iridology into her practice. After she founded the British Society of Iridology's training school with James, Sheelagh dedicated her time to teaching and writing. She is an accomplished lecturer and broadcaster on iridology.

The Coltons are well-known throughout the world for their pioneering work in iridology based on their translation of core iridology texts into English for the first time. They also ran a 'no fee' clinic for almost two years in order to collect valuable research data. From this they developed the first British iris chart which is still in use today. In 1981 they founded the Anglo-European School of Iridology which boasts graduates from all over the world including Slovenia, Canada, Israel and Switzerland.

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Health Essentials

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# IRIDOLOGY

Health Analysis and Treatments  
from the Iris of the Eye

JAMES  
AND  
SHEELAGH COLTON

E L E M E N T

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### *Note from the Publisher*

Any information given in any book in the *Health Essentials* series is not intended to be taken as a replacement for medical advice. Any person with a condition requiring medical attention should consult a qualified medical practitioner or suitable therapist.

*To young James,  
for it is in our offspring that our future health lies*

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# Acknowledgements

We owe a great debt to Joseph Deck for his inspirational work in iridology. It was his guiding light that led us to continue in the research into iridology, like so many other respected practitioners who have also followed in his footsteps. Our grateful thanks to Julia McCutchen for having the foresight to include a book on iridology in the Health Essentials series. Also, thanks go to Michael Bennie for his ability to make sense of our original manuscript.

Without the many patients who willingly subjected themselves to iridology consultations in their quest for better health this book would not have been possible. It has been a privilege to help them restore their health, and their co-operation helped us in our quest to find appropriate answers. Our thanks also go to our many enthusiastic students who, over the years, have hungered for more iridology knowledge than is available in books.

Registered iridologists have proved that iridology has a firm foundation by their ability to put into practice their skills and our thanks go to all for their support and loyalty. And finally, thanks to our loving family who unfailingly support us in our sometimes unconventional work.



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# Introduction

**I**RIDOLOGY IS THE study of the iris of the eye, and bio-iridology is the study of specific treatments associated with the colour of the iris and iris markings. It is a new concept in natural healing, which uses precise methods of healing related to the colour of the iris and its markings. Iridology is able to identify areas that are often associated with the build-up of toxic accumulations, such as the liver, the skin or the kidneys. For example the iris may display a toxic accumulation in the digestive system, and there may be constipation. One might feel that laxatives would aid the body to rid itself of these toxins, but what actually occurs is that they paralyse the intestinal nerves, and higher doses are then needed to produce the same results. But the constipation may be caused by an inherent weakness of the liver, leading to insufficient or abnormal secretion of bile. Unless the liver is supported in its function, no matter how much fibre or laxative are taken the condition will not go away. Once iridology has identified the weakness, the natural methods of support provided by bio-iridology can bring the digestive system back into vitality and the body will rid itself of morbid matter.

The structure of the iris stems from the neural pathways of the brain, which also form part of the organs and glands and constantly send messages to the brain. Its delicate structure runs into individual shapes and patterns, and it is these shapes that the iridologist studies to determine disease processes. And once an iris marking is identified, the process of bio-iridology determines the best course of treatment, usually in the form of a nutritional formula and/or herbal medicine. This treatment

## *Iridology*

which is specifically formulated as a low-dosage, long-term course, allows weak areas of the body to re-establish their vitality and strength.

Bio-iridology is firmly based on the treatment of the three elements of our being – mind, body and spirit – and on restoring the balance between them. For example, in conditions such as hypoglycaemia and constipation, the physical body influences the mind and the spirit, and depression and mood swings occur. Once the body regains its equilibrium the mind clears, the spirit lifts and wellbeing is re-established, and treatment in any other order is often inadequate. Long-term depression is a symptom of the body's imbalance, of a disease process which has already occurred. Of course the mind can have a direct influence over the body, but only if the body is dis-eased. Emotional stress can cause high blood pressure, but only when a dis-eased cardiovascular system is already established. On the other hand, the healing process may require that the emotions be balanced, before physical symptoms can successfully be treated.

Each of us has inherent weaknesses, often passed on by previous generations in the form of a genetic heredity. Even the way we fold our arms is determined by our inherent constitution, but our heredity may take the form, say, of a weak gene in the liver, which then puts an extra burden on the rest of our system. Moreover, modern life is not conducive to good health. Our diet is often unhealthy and emotional pressures can overwhelm us and crush our natural instincts. Even the hardest of constitutions can fall prey to modern living. Iridology is able to establish what our weaknesses are and determine our emotional needs thus giving an insight into what treatment can be applied. It does this by the examination and study of a person's unique iris pattern, markings and pigments. No two irises are the same; even identical twins have different irises. For ease of 'reading' an iris, it is divided up into sections like a clock face, and each section relates to a particular part of the body. So, for example, if a marking appears at 15 minutes past the hour it would indicate the heart.

The eye has one of the most complex nerve networks in the body. It is the only part of the body where nerve fibres which stem directly from the brain, can be so easily viewed. The various patterns, pigments and markings of the iris have been recorded for hundreds of years (from the time of Hippocrates). These distinct attributes became clearer after the identification of the genetic



## *Introduction*

code (DNA), and they empirically enable the identification of problematic areas of the body.

The treatment of these markings became the domain of natural healing; markings in the heart, lung or kidney area of the iris were treated using herbs, nutrition or traditional natural ways. None of these methods, however, took into account that other indications from the iris had a role to play in the disease process – that there may be liver markings along with heart markings, for example, and that both play a part in the resulting condition. We looked at this problem and over many years developed specific treatments for the problems identified by iridology, a system which is now known as bio-iridology. It uses small doses of vitamins, minerals, amino acids and herbs in dealing with both latent markings (markings which are not yet associated with any symptoms) and those that are active.

The development of bio-iridology is the latest stage of our long journey through medicine and in particular iridology. Our interest stemmed from frustration – the need to know what was going on inside a person's body. Why, for example, did one person's stress lead to stomach ulcers and another to diabetes? Many years ago, before our involvement in iridology, our complementary practice consisted of herbal medicine and naturopathy. It was successful, yet we became increasingly concerned that we relied on the patient to tell us what was wrong, without really knowing ourselves. When we were introduced to iridology at a teaching conference, it seemed to fill a gap in our knowledge. As the years went by, it took over our lives as more and more people also wanted to know why they became ill in the way that they did. Gradually we came to realize that the iris marking needed a precise treatment programme.

While the identification of potential health 'hot spots' became clearer to iridologists as knowledge increased, they had their hands tied behind their backs when it came to treatment. We set out to create a database from which we could derive explicit treatments. In 1982, we therefore undertook a three-year project that would provide us with the information we required. The details of this project are given in chapter 2. One of the conclusions was that while iridology had established a direct-link between iris marking and treatment, there were still cracks in some of its philosophy and practice. One of these was the inaccuracy of some of the schematic iris charts which had



## *Iridology*

been developed. James therefore undertook the development of a new iris map that proved to provide a more accurate focus on areas of the body that had until then been ignored. Six months later the new chart rolled off the printing press, and it is now used by iridologists around the world.

Of course, like all areas of health care, iridology is constantly developing and new knowledge is being gained. Our research continues, as do developments being carried out by iridologists around the world. But it is true to say that iridology is now accepted by many health practitioners as an invaluable diagnostic tool.

# I

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## What Is Iridology?

IRIS MARKINGS HAVE fascinated people throughout time, and many have searched for their true meanings. Certain markings have already been identified, while others are now close to being identified. So the mystery of the iris is gradually being unravelled. For example, one study in America revealed that athletes with brown eyes performed differently in various sports from blue-eyed people, and concluded that the difference was due to reaction time. Athletes with brown irises responded faster than those with blue irises and performed better in sports such as boxing and squash, while blue-eyed people proved superior when a somewhat steadier concentration was needed, such as in golf and pool. Further research in laboratory conditions confirmed that these reaction times were due to reflex differences between light- and dark-eyed people.

Iridology is based on the study of the iris and its links with the nervous system. The organs of the body are connected by nerves to the spinal cord, which is divided into separate segments, each corresponding to a segment of the body. Impulses from the organs or glands enter the spine via these nerves, and they can be 'read' in the iris. These impulses usually stem from birth and are not altered throughout a person's life. So a broken limb will not show in the iris, but an inherent weakness will – and it is these inherent weaknesses with which iridology is concerned.

At this point, perhaps we should clarify the difference between iris diagnosis and eye diagnosis. These two terms are not the same. Iris diagnosis is the observation and diagnosis of disease from the iris of the eye and is the subject of this book. Eye diagnosis

## *Iridology*

(ophthalmology) is the observation and diagnosis of diseases affecting the whole eye apparatus, which includes the pupil and iris as well as the retina, sclera, macula, tear ducts, etc.

It is astonishing how much nonsense is written about iridology. All kinds of claims are made that are completely untrue. Some people say that the iris changes according to one's health and that iridology is a convenient way of monitoring health. But the iris pattern is largely formed at birth, like our fingerprints, and does not change significantly throughout our life. No amount of physical stretching will make one taller, and likewise a return to health does not remove the inherited weakness which is revealed in the iris. Some people also believe that personality can be 'read' from the iris, which is nonsense. If it were true, then the iris would be constantly changing its structure pattern and markings because personalities develop and change according to their environment. We have monitored the same irises over 20 years and more, and have witnessed no significant changes to its basic inherited pattern. It is interesting that the people who make these claims have not been able to provide evidence to support their theories. The iris displays our individual blueprint of inherent strengths and weaknesses. Even the colour of our eyes is predetermined and gives a clear indication of our constitution, as well as of our genetic endowment.

The maintenance of health is perhaps the most important aspect of our lives; without health everything else becomes meaningless. The difficulty is that we do not always know our health is slipping away until it is too late. We often see patients who have had a chronic illness for many years, and who are brought to us by a loving partner, son or daughter. It is not until they feel well again and their vitality is restored that they realize what a huge emotional burden they had placed on their family. Prevention of disease is a long-term process that requires constant attention. Living for the present is all very well; the problem is that later in life one's loved ones may have to pick up the emotional bill.

## THE PRINCIPLES BEHIND IRIDOLOGY

Iridology is a safe, non-invasive method by which we can help ourselves and our families stay well. But it must be approached



## *What Is Iridology?*

with an open mind. We should not be too quick to try to identify our health problems. The iris is so rich in its structure, markings, colours and variations, that certain identified problem areas may not appear to have any immediate relevance. But they should be noted for future reference, as they may turn out to be significant. The knowledge that we have certain weak areas in our body can prove of great benefit to our future health and wellbeing.

For example, when we get a cold, it is because of the invasion of a virus; the virus causes the body's mucous membrane to overreact and we get the familiar coughing and sneezing, usually one or two days after the initial infection. If we know which areas of the body are going to react to this virus, we will be able to treat them specifically at a very early stage. The weak area may be the sinuses, the lungs, the throat or the immune system, while a failure of the special immune cells (T-lymphocytes) to instruct the fighter cells (B-lymphocytes) to attack the virus can cause more serious problems. If the first viewing of the iris is done with an open mind, areas may well be identified that may not be producing an obvious current health problem of their own, yet be connected with some other area of concern.

For this reason a professional iridologist does not take a case history until after the initial consultation. If a patient says he or she has, say, a heart condition, then the chances of finding a marking in this area of the iris is far greater; but this moves the focus away from the real cause and instigator of the disease. On the other hand, if the patient wishes to disclose his or her health problem for reasons of treatment before the analysis is undertaken, the iridologist will take this into account.

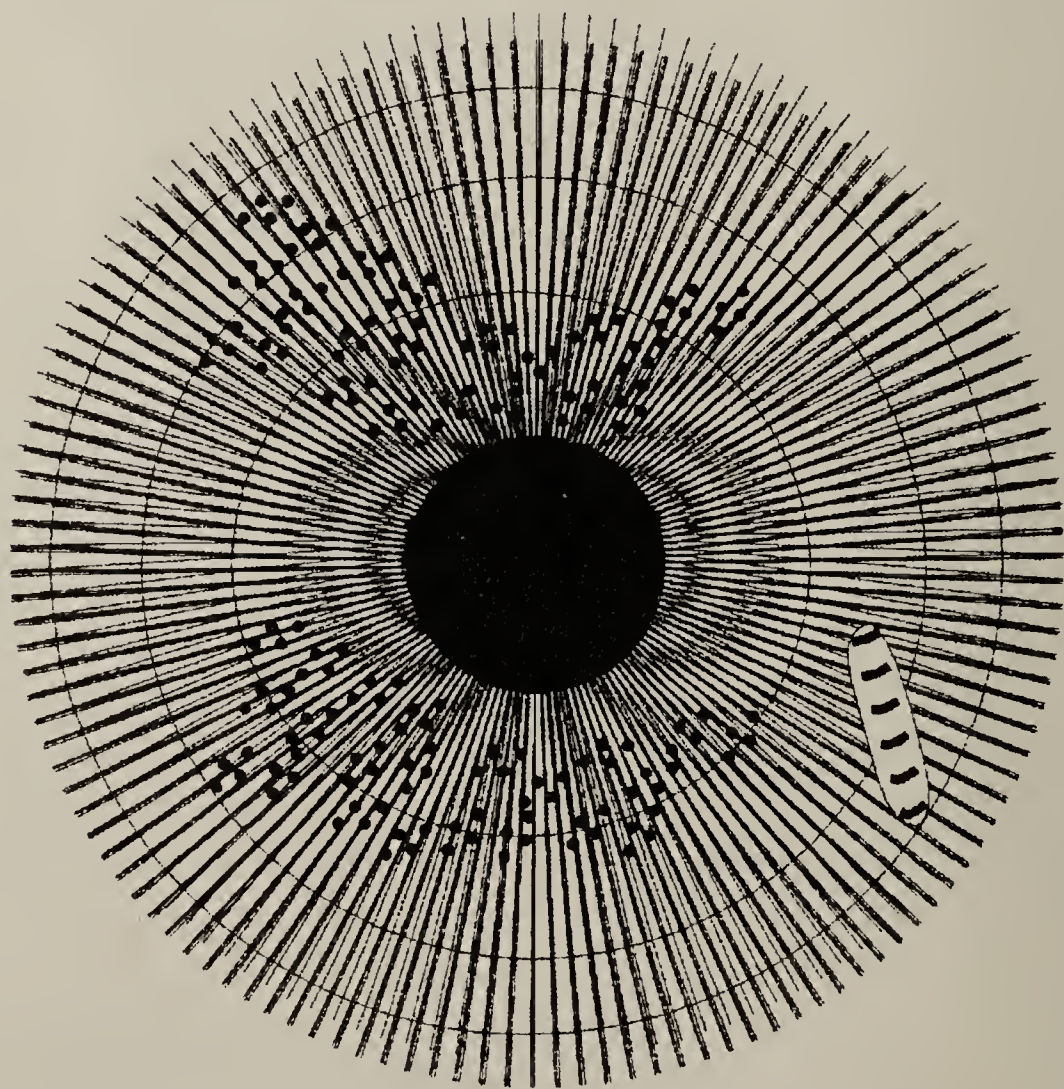
### *Case Study: Julia J, Solicitor*

Unlike some of the patients who come to see us Julia knew exactly what her problem was. As she understood a little about iridology she wanted to explain her problem before we began the iris diagnosis, as she believed this would be more beneficial for her. She had recently been clinically diagnosed with myalgic encephomyelitis (ME), also known as post viral syndrome. As there is no single recognized treatment for ME, Julia had come for a whole body diagnosis to see if anything else contributed to her illness. Her iris constitutional type was biliary, which is frequently the case with ME. We noticed that large areas of her

## *Iridology*

iris were pigmented with the rusty red colour of iron, indicating that her body had difficulty utilizing iron. We therefore suspected that anaemia was one of the contributing problems. She also had many stress rings in her iris, so we knew that stress was an important factor in her life. A ladder lacuna was present in the breast zone of her right iris, which would need to be investigated further. Other significant organ markings were the liver, the uterus and the ovaries. Figure 1 shows her iris.

Cases of ME need very individual treatment; what works for one person may do nothing for another. For Julia we suggested B-complex vitamins and vitamins C and A, together with a diet that included watercress juice to improve her anaemia and to strengthen and sustain her energy. Pushing oneself when extremely fatigued only makes matters worse, and we told Julia to have two bed rests per day so that she did not over exert herself. The marking in her breast zone concerned us, but she assured us that nothing was wrong. Even so, we advised her to



*Figure 1. Julia J's right iris, showing stress rings, iron pigment and ladder lacuna in breast zone*



## What Is Iridology?

have a check-up from her regular doctor, who did a mammogram. As we had suspected, the results were positive and a small lump was found in her right breast. Within two weeks she went into hospital and had the lump removed. The operation, of course, was not very helpful for her ME but after the initial setback she is now well on the road to regaining her strength.

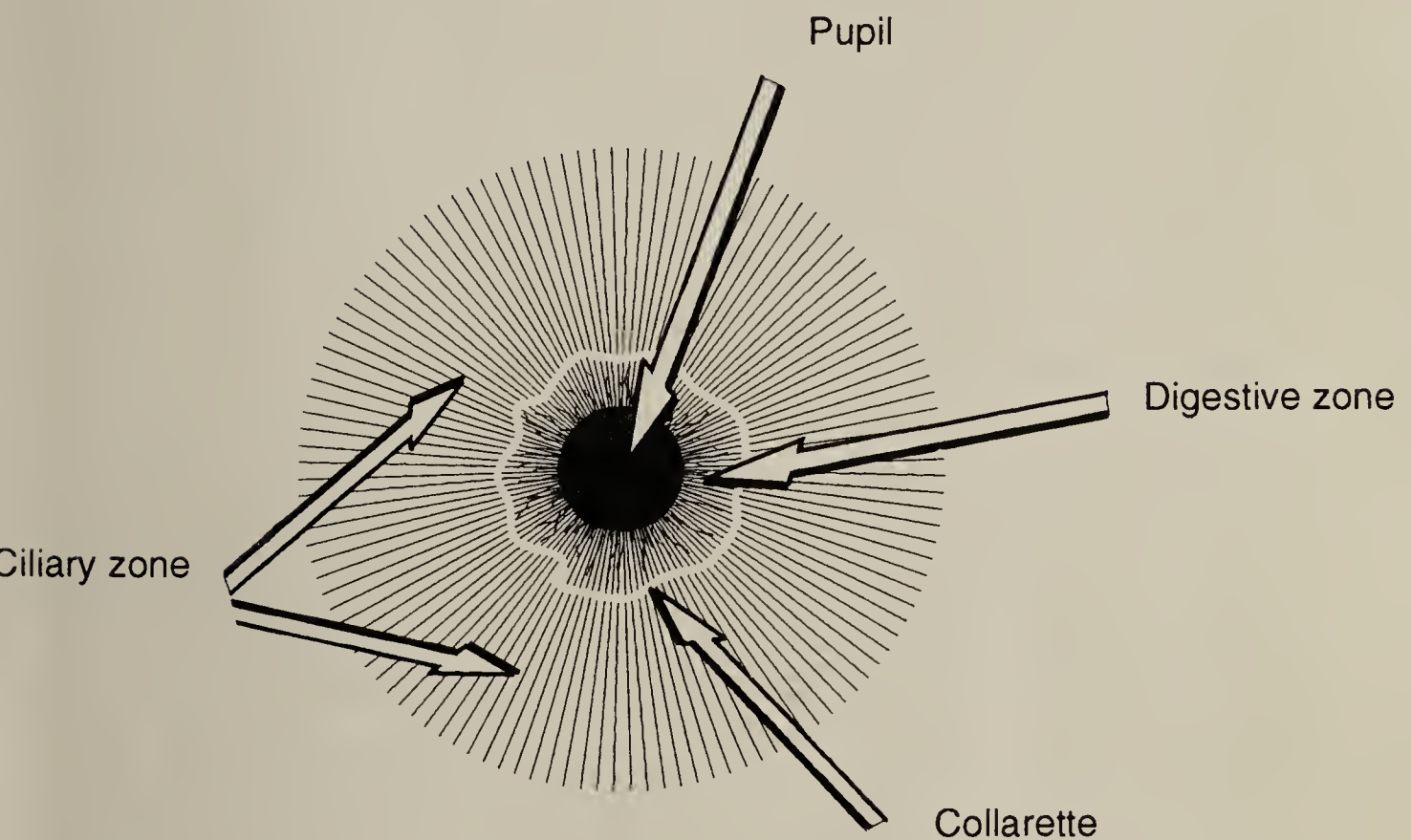


Figure 2. The iris

The iris is a circle which is made up from thousands of minute fibres, which run from its outer edge towards the pupil. Approximately one third of the iris has a specialized circular muscle called the collarette, which is controlled by the autonomic nervous system. This in turn controls the size of the pupil. In iridology, the outer part of this circle represents the bodily systems, while the inner part represents the digestive tract (see figure 2). These fibres are prone to displacement, that is they do not necessarily run in a straight line. In fact they form a myriad of individual and unique iris patterns. It is these shapes, colours and designs that the iridologist studies. Each variation in

fibre structure is analysed according to its position in the iris, and there is a specific position for each organ, function and gland of the body. Roughly speaking, the upper part of the iris represents the head, the right-hand side indicates all the organs inside the body that lie on the right side – the liver, the right side of the chest, the right lung, the right breast, etc. – and the left side shows the organs which lie on the left side – left side of the chest, the left breast, the spleen, etc. As the heart is placed almost in the middle of the body it is represented on both sides. During our research we have found that the chambers of the right side of the heart are reflected in the right side of the iris, and the larger part of the heart is seen in the left side. The lower part of the iris represents the reproductive organs and the kidneys and bowels.

The organs and glands work as a whole, rather like a car engine with one part relying on another. For example, the gall bladder works with the liver and the liver with the heart. So any organ marking found in the iris may result in a symptom in another part of the body. In some cases a gall bladder malfunction can cause the heart to react, and the symptom may be high blood pressure. The digestive system may also be affected, because the gall bladder supplies bile to help break down fats when we eat, and so on. Another example is eczema. This is not a skin disease but a sign of a liver/kidney problem. One orthodox researcher, who was studying the claims of iridology found that the iris showed no markings in the skin zone in cases of eczema. But although eczema is an inflammation of the skin, it is usually caused by an allergy to an antigen, a foreign substance which attacks the body. The researcher was looking at the symptom, whereas the iris shows the causes. If he had looked at the liver or kidney areas, he may have found the cause.

When we look at an iris we see a wealth of markings which testify to our genetic inheritance. We see common markings such as lacunae (see figure 3), which are the direct result of our inheritance, from 'normal activity', which produces good health, to 'under-activity', which often produces ill health, from a simple weakness to signs of a more serious condition. Problems only occur in the corresponding area of the body when environmental influences come in to play. So the genetically weakened liver may function quite adequately until alcohol overloads it, bringing mental and physical sluggishness. Similarly the pancreas falls foul of our modern weakness for sweet foods.



## What Is Iridology?

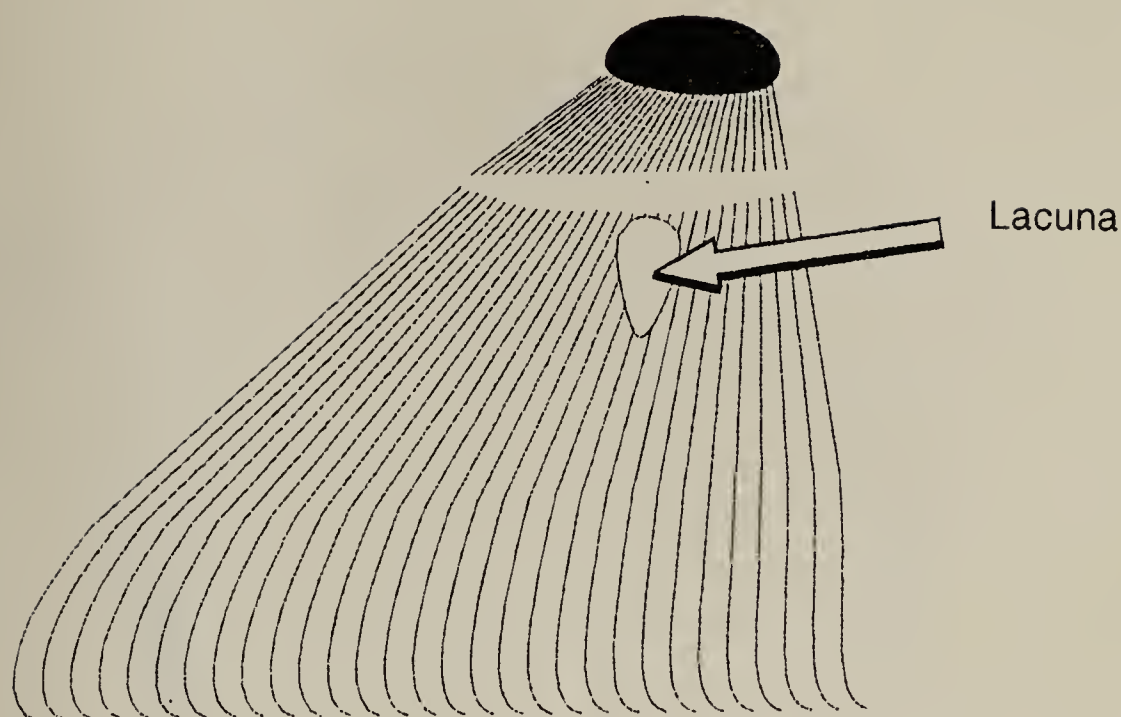


Figure 3. A lacuna

These lacunae can appear in different forms: some are half lacunae, some are open, some are closed and some are encapsulated by a thick border. Figures 4–6 show various other types. An iodine lacuna (figure 4) indicates the inability of the thyroid to store thyroxin; a cruciferous lacuna (figure 5) is a sign of a tissue growth or tumour, and a divided lacuna (figure 6) indicates an organ or gland deficiency. A half lacuna in the heart zone raises a number of questions, particularly about blood pressure. We once saw a patient, a young woman in her late twenties, who complained of dizziness and constant tiredness. Her doctor had told her that was to be expected, since she had to run around after her two young sons. But her iris showed a distinctive half lacuna in her heart zone, which indicated her heart was not as healthy as it should be. She returned to her doctor saying that she thought her tired, dizzy feelings were due to heart dysfunction. At first her doctor laughed, but eventually agreed to conduct further tests and found narrowing of the heart arteries and very high blood pressure.

The basis of iridology is our genetic make-up, which determines our predisposition to certain illnesses and symptoms. The same illness will affect different people different ways. The symptoms may fall into certain categories, but we all respond to the same virus slightly differently. When two people have the same cold virus, for example, one may have a sore throat and runny nose,

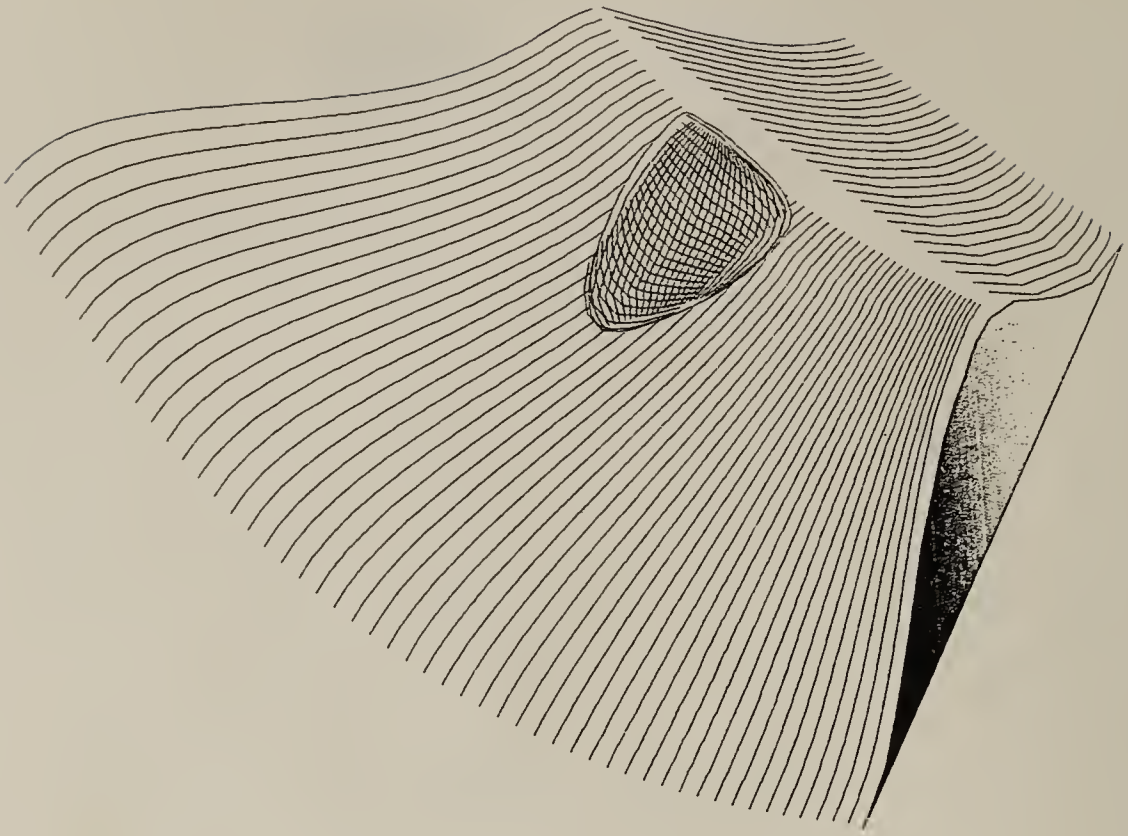


Figure 4. An iodine lacuna, indicating the inability of the thyroid to store thyroxine

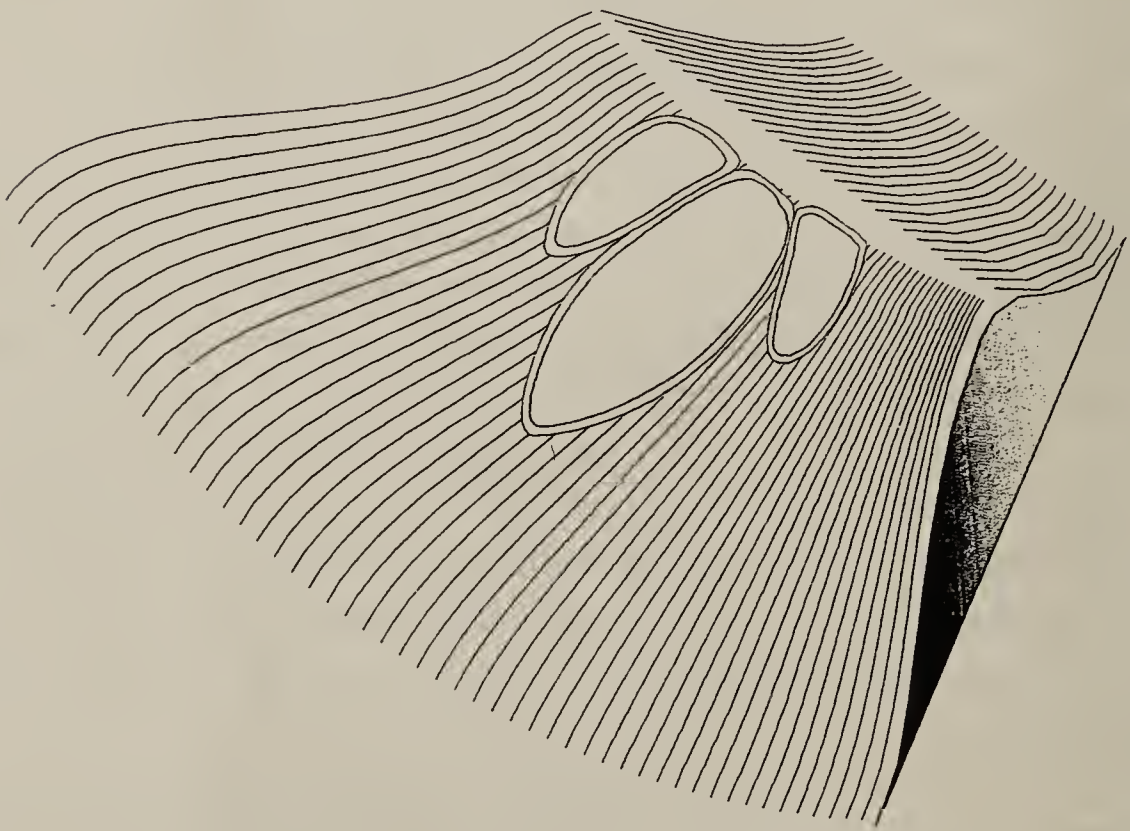


Figure 5. A cruciferous lacuna, indicating a tissue growth or tumour



## What Is Iridology?

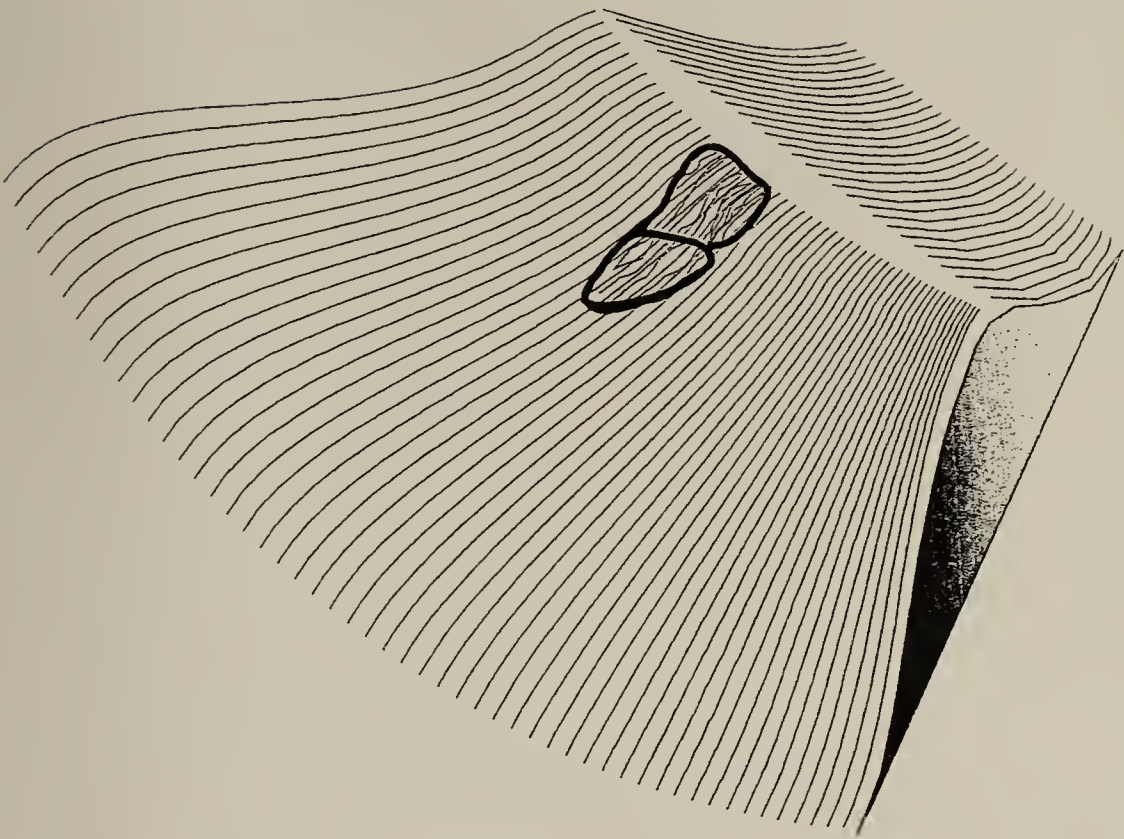


Figure 6. A divided lacuna, indicating an organ or gland insufficiency

while the other may have a headache and stuffed-up nose. Some of us seem to be immune to many diseases while others drop like flies in the face of the same pathogen. The reason for this is probably that the vast majority of illness is genetically based. It is this genetic endowment that iridologists see in the iris of the eye. For example, people with the congenital disease Down's syndrome have been found to have a different genetic make-up from those without it; they have 47 chromosomes instead of the usual 46. And 35 per cent of sufferers have white flecks in the iris, called Brushfield's spots.

Iridology is thus concerned with weaknesses in the organs rather than disease as such. We can see the sign of weakness in a particular organ, but we are unable to name the abnormality unless we find symptoms. It is not a clinical diagnosis – this is better done by clinical tests – nor is it a method of reading personality. What it is is a method by which we can see the potential for that disease long before symptoms make the patient aware that anything is wrong. For example, a defect marking in the iris (see figure 7) indicates that there is a process inherently evolving.

However, when a health problem has been identified from signs in the iris, specific treatment can be given and we can change our lifestyle and way of thinking, resulting in an equilibrium, which



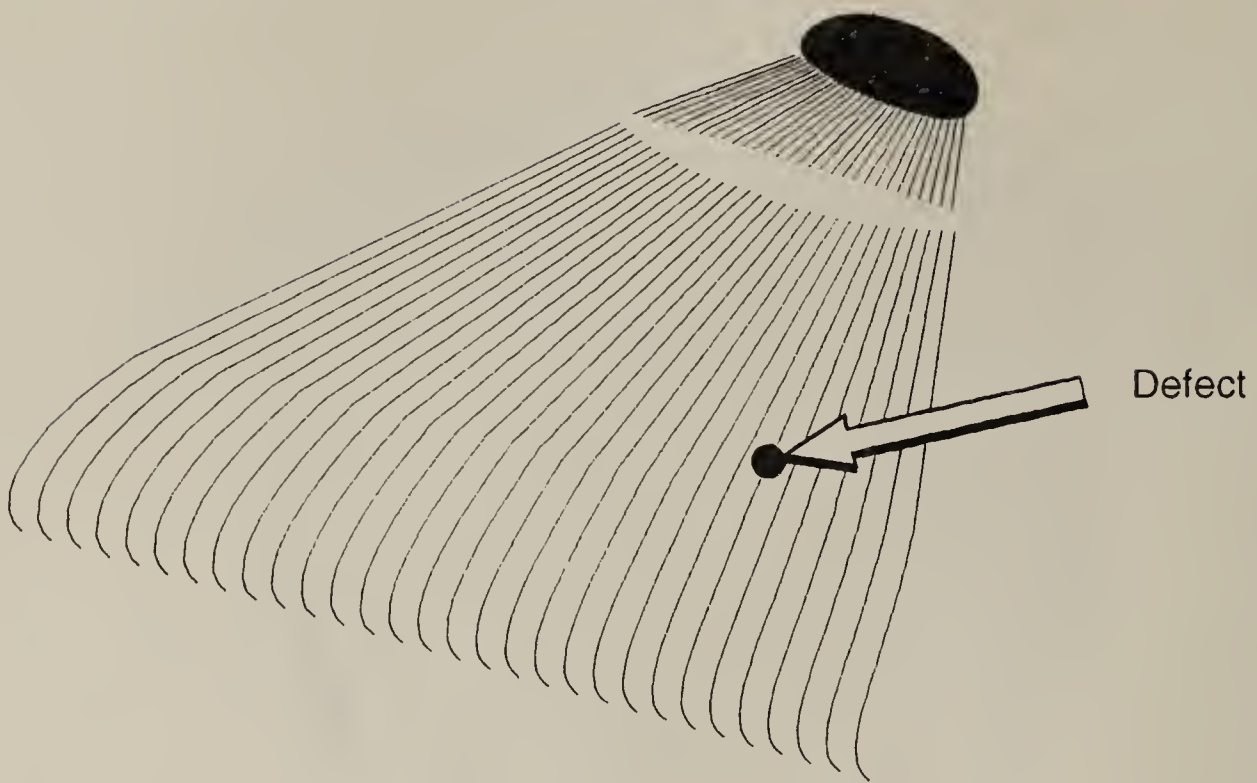


Figure 7. A defect marking

leads to good health. What organs or glands that are inherently weak do not need is strong stimulants to make them work harder under pressure. Proper healing takes time, enabling the whole body to re-establish its own rhythms. And natural medicines are more suited to this healing process than drugs, providing lasting benefits. The body usually only requires the support of nutritional or herbal medicines and the avoidance of certain outside irritations.

Because of the unique nature of this kind of diagnosis, you are unlikely to change your lifestyle completely. One of the most common questions we are asked by patients is, 'Do I have to start eating weird food?' The answer is no. There are two problems about sudden changes in diet. First, patients are unlikely to continue with the new diet; and second, when they change back to their old diet, they will probably also disregard the rest of our advice. Many people believe their lifestyle and diet is right for them, they have, after all, followed them for many years without much apparent harm. These endogenous influences are part of their make-up, and to a certain degree, they work for them. In order to regain their health there may be certain aspects that have to be changed either short or long term or even intermittently. But a complete and sudden change is not advisable.

We are frequently consulted by a commodity broker, who suffers with a severe problem of rosacea, a condition in which

## What Is Iridology?

the nose is bulbous and red, with a rash which may extend to the middle part of the face, the forehead and the chin. Once he was about to meet several important business people and felt that he could not face them in his present condition. He wanted to stop using the ointment prescribed by his doctor because of its side-effects. His iris was blue and we became very interested in the part that corresponded to the digestive system. This showed yellow turning to a reddish pigment, spasm channels of the stomach (see figure 8), and a large lacuna with a defect marking in the liver zone. The yellow pigment indicated a long-term problem with putrefaction of protein and also indicated kidney involvement. We checked this area of the iris and under high magnification could see a transverse fibre running across one of his kidney zones (see figure 9).

Two of these three indications told me that the rosacea was the result of a faulty equilibrium between the digestive system and the kidneys. The third marking, the spasm channels, was a constitutional factor indicating cramps (this marking is often seen in people who have irritable bowel syndrome, IBS) and required a different approach in treatment. When we questioned him, it became evident that years of self-neglect had taken its toll. He suffered from bloating and passing of large amounts of foul-smelling gas, with frequent early-morning stomach cramps, which he had had since his teenage years. We could find no symptoms of kidney malfunction, although he did sometimes have low back pain. We suspected that his system was no

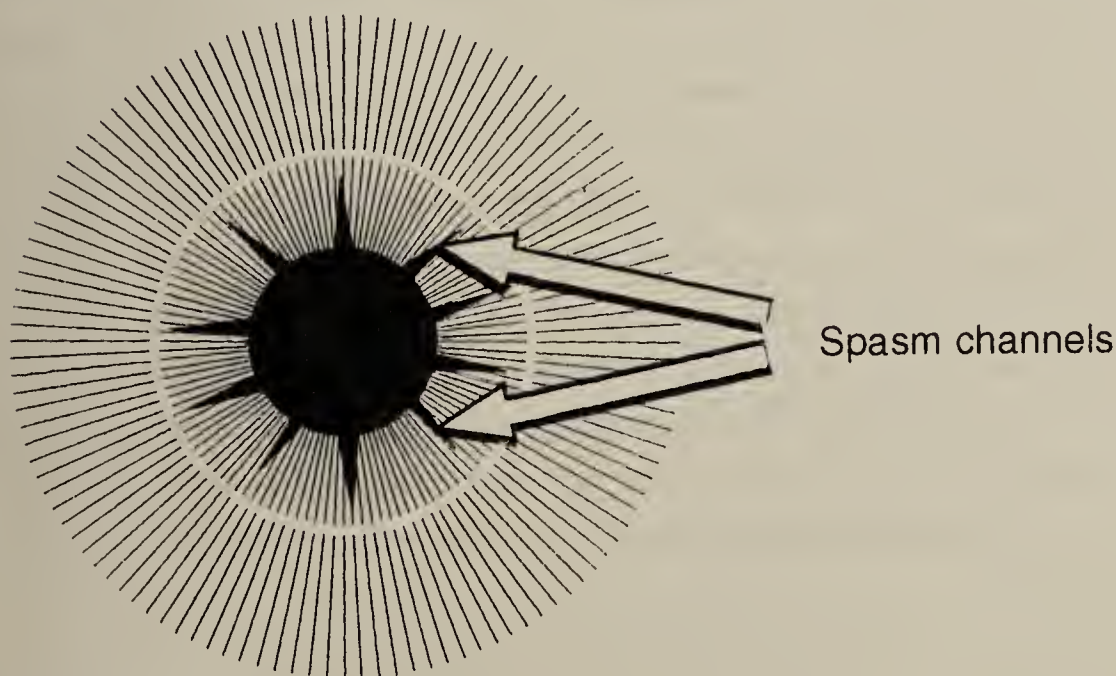


Figure 8. Spasm channels in the digestive zone



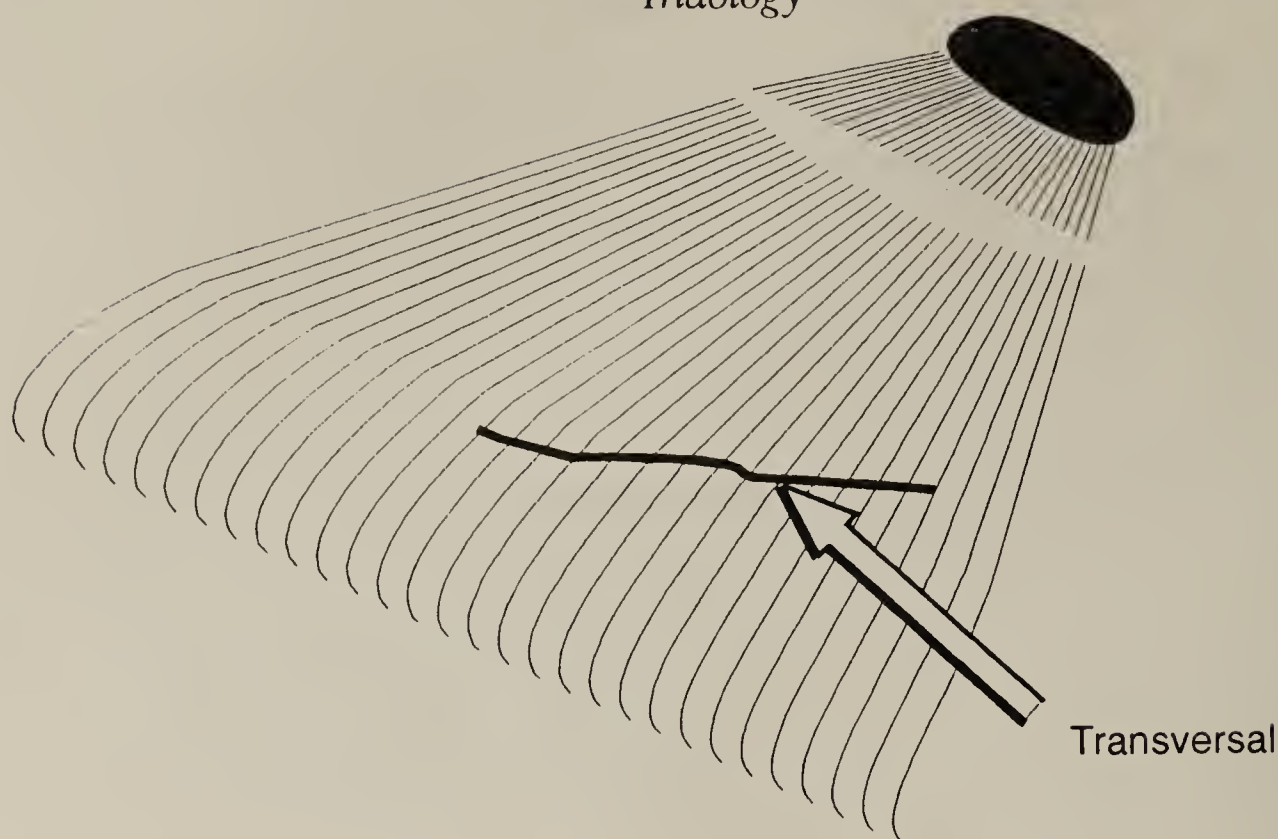


Figure 9. A transverse iris fibre

longer producing hydrochloric acid, one of the early signs in some cancers.

We ruled out any kind of raw food regime, as large amounts of high-fibre food would have caused him further distress. So we recommended that he ate his normal diet but with a restriction on the amount. Next, we prescribed half a fresh grapefruit first thing in the morning, fresh lemon drinks between his normal drinks and a small helping twice daily of fresh peaches and pineapple. We made up a herbal remedy that contained sweet flag (*Acorus calamus*, not for unprescribed use), which is ideal for calming stomach cramps and relieving flatulence, yellow dock (*Rumex crispus*), which has a cleaning action and encourages bile, and bu gu zhi (*Psoralea corylifolia*), a Chinese herb used for strengthening the kidneys. He was pleased that the treatment was not too drastic and was able to follow my suggestions completely. And he was delighted with the results. He has slowly replaced some of his diet with more wholesome foods and noticed a longer and longer time span between attacks. Eventually his diet and supplements will prove a more permanent cure than a drastic regime which he might not have adhered to over a long enough period to achieve the best results.

This case study shows iridology works with the patient as a whole, allowing a more open approach to finding a satisfying solution to health problems because we know where those

## *What Is Iridology?*

problems lie. It demonstrates how the iris selects the prescription, which allows time for the patient to regain good health without long, drawn out and sometimes expensive treatments. The body works by balance, it is when there is imbalance that the body becomes first restless, then irritated, then diseased.

### THE IRIS IN PREVENTING DISEASE

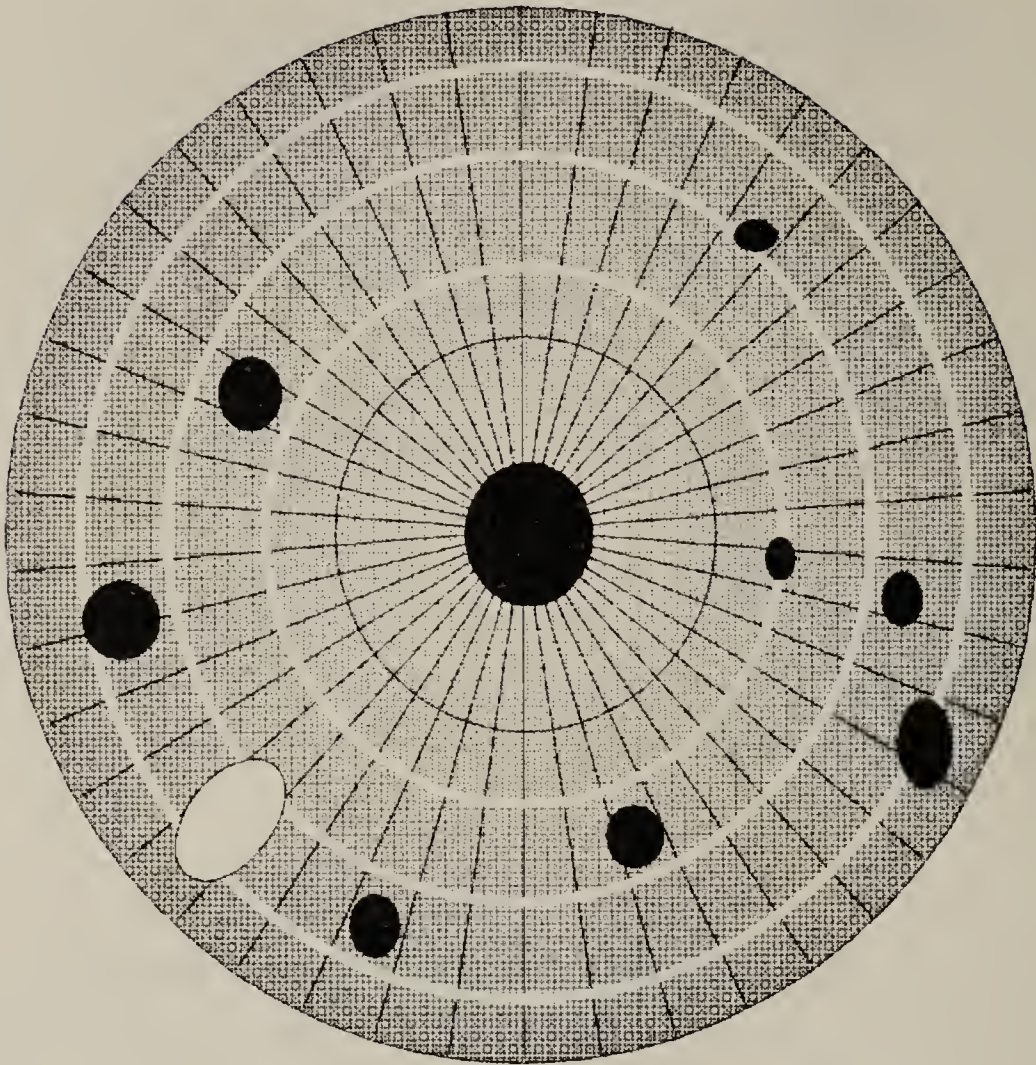
Imagine having a profile of all your weak health areas, a personal profile that details all the foods, chemicals and types of people you should avoid and those foods and supplements you should include in your diet. Iridology can help provide just such a profile.

#### *Case Study: Michella M, Journalist*

Michella's iris was extremely dark and densely pigmented. Just from her iris colour and constitutional type – haematogenic – we suspected mineral deficiencies, which often lead to muscle cramps and anaemia. Later she confirmed that she suffered from night-time leg cramps. The dark brown pigment spots seen in a random pattern in her iris led us to ask her about chocolate cravings, mood swings and headaches. She confirmed them all, saying that it was because of her headaches and low energy level that she had recently been forced to stop her regular swimming sessions with her husband. This was causing stress in their relationship, as her husband did not understand her lethargy.

Hypoglycaemia is only recognized by orthodox medicine when it is present as a diabetic reaction, but low blood sugar levels can sometimes cause severe symptoms, ranging from mild mood swings to suicidal depressions, from mild anxiety to severe panic attacks needing emergency hospital treatment. Michella's symptoms were somewhere in the middle. She often experienced panic while shopping in a crowded supermarket. She certainly craved chocolate and ate up to three chocolate bars per day if she could get them. With hypoglycaemia, there is often a history of diabetes in the family, and Michella was no exception; her uncle was diabetic. Although the pancreas is usually the organ associated with blood sugar, the liver is also involved. We noticed





*Figure 10. Michella M's right iris, showing stress rings, liver lacuna and pigment spots*

a closed lacuna there. Stress also plays its part in the see-saw effect of high and low blood sugar levels, and shows in the iris as circular rings that are easily seen in brown eyes. Figure 10 shows Michella's iris markings.

The treatment for hypoglycaemia is both simple and difficult – simple because just cutting out refined sugar from the diet will help enormously, and difficult because nearly all prepared foods contain refined sugar! We always tell our patients to keep very strictly to the suggested diet for one month before judging its effectiveness. If they can stick to it for this short period, the benefits will begin to speak for themselves in terms of increased energy, vitality and calmness. For Michella, we recommended five to six small protein meals a day, more than she was eating at the time. She was horrified at first, but we assured her that she would not put on weight. Each meal had to contain a small amount of protein like nuts, cheese, meat or yogurt.



## *What Is Iridology?*

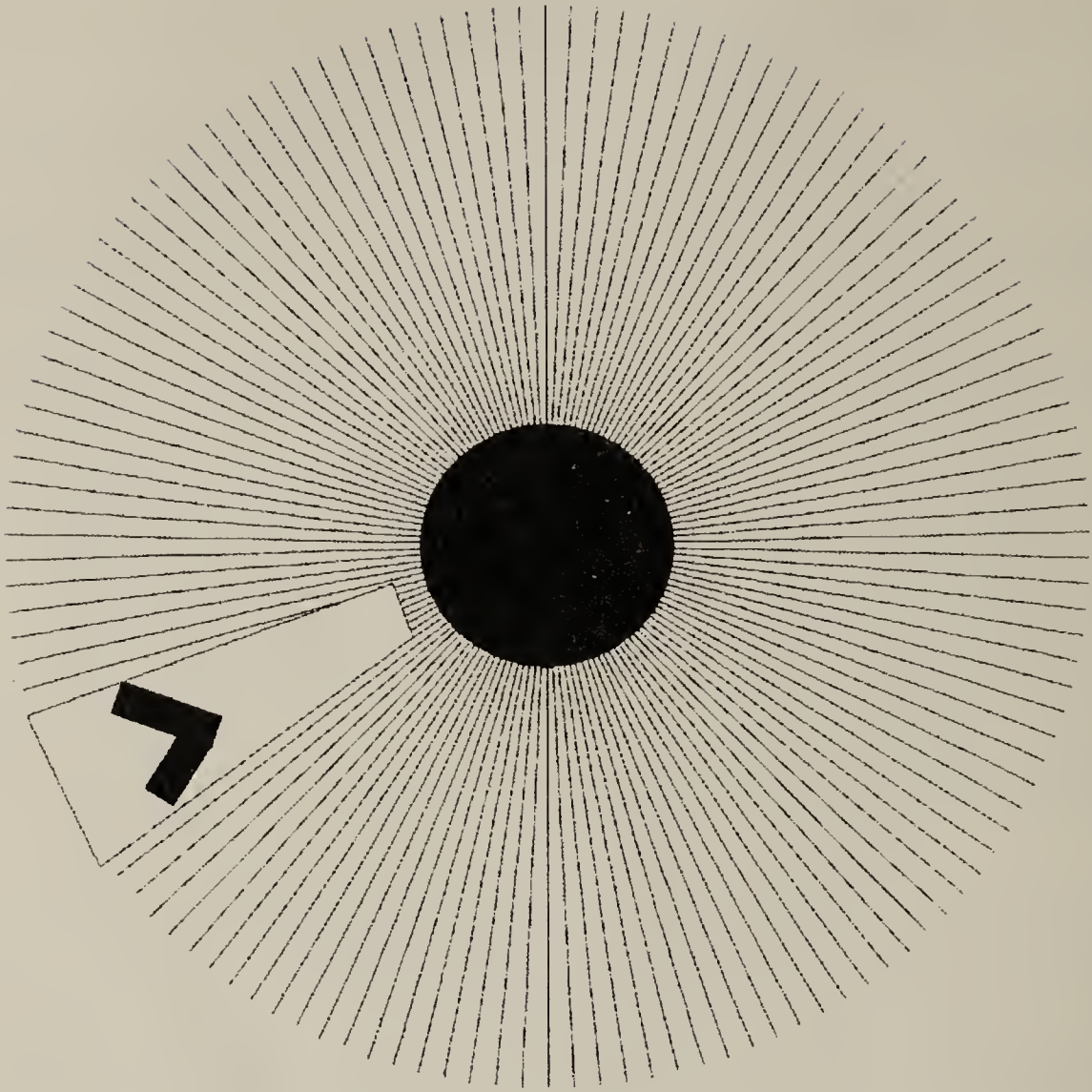
A typical day's menu was as follows:

<b>On rising:</b>	a glass of mineral water with the juice of half a fresh lemon
<b>Breakfast:</b>	a bowl of mixed-grain muesli with extra chopped almonds and a little milk
<b>Mid-morning:</b>	a natural live yogurt with added sunflower seeds
<b>Lunch:</b>	a large mixed green salad with either lean ham or cottage cheese
<b>Mid-afternoon:</b>	two whole-wheat crisp-breads spread with nut butter
<b>Dinner:</b>	chicken risotto with salad, with fresh fruit to follow
<b>Mid-evening:</b>	natural yogurt or two crisp-breads

After a month on this diet she felt terrific! She had only had one headache where she had previously had one almost every day, she had so much energy that she had taken up swimming with her husband again, and she was feeling positive and happy again.

Our illnesses develop from within ourselves, from the food we eat and the way we live, and we need to strike a balance between healthy living and 'faddishness'. We once saw a young woman who had seen every doctor she could afford. Her thin frame was extremely emaciated – she had been anorexic for about three years. There was little anyone could do by the time we saw her, as the damage to her internal organs was beyond repair. Three weeks later she almost died. Her iris showed inherited weakness of the kidney and liver damage (*see figure 11*).

The iris, then, is the key to helping us prevent a disease from developing. When we know which organ or system is inherently weak we are in a better position to nourish and take better care of it. If you see a lacuna in your liver zone of your iris, it would be sensible to reduce your alcohol consumption to help avoid any further damage and to take steps to give your liver the nutrients it needs to help itself to better health. In this case, bio-iridology would suggest watercress soup to restore iron levels, raw, grated organic carrots to increase your natural vitamin A, and brewers' yeast powder sprinkled on the food to



*Figure 11. A hepatic wedge seen in the liver zone indicating cirrhosis of the liver*

supplement the B groups of vitamins – simple yet very effective treatment.

## THE IRIS IN DIAGNOSIS

There are many ways of using physical evidence to determine a disease process. Diagnosing health problems from fingerprints is one way. Research has shown that certain fingerprint patterns indicate problematic areas of health at some time during the person's lifetime. Yellow finger nails can indicate bronchial problems, a reddish colour to the lunula on the nail can indicate heart failure, while opaque white nails could indicate a thyroid problem. Another method of diagnosis is from hair. Hair roots can be used as an indicator to some serious degenerative diseases. This physical evidence is sometimes used on its own, but when

## What Is Iridology?

combined with iridology, it helps the practitioner to identify a disease condition more precisely.

The first essential for sensible and effective treatment is the correct diagnosis and those who study and use iridology find it of immense help in diagnosing their patients accurately and without surgical intervention. And it is the only method that can benefit you *before* a disease process takes hold. Medical tests in general are ambiguous. Their accuracy can be affected by how the body is functioning on that particular day – whether you are hot or cold, angry or calm, hungry, tired, etc – or by environmental conditions such as hot or cold weather, a dry dusty atmosphere, cold and damp, etc. Some tests are also affected by whether the subject is sitting down or standing, or by the food he or she has just eaten. So medical tests on their own do not make a diagnosis, and the same is true of iridology. However, combined with physical observation iridology does have an advantage over conventional tests which will often show no abnormalities, despite the fact that the patient knows something is wrong.

Modern medicine is based on the fact that the body is in an identifiable disease process, but little attention is given to the early stages of such a process. Iridology identifies potential areas of disease that can frequently be treated when early symptoms are present. There is also the advantage of knowing which treatments might cause the system to over-react. In general, however, iridology is not concerned with any one particular kind of healing, apart from the idea of prevention in bio-iridology. It has no greater leaning towards homeopathy than towards chiropractic, nor does it advocate drugs over herbs, or herbs over nutrition. Its concern is the wellbeing and the quality of life of the individual.

## WHAT THE IRIS CANNOT REVEAL

There are several conditions that do not show at all in the iris, some of which are not really conditions in the sense of an illness or malfunction. Pregnancy is one example. To conceive and carry a growing baby for the full term is normal, healthy and natural, so it would not show as a defect in the iris. A woman once came for an iris diagnosis simply to check up on her health. At the end of the consultation she said, 'Ah! You didn't see that I am



pregnant!' Of course I had not 'seen' this in her irises; she was perfectly healthy and was having a perfectly healthy pregnancy. On the other hand, if she had been suffering from morning sickness, back ache, swollen ankles or bladder infections, the underlying weaknesses producing such symptoms would have been apparent.

It is also impossible to tell the age of a person from an iris picture. A few irises are obviously very young, because we can see that they are not yet fully formed; when a child is born the iris is not yet completely developed and there is an oily protective film over the whole eye. Some irises are obviously old, with a faded colour and degenerating fibres, and sagging eyelids and sparse eyelashes are common in older people. So at each end of the age scale a rough estimate can be made but it is not very accurate. We have seen very bright, clear blue eyes, without a trace of toxic accumulation, in many 90-year-olds. Sadly, we have also seen the genetic potential for very serious diseases in the 6-14 age group.

Gender cannot be determined from an iris photograph nor can height or weight. Of course if someone is over- or underweight because of a particular disorder, then the iris may well indicate the reason. But it cannot give any indication of a person's actual size.

Passing infections like measles, mumps and chicken pox do not show in the iris either. These types of common childhood infections do not depend on organ function or gland strengths and weaknesses and so have no significance in the iris.

Finally, our research indicates that one cannot determine personality from the iris. Several years ago we challenged would-be iris personality readers to take part in a trial. We supplied four iris photographs, two of people with severe personality defects who had committed suicide, the other two from people with no personality defects. The personality readers were asked to identify the suicide victims; they scored below what one would have expected if they had simply guessed. In fact, I asked a group of sixth formers from my local college to guess simply which of the four people had committed suicide, and they were more accurate.

Of course, one may be able to interpret certain symptoms as personality traits. For example, small brown spots in the iris may

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indicate that the person is suffering from a pancreatic imbalance, so they are likely to become depressed, moody and anxious from time to time. But this is not personality reading. People's personalities can change, so if the iris were capable of reflecting personality one would expect it to change as well. But in fact iris patterns do not alter, so they cannot indicate any change in personality.

### *Case Study: Helena P, Artist*

Helena's lymphatic iris showed all the signs of a low-grade infection – not severe enough to be recognized and treated by her doctor, but bad enough to make her feel less than well. We noticed that her sclera (the white part of the eye, which should have been clear and bright) was pink from the honeycomb of fine blood vessels which is so common in allergies or infections. Her pupils were too large, showing that her autonomic nervous system was out of balance. But the most important iris sign was the lacuna and defects in her bladder zone. We suspected that the infection had infiltrated her whole body. When we asked her about urination habits, she said she had recurring cystitis that had been troubling her for many months. Nothing seemed to clear it up completely; creams from her doctor only gave temporary relief from the burning and itching. Figure 12 shows Helena's iris.

The first approach to her problem was to remove common allergens from her diet, like tea, coffee, alcohol, cola and many artificial food additives, and to restore her to wholesome eating. Next we had to get rid of outside allergens like nylon pants, bubble bath and tampons. We suggested that she pass urine immediately after intercourse and wash the whole area with cool water, without soap. Passing urine as soon as necessary was also important. Helena would sit at her work for hours without realizing that her bladder was full. Every time toilet paper was used it should be wiped from front to back to avoid contaminating the delicate tissues of the vagina. She had always prided herself on her bladder control, but this was not a good idea; urine is a waste product and should be removed from the body as soon as possible and not be held in.

We suggested chamomile tea to replace irritants like tea and coffee, alternated with apple and carrot juice. Vitamin C and A and garlic tablets were introduced to help fight the

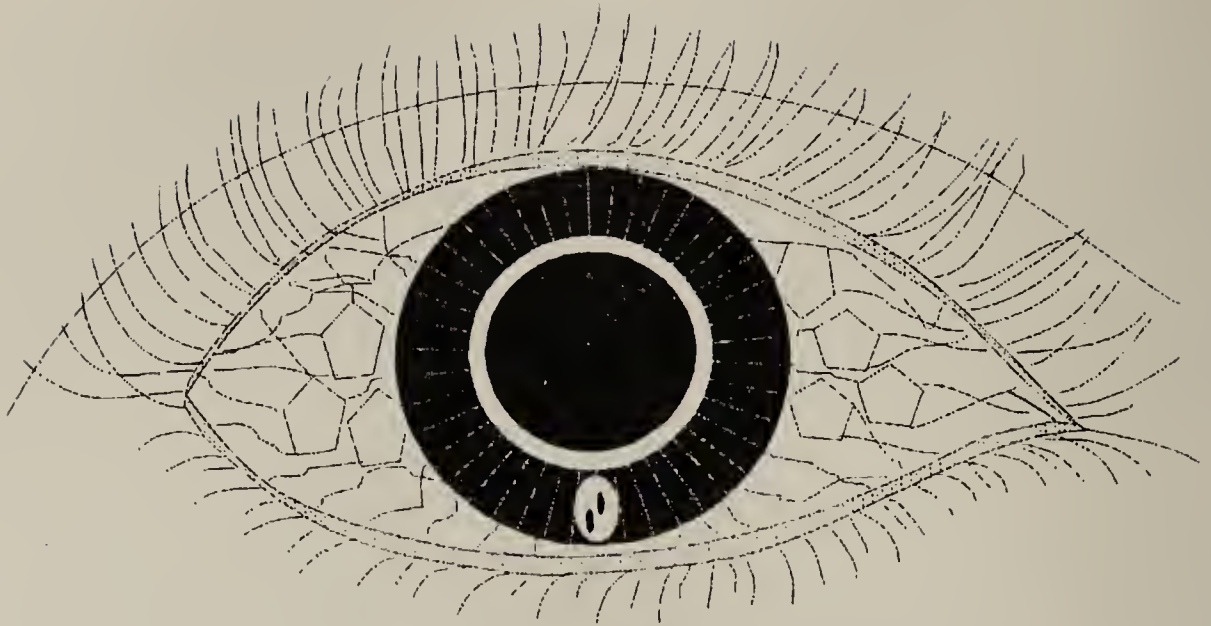


Figure 12. Helena P's iris showing scleral blood vessels, large pupil and kidney lacuna

overall low-grade infection. She was given a list of bladder-strengthening foods that included cauliflower, beetroot, kale, nectarines, peaches and spinach, of which at least one should be eaten every day. After just one week she felt more comfortable, and three months later she had still not suffered a further attack.



# 2

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## The History of Iridology

IRIS DIAGNOSIS AS it is practised today originated with Ignacz von Peczely, a Hungarian doctor who lived at the end of the last century. But the foundation on which it is based, the power of acute observation, could be said to go back to the beginning of time.

### THE POWER OF OBSERVATION

Voltaire tells the story of two doctors who stood facing a portrait. After studying it for several minutes, one of them turned to the other and said, 'If the artist has been accurate, the subject of this picture died from heart disease.' His colleague did not believe him and could not see how anyone could make such an unsubstantiated remark. Being of a scientific nature he decided to make further inquiries. He subsequently found, to his amazement, that the person had indeed died from heart problems. The doctor who made the claim was Jean Nicholas Corvisart, and he had very acute powers of observation. Sir Arthur Conan Doyle, the doctor/author, was inspired to create the accomplished detective, Sherlock Holmes, by one of his medical teachers, Dr Joseph Bell, who had similar powers of observation. It is this power of observation that forms the basis of iridology. Observation of one self can be of vital importance when linking an iris marking with a condition. Indeed, until 50 years ago the only major way of forecasting a disease was by physical diagnosis. It is a frequent complaint today that doctors rarely look up from their prescription pad, let alone 'observe' their patient. But in the

1940s there were strict rules for observing the patient. Professor Ralph H Major went so far as to say that all medical students should be forbidden from owning or using a stethoscope until the skill of physical diagnosis and accurate perception had been studied for at least six months.

With an open mind, we can usually follow our instincts, although it may take some effort to rediscover those instincts, as most of them have been suppressed in the course of 'civilization'. But it was from instinct that, in prehistoric times, observation developed. Hippocrates, the ancient Greek leader, taught the importance of observation. Five hundred years later Galen (AD 130) sought to discover how and why the body worked as it did, again by observation. That was the birth of scientific medicine.

The iris was little used for observation and diagnosis, simply because of the complication in viewing such a small area of the human frame with any precision. Early iridologists in the 1900s could only use natural light or a small magnifying lens. Today we have the benefit of high magnification and clear precise photographs. Bio-microscopes provide an excellent opportunity to view the fibres of the iris that lie below those on its immediate surface.

### IGNACZ VON PECZELY (1822–1911)

The account we have of Peczely's discovery of iris diagnosis may be apocryphal, but it makes an appealing story. Young Ignacz grew up in Egervar, Hungary and at the age of eleven, he longed for a pet. Close to his family home was a forest, and one day he came across an owl which he managed to catch. The bird fought to escape, and in the fight it broke its leg. Ignacz was a gentle lad and was filled with remorse. He wrapped the owl carefully in his coat and took it home to heal it. As he bandaged the broken leg, he noticed a small white cloud appear in one of the bird's eyes, the same side as the broken leg. After several days of tender and affectionate caring, the cloud had become a black speck. When its leg healed, the owl stayed with Ignacz for several months, even though it was at liberty to fly away, and Ignacz noticed that the black line began to disappear from the bird's eye until all that remained was a white line. This encounter led him to care

for other animals and to observe their eyes both during health and through sickness.

Whatever the truth of this story, the rest of Peczely's life is a matter of record. He had a gift for drawing and painting and a talent for mathematics. In his youth he was involved in the uprising of 1848, and was sent to prison as an activist and ringleader. While in prison his thoughts frequently strayed back to his days with his beloved pet owl, and he began to remake careful observations of his fellow inmates. He soon realized the magnitude of his discovery; on many occasions he was able to predict an inmate's impending disease. He used his time in prison to make copious notes of his observations, suggestions and outcomes.

On his release he studied medicine and, in order to develop and confirm his discovery, he chose to work in the dissecting and operating rooms. He graduated with honours from Budapest University and became a Doctor of Medicine at Vienna University in 1867. He spent many hours noting the iris markings of those who had recently succumbed to disease. The surgical wards of the college hospital provided many opportunities for examining the eyes of patients before and after operations and accidents, and he found again and again that the same conditions displayed similar markings in the same area of the iris. Over many years he gathered together meticulous notes and compared them to his iris studies. In this way he built up the first accurate chart of the iris (see figure 13).

With the help of an assistant, he developed his beliefs over many years. His fame spread abroad and it is reported that he helped 20,000 patients every year. In 1881 he published a book, *The Discovery in Natural History and Medical Science, a Guide to the Study and Diagnosis from the Eye*. This work caused a great stir and gained him international renown. Interest in iris diagnosis increased, especially in Germany. Dr E Schlegel studied the subject intensively, and others were also interested. They all visited Peczely in Hungary for further advice. Peczely himself had progressed so far that he was able to divide the iris into various zones. But the confrontations and criticisms he struggled with, caused him deep bouts of depression.

Some years later, at the request of a colleague, he gave a lecture at a medical conference in London on 'The Diagnosis from the Eye'. Although it was a huge success, the establishment refused



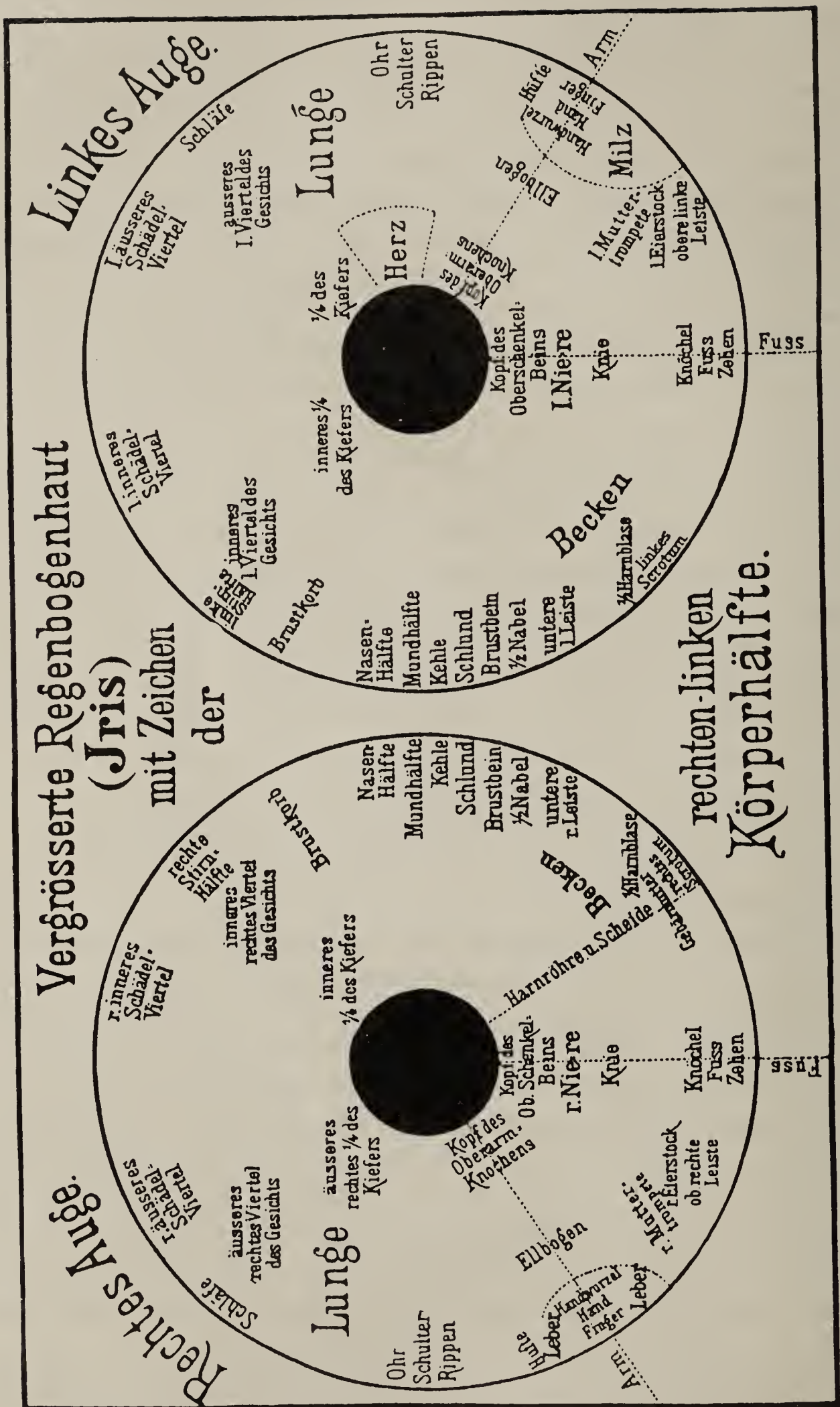


Figure 13. Peczely's early chart

permission for his speech to be published and openly denounced him as 'ridiculous and with a terrible reputation'. Not long after this attack Peczely became disheartened and gave up his quest to bring iridology to the medical profession as a valuable diagnostic tool. It is said that he never again left his room. He died in 1911, leaving us with the words *Hic signum, ubi ulcus?* ('Here is the marking, where is the ulcer?'). At the end of his life he directed his family and friends: 'Spread my ashes and extinguish my name forever.' Peczely's is a tragic story of a lifetime spent in a struggle for iris diagnosis. Had he been aware that there were many others ready to carry on where he had left off he would have died, I am sure, a far happier man.

Since his discoveries were made public, many well-known scientists and observers around the world have dedicated a great deal of time to the work of perfecting this extraordinary science, but the regular schools of orthodox medicine have ridiculed and ignored its value. The reason for this may be that it clearly discloses the fallacy of so many of their favourite theories and practices. This attitude is not surprising; many great people have been ridiculed throughout time for daring to propose new ideas. Sir Clifford Allbutt, who died in 1922, was frequently ridiculed as a young doctor because he carried a thermometer!

During Peczely's studies he came across one problem he was never able to answer. He became aware that there were differences between the iris markings he saw and the clinical findings. This irritated him, because he could find no explanation for it at the time. He sought help from a number of sources, but medical science was unable to help, and he was unable to find the answer he wanted. He also lacked the technological equipment needed for accurate inspection of the iris. The only tool at his disposal was a hand-held magnifying glass with only a 2x magnification. An appropriate microscope did not come into use until later.

## PECZELY'S SUCCESSORS

The years that followed were lean ones; it was far easier to practise than to research. Many converts to iridology paid little attention to accuracy, while others who found specific iris markings linked to disease pattern hardly bothered to publish their findings. Others simply made up cases to suit their own theories, as



## *Iridology*

became apparent when iris pigments were linked to certain drugs of the day, such as coal tar, mercury, bismuth, bromide and lead; as these were replaced by different, more refined drugs, the pigments still remained.

One of the people who carried Peczely's work forward was Pastor E Felke (1856–1926), who spent his early years as a minister. His interest in medicine flourished, and in 1912 he gave up his ministry in order to devote himself exclusively to the treatment of his patients. The years that followed brought him fame as a naturopath and iridologist. He worked extensively on the constitutional aspects of the iris, and was the first to declare 'The iris dictates the prescription.' Of course his fame also brought him condemnation from the orthodox medical profession, which in 1909 accused him of causing the death of a 18-year-old patient by inappropriate treatment and diagnosis. The youth died of a perforated appendix, and as any clinician will confirm, diagnosing problems of the appendix is extremely difficult; indeed, most modern medical text books show this to be one of the hardest of all diagnoses. Felke recognized the weakness but his diagnosis was no better or worse than that of the orthodox profession would have been at that time.

The medical establishment demanded that Felke should be tested on iridology, they demanded that he examine the eyes of 20 patients who were unknown to him, without questioning them or taking case histories. The feeling was that he had some kind of psychic powers. But like any medical diagnostic procedure, there has to be a physical examination in iridology to find areas of pain, and the patient must be questioned. Under the circumstances, it is hardly surprising that the outcome was deemed invalid and the fiasco ended with Felke's acquittal. Undaunted by his experience, he continued with his work. In 1936, ten years after his death, a memorial was erected to him, testimony to his fame as a healer.

Felke's trial was recorded with great accuracy by Heinrich Hense (1868–1955), himself an iridologist of note. He dedicated himself to work on the topography of the iris. He also produced the first iris photographs and the first stereoscopic black and white pictures. His curiosity led him to research heterochromia (discoloration) of the iris, and his work is still used today.

Another man whose work is still referred to today is Rudolf Schnabel (1882–1952). Schnabel was a college tutor who also practised as a naturopath. At the age of 22, he cured a



## The History of Iridology

lame child, which gained him a great deal of respect. He studied natural medicine in Zurich. During his time there he published his work, *The Eye as a Mirror of Health*, which resulted in his expulsion from the university. He moved to Munich, where he founded the Laboratory for Applied Ophthalmologic-Physiological and Diagnostic Auxiliary Sciences. His work on pupil abnormalities has never been superseded, and he was awarded honorary medical degrees by universities around the world.

### JOSEPH DECK

Born in Germany, Joseph Deck dedicated his life to the research and practice of iridology. His life's work produced two text books, *Principles of Iris Diagnosis* and *Differentiation of Iris Markings*. His aim was to introduce the practice of iridology into mainstream medicine through research. For 30 years he ran conference after conference in his home town of Ettlingen, where he presented his research findings, fighting a constant battle for funds. He never gave up this fight and has produced a solid platform from which iridologists can move forwards.

In 1935, he faced the same question as Peczely: *Hic signum ubi ulcus?* (Here is the marking where is the ulcer?). He invited the leading names in iridology to a meeting where this problem could be discussed and resolved. However, without proper funding no one was able or willing to spend any time working on it. Deck was therefore left to solve the puzzle on his own, and it soon became apparent to him what a burden this mystery must have been for Peczely. He constantly struggled with the question of whether or not a marking indicated a problem or a latent condition. Like his colleagues he had spent time in practice and knew of its great satisfaction and monetary rewards, but spurred on by Peczely's tragic story, he founded the Institute for Fundamental Research in Osular Diagnosis in his memory.

As his work progressed, he found many naturopaths and doctors supporting him, but he was no closer to solving the major issue of the connection between iris markings and clinical problems. Then fate intervened. Deck recorded the event as follows:

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In 1950, I got to know a well-known Professor of Medicine. I was asked to examine him. In the left iris at 1 o'clock I found a focal marking in the stomach zone which indicated the left upper abdomen. Eleven years elapsed before the significance of this latent marking became apparent: an unexpected perforation of the stomach occurred and partial gastrectomy was necessary. Since after my examination I had handed over the iris diagnostic findings, together with a sketch, to this professor before witnesses it was to be expected that he would remember this diagnosis and because of his position would admit to it. Vain hope! In general I would have expected greater courage and willing action especially from those who with apparent infallibility administer undergraduate medicine and speak of the responsibilities of research. Those are just the people who jealously stick to their pre-formed opinions and keep those dissenters away from the sources of state money from which they themselves abundantly draw, stating that 'iris diagnosis had no value'.

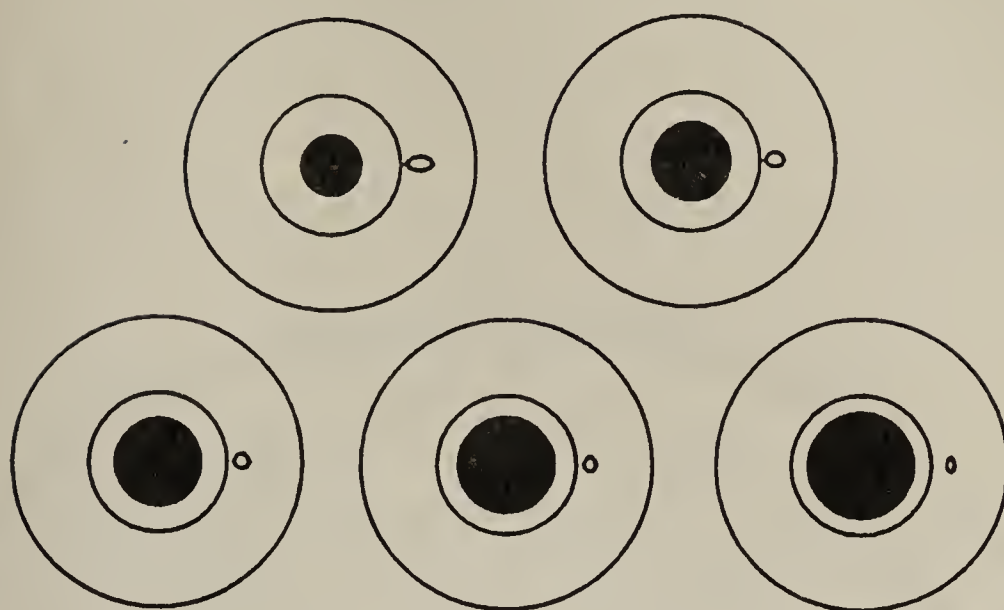
*(Principles of Iris Diagnosis)*

Deck was enraged and for a while this anger blinded him to the significance of his discovery that an iris marking would, at some time, be clinically recognizable. His work now had a clear road and he focused on certain iris markings that would manifest at some later date, thus establishing the basic principle of iridology and providing a platform for iridologists around the world to work from. He died in 1992.

## THE BRITISH IRIS CHART

Since the 1980s iridology in Great Britain has been transformed into a more widely accepted and respected diagnostic technique. Fifteen years ago we set about taking the myth out of iridology. For example, there used to be a widely held view that the iris changed its pattern during or after an illness had occurred. This was a major flaw in iridology's teachings, although it was an honest mistake on the part of some teachers. The explanation of this phenomenon is the pupil size (see figure 14). Changing the size of the pupil has a 'concertina' effect on the iris fibres. A contracted pupil stretches them, while a dilated pupil relaxes them. This changes the iris pattern, which results in the disappearance or appearance of iris markings. Another





*Figure 14. When the pupil is enlarged the iris marking changes shape*

early misconception involved alien pigments in the iris, which were once considered to be toxic substances.

To clarify some of these problem areas, we ran a two-year research clinic, one day a week. Several registered iridologists took part and with the help of qualified nurses and a few hard-working volunteers we were able to document the connection of ailments with iris marking. Over 2,000 people came to the clinic, bringing with them all kinds of previously diagnosed health problems, from in-growing toenails to brain tumors. Photographic iris slides of all patients were taken and, comparing these with their medical histories, heights, weights and blood pressures, it was possible to identify most of the areas that had previously been unclear.

This work eventually became a five-year project, cataloguing and viewing the hundreds of iris markings and pigmentations. Each disease condition was grouped separately, then viewed and common markings listed. By categorizing this information we eventually developed the British iris chart (see figure 15), which is now used throughout the world. There were several areas of the new iris map that did not correspond to existing charts, and we asked practising iridologists to use and test it. The results were better than expected. Not only were many of the new body organ locations now far more accurate, which enabled iridologists to give a more accurate diagnosis but the range was extended by the addition of new zones with further research into hypoglycaemia, diabetes, ME and other constitutional factors. We also looked at latent markings in the iris, and found many that had not previously been described, including the hepatic wedge, which is now universally recognized.



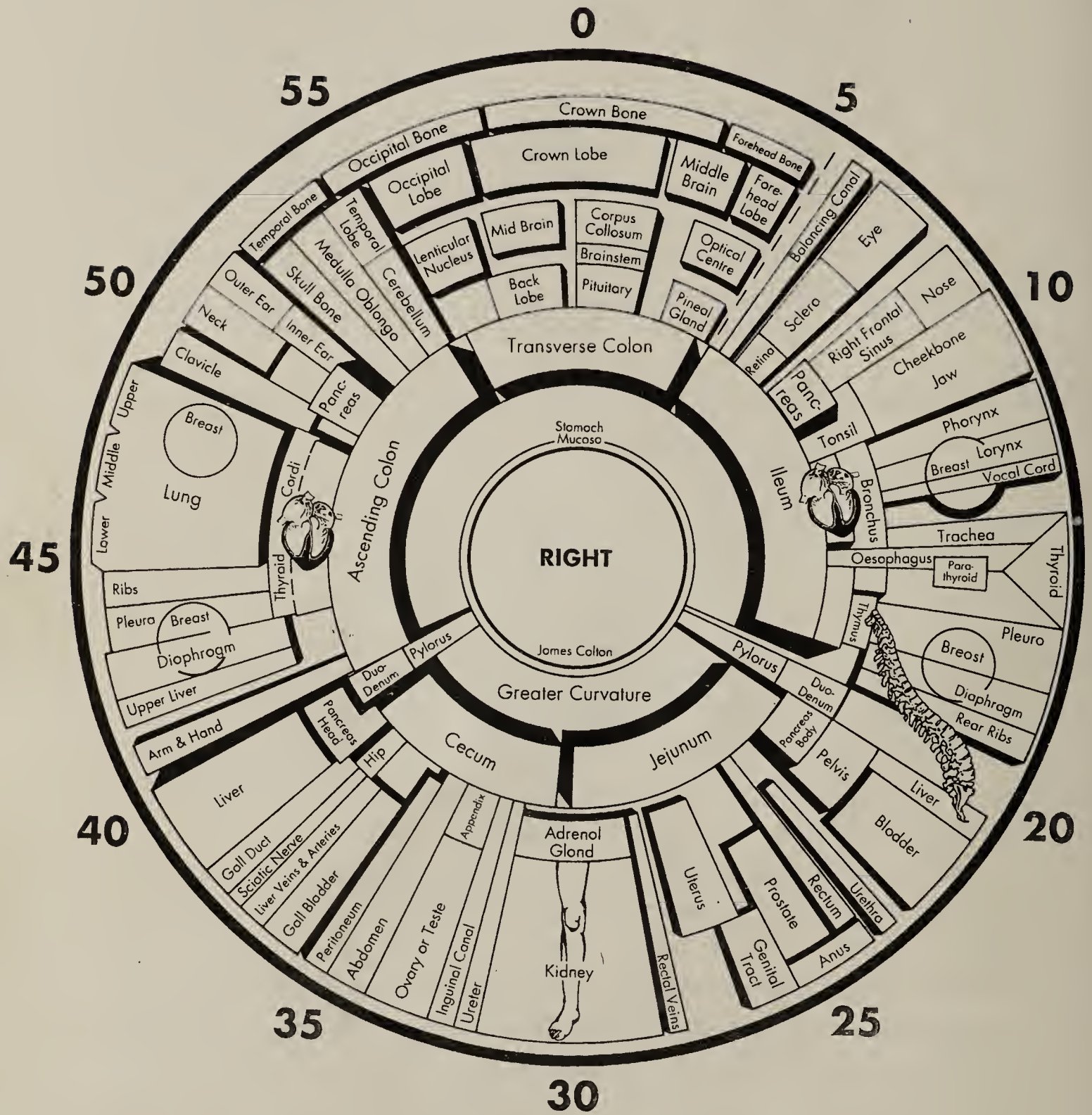


Figure 15. The British iris chart

# 3

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## The Iris and the Eye

THE IRIS IS what gives us our unique attractiveness, our individuality, and, of course, our colour. We are often drawn to a particular person because of his or her eyes. We talk of sad eyes, twinkling eyes, piercing eyes. They also reflect our emotions. When we are feeling romantic our pupils enlarge, making us more attractive to our mate; when we are frightened our pupils become smaller.

The iris has an important function in the eye structure. It measures about 13mm in diameter and acts like a curtain, adjusting the amount of light that reaches the sensitive retina at the back of the eye. When we are in a darkened room the iris muscles open the pupil wide to allow the maximum light into the eye, just as we would open the curtains to let in the morning sunlight. On a very bright day the iris pushes the pupil inwards, making it very small, to stop too much light entering the eye. If it is particularly bright, we tend to squint and frown heavily to assist the pupil further in preventing excess light from harming the retina.

The iris provides a clear structural division between the front and back areas of the eye, known as chambers, and can be clearly seen through the transparent front surface of the eye, the cornea (see figure 16). The front of the iris is kept constantly moist by a transparent fluid called aqueous humour, which is returned to the blood system. It contains the nutrients for the iris. It circulates within the eye, and could be called the lymph of the eye. The back of the iris is kept in contact with the crystalline lens by a thin layer

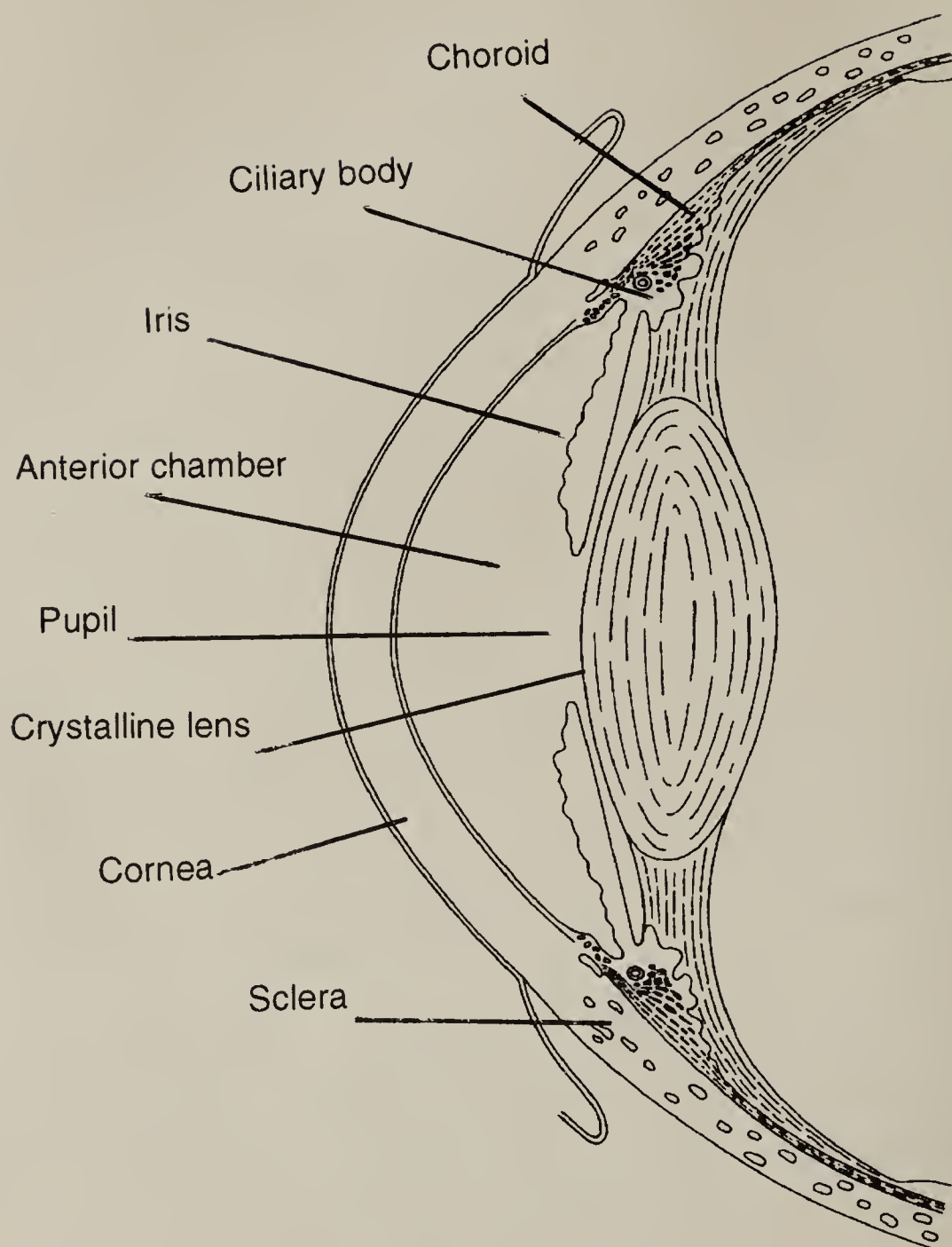


Figure 16. Cross-section of the eye

of aqueous humour. Since the crystalline lens is a bulbous or convex shape, the iris takes on a similar shape. However, if the crystalline lens is missing or has been displaced, the iris can be seen to tremble, as it has lost its central support.

The iris has three main anatomical functions.

- By dilation or contraction of its central aperture, the pupil, the iris serves to regulate the amount of light entering the eye and reaching the retina.
- Similar pupil action will reduce any chromatic aberrations of the light to give a sharp retinal image.
- To some extent the iris can also communicate the emotional



## The Iris and the Eye

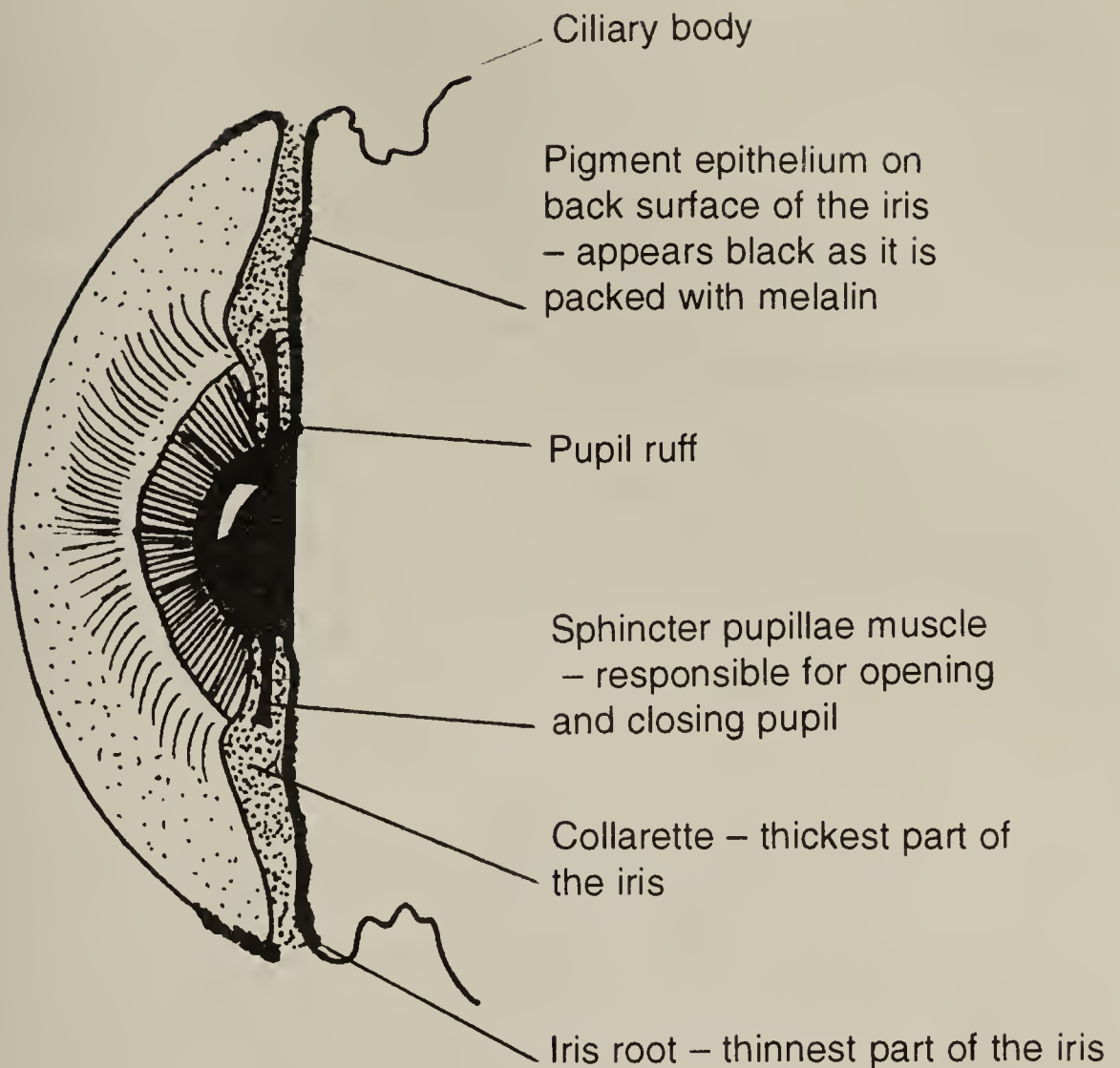


Figure 17. Cross-section through the iris

state of the individual since pupil dilation is triggered by stimulation of the sympathetic nervous system and constriction by stimulation of the parasympathetic nervous system.

The colour of the iris is inherited, through our genes, from our parents and grandparents. Brown eyes are dominant and blue recessive. In other words you are likely to have brown eyes if one of your parents has brown eyes; if the eyes of both parents are brown, yours will definitely be brown. The overall colour of the iris depends mainly on the amount of pigmentation on the front of the iris structure. The greater the pigmentation, the browner the iris appears, since the inner part of the iris structure is not seen. If there is only a small amount of pigmentation on the top surface of the iris, light is able to scatter in the inner part of the structure and the iris has a blue appearance. However, if there is a complete absence of pigment, the iris will appear pink, since light will pass straight through it and reflect from the red vascular tissues inside the eye. Pink eyes are rare, but are a

## *Iridology*

common characteristic of albinos, who lack pigment throughout their bodies. Other iris colours such as green, hazel, steel blue and grey are only variations due to different mixtures of brown and blue pigmentation. The only true iris colours are blue and brown.

The general appearance of the front surface of the iris depends not only on the colour but also on the distribution of surface depressions and contraction furrows. A dense, flat area of pigment may also occur forming an iris 'freckle', or pigment spot. A larger variation of coloration known as a heterochroma may affect a section of the iris or in some cases the whole iris. If complete heterochroma is present one iris will appear to be a completely different colour from the other – the same person could have one blue and one brown eye – but this condition is very rare.

## COMMON EYE CONDITIONS

Although iridology is concerned with the health of the whole body, not just the eyes, many people who are interested in iridology also have a general interest in eyes. The following is therefore a brief discussion of some of the ailments you might encounter when examining your eyes.

### *The Eyelids*

**Blepharitis.** This is inflammation of the lid margin and causes irritation, burning and soreness of the eye and lid margin. There are two types of this condition, one more acute than the other. In dry blepharitis the lid margin is red, with fine scales also seen around the lashes. Ulcerating blepharitis is the more acute form, with breaks in the skin and crusts of yellow discharge around the lashes and a red ulcerated lid margin.

**Cysts.** These are usually painless and are caused by a blockage of the duct in a gland on the lid margin.

**Ptosis.** This is drooping of the upper eyelid and can be congenital or acquired. In most congenital cases ptosis can be observed in both eyes and is caused by a failure of the muscle in

## *The Iris and the Eye*

the eyelid. Often the only treatment is surgical lifting of the eyelids.

**Stye.** This is a very small abscess caused by the bacterium *staphylococcus aureus* which begins life in the sebaceous gland of an eyelash follicle. The infected area swells and becomes very hot and painful, sometimes forcing the lids to close. Styes are sometimes associated with constipation.

**Trichiasis.** This is a condition when one or more of the eyelashes are turned inwards, or inverted, usually resulting from scarring following a severe infection or accident.

## *The Conjunctiva*

**Conjunctivitis.** This is inflammation of the conjunctiva, and occurs in two forms. The first, and most common, is superficial conjunctivitis, which is caused mainly by bacteria or from excessive smoke, dust, heat, light or irritant vapours. Symptoms can vary from slight grittiness and stickiness to heavy swollen lids with severe pain and a thick discharge. The second, and less common, is interstitial conjunctivitis, which includes inflammation of the deeper layers as well as the top layer of the conjunctiva and in its worse form can cause blindness.

**Pterygium.** This is a degenerative disorder and can be identified by a raised band of fibrous tissue growing from the nasal side towards the iris and pupil. It can appear from white to pink and grows very slowly but can eventually reach the pupil where it would interfere with normal vision. However, as it is clearly visible with the naked eye, it is most often removed surgically long before sight is affected. The true causes are unknown, although it is claimed that hot and dusty atmospheres are a contributing factor.

**Subconjunctival haemorrhage.** This is the result of a rupture, or bleeding, of a conjunctival blood vessel, and a bright red area can be seen under the conjunctiva. It can be caused by heavy lifting or by excessive coughing. While a single occurrence is not significant, repeated haemorrhages should be investigated further by a doctor.



## *The Cornea*

**Keratitis.** This is inflammation of the cornea which is very painful and can produce various complications. The eye, especially the iris, becomes hazy, dull and even opaque.

**Corneal ulcer.** Corneal ulcers can be central or marginal and are due to infection by bacteria, viruses or even fungi. Ulcers cause the eye to appear red and sore. The eyes water considerably as the tear supply is increased and the eye becomes very sensitive to light. If the ulcer happens to be over the pupil area, vision is affected.

**Arcus senilis.** This is a fat deposit on the cornea and is of no significance as far as the function of the eye is concerned. It is a grey, opaque ring usually seen on both eyes in people over 50 years old. There are no symptoms and the vision is unaffected.

## *The Iris*

**Aniridia.** Aniridia literally means 'no iris'. This is a rare congenital condition where the iris seems to be missing completely; the pupil extends the entire width of the cornea and does not react to light. On close examination there is, in fact, a narrow strip of iris root present.

**Anisocoria.** In this condition, the pupils are of unequal size, but it is not important if both pupils respond normally to light. It generally occurs as a result of other diseases such as trauma, inflammation of the iris, shingles or syphilis.

**Iritis.** This is inflammation of the iris. In acute cases there is extreme pain and the eyes are sensitive to light. The transparent media of the eye become cloudy and hazy, with a loss of colour in the iris, and the vision is soon lost. More commonly, the symptoms are not as severe and the vision is usually saved. Current research may show that iritis may be one of the first indications of Aids.

There are two other conditions worth mentioning: cataract and glaucoma.

## *The Iris and the Eye*

### *Cataract*

A cataract is a common condition of the lens of the eye. It is an opacity or several opacities of the crystalline lens and can be either congenital or acquired. All types of cloudiness of the lens result in visual difficulties such as blurring, dazzling, change in refractive error and eventually a marked reduction in vision, although the rate of progress varies greatly from individual to individual. With some cataracts it is many years before symptoms are really noticeable. We have seen hundreds of early cataracts while carrying out iris diagnosis, and the patient is often quite unaware of any defect in vision.

There are many different causes of cataract, including the following:

- normal changes due to aging
- metabolic changes, for example calcium deposits in diabetes
- nutritional deficiencies
- trauma to the lens, which can be in the form of blunt or penetrating injury
- exposure to infra-red radiation
- ultra-violet radiation during industrial exposure.

When the cataract is 'ripe', or advanced enough to cause considerable loss of vision, a surgical procedure is carried out to remove the crystalline lens from its capsule. The eye is described as being aphakic, which means without a lens. Although it is quite usual to regain excellent vision by wearing correcting spectacles, the eye produces a retinal image about 30 per cent bigger than before the lens was removed. Very often the vision of a person with one normal eye and one aphakic eye will be corrected with a contact lens or a surgical implant in order to achieve proper binocular vision. Under normal circumstances an implant is fitted directly after removal of the cataract.

### *Glaucoma*

This occurs when the pressure inside the eye itself is raised to a dangerous level. The rise in intra-ocular pressure is a result of either a restriction in the outflow of aqueous humour or an

increase in aqueous production. There are two types of glaucoma, primary and secondary, and the symptoms vary accordingly. There is usually pain, a dull ache especially first thing in the morning when pressure is highest, loss of vision, reduced vision and seeing coloured halos around lights.

**Primary glaucoma.** This is unrelated to any other disease. It can be chronic simple glaucoma, known as 'open angle' glaucoma, which is due to a blockage in the drainage of aqueous fluid, or acute congestive glaucoma. Known as 'narrow angle glaucoma', this is due to the iris and the trabecular meshwork being in contact with each other, thus obstructing the outflow of fluid from the eye.

The treatment of chronic simple glaucoma is normally in the form of eye drops which help relieve pressure in the eye by encouraging the drainage of aqueous fluid and reducing its production. Surgery is used in cases of acute congestive glaucoma.

**Secondary glaucoma.** This is usually due to other ocular diseases or abnormalities. There are many causes amongst which are trauma, iridocyclitis (inflammation of the iris and ciliary body) and the side-effects of some medications, such as steroids.

## NATURAL TREATMENT FOR EYE DISEASE

If you think you have an eye disease, it is important that you consult your doctor at once. Our eyes are most precious and should not be neglected. Even if you are perfectly healthy you should visit your optician regularly, at least every second year. Any early signs and symptoms can then be picked up and suitable treatment given at an early stage.

Natural medicine has not proved particularly helpful for many eye diseases. However, there are certain herbs, vitamins and minerals that eyes need to maintain their health.

**Vitamin A.** Good eyesight depends on adequate amounts of this vitamin – 2,500IU daily. It is best taken as beta carotene tablets or as carrot juice.

**Vitamin B<sub>2</sub>.** For clear, bright eyes take 10mg daily. It is best taken as part of a B-complex tablet.



## The Iris and the Eye

- Eyebright.** (*Euphrasia officinalis*.) This, as its name suggests, is helpful for all kinds of eye complaints. Put one tablespoonful of the dried herb in ½ litre of water, boil for 10 minutes, allow to cool, then strain. Use the liquid undiluted as an eye compress. Eyebright tea can also be taken internally.
- Barberry.** (*Berberis vulgaris*.) Use this as a general eye tonic in the form of a compress, as with eyebright.
- Fennel.** (*Foeniculum vulgare*.) This is a very gentle herb that will strengthen the eyes where there is no inflammation.

### Eye Exercises

Shut your eyes and imagine a clock face. Move your eyes from 12 o'clock to 6 o'clock, from 3 o'clock to 9 o'clock. Repeat the same in reverse.

If you use a computer, give your eyes a break by looking at a distant object every half hour or so. When we stare at the computer screen we blink less often than normal, so it is important to rest your eyes. Also encourage your children to get into the habit of looking away from their computer games.

### The Bates Method

The Bates Method is a theory based on improving human vision by means of exercises, relaxation, awareness, memory and imagination. Its founder, William H Bates, believed that defective sight can be improved – if it gets worse, so it can get better. His work is based on the assumption that sight is naturally different for each of us, that inherently we see and understand what we see individually. The theory that eyesight is an indicator of general mental, physical and emotional health is interesting and one that many of us can relate to. To be concerned with mechanically reducing the symptoms of poor eyesight with glasses alone, rather than improving eye health, does seem to be a rather narrow view. If the health of the body is restored by corrective treatment to an organ, why not the eye?

As this is not a book on eyesight, we will not go into detail

about the Bates Method, but just give an idea of two of the exercises you can do in your own home.

**Palming.** Palming is a method of relaxation for the eyes. Slightly cup your hands over your eyes, crossing your hands on your forehead. Close your eyes and block out all the light. There should be no pressure on the eyes themselves, but keep your hands in firm contact with your face. Make sure you are sitting comfortably with your back straight. Do this exercise whenever your eyes feel tired or strained.

**Swings.** The purpose of this exercise is to control the eyes through a flow of vision as your head turns. Start by facing straight ahead. Do not fix your gaze on any one object, nor gaze through it. Turn your head fully to the left without straining your neck and let your eyes follow, then turn to the right. Allow your eyes to see as if you were tracing with your finger. This exercise acknowledges the relationship between you and your surroundings.

Eye exercises alone will not eliminate the need for wearing glasses, or indeed necessarily improve sight dramatically. Like any new technique it has to be learned, and the best way is from an experienced Bates practitioner.

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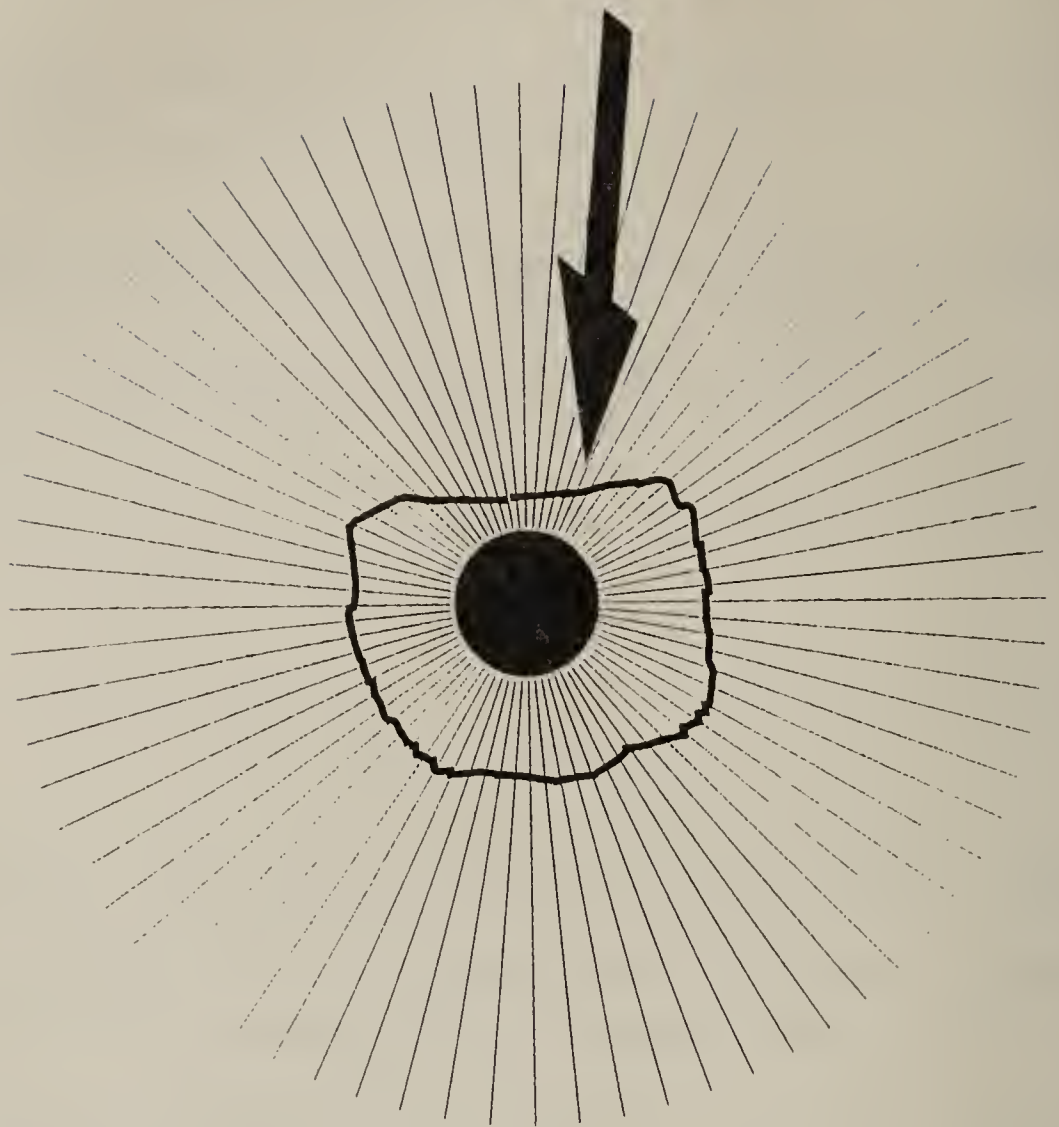
## Iris Colour and Markings

A LITTLE WHILE ago we attended a charity lunch. During a lull in the conversation a voice was heard calling James' name. He turned and saw a lady holding a new-born baby high in the air. With a broad smile she loudly announced, 'He's all down to you!' James sat red-faced and embarrassed, not sure how to respond. It was only when she approached him with her husband that he recognized her.

The couple had been trying to start a family for several years without success. In desperation they attended a free iridology research clinic we ran once a week. The colour and pattern of her iris indicated what was wrong. It was a sub-group of the blue iris group (hydrogenoid), and showed a weak connective tissue (see figure 23, page 61). There appeared to be a 'drooping' of her internal organs, a yellow to brown pigment appeared over the zone of her left ovary, and the other ovary showed a defect marking. If the reproductive organs are displaced then any sperm trying to enter the ovary may find its entrance blocked. The only symptom she had at this time was heavy and prolonged menstrual bleeding, which had been happening since she was 17. Although she and her husband had been thoroughly checked, nothing medically wrong could be found. We suggested a course of herbal tea which included golden seal, dandelion and marshmallow, a bowel-cleansing regime, low-dose vitamin E and an exercise programme designed to strengthen the muscles and organs in the pelvic area. The results were the delightful, healthy, baby boy she had just shown us.

Iris colour is produced by specialized pigment. It varies from





*Figure 18. Dropped transverse colon often seen in the weak connective tissue of the iris. This indicates that the transverse colon has been displaced downwards. It signifies a problem with the movement of digestive products. Constipation may also be a problem.*

light blue to dark brown and may be different in each eye of the same person and even in different parts of the same iris. A blue iris has less pigment in the specialized cells, which are called melanocytes, than a brown one. The colour we perceive is also determined by the absorption of light. In whites the iris is usually blue at birth. As the child grows it becomes darker as melanin accumulates in the superficial melanocytes. It is the concentrated melanin that makes black people's irises brown as more of the light waves are absorbed by the denser pigment.

Blue and brown are the only two real iris colours, but one also sees hazel, which is often described as 'green'. These are a mixture of blue and brown and are due to extensive interbreeding between blue- and brown-eyed races over the centuries. But if there are only two true colours where do the other colours (apart from hazel) come from? Most of them are seen by the iridologist as being 'abnormal'

iris pigments and are due to an organ or a gland over-functioning, producing too much hormone or toxin in the body's blood system. We can see one of these pigments in our eyes in some illnesses such as jaundice, where excess bilirubin (bile pigment) is introduced into the blood, producing a yellowing effect in the eyes. This colour is a symptom produced by the gall bladder.

Iridology classifies irises into three main groups according to colour. These groups are lymphatic (blue) haematogenous (brown) and biliary (mixed), and each describes a constitutional type.

### THE BLUE IRIS

The pure blue or lymphatic iris has a tendency to disorders of the upper respiratory tract. Children with blue eyes have more tonsillitis, eczema, catarrh, wheeziness and breathing difficulties than those with brown eyes. Asthmatics usually have blue eyes. Older people who have pure blue eyes more often have rheumatism and/or arthritis as well as breathing problems. When this observation was made during a recent lecture to a group of hospital doctors a member of the audience disputed it. He said that as a doctor in the rheumatology department of the local hospital he would have noticed if all his patients had had blue eyes. However, he agreed to have a good look when he next did his rounds. Several days later he telephoned to say that, much to his astonishment, all except one rheumatic patient in his ward had blue eyes!

People with a lymphatic constitutional type also have an abundance of white blood cells. This means that they usually have an active (or overactive) immune system. This does not mean that people with blue eyes will never catch a cold, but when they do their bodies will produce a lot of white cells to help fight the infection.

Although the kidneys are not a constitutional problem to lymphatics, they may take the brunt of lymphatic disorders. If this is the case, celery herb tea drunk instead of ordinary tea will strengthen them.

The appearance of the lymphatic iris is of a random structure. The fibres appear to run out from the collarette like rays of sunlight on a rippled pond, or like combed hair. There is usually

a white ring around the collarette, which gives the illusion of a deeper blue towards the outer edge.

### *Treatments for Lymphatics*

If you have pure blue eyes you should avoid dairy foods such as milk and milk products such as cream, butter and cheese. Dairy foods tend to produce mucus and increase acidity. Instead eat plenty of soft fruits like bananas, peaches and papayas.

### *Herbs for Lymphatics*

**Cleavers** (*Galium aparine*) is commonly found in Great Britain as a hedgerow weed. It activates the lymphatic system and alleviates swollen lymph glands. We depend on the lymph circulation system to channel toxins back into the blood for removal from the body. Cleavers helps this process and encourages toxins to be excreted, via the blood, into the urine. This is why herbalists call it a blood purifier. It is also useful in treating diseases such as eczema, psoriasis and arthritis. It has been used by traditional herbalists in cancer treatments of the lymphatic system.

**Echinacea** (*Echinacea angustifolia*) is one of the most effective herbs in the herbal pharmacopoeia. It grows wild in parts of America but has to be cultivated in Britain. Medically it is used as an immune strengthener for skin diseases and a broad range of infections. Today's modern herbalists regard it as an excellent blood cleanser, using it for all kinds of skin problems, such as boils and abscesses, that are often found with impurities in the blood. Echinacea has also been used as an excellent remedy for tonsillitis and diseases of the lungs and digestive tract.

**Marigold** (*Calendula officinalis*) occurs naturally in southern Europe. The parts used are the fresh roots and leaves. It is used medically as a digestive tonic and is also ideal for anaemia and gallstones, and is perfect for rheumatism.

**Greater burdock** (*Arctium lappa*) comes from Europe but is also



## Iris Colour and Markings

found in parts of North America. It is another traditional plant. The root is usually the part used, fresh or dried from the first year's growth. The fruits can also be used, but rarely the leaves. It has diuretic properties, helping the body rid itself of accumulated fluid and increasing resistance to infection, and is used in various skin diseases, especially psoriasis and eczema.

**Wild indigo** (*Baptisia tinctoria*) is used for tonsillitis, pharyngitis, acute catarrhal infection, inflammation of the lymph nodes, and infection of the upper respiratory tract.

**Poke root** (*Phytolacca decandra*) a plant widely distributed in the eastern part of America, is ideal for chronic rheumatism.

The following is a very good herbal formula to strengthen and support the whole lymphatic system. It is advisable to have this and the other recipes which follow made up by a qualified herbalist. They are best taken in capsule form.

400mg cleavers  
250mg echinacea  
150mg marigold  
100mg wild indigo  
50mg poke root

## THE BROWN IRIS

People with pure brown or haematogenous irises tend to have problems with their circulation and disorders relating to the blood. Anaemia and liver congestion are more likely, and they may be affected by a lower than normal level of essential trace minerals. Although they are only needed in minute quantities, these trace minerals are of vital importance, particularly to the glands. Iron-deficiency anaemia is still common amongst second-generation black immigrants in cooler climates because they have a genetic need for more sunshine – which helps absorption of iron – than whites.

At first glance the pure brown iris looks like a thick velvet

carpet, but with a good light shining on it, it is possible to distinguish individual patterns. It appears to be very densely pigmented, with seemingly bottomless holes in the structure. The fibres are often thick and run in pairs. Lighter patches are part of the constitutional type, which may look yellow against the dark brown fibres. There may be a white ring around the outer edge of the iris, called a cholesterol ring.

Many brown eyed people seem to live beyond their constitutional needs. Some years ago a television presenter and her personal assistant came to our clinic for an iris analysis. After the presenter's diagnosis our attention turned to her assistant, whom we shall call Helen. She had a brown iris and was convinced that she suffered from candida albicans overgrowth syndrome, a condition where the bowel over-produces candida. It was the new 'fad' illness of the time and she had visited several top physicians in England and even travelled to America looking for a 'cure'. We explained that her iris showed no evidence of the syndrome, and suggested that she needed to bring her lifestyle back in line with what her body needed constitutionally. She scoffed at the idea of more exercise, saying that her hectic schedule did not allow her the time. A hurriedly snatched machine coffee kept her energy up, she said, although we knew she needed pure lemon juice and a course of minerals to restore the gland function of her body. We heard nothing from her for some time. Then, two years later, much to our surprise, she wrote a heart-warming letter describing her new life in an 'alternative' commune in Scotland, where she had got plenty of exercise and good, wholesome food. All her candida-type symptoms had vanished, she felt a different person, and she thanked us for being right after all.

### *Treatments for the Haematogenous*

As body minerals are often low, a good all-round, low-dose mineral complex should be taken regularly. Plenty of exercise should be taken to help the genetically poor circulation, within the limitations of the individual. If you are in any doubt about how much exercise you should take your local health club will devise an exercise programme to suit your needs.

To reduce high blood cholesterol take 800mg of fish oil (or, if you are vegan or vegetarian two tablets of high-potency garlic) daily.

*Herbs for Haematogenous People*

**Nettle** (*Urtica dioica*) grows almost everywhere, and prefers rich soil. This is one of our finest herbs, as it reinvigorates the liver and kidneys and is a specific for nervous eczema.

**Ginger** (*Zingiber officinale*) is found in the West Indies and China. Its odour comes from a yellow oil, ginerol, which has blends of phenols. It is used as a specific for intestinal colic and flatulence.

**Greater burdock** (*Arctium lappa*). In China the seeds of this plant are called *niu bang zi*. It is probably best known for the small sticky balls that children throw at each other. The leaves are less active than the root. It has a special action that removes toxins from the body.

**Yellow dock** (*Rumex crispus*) is native to Great Britain. It has a direct effect on the liver and gall bladder.

**Comfrey** (*Symphytum officinale*) has a specific action on the gastric tract and is used specifically for gastric ulcers. It has a healing action on the digestive system. It should be used in very small amounts because it contains pyrrolizidine alkaloids.

**Dandelion** (*Taraxacum officinale*) is called *pisenlis* ('wet the bed') in France. The leaves are rich in potassium, making it one of the safest diuretics as it replaces potassium lost in excess urine flow. The root is ideal as a liver stimulant.

**Cayenne** (*Capsicum minimum*). The hot fruits of this plant are ideal for almost any intestinal problem where the mucous membrane is undamaged. It is also useful in migraine headaches. Do not use the seeds, as they are toxic and do not use it at all in pregnancy, when breast feeding or if you have a digestive ulcer.

The following herbal formula will improve circulation:

400mg nettle  
175mg ginger  
100mg greater burdock



100mg yellow dock  
100mg comfrey  
100mg dandelion  
25mg cayenne (do not use if you have a peptic ulcer)

## THE MIXED BILIARY IRIS

Under close magnification the fibres of a green iris are clearly seen to be light to yellowy brown, usually with blue showing through from the bottom layers. Iridologists classify the green iris as biliary, or mixed, because that is what it really is, a mixed colour.

In the biliary constitutional type there is a hereditary tendency towards disorders of the biliary tract: the liver, gall bladder and bile ducts. The digestion is firmly indicated and many people with biliary constitutions have difficulty digesting fats and are prone to nausea, sickness and poor liver function. Insufficiencies in bowel flora cause conditions such as bloating, diarrhoea and constipation.

The structure of this iris can take on characteristics, to a larger or lesser extent, of both the lymphatic and the haematogenous constitutional types. Quite often there is a darker brown ring around the central digestive zone, known as a central heterochroma. Under magnification, patchy areas of blue and brown can characteristically be seen. There will often be dark brown pigmented spots or dots in the iris, indicating a tendency to blood sugar imbalances resulting from the liver.

### *Treatments for Biliary People*

A diet low in animal fats should be adopted and hydrogenated fats should be avoided altogether. However, our bodies need some fats and in any case it is difficult to avoid fats completely. The best ones to choose are virgin pressed olive oil and sesame seed oil. Alcohol should be avoided, especially spirits such as gin, whisky, vodka, etc. Red beetroot juice, which is extremely good for the liver, should replace instant coffee and tea.

If there are small, dark brown pigment spots in your eyes and you feel that low blood sugar level is a problem, try eating small, frequent meals containing protein throughout the day.

## *Iris Colour and Markings*

Many people nowadays are worried by their lack of energy and constant tiredness. So if you suffer from sudden tiredness, afternoon headaches and chocolate cravings, and are fed up with feeling low, adopt the following approach for one month, you will be amazed at the resulting rise in your energy level.

- Eat six small meals per day, each containing protein like yogurt, nuts, lean white meat or fish.
- Avoid refined sugar and sugar products, including honey.
- Do not skip breakfast under any circumstances. This is the body's most important meal.
- Avoid over-exercising, which depletes the body's store of energy at the beginning of the treatment.

If you notice dark brown freckle-like spots in your iris low blood sugar may be a life-long tendency, but by being careful about your sugar intake it can be kept under control quite easily.

## *Herbs for Biliary People*

**Ginger** (*Zingiber officinale*) is native to South-East Asia, China and the West Indies. It is well known as a culinary herb, but also has medicinal properties. In China, the fresh root is called *shen Jiang*, and is used to promote sweating. Ginger's essential oil is commonly used for flatulence and fevers. It has been found that the dried rhizome is superior to dimenhydrinate, a drug used as an antihistamine.

**Barberry** (*Berberis vulgaris*) is a common garden bush found worldwide. It contains a substance called berbamine which is a strong antibacterial agent against staphylococcus. It increases white blood cells and raises the immune function. In China it has been used to treat the after-effects of chemotherapy. Its action on the liver is specific.

**Wild yam** (*Dioscorea villosa*) is common to eastern and central America, and is used as a mild sweating agent. It is also used for various types of rheumatism and for gall bladder colic.

**Peppermint** (*Mentha piperita*). There are over 30 species of mint, and it is a well-known culinary herb. It is used as a

digestive tonic and promotes bile flow from the gall bladder. Peppermint oil is commonly used in indigestion and colic preparations.

**Dandelion** (*Taraxacum officinale*) first made its appearance in medical herbalism in 1485. It contains vitamins A (more than carrots), B, C and D, and is abundant in iron. It is used in China to remove toxins from the blood. In Europe, the leaves are used as a digestive tonic and the root as a liver tonic.

**Boldo** (*Peumus boldo*) is native to Chile. Its leaves are traditionally used as a liver stimulant and diuretic. It is a specific treatment for gall stones, and is often found in slimming aid preparations.

Try this herbal recipe (*but not if you are pregnant or about to become pregnant*):

200mg globe artichoke  
200mg wild thistle  
150mg ginger  
100mg barberry  
100mg wild yam  
100mg peppermint  
100mg dandelion  
50mg boldo

## SUB-GROUPS

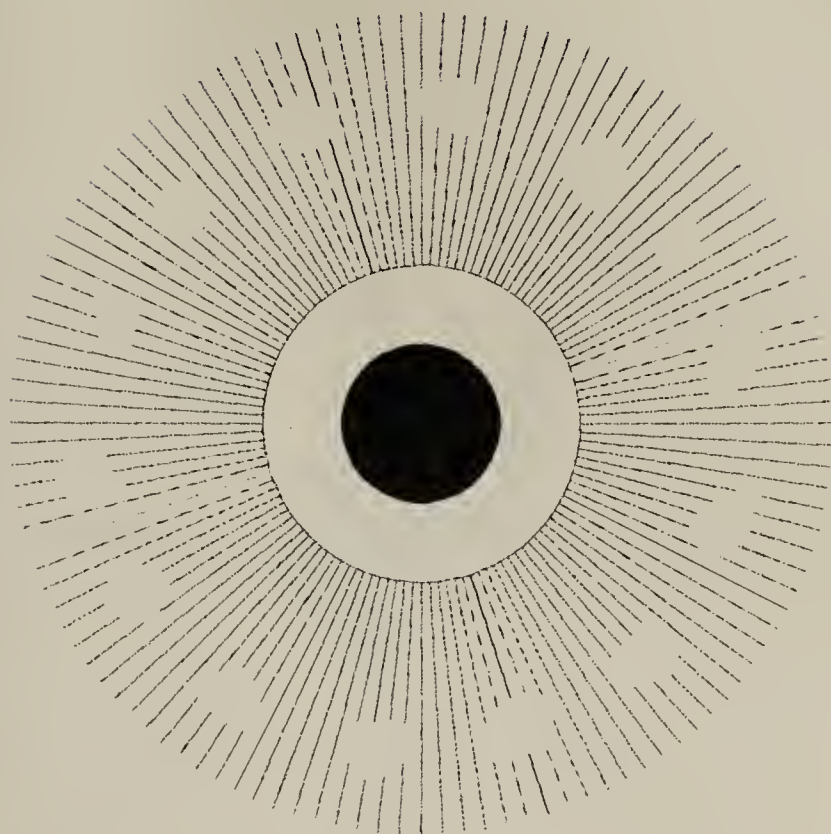
Each of the three iris constitutional types has various sub-groups.

### *Lymphatic Sub-groups*

**Hydrogenoid:** blue with white spots around the edge. There is a tendency to retain body fluids, and puffiness of the skin is characteristic. See figure 19.

**Neurogenoid:** blue with tight, stretched and uniform iris fibres. There is a tendency towards nervous energy. People with this type of iris often do not admit that they are feeling unwell as





*Figure 19. A hydrogenoid constitution*

they are usually of a strong character. They may drive themselves until they are exhausted.

**Uric acid diathesis:** grey to blue, almost as if the iris is hazy. Not much colour is visible, although it is definitely not brown. There is a tendency towards arthritis, rheumatism and gout.

### *Haematogenic Sub-group*

**Lavate tetanic:** brown with noticeable white (stress) rings on the iris surface and dark line like spokes of a wheel radiating from the pupil to the outer edge (see figure 20). There is a tendency towards stress. The subject moves nervously around and cannot sit still. Compare the behaviour of deer or hares, which have stress rings, to that of elephants or orangutans. Deer and hares are skittish, relying on their nervous energy for their survival, whereas the elephant rarely becomes excited. People with stress often have a great deal of energy which, if it is not used, can turn to negative energy and become depressive.

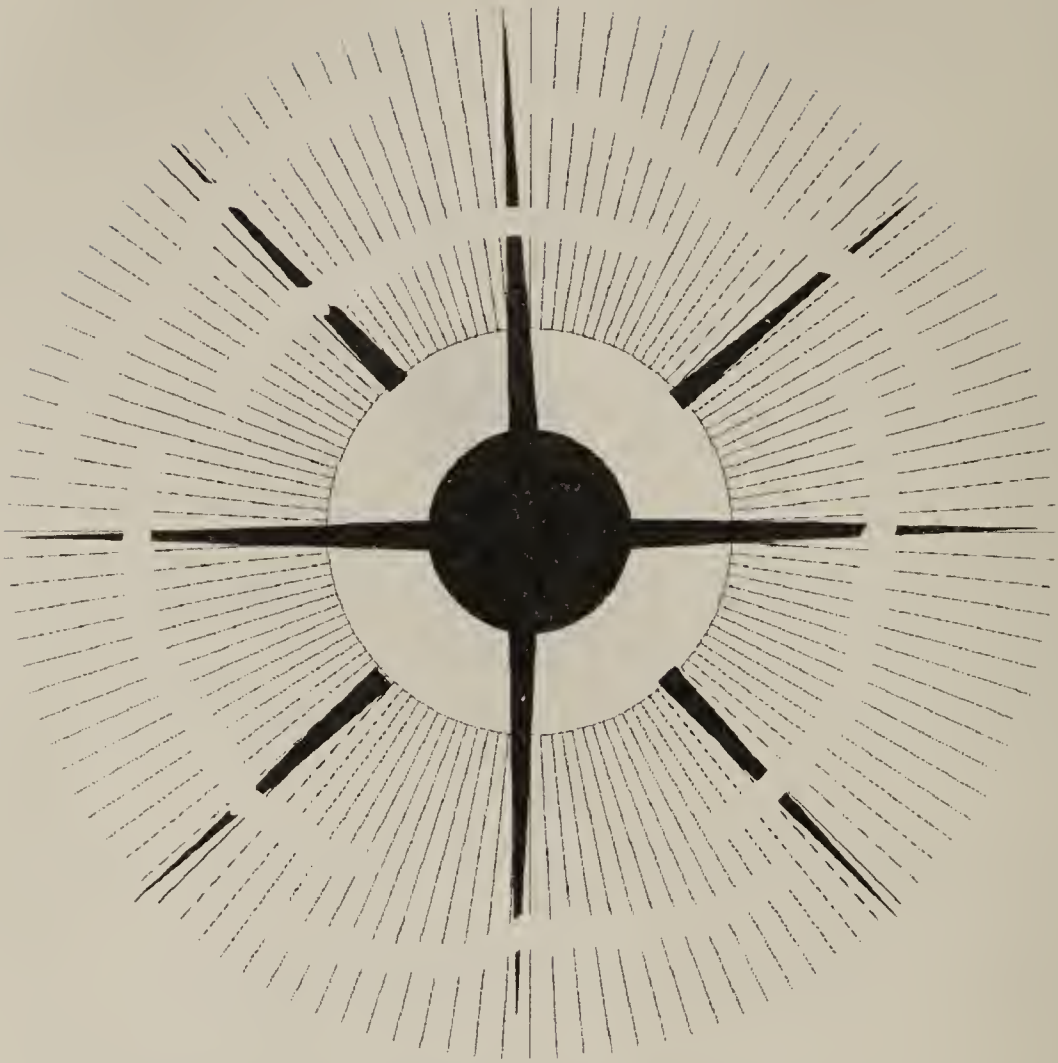
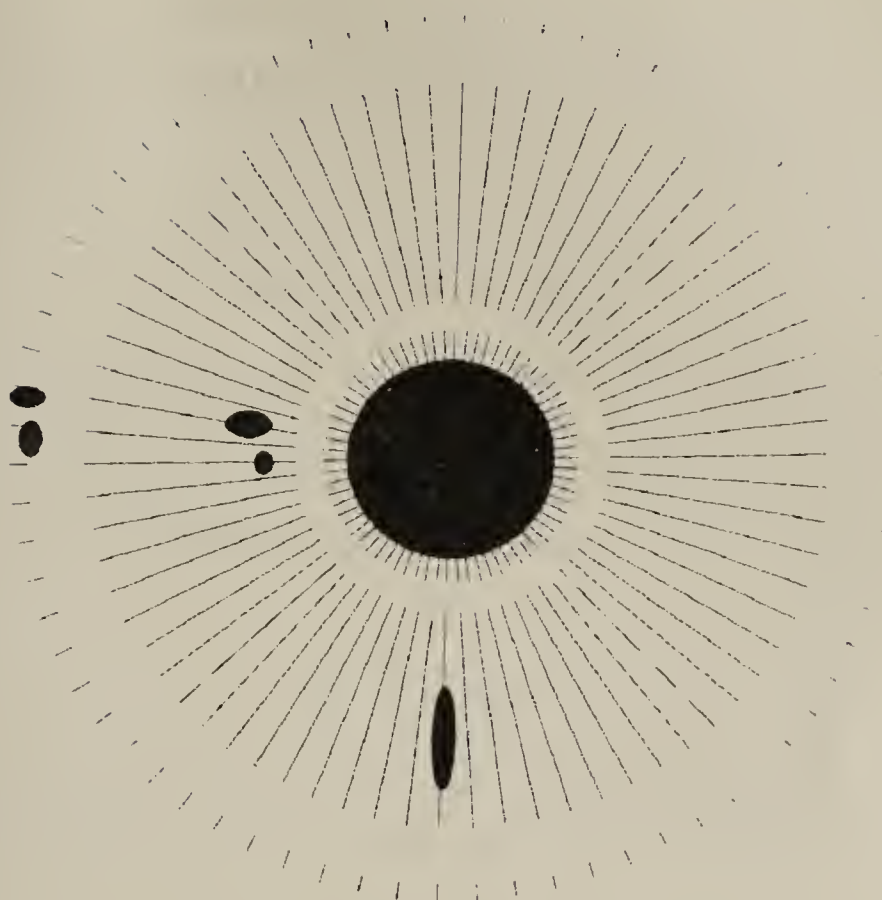


Figure 20. A lavate tetanic constitution

### *Case Study: Amy H, Retired*

Amy H had suffered a great deal of illness over many years. Her health started to deteriorate when she was 25 years old, towards the end of the Second World War. She had a stillborn child and she developed asthma that was to become a chronic, life-long problem. Ten years later she developed a leg ulcer which was also to become troublesome for many years. She visited us when her health problems were well developed, but she now found she was putting on too much weight, and no matter how little she ate, her weight still increased. She was eating just three crisp-breads for breakfast, a banana for lunch and a very modest home-cooked dinner with no green vegetables, which she hated. Her iris was a typical neurogenic type, showing that she was not a person to give up easily and she regarded her health problems as little more than an inconvenience. We noticed the bronchial zone and suspected asthma. The area of her leg ulcer was more difficult to identify as markings at 30 minutes are frequently



*Figure 21. Amy H's left iris showing thyroid, bronchus and kidney markings*

related to kidney function. I asked her about this but she said everything was fine. However, seven years later we discovered by chance that she had been born with only one kidney. Could this be why we had seen the 'problem'? The marking we felt was most significant was in the thyroid zone, which showed in both eyes. We questioned her not only about her weight but also about her voice and her recent energy levels. We examined her skin and found it rough and dry, all classic symptoms of an under-functioning thyroid gland. Her temperature and pulse rate were low, which confirmed her thyroid problem to me and her iris showed a cholesterol ring, another sign of hypothyroidism. Figure 21 shows her iris markings.

We normally store about 30mg of iodine in our bodies, about 8mg of which is stored in the healthy thyroid. We immediately suggested she adopted a diet rich in natural iodine. Food such as fish, yogurt, eggs, green leafy vegetables, grapes and almonds were among the foods to be eaten every day, with a daily supplement of kelp taken in tablet form. On her return several weeks later she felt much better. The weight problem was only a little improved, but it showed every sign of continuing to reduce as her body came



## *Iridology*

back to the correct balance. The improvement in her wellbeing was dramatic; she felt brighter and had more energy than she had had for years.

### *Biliary Sub-group*

**Ferrum chromatosi**s: mixed colour with noticeable dark, reddish brown patches radiating from the collarette to the outer edge. There is a tendency towards poor iron absorption by the liver, causing the level of iron in the blood to rise.

### *Other Groups*

There are also groups which cross the boundaries of these 'pure' constitutional types. These can occur in any colour types.

**The daisy iris:** although this most frequently occurs in a blue iris it can also be seen in either of the other two main groups. The iris has large petal-like formations, like a flower (see figure 22).

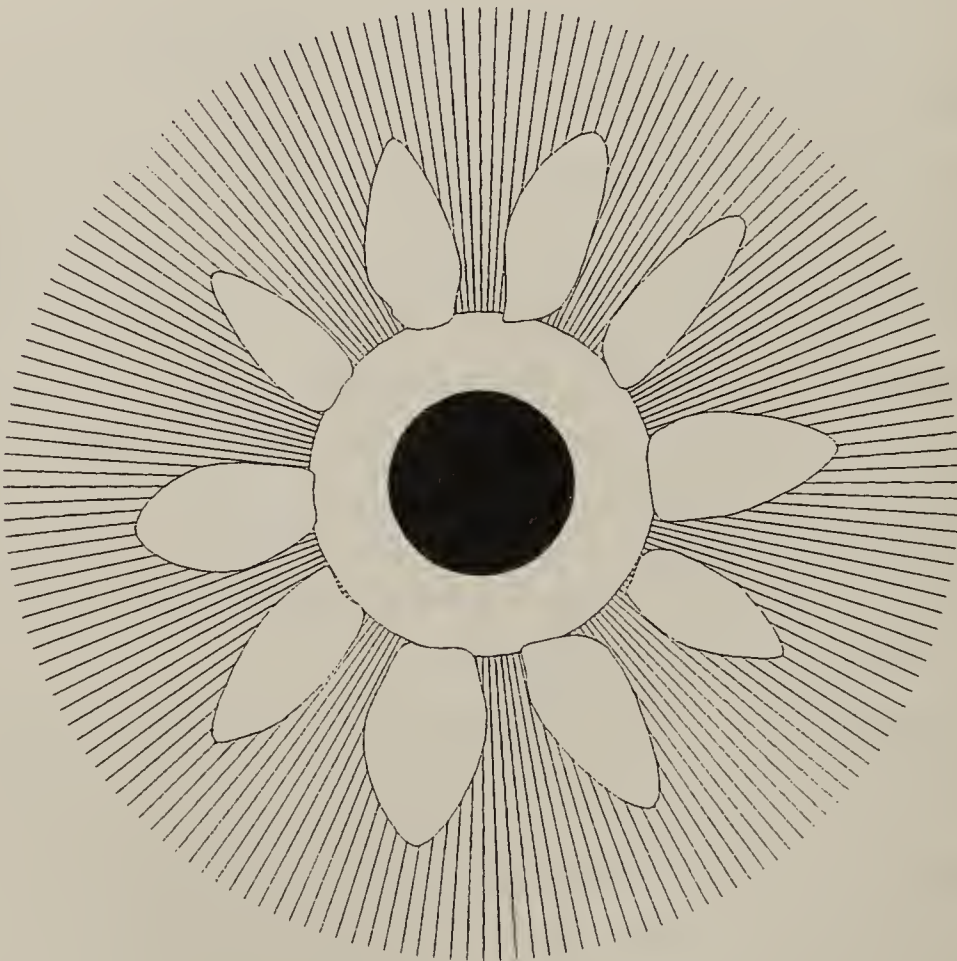
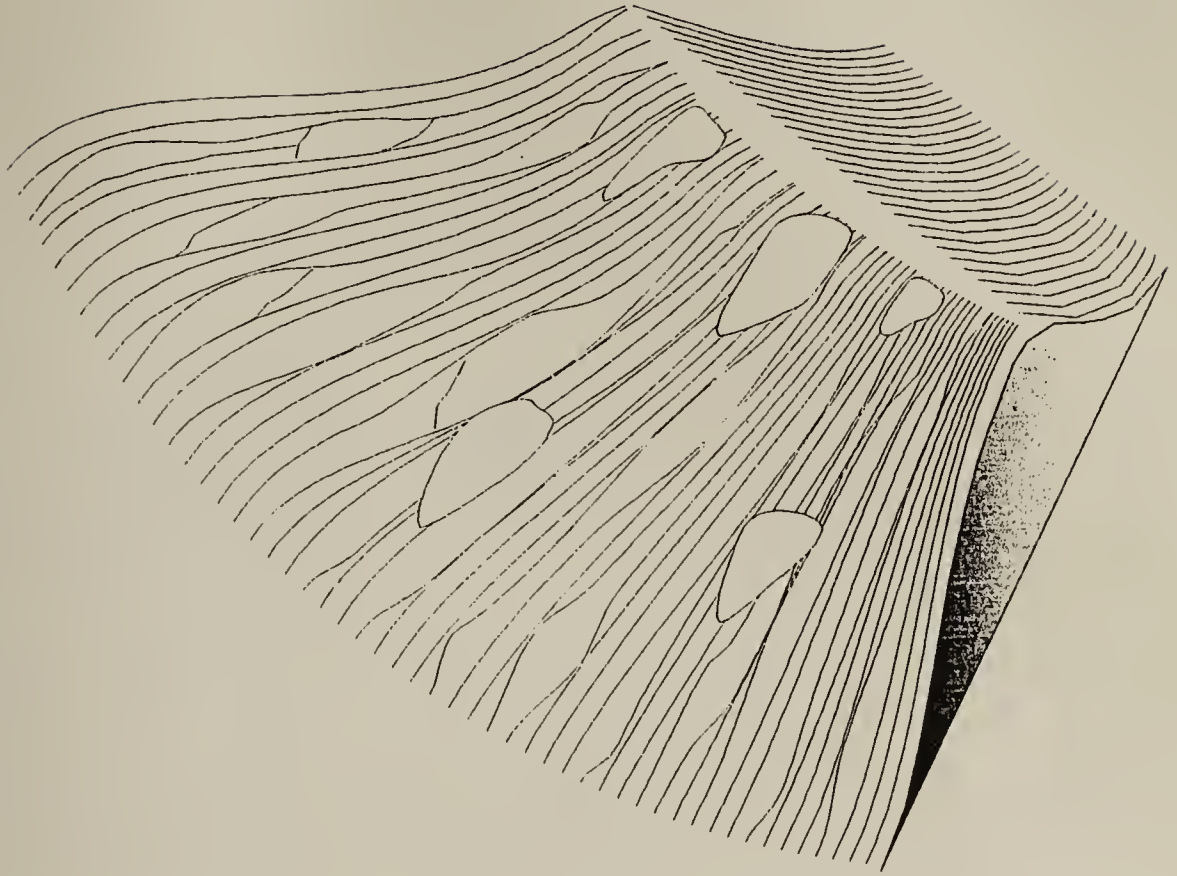


Figure 22. A daisy iris



*Figure 23. Weak connective tissue*

There is a tendency to fluid retention and puffy skin, and to glandular disturbances, particularly of the pancreas.

**Weak connective tissue:** this is also mainly seen in a blue iris but can occur in any of the groups. The iris looks like an open mesh of fibres and open and closed lacuna are seen randomly throughout the iris (see figure 23). There is a tendency to physical injury, back strains and tendon and ligament strains. If you have a weak connective tissue type of iris, do not go jogging on hard pavements or play rigorous sports which put a strain on your joints, such as squash.

### *Case Study: Arthur H, Retired*

Arthur's iris was very interesting, a mesh of lacunae, thick fibres and colour variations. With this type of iris it is important to avoid taking too much notice of the constitutional pattern and to find the few markings that do not occur throughout the iris. In Arthur's case it was easy – a small, yet very significant, defect with a white fibre running from it, at 15 minutes in the left iris of his heart zone. Because the iris diagnosis is conducted *before* the patient's medical history is taken we did not yet

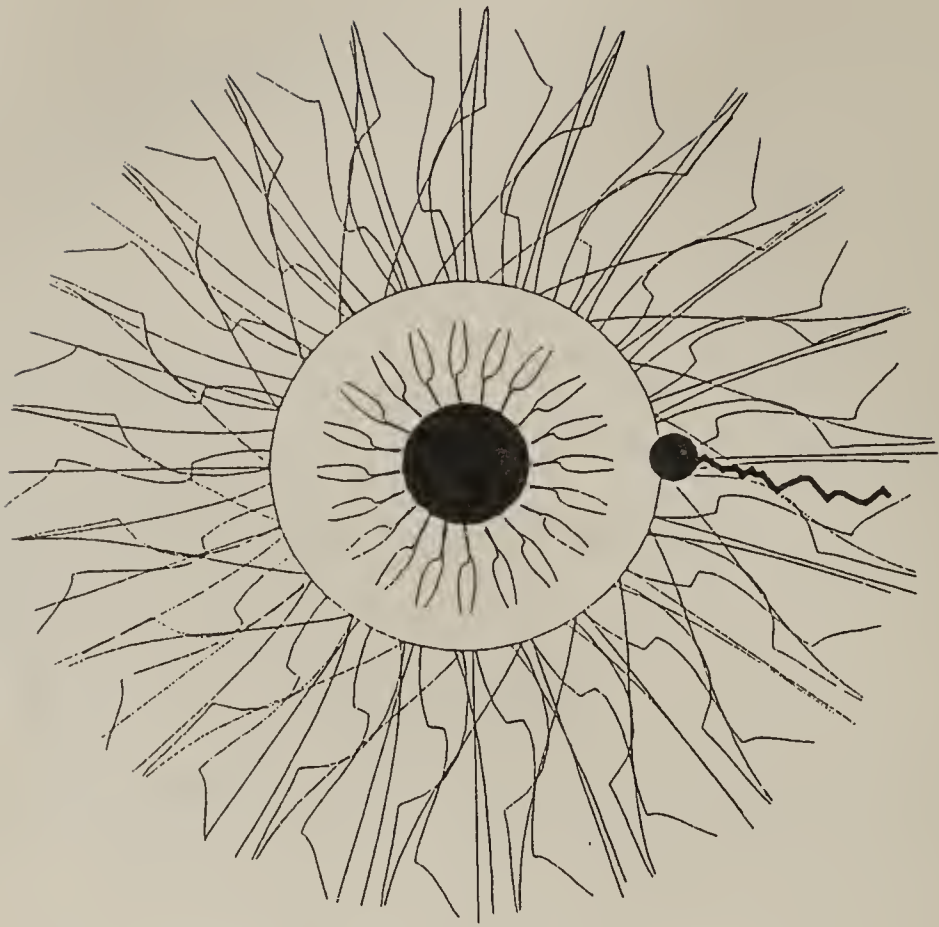


Figure 24. Arthur H's left iris showing loose fibres and digestive markings

know of Arthur's recent heart attack. We were also interested in his digestion as his iris showed many separated fibres and discoloration in this area. He later told us that he had suffered many years of heartburn and indigestion, with terrible belching. This may have led to his heart attack, as chronic indigestion has a detrimental effect on the heart's function. Figure 24 shows Arthur's iris markings.

As his diet consisted of large amounts of salt and vinegar, dietary reform was essential. We explained how these substances were harming his body and suggested that he omit them from his diet completely. At the same time we suggested that he eat digestive and heart-strengthening foods such as garlic, a wonderful food for the heart, natural live yogurt to restore his bowel flora and raw vegetable juices, including a mixture of organically grown carrots and spinach. Soybean and micro-protein food products were introduced instead of red meats at least three times weekly. Supplements to be taken included: lecithin, which is helpful in breaking down cholesterol that has stuck to the artery walls; EPA (epicosapentaenoic acid), a marine lipid oil ideal for lowering blood cholesterol, sprinkled



on breakfast muesli or taken in capsules; and vitamins A, C and E.

## FOREIGN PIGMENTS

We have seen that iris colour is genetically determined. If the colour is different from the true iris colour, it is due to foreign pigments, which result from imbalances in the body and are very important in diagnosis. It is these foreign pigments, among other signs, that are called markings of disease by iridologists. It is possible, with correct treatment to reverse these alien pigments, although they may take many years to fade away and reveal the true iris colour. There are two kinds of foreign pigment: exogenous, meaning from outside the body; and endogenous, meaning from inside the body.

### *Exogenous Pigments*

Exogenous pigments result from chemicals or substances from outside the body, for example, food additives such as tartrazine, which is a highly coloured chemical and is absorbed through the gastro-intestinal tract.

With such an overwhelming array of food additives and chemicals in our environment it is impossible to give a clear indication of the pigment colours they might cause in the iris. These additives and chemicals often provoke organs and glands into producing what may be considered endogenous pigments. It is therefore essential to discover if large amounts of food additives or chemicals are being consumed. We once saw a patient who was suffering from bouts of pancreatitis (inflammation of the pancreas). An inspection of his iris showed no indication of organ weakness, although a yellow/brown pigment stained the pancreas zone of his iris. He was a strict vegan and we falsely assumed that he was not getting the required nutrients. We checked out all his food intake and lifestyle, and other than his fervent belief in veganism everything seemed fine. It was not until he was leaving that we overheard his wife comment on the amount of vinegar he was consuming. We called him back and explained how damaging a large intake of vinegar could be to

his body. He subsequently stopped taking vinegar and the last we heard from him, he was free of pancreatitis.

### *Endogenous Pigments*

Endogenous pigments are the result of toxins originating from within the body. For example, an over-production of histamine may leave its pigment marking in the iris. It is rare to find alien pigmentation in young children, it only begins to develop during puberty, one exception is an inherited psoriatic disposition, which sometimes occurs before puberty.

#### *White Tophi*

White tophi is seen around the edge of the iris in small clusters appearing like weightless clouds in all areas of the iris, it signifies two things. The first is a predisposition to lymphatic sluggishness and the second is excessive acidity, which indicates an imbalance between the acidity and alkalinity of body fluids, resulting in a disproportion of essential cellular activities. This is an inherited vulnerability of the equilibrium of the lymphatic system and is what iridologists call the uric diathesis.

Having treated a great many people displaying peripheral iris tophi we realized that some of our patients had received unnecessary treatments from well-meaning practitioners. All that is required to maintain a healthy system are certain carefully chosen vitamin, mineral and herbal supplements in small doses.

If isolated tophi are found, then it is important to identify any symptoms that may confirm an active disease process. The iridologist would also identify any iris marking present in the area of the tophi, such as a pigment in the location of an organ marking. For instance, a yellow pigment at 30 minutes in the presence of a honeycomb sign would indicate a chronic condition with possible distress of a kidney concerned. There should be careful clinical observation of symptoms to ascertain if there is a disease process present.

#### *Yellow Pigments*

Yellow pigmentation is associated with the kidneys and digestion, and usually develops in the lymphatic iris type from a high intake

of meat products. Meat contains high levels of the amino acid tryptophan, which is broken down by the digestion. When the body can no longer cope efficiently with this breakdown, indole (the smell that occurs when someone breaks wind) is produced. It is also excreted in the urine as indican.

We quite often come across patients who are being treated for back pain by chiropractors or osteopaths but are receiving little or no relief from the pain. This may be because it is the kidneys that are causing the problem, as indicated by particular iris markings and yellow pigment. So only treatment to strengthen and restore the kidneys will relieve the pain.

Yellow pigmentation in children indicates the tonsil zones, but the kidneys are often involved by secondary infection from the tonsils.

Yellow pigment may develop in the kidney zone or the intestinal zone, and quite frequently pyelonephritis (bacterial infection of the kidney) occurs. In the intestinal zone, it indicates the putrefaction of proteins. This is the process of enzymes decomposing food, which produces foul gas. It occurs in the colon and is accompanied by persistent anal itching or anal eczema. These problems are accompanied by a yellow-pink pigmentation as a disease marking: this so-called uro-roseine (yellow-pink marking) urinary pigment which develops in the colon from indoxyl acetic acid, the breakdown of the amino acid tryptophan when the putrefaction of proteins occurs. If there is a functional restraint of the gall bladder, the bile fluid thickens and becomes absorbed. A diffusion into the tissues results and causes yellow-brown pigmentation in the organs or glands of least resistance. The uro-roseine pigment is found over the kidney zone of the iris in streaks, and can also be seen in the intestinal zone, indicating the wrong kind of bowel bacteria.

It is important therefore, that if you have lower back pain accompanied by yellow pigmentation in your iris, you should not automatically assume that you have a vertebral problem. You should look for other causes. For example, if you have suffered from constipation for many years with severe headaches and the yellow pigment is in the intestinal zone, then you should suspect that your kidneys are not functioning as well as they should. Further tests may be required and a visit to your doctor would be advisable.



### *Brown Pigments*

If you have diabetes you are quite likely to have brown pigment spots, like freckles, over your iris. These are not the 'floaters' that you can often see in strong sunlight, but lie over the iris and cannot usually be seen unless you look very closely in the mirror. The spots appear in the iris as a result of the over-production of certain hormones and enzymes from the pancreas. This mechanism is a reflex action together with hormonal activity; the cause can vary from stress to acute pancreatitis. Enzymes and hormones help us to digest food properly. If food lingers too long during its digestive journey through the gut it decomposes before it can be absorbed, and the protein element of the food putrefies and is liberated and converted to scatole and indole. The liver, being the marvellous organ it is, is usually able to filter, neutralize and detoxify the intestinal putrefaction of scatole, phenol, creole and histamine and so limit their entry into the blood. But if it is not healthy or strong enough, or if enough trypsinogen cannot be produced by the pancreas, then secondary disease markings in the form of foreign brown pigments appear in the iris.

### *Red Pigments*

These are found in any part of the iris. Occasionally the red pigment overlays a brown pigment; it is here that the microscope is of immense benefit as these two pigments can clearly be seen as separate colours. Red pigments are associated with the liver and its workings. The brown and red pigments together involve both the liver and the pancreas.

There is often a lacuna under a red pigment, which appears white around its shape and is a sign of irritation to the organ or gland. What occurs is a swelling in the stroma part of the iris, the tissue from which the iris developed. One can see this pigmentation spread towards the outer part of the iris and appear lighter as it becomes detached from the main body of the colour. This occurs because there is a minute swelling of the iris tissue. When viewed through a microscope it can be seen that the pigment mass in the chromatophore cells (the pigment cells) have become dispersed.

Red pigments have been associated, by some authors, with cancer. In our own experience of cancer, red pigments become totally

## *Iris Colour and Markings*

dispersed throughout the iris, appearing like minute freckles. The iris markings become unclear, reacting to the swelling of the stroma and making location of the cancer difficult. However, we have seen patients who display this 'freckled' appearance without the stroma being swollen, so that the marking has a distinct edge. This indicates a pre-cancer condition.

### *The Kayser-Fleischer Corneal Ring*

This is a brownish-yellow ring in the outer edge of the cornea of the eye. It is an abnormal deposit of copper, although blood levels are characteristically low.

### *Red-brown Pigments*

Red-brown pigments are often found over the liver, gall bladder and pancreatic head areas of the iris. These pigments are formed from substances which develop during the breakdown of haemoglobin (oxygen-carrying blood cells) and its by-products by the liver. Both internal and external dangerous toxins cause a dysfunction of the Kupffer's cells, the cells that line part of the liver and are particularly concerned with the formation of bile.

### *Fuscin Pigments*

These yellow-brown pigments are often found over the liver, gall bladder and pancreatic head areas of the iris. They are substances which develop during the breakdown of haemoglobin and its derivatives in the liver. Both internal and external toxins cause a dysfunction of the Kupffer's cells – the cells that line the sinusoids of the liver, and are particularly concerned with the formation of bile. They often contain fragments of red blood cells and pigment granules derived from the breakdown of haemoglobin, and such a condition can lead to pathophysiological breakdown of erythrocytes (red blood cells).

On the other hand, if the secretion of bile from the gall bladder is impeded by compression of the pancreatic head (a disorder of the bile), or if there is a lack of normal tone in the gall bladder, then red-brown pigmentation prevails in the gall zone of the iris as well as the pancreatic head.

Foreign pigments in the iris are significant, but do not be too

## *Iridology*

concerned if you find them in yours. They may be there as a result of a past illness, or they may not be significant at this time.


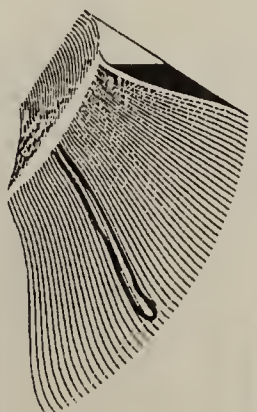


But sometimes specific action does need to be taken. For example, if you have a yellow pigment in the digestive zone of your iris it indicates putrefaction of protein, as we have seen causing acid problems. By simply eating live yogurt on a regular, daily basis you can resolve the problem quite quickly, although you would have to remember that something is causing the putrefaction of protein in the first place and this should not be overlooked. It would be wise to visit an experienced iridologist and have the root cause identified and if possible removed, so bringing about a true balance.

## IRIS MARKINGS

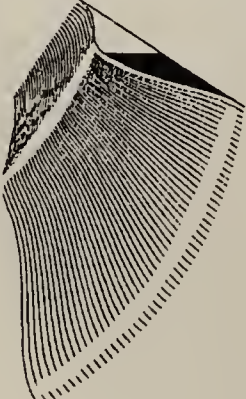
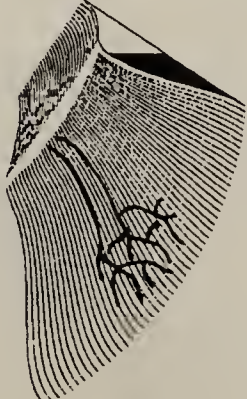
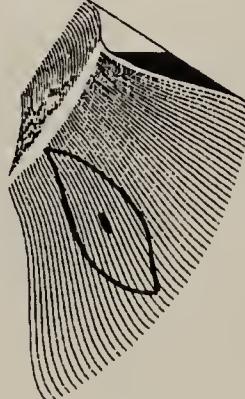
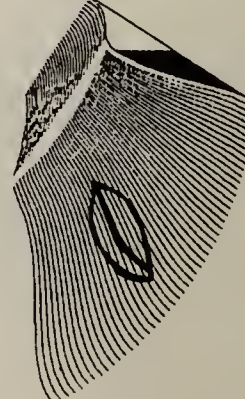
An iris marking is defined as 'a deviation from the normal structure and shape of the iris pattern'. Some of these markings therefore appear in all constitutional types. The chart that follows illustrates and describes each marking, explains its significance and suggests how the problem indicated could be treated.





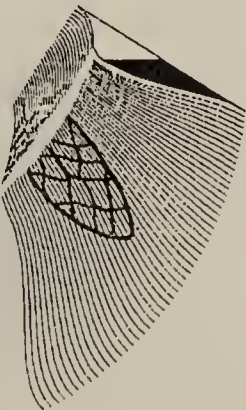
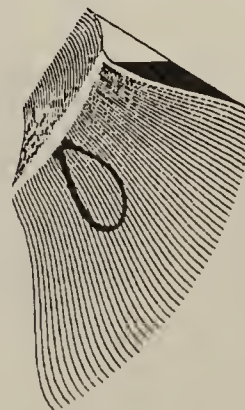
## Iris Colour and Markings

Iris Marking	Name	Description	Meaning	Treatment
	Annoyance line	Seen in the heart zones at 15 and 45 minutes as a single white line.	Indicates irritation of the heart, though not necessarily a specific heart problem.	If stress is causing heart palpitations get help with stress management. B-complex vitamins help.
	Asparagus head	Appears like a single piece of asparagus, usually in the lower part of the iris.	Indicates malignancy of the uterus or cervix.	Get expert help if you suspect a problem. First go to your doctor for a smear test.
	Asthenic ridge	A black line running outwards, usually from the collarette. Characteristically its base is broader than its tip.	Nerve weakness. When seen in the head area it usually indicates severe headaches.	Generally, vitamin B-complex and vitamin C. Specific organs may need individual treatment.
	Black hair pigment	A small, black pigment with fine hair-like extensions.	Cell changes, usually within a gland.	Wholesome, meat-free, additive-free diet, with vitamins C and A suited to the appropriate gland.

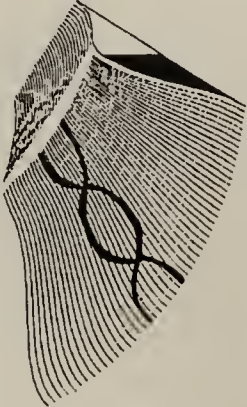
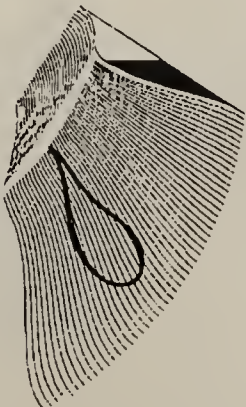
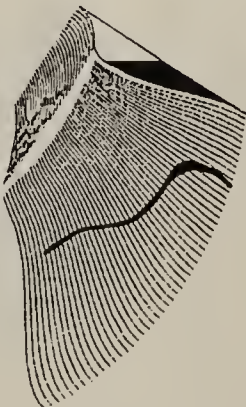

# Iridology

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

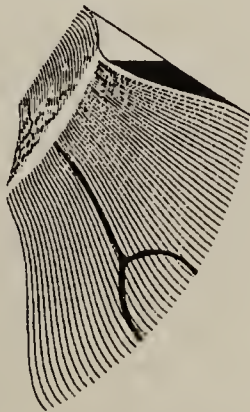
## Iris Colour and Markings

Iris Marking	Name	Description	Meaning	Treatment
	Granular pigment	The iris looks as if it has been splattered with brown ink. There are hundreds of small dots of extra pigment.	This iron pigment shows that the liver is not storing iron properly. Anaemia may be present.	Plenty of iron-rich foods like spinach, green leafy vegetables, and vitamin C to assist iron absorption.
	Grape lacuna	Looks like a small bunch of dark grapes. Often seen in the gland zones.	Indicates a change to the fibrous tissue in the gland, particularly the thyroid gland.	If seen in the thyroid, kelp is one of the best nutrients to take. Vitamin C should also be taken.
	Iodine lacuna	Unlike the common lacuna, this lacuna is wider at its base and not tear-drop shaped. It is usually a large marking.	It shows that the thyroid has difficulty storing up iodine, the nutrient needed for its healthy function.	As above, kelp is one of the best nutrients to take and should be taken in a low dose for several months. Vitamin C should also be taken.
	Lacuna	A tear-drop shaped iris marking. Can appear almost anywhere in the outer part of the iris.	An inherited marking showing decreased function, usually of a gland.	Give the gland in which the lacuna appears extra amounts of the nutrients known to help it.



Iris Marking	Name	Description	Meaning	Treatment
	Radial plait	Two iris fibres across each other at least once, forming a plaited appearance.	This shows chronic irritation and, if left untreated once symptoms appear, can lead to more serious changes in the cells.	Look carefully for and remove any external irritants, for example food or chemical allergies.
	Thyroxine lacuna	A large lacuna with a rounded end and a small base which can be seen anywhere in the iris but still indicates the thyroid gland.	Definite thyroid marking indicating that the thyroid tends to be out of balance, either over-producing or, more likely, under-producing thyroxine.	Kelp is one of the best herbs to choose for getting the correct balance to the thyroid gland. If symptoms are present consult your doctor.
	Transversal	A single fibre which runs the opposite way to the rest of the iris fibers. It may appear to be red.	Indicates a change which occurs to the area in which the transversal appears. Often seen in the spinal or neck zones.	If seen in the spinal zone consult a chiropractor or osteopath for a check up.
	Twin lacunae	Identical small lacunae appearing side by side in the iris fibres. Often seen in the adrenal zone.	Sometimes seen where there is a non-malignant tumour of the adrenal gland.	Vitamin B-complex, vitamin C and a stress management course will help to restore adrenal function.

*Iris Colour and Markings*

Iris Marking	Name	Description	Meaning	Treatment
	Tulip	Two fibres separating toward the outer edge of the iris. Usually seen in the head zones, particularly in the sinus zone.	Indicates pressure in the head, usually in cases of chronic sinus problems.	Leave out all dairy food from your diet as these foods produce more mucous in the body. Fresh fruit and vegetables and garlic help. During an attack inhale eucalyptus and menthol oil.

# 5

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## Using Iridology Yourself

### EXAMINING YOUR IRISES

Professional iridologists use a variety of equipment for viewing patients' eyes. We prefer a medical slit lamp (the same as used by your optician), but of course slit lamps are large, expensive and do not take kindly to being moved. The simplest way is by using a hand-held magnifying lens with a pen light, a simple, painless and very effective procedure which all registered iridologists are taught during their training course. Another method is to take a photograph of the iris with a specially adapted camera, and to observe the photograph. It can be very useful to have your eyes photographed by a professional iridologist as you not only have a record that you can look back on, but you are also able to see your iris more easily. However, iris photography is a specialized field and can have major drawbacks. Each film manufacturer produces films that have what is called a 'colour cast', that is a dominant colour. Some films favour blue, others red, others vary between blue and red. Using different films will make the colour of any subsequent iris picture appear with a different colour cast. So the same type of film must be used consistently for every iris picture. There is also the need to make sure that the pupil of the eye is at a constant size from one picture to another. Different sized pupils will change the shape of the iris, making iris markings seem to appear or disappear altogether (see figure 14, page 33). There is also the need to focus one shot on the digestive area of the iris, and a second on the outer part of the iris, this is because the depth of focus, in high magnification photography, is minute. As



## *Using Iridology Yourself*

the eye is basically ball shaped, one spot focused on one part of the iris will be slightly out of focus for another part of the iris.

For self-viewing, however, the most effective method is by using a contactscope. This is a reflective device designed to enable wearers of contact lenses to view their own eyes, and is ideal for viewing your irises. They are readily available, inexpensive and can be obtained from any optician. Failing this, natural daylight and a good, clean mirror works quite well. You may have to seek the help of a friend to identify some areas of the iris. If you do, ask them to draw exactly what they see and, of course, record the position of the iris marking.

In order to analyse your iris with no special equipment, you will need:

- an iris chart (you can use the one on pages 34–35 or one can be purchased from the British Society of Iridologists)
- coloured pencils or crayons and a note pad
- plenty of natural light
- a good mirror positioned to reflect maximum light onto your eye.

For studying someone else's iris, you will also need a 6x aspheric magnifier and a pen light torch, both obtainable from the British Society of Iridologists or an optical shop.

Start by looking closely at your iris colour and establish your nearest basic constitutional iris type. This will tell you the general type of health you have. Look at the area directly around your pupil and note any colour variation or black lines. A dark edge indicates poor absorption of nutrients into the body (see figure 25); black lines radiating outwards like the spokes of a wheel (see figure 8, page 15) indicate a nervous stomach. Then look further out just inside the collarette and note any lacunae and their position in this area. You might need to refer to your iris chart to locate the corresponding body area.

Next look at the collarette itself. Is it consistent all the way around the iris? Does it jut out in one or two places? It should look lighter and sometimes 'stand out' from the rest of the iris, but it should be a regular shape right the way around. If it is jagged (see figure 26) or very white in appearance, it indicates irritation of the colon.

On the outer part of the iris look for any white rings, or

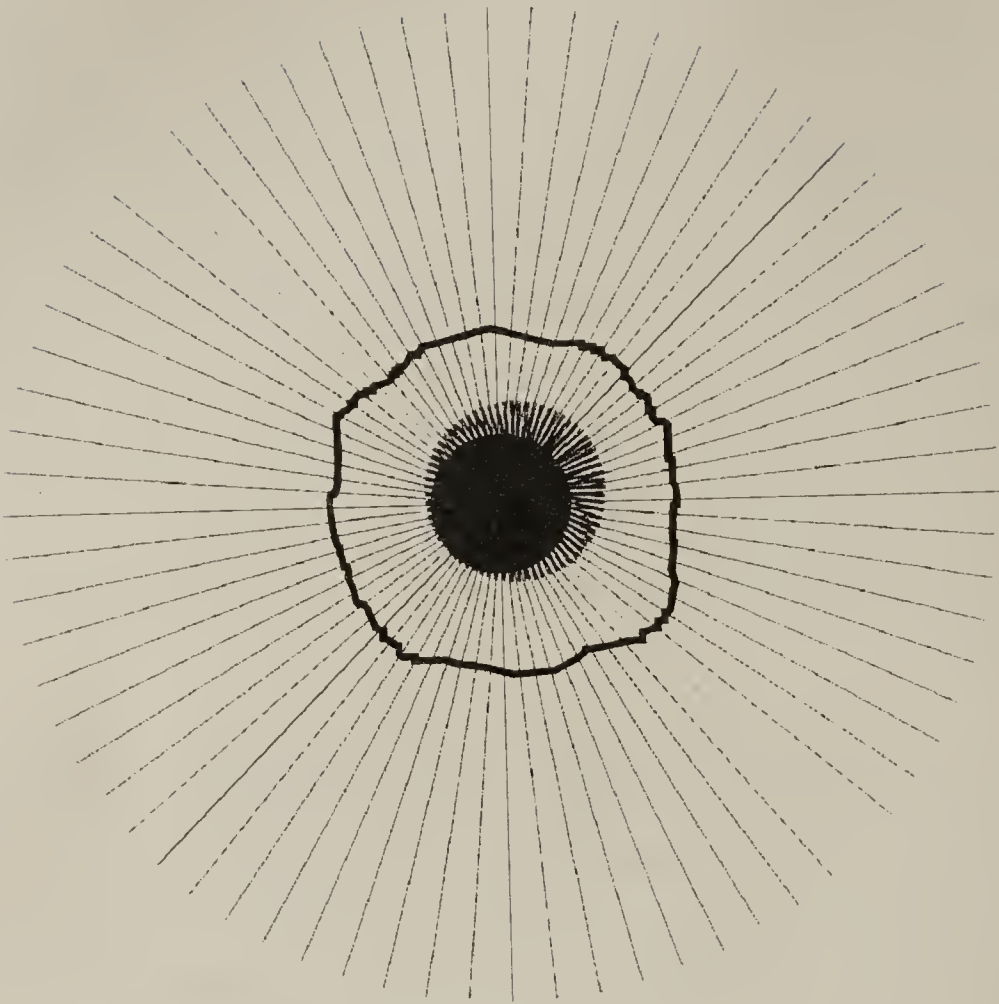


Figure 25. Dark Stomach area often seen in the elderly. This shadow indicates faulty absorption of food. Seen in the young it signifies faulty digestive acids.

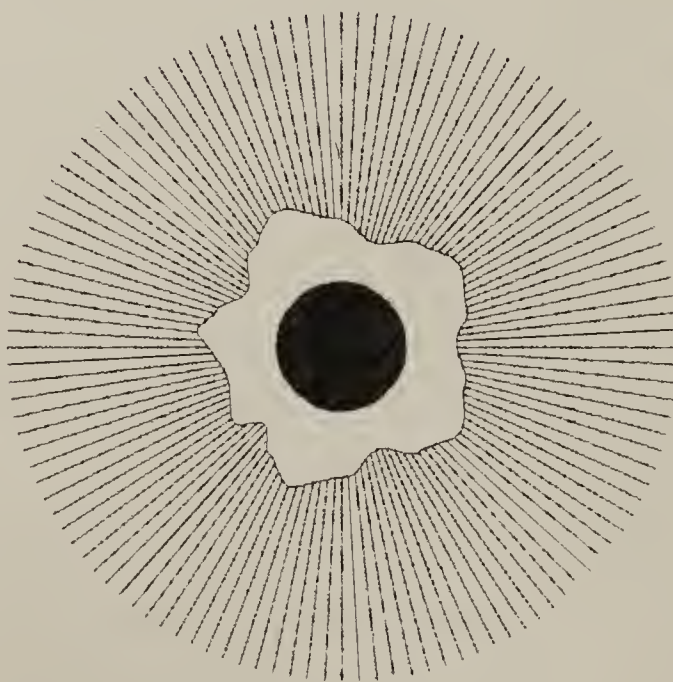
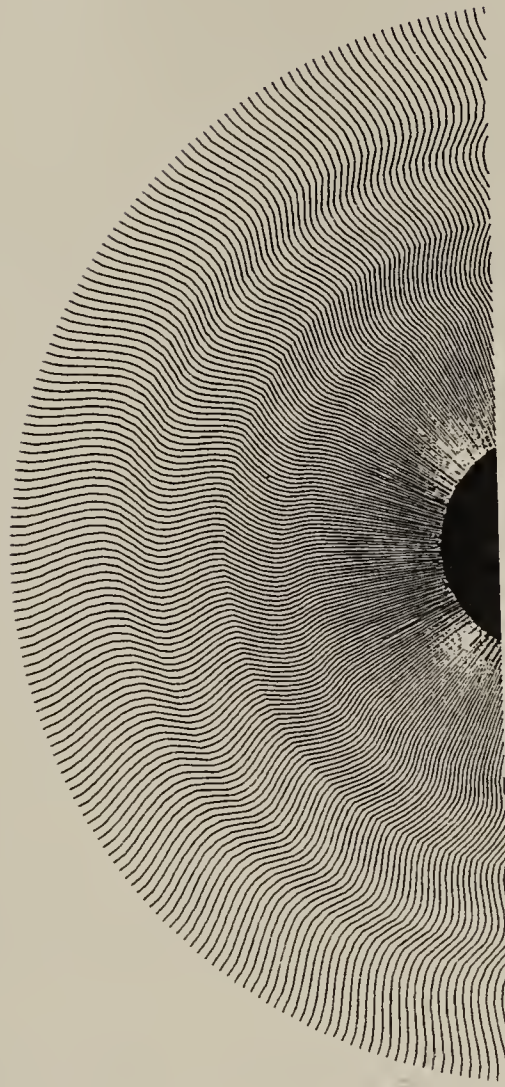


Figure 26. A jagged collarette



*Figure 27. So-called stress rings*

part-rings, running around the surface of the iris. These are stress rings and are very common in some types of iris. They are actually grooves in the iris (see figure 27), but when light is shone onto it they appear to be white as the light catches them. These indicate stress, as their name suggests, and show that you are a naturally stressed person. Stress rings do not mean you are a nervous wreck, they simply confirm an inherent disposition to nervous energy.

To help you locate the corresponding body area, think of the iris as a clock face to determine a marking. Starting at 60 minutes, at the top-most part of the eye, work your way down to 30 minutes, and back around to 60 minutes. This way you will not miss even a small marking.



## Iridology

Now look at the rest of the iris for any markings that stand out, or seem to be different from the rest of your iris pattern. These could be lacuna shapes, black dots (defects), fibres that run in an opposite direction to their surrounding fibres (transversals) or areas where there seem to be fewer fibres. It is these *differences* that are important and indicate a weakness, or lack of function in their corresponding body area.

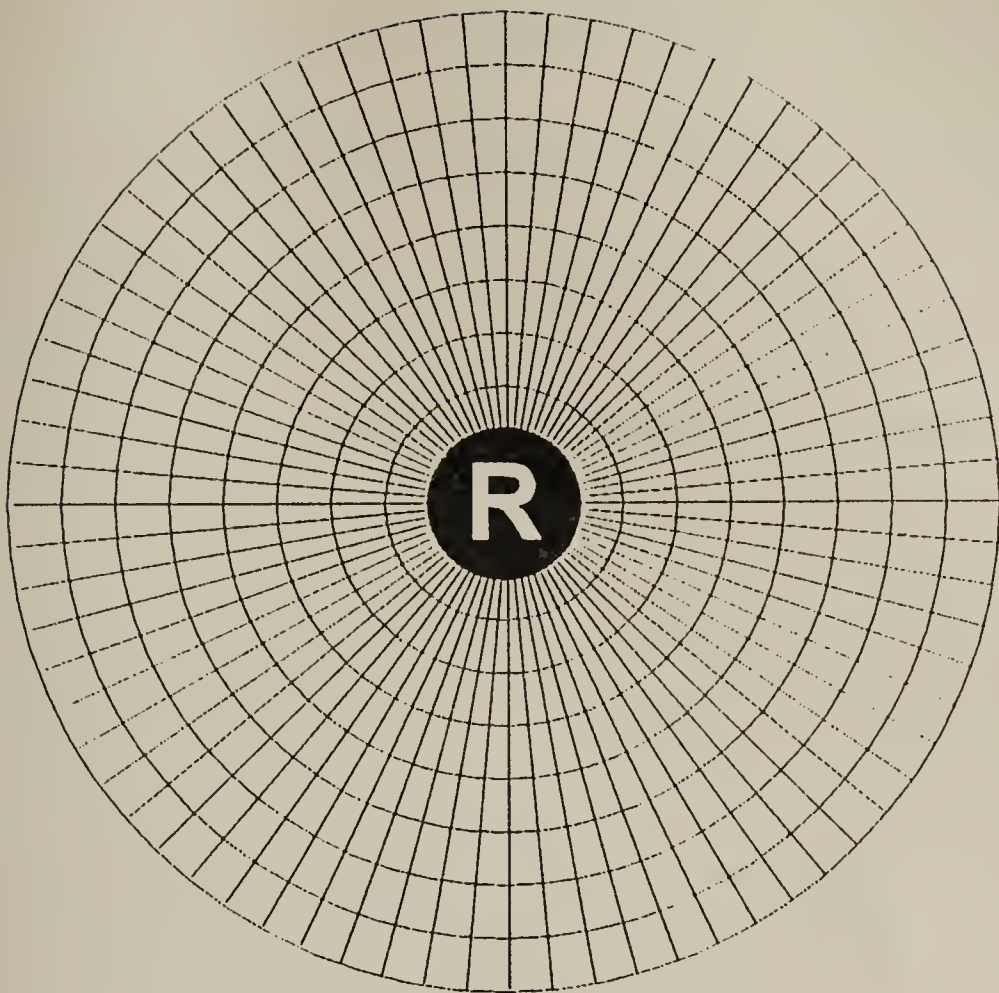
Starting at 60 minutes once again, look at the colour variations in the iris. Look for yellow patches, indicating that the kidneys are not getting rid of the body's toxins properly, and brown pigment spots, usually indicating that the pancreas or liver is not coping with sugar adequately.

If you are using a pen light do not leave the light shining onto the eye for more than a minute or so, as the eye is a very sensitive organ. Give yourself or your partner a regular rest from the bright light. You can always go back and have another look. Also, remember to blink, this may sound obvious, but when one is staring intently, trying to identify iris markings, it is easy to forget to rest one's eyes by blinking. Staring with your eyes wide open will cause them to water and to become bloodshot and will strain their delicate mechanism.

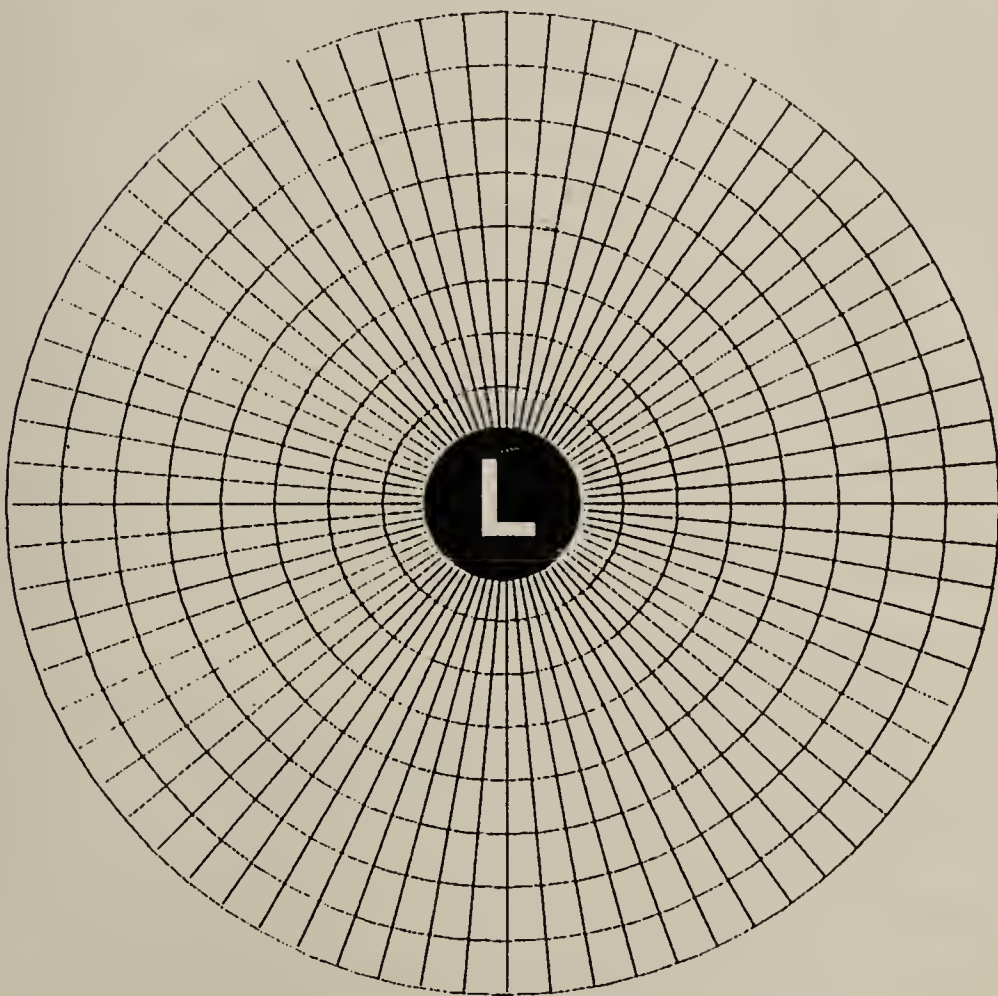
Do not be alarmed at what you see. It can be quite worrying at first if you see anything other than pure colour in one's iris. We rarely look properly at our eyes when we look in a mirror, so this may well be the first time you notice any variation in your irises. But everyone has some variations, we all have certain organs or glands that are weaker than others. So when you see different patterns and pigment spots, do not worry.

Before proceeding any further you should draw a basic reproduction of your iris on a blank iris grid like the one in figure 28 using your crayons to indicate pigmented areas. Note all your iris markings, and establish their position on your iris chart. Having established the true colour, refer to chapter 3 and note your constitution and the recommendations for maintaining or improving your health. Identify any structural marking that may be present. Now check the markings and their meanings on the chart on pages 69–73.

This first viewing of an iris can be a little confusing, but it will help if you follow these four basic rules.



Your right iris



Your left iris

Figure 28. An iris grid chart



## *Iridology*

- 1 Determine your constitution from the overall colour of your iris.
- 2 View the iris as a whole, then as individual areas.
- 3 Viewing the iris as a whole determines long-term health problems.
- 4 Viewing particular areas identifies immediate health problems.

## *Stress*

Without proper food those bodily functions that rely on proper nutrients to sustain health and vitality will in time become diseased. What makes the difference between vitality and dullness and fatigue is something called the vital force. This vital force is often lowered because the bodily system is not functioning properly, and energy is lost and fatigue takes over. Physical problems start to multiply because other parts of the body also become tired. In order for the body to function efficiently, there must be an adequate amount of vital force to keep the eliminative organs removing harmful toxins from our bodies.

Stress is one of the biggest hurdles we face. The following Zen story illustrates the futility of allowing our worries to lead to stress. Two monks were returning home. On their journey they came to a river that was deep and fast-running. By the river was a woman, unable to cross the water. One of the monks offered to help her. When they reached the other side the woman thanked him and they continued their journey. Some time later the second monk turned to his friend and said, 'How could you help that woman cross that river? She had no right to accept your help.' His friend replied, 'Are you still carrying that woman on your shoulders? I put her down on the bank of the river, but you are still carrying her.'

The moral is that we need to let go of our worries and fears and not hold on to them unnecessarily like the second monk. Worrying about what might happen in the future, or about an incident from the past, only uses up our resources of energy and mind power, leaving our vital force weak and tired. Practise 'letting go' of small incidents at first, then move on to leaving larger worries behind you. When we can look at life from a different angle we realize that it is better to do something about the stressful situation than to just worry. Life then becomes more meaningful.



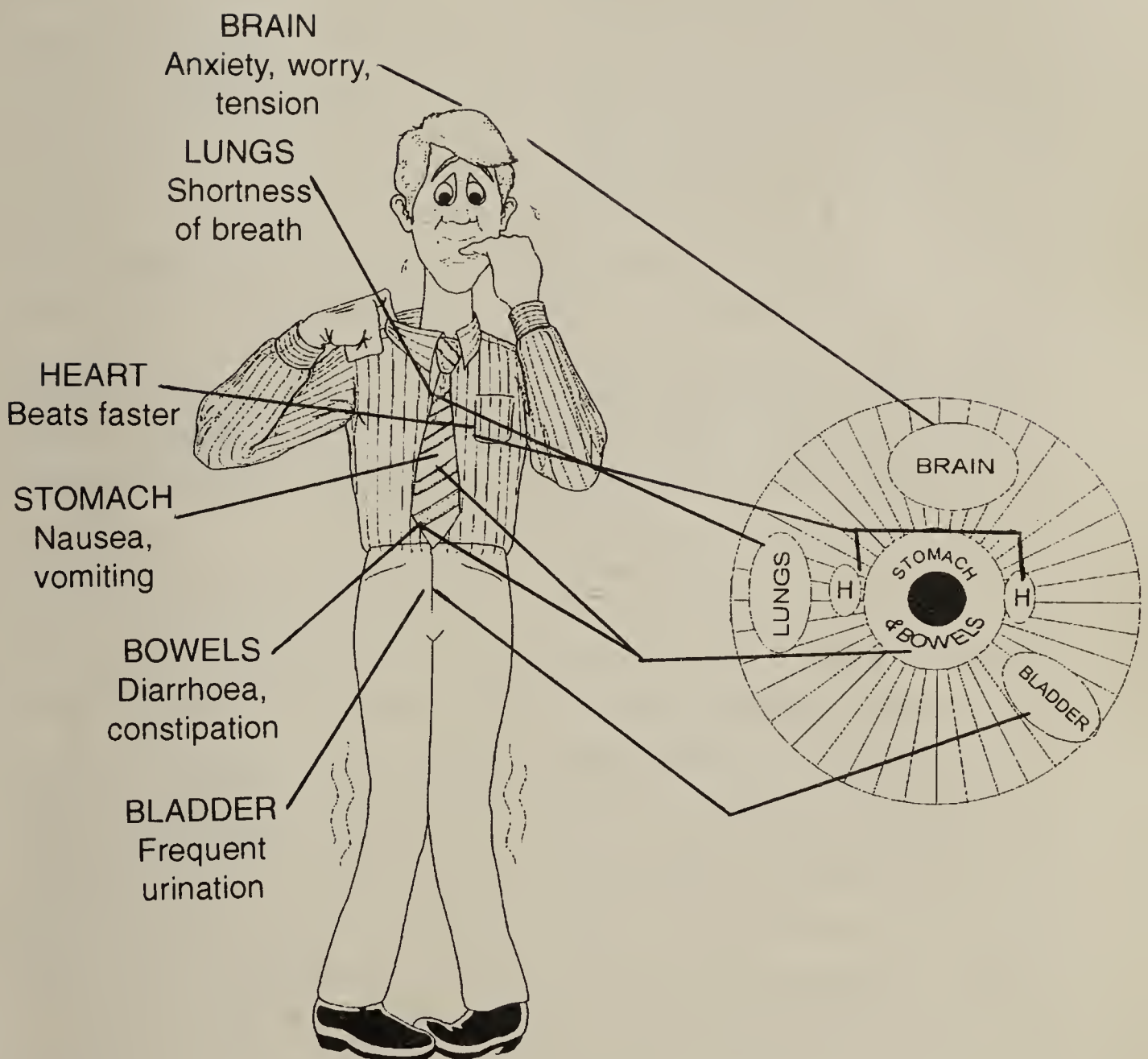


Figure 29. Stress and its effects on the body

Stress can have a devastating effect on our digestive system, and any weakness there will quickly show, especially if the iris shows markings in the relevant zone (see figures 29 and 30). Symptoms should never be disregarded. If food wastes remain for too long in the hot gastrointestinal tract, toxic poisons build within the system. Autointoxication and putrefaction start to develop. This is seen in the iris as a yellow, straw-coloured pigment which is clearly visible in a blue iris around the intestinal zones. The toxic poison is then thrown back into the bloodstream and the wrong type of bacteria become established in the gut. This may cause the kidneys to under-function, especially if weakness is already present. Early warning signals of a build-up of toxins may be a headache, bloating of the stomach and excessive gas. One of the simplest and most effective ways to restore normal bowel movement is to sit on the toilet at the same time every morning without straining, eventually the mind will get the message. Any kind of laxative, however, usually works by irritation and its work is only temporary.

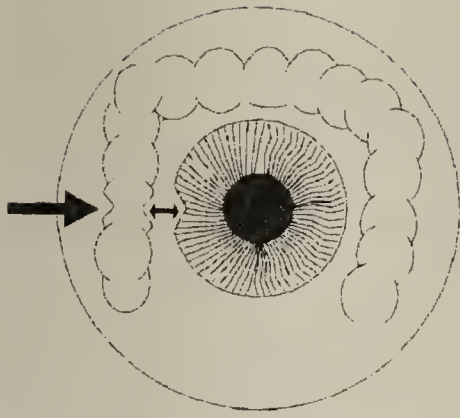
The following simple measures should be taken in stressful situations which are having an effect on digestion. They provide extra help for constitutions and areas of the body that use up their resources very fast in stressful situations.

For people with light brown or biliary irises, lemon juice is best. The juice of half a freshly squeezed fresh lemon mixed into a glassful of warm water should become part of your daily routine. Get into the habit of drinking it first thing in the morning, before you reach for the coffee or early-morning tea.

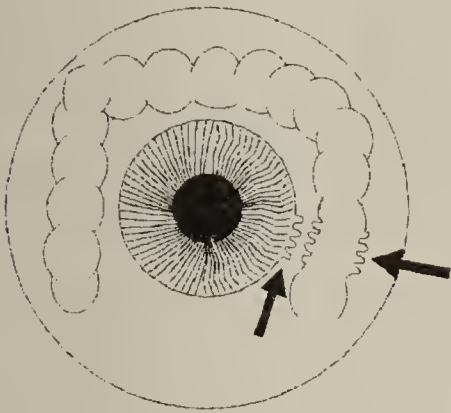
If you have a dark brown iris extra vitamin C should be included in your diet, or you can eat fresh oranges every day. For brown irises with stress rings exercise is best. Those who are not used to moving their body very much should start off with gentle walking and increase the distance and speed a little every day. Build up to 20 minutes of fairly vigorous walking daily.

If you have a blue iris restrict the amount of animal protein you eat; too much animal protein will make matters worse and overload your digestive system with toxins. Instead try Quorn protein, nuts and grains, which are better suited to blue-eyed sufferers. Those with red hair and a pale skin should also take extra vitamin C as a food supplement.

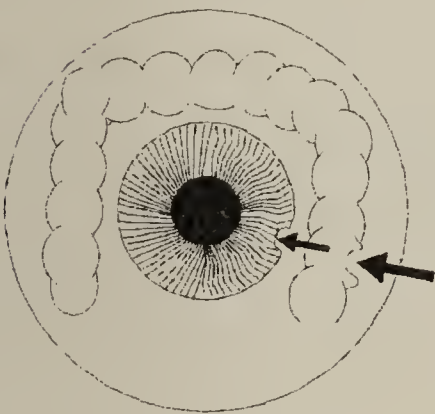
Introduce the changes slowly, and include them as part of your everyday life. To avoid stress, you should never eat when upset,



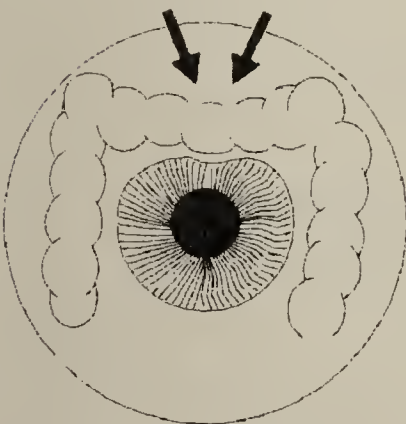
Partial retraction of collarette in the ascending colon indicates contraction of intestinal canal, either inherited or caused by spasms.



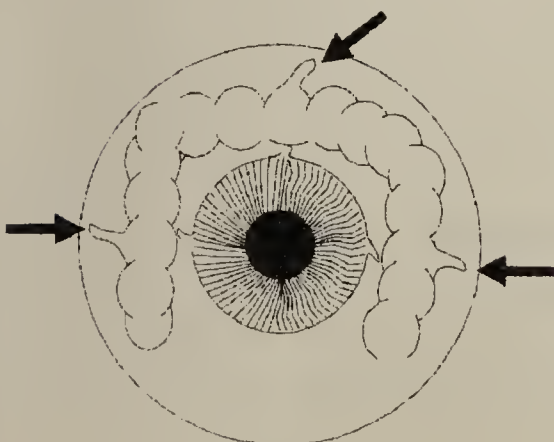
**Zig-zag collarette edge**  
temporary spastic motility disturbance of intestinal muscles. Frequent changes from constipation to diarrhoea, osmotic changes being the cause. Epilepsy has been observed, but improves when water balance is corrected.



Partial retraction of collarette in the descending colon indicates contraction of intestinal canal, either inherited or caused by spasms.



**Strong inward bulging**  
can influence other organs like uterus, prostate and bladder by dropping of transverse colon onto lower organs.

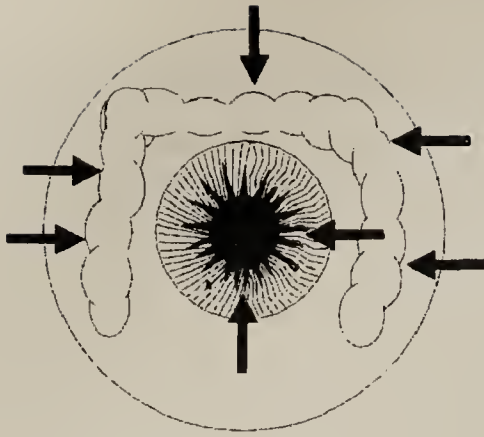


**Bulges in collarette**  
are signs of a pre-disposition to diverticulum of the intestinal tract.

*Figure 30. Digestive markings of the collarette*

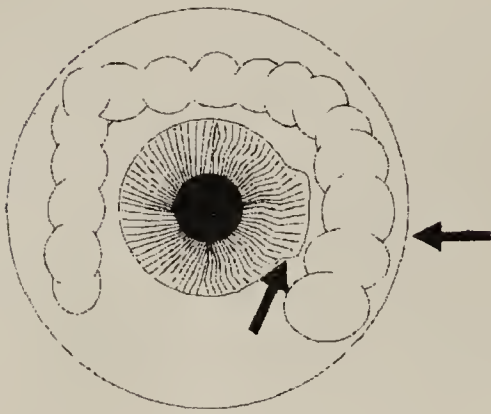


## Iridology

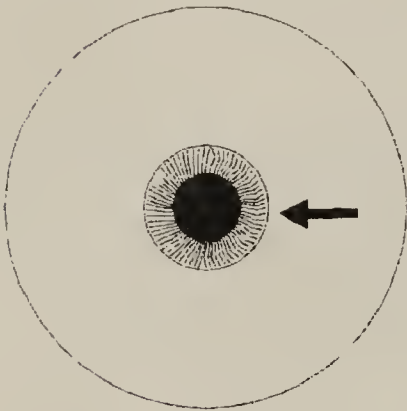


### Spasm channels

nerve weakness to the stomach.  
Patients often have migraine-type  
headaches.

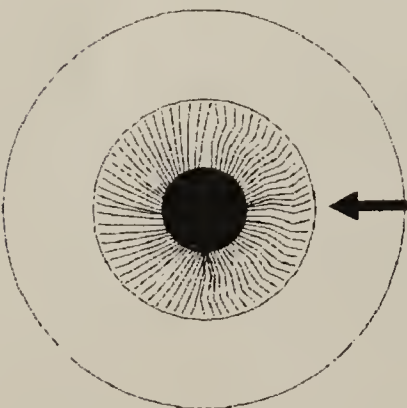


Partial broadening of collarette  
indicates expansion of the  
intestines which is either inherited  
or is neuromuscular. Atonia  
(weak muscle).



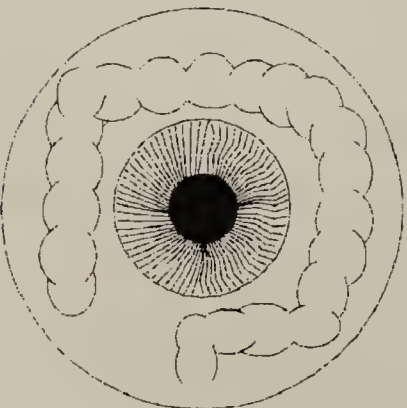
### Tight collarette

indicates a small stomach.



### Loose collarette

indicates a large stomach.



Normal bowel position  
in the iris.

Figure 30. (continued)

## *Using Iridology Yourself*

anxious or nervous, you should eat slowly and chew your food thoroughly and you should not drink water with a meal.

In times of stress or extreme fatigue our bodies react by developing symptoms from inherently weakened organs. So if you have an iris marking in your pancreas zone, you may experience the effect of low blood sugar levels during stressful times, and suffer from mood swings, irritability or sudden fatigue. It is rather like a bridge that was designed to carry only 10 tons suddenly having to carry 20 tons; it will crack under the stress at its weakest point. But if you are already aware of the weakest part of the structure you may be able to avoid a catastrophe by strengthening it or not overloading it. It is this awareness that iridology provides.

If stress is a factor in your health, choose the following pastimes, according to your eye colour:

**Blue eyes:** yoga; meditation; home crafts such as découpage, fancy baking or flower arranging, writing poetry or short stories for children; sports such as badminton, pool or snooker and bowls.

**Brown eyes:** public speaking; sports like football, rugby, basketball, sub-aqua diving and swimming; watching motor racing; bungee jumping; restoring antiques; renovating old buildings.

## SELF-TREATMENT

### *Bio-Iridology Treatments*

As we have said, bio-iridology offers simple, effective preventative treatments to use if you find markings in the part of the iris relating to a particular organ. The following are a few of them.

They should be used in conjunction with the advice given on pages 50–57 and your iris markings. The first need is to treat your constitution, the second is to treat those areas of your iris that display a weakness. You can check with your doctor to confirm that any symptoms you may be experiencing are connected with these selected zones. If you know you have a specific disease it is best to have professional help with your treatment programme.

**Liver.** Take the juice of half a fresh lemon in a glass of pure

water first thing on rising. Avoid tea, coffee and cola drinks; try dandelion tea instead.

**Kidney.** Eat plenty of soft, fleshy fruit like peaches, nectarines and papaya. Include fresh celery as often as possible – celery tea is also very tasty. Visit the toilet as often as you need to; do not hold on to your waste urine.

**Heart.** Cut out smoking and do not drink too much alcohol. However, it has been reported that one glass of good white wine with your main meal aids digestion. Drastically reduce your salt intake. Introduce plenty of natural, raw garlic. Lecithin sprinkled onto your cereal is good, and try hawthorn berry tea to strengthen your heart.

**Pancreas.** Reduce sugary foods and foods high in useless calories, like shop-bought cakes and biscuits. Take a low dose of zinc each day and eat small but frequent meals that contain small amounts of high protein, like nuts, seeds and unflavoured yogurts.

**Gall bladder.** Cut out as much animal fat as you possibly can. Your body will still need some fats, but it is best to get them from virgin olive oil. Take about one tablespoonful every day with your food. For example, try pouring a little olive oil over your baked potato instead of using butter.

**Lung.** If you smoke, give up straight away. If you have a lung marking it is particularly crucial that you stop, before it is too late. Breathe plenty of fresh air, by the sea if possible, and try coltsfoot herb tea.

**Sinus.** Avoid all dairy foods, which clog up the mucous membrane, and take 500mg of vitamin C every day.

**Spine/neck.** Visit a McTimoney chiropractor, even if you are not in pain, to have a check-up. Ask for specific back exercises to help strengthen the surrounding muscles.

**Uterus.** Take an iron-rich liquid formula – available from health food stores. Practise pelvic floor exercises to strengthen your uterus. Avoid tampons, which are unnatural for the body; sanitary



towels are much better. Consider coming off the contraceptive pill if other methods are available to you.

**Ovary.** Follow the same advice as for the uterus. If there are iris markings in both these zones, ask your doctor for a check-up.

**Testes.** Take a daily supplement of low dose zinc and examine yourself regularly.

**Breast.** Most women know they should examine their breasts regularly, but how many do? Get used to the feel of your breasts. They are by nature lumpy, changeable glands, and you should not look for a lump in particular; merely notice any changes and act accordingly.

**Thyroid.** Kelp tablets are a wonderful and safe way to restore a balance to this important gland. Vitamin B-complex is vital for a healthy thyroid. If you can, check your pulse rate to see if your thyroid is under- or overactive. A fast pulse indicates overactivity and a slow one shows underactivity. Get professional advice if your pulse rate is above 120 or below 60 (beats per minute).

**Adrenal.** This is known as the 'stress' gland, so stress may be a problem. If possible take plenty of outdoor exercise to work off extra adrenaline in a positive way. Take a vitamin B-complex and vitamin C tablet every day. If you live in a lead-filled city and smoke, both of which impair adrenal function, you will need extra vitamins A, C and E. See pages 80–85 for a more detailed discussion of stress.

**Stomach.** The most frequent iris sign here is spasm channels (see figure 8 on page 15), which indicate a 'nervous' stomach. Be sure to eat in a relaxed manner; do not grab a quick snack while still working! Even watching television while eating can upset the delicate balance of the digestion. Do not eat when upset or angry – you will stop producing digestive juices when your body needs energy for the 'fight or flight' adrenaline response.

**Skin.** The skin is like a third kidney, as it helps to regulate the water balance in the body. We sometimes forget that it is an organ – and a very important one – and needs its own care and

## *Iridology*

attention. Take vitamins A and D to alleviate skin disorders and brush the skin with a pure bristle brush every day. Visit an aromatherapist for specific body oils to help.

**Eye.** Sore, itchy eyes require vitamin B-complex. Have your eyesight checked regularly by an optician. Some opticians believe that everyone over the age of 40 has some kind of faulty eyesight, but with proper nutrition the deterioration can probably be delayed by several years. The eyes are a good barometer of our general health and are the first to respond to improved wellbeing.

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## Iridology and Natural Therapies

IRIDOLOGY CAN BE used with many other medical systems, including orthodox medicine. Indeed, we can think of no system that would not benefit from this safe, painless and non-interventionary form of diagnosis. This chapter concentrates on those natural therapies which are most suitable to being combined with iridology and where practitioners sometimes employ both skills. The fact that some systems are not mentioned here does not mean they are unsuitable for use with iridology, it is merely that because of space constraints, we have only included those that are most common.

### CHIROPRACTIC

Chiropractic is a form of manipulative therapy in which the joints and spine are manoeuvred into their correct position. This rebalancing of the body helps to restore optimum function.

Although most chiropractors have excellent structural diagnostic procedures, iridology is of great benefit in cases that have no apparent structural dysfunction, especially when a patient is not responding to treatment. Take the example of a patient who complains of pain in the shoulders. Manipulation of the shoulder joints and the spine may bring temporary relief, but iridology may show that the liver is inflamed. This would indicate that manipulation should be used more gently in the sensitive areas, and that other treatment should be offered to help restore the liver. Headaches are another symptom often successfully treated



## *Iridology*

by chiropractors, but what about the type of headaches that comes and goes, with no real pattern to them? Iridology could reveal the root cause of the headache – perhaps hormone disturbances, digestive troubles or uncontrolled stress. Having this background knowledge increases the effectiveness of chiropractic treatment.

### *Case Study: Carol H, Civil Servant*

Carol came to see us because she had been using laxatives to maintain a daily bowel movement for several years and was becoming concerned that they would have a long-term detrimental effect. She said she had tried everything else, from acupuncture to zone therapy, to relieve her chronic constipation, and now she was trying iridology. After examining her weak connective tissue iris type with its impressive web of fibres, we saw a very small but important black defect in her lower spine. It was the only defect amongst the open fibres. It was immediately apparent what the problem was: one of her lower vertebrae was misaligned and this was causing the constipation. No wonder nothing she took orally had any effect. Figure 31 shows Carol's iris marking.

We recommended that she visit a colleague who is a McTimoney chiropractor; McTimoney chiropractors are considerably more gentle than others. Her lower lumbar, L3, vertebra was out of place; she received three treatments and her bowel has now returned to normal. She no longer uses laxatives.

## ACUPUNCTURE

Acupuncture treats people by piercing the skin with very fine, sterile needles, in specific places on the body, to access particular meridians or energy channels. When placed in certain directions and to specific depths, they can affect the energy flow to the part of the body which is causing problems.

Ancient Chinese medicine, of which acupuncture is a part, is based on the flow of energy in the body, and on the balance between the complementary principles of yin and yang. Iridology offers a further dimension to the state of the genetic energy flow and the yin/yang balance of any organ in the body. By adding iridology to their diagnostic procedures, acupuncturists can more quickly assess the genetic status of the body's function. It is easy simply to look in the iris and know, for example, that the flow

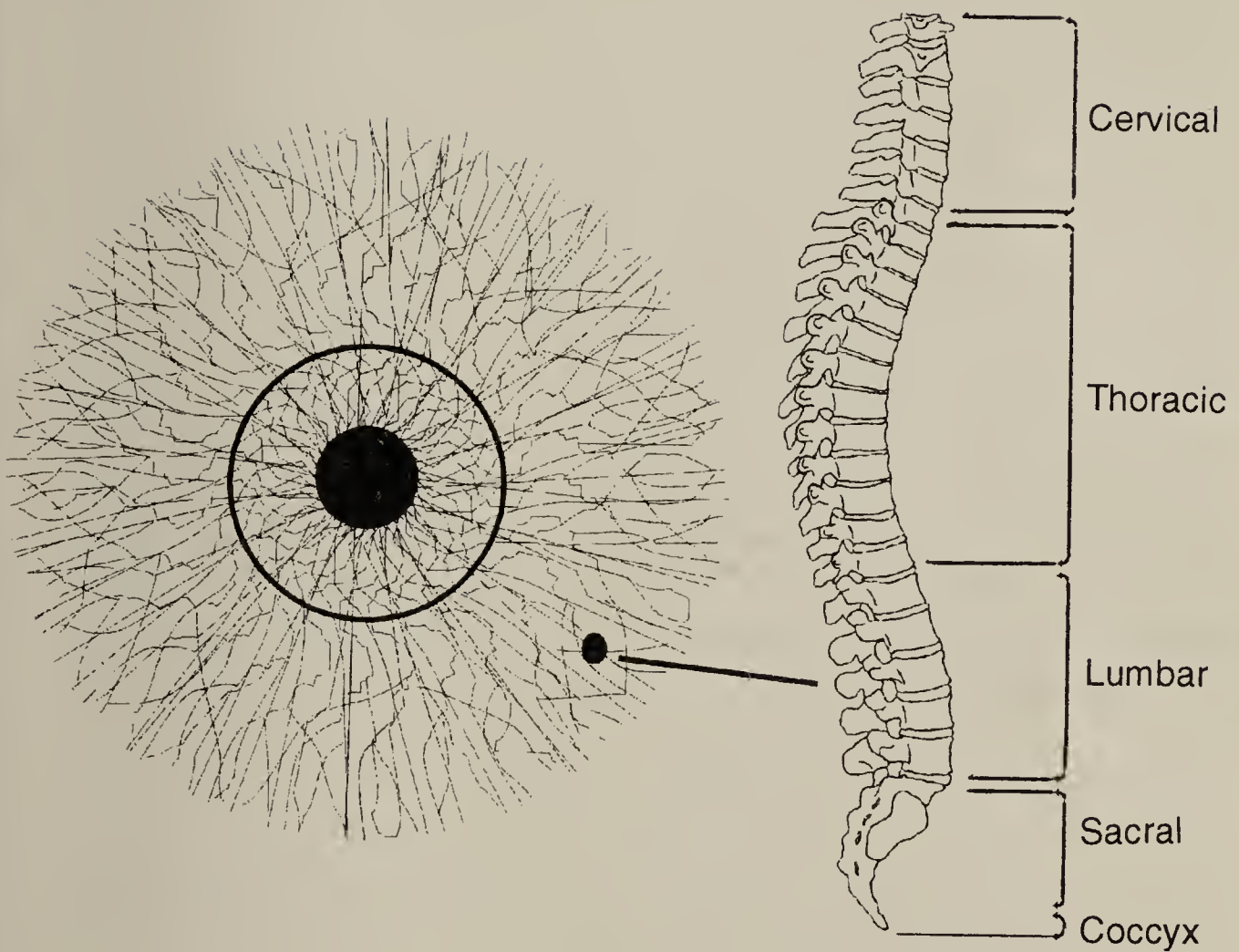


Figure 31. Carol H's right iris showing defect marking of the third lumbar vertebra of the spine

of Chi energy through the gall bladder may be blocked because the iris zone shows a defect.

## NATUROPATHY

Naturopathy is a broad term encompassing many natural therapies, but usually with an emphasis on the body's inner healing power, also known as the vital force (see pages 80). At one time naturopathy was known as 'nature cure' and only foods and water were prescribed as medicines. Naturopaths now embrace the therapeutic value of vitamins, minerals, herbs, tissue salts and flower remedies as part of their regime.

Iridology and naturopathy combine very well, and many naturopaths use iridology extensively. The basis of naturopathy is that if we rid the body of harmful toxins and unwanted waste matter, the vital force becomes strong and natural wellbeing is restored – not just an absence of symptoms, but positive wellness. Iridology is the key to seeing where the body is holding onto toxins and harmful waste matter in the blood, glands, organs or tissues. On the one hand it reveals which eliminative organs are genetically strong enough to work harder at cleansing the body, and on the other, it warns of those that might not be able to cope with an overload of toxic material. For example, premenstrual bloating may indicate toxicity of the reproductive organs and require treatment. Observations of the iris may show that the uterus is weakened and should not be asked to undertake detoxification; instead the strength of the liver and bowel should be used to eliminate waste more effectively. In this way no undue pressure is placed on the already weak organ and a gentle but speedy recovery will result.

## HOMOEOPATHY

Homoeopathy is a system of energetic medicine based on the theory that 'like cures like'. Tiny, sometimes untraceable, amounts of a substance are given to cure an illness that would be caused by that same substance if given to a healthy person. In a well-trained homeopath's hands this can be a very powerful therapy.

Many homoeopaths use iridology as part of their diagnostic procedure to supplement the extensive questioning which is unique to homoeopathy. The homoeopath's analysis looks at



the patient's individual peculiarities and the iris is a part of that uniqueness that gives the therapist an extra edge to understanding the patient. Much of homoeopathy's diagnostic system is based on genetic constitutional types: height, weight, build etc. The iris is a visible part of that genetic constitution.

## HERBAL MEDICINE

Nearly every culture has some history of traditional herbal medicine; it is the oldest form of medicine known to human being. Western civilization is now turning again to the powerful medicinal implications offered by naturally occurring plants. Many herbs have been clinically tested and proved to have certain effects on the human body.

Herbs can have a very positive and powerful effect on the body when applied directly and it is obviously better to know exactly what is wrong and which organs need help before the prescription is given. For example, a patient may seek a herbalist's help for constipation, and herbal treatment may succeed in relieving the problem. But it is even better to look beyond the presenting symptom and ask why the condition has occurred. The iris will show whether the constipation is the result of a hormone disturbance or a misplaced spinal vertebra. With this knowledge any treatment given will therefore be more effective.

## REFLEXOLOGY

The feet contain reflex points which are connected to all the organs and glands of the body. When these points are massaged, they send a stimulating surge of energy back to the organ concerned. This corrective massage can restore balance, and therefore wellbeing, to the body.

When reflexology massage is given with the diagnostic knowledge derived from the iris, great benefits are achieved. Normally, if an organ is malfunctioning a tender spot is found on the appropriate point on the foot. However, if the organ is genetically weak but not yet showing specific symptoms, no tender spot will be found. But if the iris shows a weak kidney, for example, the kidney region of the foot can be massaged and vital energy transferred to the kidney even before symptoms have become a problem.

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## Visiting an Iridologist

AS WE HAVE seen, you can make a general analysis of your own health by looking at the colours, markings and patterns in your eyes, or by asking a partner or a friend to do so. But if you are worried by something you have seen, a visit to your local iridologist may be advisable. We spend a lot of time and money keeping our cars in good working order. Should we not spend a similar amount on maintaining the health of our bodies? An annual iridology check-up may save years of misery and ill health.

Many first-time patients are amazed at the amount of information they have when they leave an iridologist's surgery, not only about which vitamins or herbs to take and when to take them, but also the aspects of our environment that affect our health. They also discover a wealth of knowledge about themselves and how their body works. Our bodies are unique and we have a duty to ourselves to do the best for them. We should keep them in as good a running condition as possible within the scope of our genetic inheritance.

### SELECTING AN IRIDOLOGIST

Most registered iridologists are motivated by a thirst for knowledge of the human body and its quirks. As in any profession, however, some are better than others, and you will want the best one you can find in your area. As a first step, you should get in touch with your local complementary health clinic and

## *Visiting an Iridologist*

ask if there is a registered iridologist working there. This is usually a good recommendation in itself, as most clinics check practitioners' credentials before they join the team. Failing this, ask among your friends and family; personal recommendation is usually reliable. If you are still not successful, contact one of the organizations listed under 'Useful Addresses' at the end of this book. However, avoid any therapist, including an iridologist, who has only completed a weekend course on the subject. There is far more to iridology than can be learned over a weekend.

Some practitioners are solely iridologists and make their living analysing eyes. Others are experienced and qualified in other areas of healing and have discovered how helpful iridology can be in assisting their particular treatment methods. So be prepared for your iridologist also to be an osteopath, chiropractor, nutritionist, homeopath, aromatherapist, healer, reflexologist or herbalist.

## MAKING AN APPOINTMENT

Unlike orthodox medical specialists, you do not need to be referred by your doctor to be able to see an iridologist; you do not need a letter of introduction from anyone. Most iridologists work independently either as part of a team in a complementary health clinic or from a specially equipped room in their own home.

Once you have found out as much as you can about the iridologist you have chosen, telephone them and ask them what their current fee is and their appointment availability. Good practitioners are usually busy, so be prepared to wait a couple of weeks for your consultation. If they offer you an appointment for the next day, proceed with caution! Always try to speak to the iridologist personally, not to a secretary; a compassionate, friendly practitioner will be happy to explain the procedure, fees, etc.

## THE CONSULTATION

If you wear contact lenses, remove them before your consultation. It is not impossible to conduct a successful iris diagnosis through contact lenses, but it is easier without the shadow cast by the artificial lens. And contact lenses should not be removed and replaced in the clinic room; it is not hygienic.



## *Iridology*

Your consultation should begin with a friendly explanation of what will happen in the next hour or so. The iridologist will take brief notes of your name, address, date of birth and whether or not you have been referred by another practitioner, then the iris analysis will begin. No lengthy interview should take place before the iris is viewed. After all, there is little point in telling your practitioner which area of your body is troubling you, only for them to say, 'Oh yes! I can see that in your iris!' It is far better for the practitioner to have an unbiased opinion based solely on an analysis; you will get a more accurate diagnosis.

It is most likely that your eyes will be observed using a 6x hand-held magnifying glass and a simple pen light to illuminate the iris (see figure 32). Less frequently it will be a medical slit lamp, like those used by opticians. Some iridologists will also take an iris photograph as well, which may be available for you to view at a later date. The iris observations are completely painless and safe for the eyes, but in the unlikely event that your eyes are particularly sensitive to bright lights, it may be a little uncomfortable. If this is the case, your iridologist will soon know and be able to take appropriate steps to ensure that you are as comfortable as possible.

The iridologist will look at each iris in turn, using the



*Figure 32. Observation using a magnifying glass and pen light*



## *Visiting an Iridologist*

magnifying glass and torch to bring light to the iris. He or she will move the light around the outside of the glass, creating light spots and shadows to ensure that no markings are missed, and will be taking notes and making a rough sketch of your iris patterns, perhaps referring to an iris chart to pinpoint the exact location of a marking.

Once all your iris markings, pigment spots and colours have been noted, the iridologist will begin to discuss the relevant zones with you, asking you what may seem like an assortment of unrelated questions. Do not worry; he or she will just be trying to establish the extent of the symptoms relating to a particular iris marking to help build up a complete picture of your current health.

After about half an hour, you will have discussed many different health topics, from how many times you chew your food to your bowel function and beyond. Possible genetic links with other members of your family may also be discussed. Be prepared for a good chat, but do ask questions and do not let your iridologist skip over a subject that you want to know more about. Get the most out of your consultation; after all it is *your* body you have come to discover and understand!

Although iridologists are usually skilled in one or more natural therapy, they will be able to suggest preventative treatments for a wide variety of conditions. There are times when any practitioner needs to defer to a specialist and iridologists are never afraid to refer you to someone who specializes in your particular problem. If a spinal misalignment can be seen in your iris the best person to look after it is either an osteopath or chiropractor. If stress has become a major source of physical symptoms, you may be referred to a stress counsellor. Your iridologist will know the best practitioners to help overcome a particular problem in your locality.

When your consultation is over, make sure you have understood all the instructions you have been given. If necessary take notes of appropriate times, doses of medicine, amounts of vitamins, suggested brand names, etc. If an iris photograph has been taken, it may be possible to arrange a further visit so that it can be viewed. Ask about this service.

We usually recommend that a health diary be kept for the treatment period. We can quickly forget the pain or discomfort we suffered only three or four months ago, and sometimes, a

patient returning for a check-up will claim little improvement in their health. Yet when questioned about their headaches they say, 'Oh I don't have headaches any more!' A quick look back through their health diary reminds them of just how much health and vitality has been restored. Moreover, healing can take time, especially after years of chronic illness or pain. We say it takes a month of recovery for each year of illness.

We recommend a yearly check-up, not to see what has changed in your iris, but to clarify your changing health. True health is not so much an event as a process, a series of changes over a period of time.

### BIO-IRIDOLOGY

After diagnosis, you may be offered bio-iridology treatment. The two basic elements of bio-iridology methods are herbal medicine and nutrition, although other forms of complementary medicine can be of immense value and have their own protocol. Being able to treat a particular part of the body before a weakness develops into symptoms is of immense value in maintaining health, and the same treatment can be used if the disease processes are already evident.

Nutrition is the first line of attack in maintaining health. A weakened organ or gland will respond to the right nutrient if given in the right amount. Recent research has shown that high levels of vitamin E can reverse some diseases of the heart, while vitamin B helps in stopping spina bifida developing in the womb. But although supplements are widely used, bio-iridology favours action through the diet rather than in pill form.

Bio-iridology does not always necessitate radical changes to diet or lifestyle. Ten minutes after seeing a patient, we closed for lunch. As we walked through the shopping precinct, we bumped into a patient we had just seen. He was with his family, and as we passed we noticed that he was hiding an ice-cream cornet behind his back. With a red face, he started making excuses, but we stopped him, saying that a little of what you fancy does you good. Taking the spice out of life can be counterproductive, as laughter is one of our greatest gifts. So one should not carry dietary advice too far. Those that take the occasional opportunity to spend an evening out with friends



benefit from the chemical released in the brain, even if it means eating a monosodium-filled Chinese meal or a bag of chips once in a while.

Herbs also play an important part in bio-iridology. They can be taken quite safely over many months, without any fear of side-effects, and the smaller the dose the easier it can be for weak areas of the body to equalize themselves.

The body can often not utilize nutritional elements to their full extent unless their intake is small. Inherently weak organs or glands do not easily accept the vital activity produced by healthy ones. For example, a weak heart finds it harder to keep pace with a healthy liver that has been further stimulated by large doses of vitamins and minerals. Likewise, a stimulated, healthy heart will not function well if the liver is under-functioning. It therefore becomes essential that weakened organs and glands only receive those nutrients that aid them. Herbal medicine enters the cell by requirement and not invitation. The cell is able to absorb nutrients from herbs, as herbs 'vibrate' at the same frequency as our bodies. As each cell reproduces, while taking up the correct nutritive elements, it becomes stronger and stronger until finally the healing process is complete.

Lacunae are the most common iris markings, and are signs of inherent weakness. If a diseased process occurs in the presence of this marking it can usually be quite easily rectified if the environmental stimuli can be recognized. A lacuna in the heart zone that is showing symptoms, for example, may be the result of smoking. The pancreatic lacuna may be showing symptoms of hypoglycaemia because the intake of sugar is in excess. Quite often it only requires the removal of the stimuli to regain wellness. Corrective treatments should include the removal of the environmental factors if possible and the administration of those nutrients listed on pages 69–73, which can be as tablets and/or foods that contain the necessary vitamins or minerals and phytochemicals.

Herbs are used in small doses in a precise manner to bring about balance. The administration of herbs should be on the basis of 'one week on, two days off' for latent markings (no symptoms present) and 'six days on, one off' for active markings (symptoms present). If symptoms are present you should consult your doctor.

## *Iridology*

### *Medicinal Footbaths*

Several years ago we began instructing many of our patients to take herbal medication in the form of foot- and handbaths. There is great benefit in this form of medication, as it bypasses the stomach and by the process of osmosis allows the passage of fluids through the skin into the bodily fluids held there. The skin is crucial to the maintenance of homeostasis, including protection, temperature regulation, the synthesis of important chemicals and hormones and the excretion of water and salts. Fat-soluble substances such as vitamins A, D, E and K can be absorbed through the skin. Oestrogens and other sex hormones, corticoid hormones and certain chemicals such as methyl salicates (oil of wintergreen) and dimethyl sulfoxide also pass through it.

You can prepare your own footbath from herbs selected in consultation with a qualified herbalist. Boil 1l (2pt) of water for five minutes and let it stand. When it is lukewarm pour it into a plastic container (not metal). Drop in the mixture of crushed or chopped herbs, cover and allow to macerate for five hours. Pour the preparation into a clean glass bottle. This is the plant extract which is used for the footbath.

### *The Footbath*

Boil 2l (4pt) of water and allow to cool for five minutes. Add ¼l (½pt) of plant extract. The remainder can be stored and rewarmd but without boiling or adding more water. Use it for up to eight days, then discard it. Take two footbaths per day, one in the morning before breakfast for 8 minutes, as hot as possible, the other in the evening before dinner.

## CONCLUSION

Iridology is a safe and valuable diagnostic tool that helps you to understand how and why your body works the way it does. It is safe because no intervention at all is needed: no needles, no experiments, nothing is applied. Not even a verbal interview is required to ascertain the inherited state of the organs and functions of your body. It is valuable because it not only guides you to the right treatment for a condition or symptom, but

can nip disease in the bud, even before symptoms have shown themselves.

This book is designed as a broad introduction to health diagnosis from the iris, and we hope it has stimulated you enough to want to find out more. If you have not already done so, looking at friends' and relatives' eyes will quickly show that every iris is different. Your inquisitive mind, and it must be so or you would not be reading this, will want to find out more about iris marking and their meaning. Training courses, further reading, seminars and audio and visual material are available throughout the world – see the section on Useful Addresses.

Iridology is still in its infancy, but it is fast becoming a tool that is accepted and used by many medical practitioners. It is being looked at and seriously studied with a view, we hope, to being fully integrated into the healthcare system. In this way it will become widely available to all who wish for less surgery, X-rays and drug therapy, and not just to converts to complementary medicine. We believe that it should be a 'first option' in any medical diagnosis, and we will continue work enthusiastically towards that end.



---

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# Useful Addresses

## CANADA

Society of Iridologists (Canada)  
Dominique Carterbell  
Suite 18 2550 Golden Ridge Road  
Mississauga  
Ontario L4X 2S3

## EUROPE

The Anglo-European School of Iridology  
998 Wimborne Road  
Bournemouth  
Dorset BH9 2DE  
England  
Telephone (01202) 518078. Facsimile (01202) 546639.

Provides a one-year training course leading to membership of the Society of Iridologists. Overseas students are welcomed. Also one-day seminars, learning aids and workshops.

The British Society of Iridologists  
998 Wimborne Road  
Bournemouth  
Dorset BH9 2DE  
England  
Telephone (01202) 518078. Facsimile (01202) 546639.

This is the governing body for professional iridologists. Members are selected by merit or by examination and use the initials RIr (Registered Iridologists) after their names. The Society provides

## *Iridology*

a list of practitioners on receipt of a stamped addressed envelope. They will also provide skilled public speakers and magazine, radio and television interviews. A quarterly newsletter is sent to members, and books, charts and overseas contacts are available.

Pastor Felke Institut  
Heidstrasse 2  
D-7258 Heimsheim  
Germany

The Greek Society of Iridologists  
Makedonias 17  
Argyroupolis  
Athens 16254  
Greece

## USA

Society of Iridologists (USA)  
Alsiss Kayed  
10551 West Broward Boulevard  
Apt 311  
Plantation  
Florida 33321

Bernard Jensen  
Route 1  
Box 52  
Escondido  
California 92025

A practitioner who sells many iridology aids.



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