To help you record your findings.

RECORD OF IRIDOLOGY (IRIS) ANALYSIS

NAME: _____ **DATE**_____

A. CONSTITUTION

1 2 3 4 5

1 = inherently strong, opportunity for long life, excellent recuperative ability.

5 = constitutionally weak, not good ability to overcome sickness and keep well. Extra effort needed to carry you through.

B. GENOTYPE

___ **Pure Lymphatic - may have highly irritable lymph system, subject to arthritis or rheumatic disorders, enlarged tonsils/adenoids, lung and nasal congestion and allergies with affinity to respiratory system. Prone to itchy, flaky, dry skin and mucus discharge. Should avoid mucus forming foods, do vigorous exercise for lymphatic system.**

___ **Lymphatic Hydrogenoid - lymph tophi pearls commonly appearing in groin, breast, lung, diaphragm, neck, head or nasal areas] Same as Pure Lymphatic (above) with specific areas of possible lymph congestion. Afflicted with allergies affecting respiratory system.**

___ **Neurogenic Lymphatic - weak nervous system. Subject to headaches, vascular spasms, ulcers, skin eruptions due to affliction of nervous system (eg. shingles, multiple sclerosis). You tend to look for stress, create stress and are victimized by stress.**
May have deficient thyroid and adrenal glands. Learn muscle therapy, lots of exercise, mental relaxation methods, take mineral supplements esp. calcium.

___ **Uric Acid Diathesis - buildup of uric or lactic acids, accumulation mucus. Prone to gout, arthritis, kidney stones. Eliminate meat, salt, inorganic minerals, no dairy or processed flour products. Drink juices that are high in organic sodium eg. celery juice to flush out inorganic minerals. Parsley juice can help urinary tract.**

___ **Connective Tissue Weakness - makes autonomic nerve wreath difficult to distinguish. Lack of minerals throughout body, tissues lax and not well supported, adrenal weakness (in extreme cases of adrenal weakness the pupil pulsates when light shines upon it).**

___ **Polyglandular - Weakness in nerve supply. Glandular malfunctions (esp. endocrine glands - pancreas, pituitary, thyroid, adrenal), see which glands have lacunae. Diet should be full of fiber, chew properly, take time to enjoy and digest foods, take bowel tonics, glandular support of food or herbs (eg. kelp or dulse for thyroid).**

___ **Lipemic Diathesis -(sodium/calcium cholesterol ring). If liver is yellow in white of eye it is most likely cholesterol caused by a liver imbalance and lack of lecithin. Calcium imbalances show as weaknesses in lower back or pelvic area. Sodium imbalance is usually intake of too much salt/soya, look to weak stomach and lymphatic system. Chance of developing arteriosclerosis.**

___ **HEMATOGENIC - BROWN EYE. Pure brown. Liver, spleen and endocrine problems.**

- ___ **A. Anxiety-Tetanic [tension nerve rings]. Usually self-inflicted psychosomatic nature. Endocrine imbalances common.**
- ___ **B. Mixed/Billiary [blue and brown colours]. Usually parents of two different races. Hepatic and gastro-intestinal problem (gas is common symptom). Need to take digestive tonics, hepatic tonics, do cleansing or fasting occasionally.**

C. ZONES

Zones most affected in this person:

__ 1 stomach __ 2 intestines __ 3 blood __ 4 muscles __ 5 bones __ 6 lymph __ 7 skin/circulation (edge of iris)

D. GASTRO-INTESTINAL SYSTEM

Pupil:

___ Enlarged: Adrenal weakness, possible drug/medication of body

___ Tight: Hyper-adrenalism, overactive

White of Eye:

___ Lipid/cholesterol metabolic problem, check liver function.

Stomach Zone:

__ Hypo = underproduction of hydrochloric acid and gastric juices by stomach. Possible nausea, belching, burping, gas, feeling of weakness. Eat slower, take enzyme tablet containing hydrochloric acid with meals.

__ Hyper = overproduction of hydrochloric acid by stomach.

__ Furrows = poor stomach lining.

__ Dark defect signs= old ulcerative processes.

__ White flakes= acute painful inflammation of stomach area.

__ Stomach Ring= next to pupil indicated diminished assimilation

__ Brown, yellow or orange colour over stomach, colon area of blue type iris = toxicity.

E. GENETIC AND OTHER WEAKNESSES

___ LACUNAS/LESIONS: genetic weakness of these organs.
open - constant, re-occuring, noticeable type of inflammation, eg. constant catarrhal inflammation, constant allergic symptoms, constant rheumatic condition, recurring abscesses closed - more severe nature once it presents itself, but the reaction is more disguised, not as constantly noticeable.

LACUNA AREAS MOST AFFECTED NOTE: O - open lesion C- closed lesion (more severe)

LEFT:	_____	_____	_____
	_____	_____	_____
RIGHT:	_____	_____	_____
	_____	_____	_____

___ RADII SOLARIS: Inherently weak areas, poor circulation in that area, nerves, tissue, muscles negatively affected, toxic wastes cannot be properly eliminated.

___ originating in stomach zone and penetrate ANW, more serious, possibly related to nutritional factors. Cleanse and build stomach muscles.

___ in bowel, may indicate parasites.

___ originate from autonomic nerve wreath, less severe than when originates in stomach zone, more severe than just a toxic bowel. Cleanse and strengthen muscle.

___ contraction rings, might have more difficult task rebuilding health.

___ PSORA PIGMENTS (Pathological Polychromia): Inherent nerve weaknesses. May indicate deposits of various enzymes associated with organ cell damage. Can also indicate drug

deposits.
Color is significant: dark brown/liver; reddish brown/blood; orange/pancreas; yellow/kidneys Areas affected:

_____ _____ _____ _____

___ **LYMPHATIC ROSARY: Predisposition towards dry skin, eczemas, scaliness, allergies, respiratory inflamations, swollen tonsils, adenoids, glands, water retention, fatty tumors. Take lymphatic tea cleansers (or tinctures), rebounder or jumping exercises.**
____ dirty yellow colour, long term lymphatic congestion.
____ orangish colour, may have liver malfunction

___ **SODIUM/CALCIUM/CHOLESTEROL RING: Imbalance in body chemistry caused by buildup of inorganic sodium (salt/soy), calcium (dolomite) or high cholesterol in blood. Indicates poor circulatory system, may represent genetic metabolic disease process if showing in a child. May indicate arterio-sclerosis, liver problem, sugar metabolism problem, arthritis. See genotype, if Lymphatic Lipemic/Diathesis, person is predisposed to acquire such imbalance.**

___ **TOXIC CIRCULATORY SYSTEM: Indicated by dark rim around outside of iris. Blood cleansers needed.**

___ **SCURF RIM: Looks dark, a bit cloudy, scurfy, around iris. Indicates underactivity of the skin, skin doesn't breathe properly. Kidneys has more burden and are stressed. Liver overworked and unable to detoxify. Extra load on other elimination organs: respiratory system and skin. Skin becomes overloaded with waste matter, sometimes acne, pimples, rashes, allergic reactions. Needs tonics, fasting, lots of liquids, skin brushing.**

___ **CONTRACTION RINGS: Indicates excessive nerve tension. If person does not feel stressed, it may be that the stress is on the glands. Probably calcium deficiency, abnormal gastro-intestinal activity.**
_____ cramping of rings, may indicate drug deposits.
_____ in lung/bronchial, may have constant cough or respiratory ailments.
_____ in uterus/ovaries, cramping.
_____ stomach area: holding on to tension in stomach.
_____ spinal area: tight muscles in back.
_____ organ areas: ___ uterus ___ liver ___ gallbladder ____ kidneys
(Indicates muscular contraction in these areas).
_____ brain and head area, tense, perhaps mental tension.

F. AUTONOMIC NERVE WREATH (Nerve flow to Digestion):

___ Spastic - tightly contracted bowels. Cause could be from swollen or misplaced organ, indication of tumor or growth.
___ Ballooned - Poor bowel tone, flabbiness. Pain and discomfort. May feel symptoms in legs, prostate, rectum.
___ Bowel Pockets - Accumulation of toxic wastes. May be painful. Often home for parasites.
___ Prolapsed - drooping of transverse colon. Abdominal area has become too large, weak muscle, perhaps nerve interference in lumbar spine, common after hysterectomy.
___ Peyers Patches - Dark spots in intestine. Digestive disturbance, sometimes from previously having high fevers.

Areas of colon found: ___Ascending ___Transverse ___Descending ___Small Intestine ___Cecum(R 7:00) ___Sigmoid (L 5:00)

___ **Atonicity - Bowel lost all tone, total ballooning. Experience gas, bloating, perhaps chest pains.**

___ **Central Heterochromia - brownish pigment: liver and pancreas disturbance**

___ **Diverticuli - bowel pockets store bacteria/waste and become parasite breeding area, irritating bowel wall**

___ **Thick, white, raised: irritated or hypersensitive gastric system.**

___ **Thin, Flat: low energy, low vitality through whole system.**

___ **Absent in these areas (indicating severe disturbance in that area)**

_____ _____ _____ _____ _____

___ **Square shaped: liver and pancreatic disturbance, poor recuperative ability.**

___ **Acidity-white hyper fibres: acid situation from eating meats, coffee, tea, alcohol, spices, fruit not vine ripened. Natural sodium deficient leading to arthritis. Use low acid diet.**

G. CANDIDA OR YEAST OVERGROWTH

____ **Dietary change needed. Specifics: garlic, acidolphilus, no sugars, fermented foods.**

SPECIAL NOTES:

_____
_____
_____
_____
_____
_____
_____
_____
_____