IRIS (IRIDOLOGY)

Also see Iridology in the teaching handouts for more thorough information.

Most common problems:

- **Filaments should be smooth, unbroken. If not, look at what organ they are in.**
- **The immediate area around the pupil is the stomach zone. If it is grey and looks like falling in, there is hypoacidic stomach happening; if whitish and raised it is too acidic (hyperacdic).**
- **Toxicity in bowel can be colours: yellow (kidney, sulphur); brown (liver); Orange (chemical poisons, pancreas); Gold or bright orange (gall); Red (infection in blood). If they have leached further away from bowel, they have moved into the blood zone.**
- **Little white dots closed to the outside of the iris: lymph congestion.**
- **Purple around edge, especially in brain area: anemia in extremities**
- **Whitish creamy rim around eye: build up of sodium/calcium/cholesterol. If in the brain area they are usually having difficulty with memory, brain fog.**

NOTE: top of iris is head; bottom is feet.
Goes from deepest organs beside pupil (guts), out to edge (skin).

