SCLEROLOGY

LESSON 10

Sclerology is the science and art of observing the markings in the <u>whites</u> of the eyes and their relation to systemic health.

There are four Sclera quadrants in each eye:
Upper Lower Lateral (towards the outside) Medial (toward the nose)

The eye is connected and continuous with the brain's dura mater through the fibrous sheath of the optic nerve. The eye is directly connected with the sympathetic nervous system and spinal cord. The optic tract extends to the thalamus area of the brain which is in close association with the hypothalamus, pituitary, and pineal glands which are major control and processing centers for the entire body.

Thus the eye is in direct contact with the bio-energetic, biochemical, structural and metabolic processes of the body via the nerves, blood vessels, muscle fibers and lymph.

Iridology gives a good picture of the past history of a person's health as well as a map of where toxins are stored. Sclerology gives a more current picture of what is happening now in the body, however, using this information, you can avoid health illnesses of the future.

Sclerology is not a complete science. It is best used in combination with other modalities such as iridology, live blood analysis, hair analysis. These things are NOT seen in the sclera:

1. **Cysts, polyps, tumors, cancer**
2. **Specific toxins or heavy metals**
3. **Nutritional deficiencies**
4. **Blood conditions such a anemia, diabetes, high cholesterol**
5. **Missing body parts**
6. **Parasites, bacteria, viruses, yeast/fungus. The sclera does show indications of their involvement, but not the actual pathogen.**
7. **Symptoms eg. Headaches, high blood pressure**
8. **Gallstones (if they are not a stressor to the gallbladder)**
9. **Kidney stones (if they are not a stressor to the kidney)**

Most of the markings are located in the Epi-Sclera – the first or anterior white layer that you can see. Some markings are seen on the conjunctive removable membrane that sits on top of the Epi-sclera. None are actually in the sclera which is underneath the Epi-sclera.

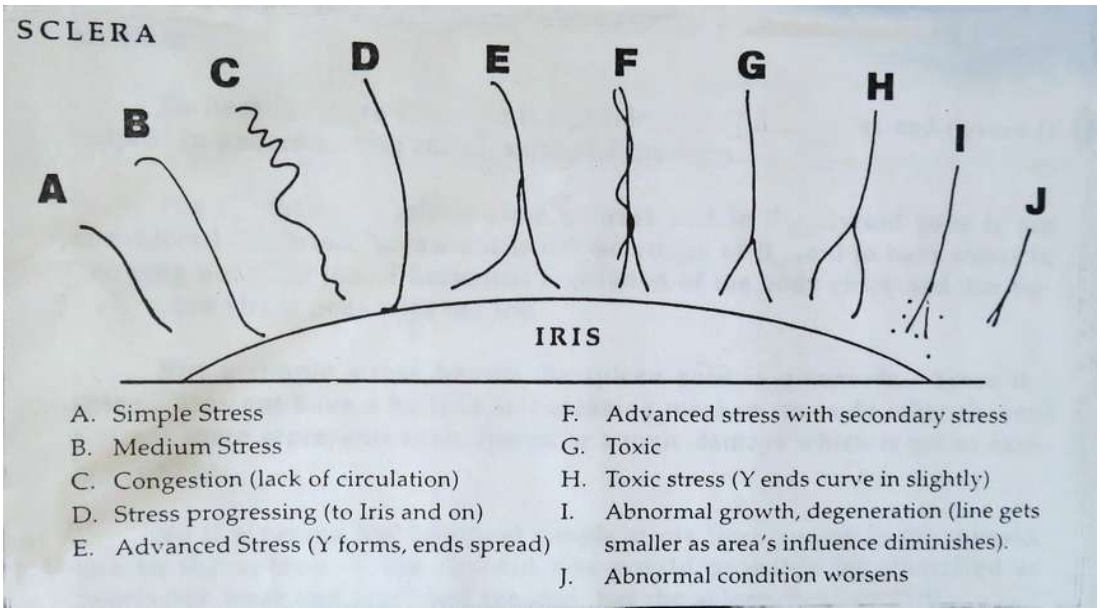
Stress and congestion: the presence of abnormal concentrations of any single or combination of certain elements within a vessel, organ or tissue area, causing obstruction, thus interfering with normal function.

There are many stages of congestion:

1. **Mucous build up.** **Mucous is necessary but when it becomes mucoid (a build up of gooey, toxic laden mucous), it can inhibit normal tissue function. An irritating food can become encased in the gastro tract in a glop of stringy mucoid matter, and the body is trying to protect itself. If the mucoid matter and toxins it holds become impacted in the colon instead of eliminated, it contributes to poor health.**

2. **Irritation.** If the body doesn't clear up stressful situations quickly, irritation results. Toxins and by-products of the immune response in the tissues as well as the inhibition of natural blood supply and lymph movement due to the mucous build up, create an irritation to the local tissues. This is noted as soreness, and the beginning stages of what may become inflammation.
3. **Inflammation/Infection.** This is noted as temperature increase (fever) and/or swelling of tissues. Swelling of tissue is the build up of lymph fluid, serving to increase the number of immune system cells in the area. It also serves as a buffer to dilute toxins and by-products of the war underway. Fever is the natural response of the body to mobilize its immune system and virtually kill bacteria, virus and other non-self invaders – therefore fever is a friend, not an enemy. Fever can rise to a dangerous point where the body loses control of its war zone tactics and then we should level the temperature to a comfortable working level for healing. Those with no healing tools might set 101^{o}F as their limit; those with knowledge of herbs and homeopathics may set 103^{o}F as their limit.
4. **Hardening of Tissue.** If inflammation or infections doesn't give us the solution needed, or if the immune response is tampered with, often a hardening of tissue in weak, affected area of tissue can happen. Hardening is often seen with smokers – the throat and lungs become more coarse due to constant exposure to heat and smoke irritants. Often what happens is that there was a Stage 3 inflammation occurring years ago as a cold, upper respiratory infection or bronchitis which was suppressed with antibiotics enabling the person to continue smoking, deepening the damage as the tissue hardens. Sinus tissues can harden, arteries can harden as tissue; prostate glands are known to harden as can ovary and uterine tissue. Brains can harden or ossify. This is a natural response of the body to a stressor.
5. **Encapsulation.** The hardening process is walled off by the body because it can't handle the situation. An example is a cyst in the breast – it is an encapsulated, toxic area that the lymph is unable to carry off and remove from the body. When the toxin resides in the breast tissue too long and the the tissue is unable to cleanse properly, the body protects itself by encapsulating the offender.
6. **Destruction of Healthy tissue, Abscess, Ulceration.** Since the encapsulated area is deprived of oxygen, anaerobic activity can occur and festering can occur, becoming an abscess – a localized collection fo pus, leukocytes, tissue debris, microorganism, surrounded by inflamed tissue. An abscessed tooth is an encapsulation that could not be containers, the material then breaks out of an abscess, destroying surrounding healthy tissue. Abscesses can vent out through the skin as a boil and eventually heal, but what occurs when the abscess process occurs deep in the tissue?? Sometimes the toxic destruction of tissue and the body's attempts to wall it off in an anaerobic environment are what leads to the development of abnormal tissues, which can warp the life processes and replicate. If this pattern occurs, it is called one type of cancer by the medical profession. If soft tissue proceeds with the toxic destruction and lack of blood supply, gangrene occurs.
7. Should stage 6 congestion continue, the next stage is death of the organism.

At each stage of congestion, the body is able to correct itself, but the deeper and more advanced the congestion, the more difficult it is to correct.



Direction of the lines: all lines begin at the back of the eye and generally move toward the iris. Lines go from the outer area of the eye, toward the center. The line may travel up or down rather than directly toward the iris.

Simple Stress Lines – single fairly straight line, no branches. Usually indicates general wear and tear of living. The more stress, the thicker the line and the darker.

Medium Stress – Single line of length approaching the iris. Often means stress that can cause symptoms which if left unchecked, will advance into an acute or chronic concerns.

Congestion – single wavy line indicative of restricted circulation to that area.

Advanced Stress:

Forks: A line that branches into a "Y". The fork of the "Y" is the area of greatest stress which can be from toxins or nutritional deficiencies or minor inflammation. Significant injuries can show as forks (dislocations, fractures, worms, concussions, compressions, exposure to prolonged poisoning, metabolic trauma from inflammation (biochemical responses to stress, poor nutrition).

Toxic Stress with Secondary Involvement

The standard advanced stress line is accompanied by a lighter line indicating more than one system's involvement with the stress. Area is susceptible to infection and collagen breakdown.

Critical Stress:

A more pronounced line with a tight, well-defined "Y" - the tighter the "Y", the more severe the stress. The symptoms are more pronounced with some loss of function.

Congestion Line:

A simple single wavy line indicative of restricted circulation in that area.

Advanced Congestion:

Like a river, the line has more and larger turns and waves, indicating increased restriction of circulation. Turns and waves are rounded.

Critical Congestion

Turns are excessive or exaggerated with the line turning back upon itself over and over showing significant inflammation and severe restriction of circulation of the area.

Critical Stress with Congestion

Congestion line that has a defined "Y" showing restricted circulation along with critical stress at the fork of the "Y". The wider and more open the "Y", the more open for correction.

Abnormal Stress

Tight "Y" line with tiny, pinkish blips around it. Blips which are only temporary indicate abnormal, fermentations or growth of tissue.

Damaged Vessel – Reticulated Stress

Similar to congestion line, the 'sharp corners' and 'saw-tooth' characteristic of the line identifies collagen breakdown and blood vessel damage. The 'saw-tooth' characteristic shows more lasting damage, perhaps permanent, due to the degeneration of tissue. The area shows structure damage and thus has even less blood flow than just a congestion line.

Encapsulation

The end of a line may encircle to encapsulate or a "Y" line may tighten at the end of the fork into a small closed area. These may appear as a dot on the end of the line. Another type if encapsulation is when the ends of a more open "Y" line come together to enclose or encapsulate an area. Both show the body's inability to correct the stress or remove the toxin, thus 'walls' it off until it can be dealt with.

Infection Pocket

Pocket is defined as a line surrounding an area affected by baceria, fungus or micro-parasites. Usually outside perimeter of the sclera but may also define an area on the iris perimeter. Condition is often chronic rather than acute.

Healing Line

When body effects a reversal of a condition and enters the healing mode of detoxification and rebuilding, the stress line in the sclera relaxes. The line lightens and fades and can form a 'shepherd's crook' arrangement.

Lines travelling close to Iris

Where the line begins and ends has meaning. Where it begins is the source of stress, where it ends provides information about the effects of that stress. Line that originates in the colon and ends in the spleen may tell you that cleansing the colon will help the spleen.

For the most part, the closer the sclera lines come to the iris, the more significant the stress.

Type of Lines

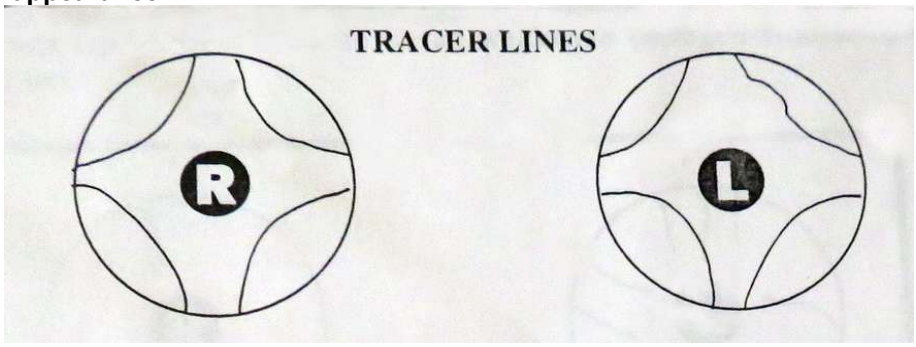
The thickness, colour, brightness, shape and length of the line give information about the type of stress and its dynamics.
Lines sharper in colour and boundaries represent more active and acute conditions.
Lines duller in colour seem to run deeper and generally represent more chronic conditions.
Lines that fade out or begin to be fuzzy edged generally show healing.
Sclera lines as a rule do not cross quadrants, but will break the rule when there is a strong pathological association between the quadrants such as the interconnectiveness of nerve-endocrine information.

Glandular Fatigue

Shows endocrine gland weakness eg. Adrenal burnout. eg. Right eye: line travels from top of head in pineal down and out around 3:30 to the parathyroid. Or on the left it it starts in the center on top (brain) and down and out around 9:00 (thyroid) Or on the right eye from the bottom center (adrenal) up and out in the middle (thyroid)

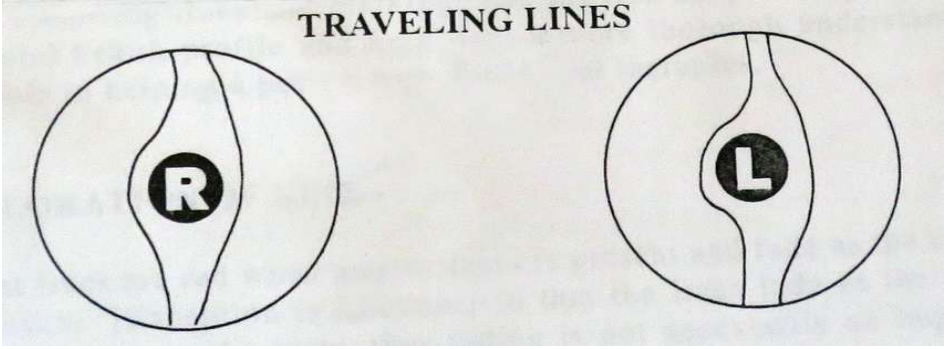
Tracer Lines

Similar to glandular fatigue except they don't extend out toward the iris as far. They indicate loss of tissue integrity or collagen breakdown. The body isn't glued together and is susceptible to infections. They often appear as a complete group of four lines giving the eye an unusual appearance.



Traveling Lines

Run from top to bottom, indicate fatigue of a whole system. The inside run (side next to nose is glandular fatigue of whole endocrine system. Outside run (next to ears) indicates lymph congestion with large molecule proteins from either too much red meat in diet, too much complex veg. Protein eg. Non-fermented soy products, or poor utilization of nutrients.



Opaque ghostly bulge round outside of eye on sclera – 3:00 and 9:00 – Vit. B3/niacin deficiency. This sign disappears when B3 is added to the diet, usually as B complex.

Lipid Deposits - Conjunctival Concretions on the whites indicate liver problems, can look like little white or yellowish pimples or larger jelly-like deposit. Find them medially (toward nose), and under lids. They are made of phospholipids, elastin and calcium. When you see this, think of high concentrations of phospholipids and cholesterol in the blood. Think of it being a liver and/or pancreas problem.

Immune Compromised line. Left eye. Runs from top of the sclera, joining with a lateral line moving to the outside of the sclera into the spleen area.

Colors of lines:

Bright Red:	**active and acute**
Brownish:	**old, chronic**
Yellow tint:	**liver involvement**
Blue tint:	**lymphatic and/or spleen involvement**
Pink:	**fading of symptoms**

Coloration of Sclera

Pinkish flush:	**Alkalosis (tissue's pH too alkaline, B vitamin deficient, excessive alcohol consumption**
Bluish haze:	**Chronic alkalosis, anemic, poor spleen function, calcium deficiency**
Bluish gray "porcelain china":	**Abnormal tissue toxicity**
Gray around the rim:	**Colon degeneration**
Yellow:	**Jaundice, liver functioning poorly**
Brownish:	**General toxicity**
Yellow bands:	**Chronic damage to spine (vertebra)**
White, fatty blips:	**Cervical misalignment, manganese deficiency, liver toxicity, sun & wind damage**

Isolated dots or blips on sclera (may indicate types of stress such as encapsulations and tissue degenerations)

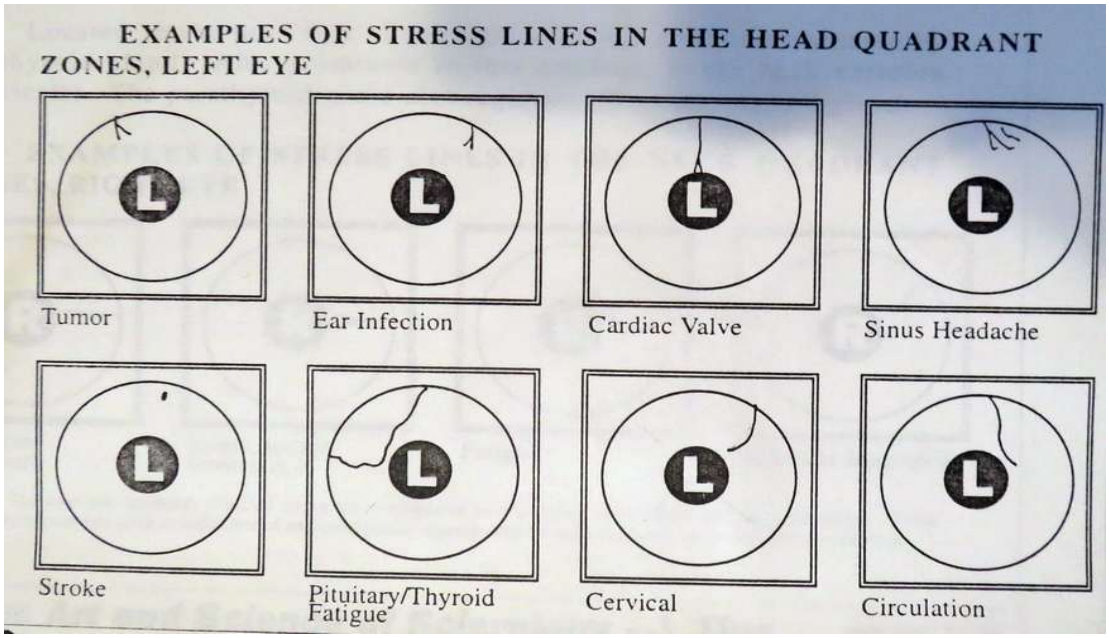
Red dot in head zone:	**Broken capillary (stroke)**
Black dot	**Old blood clot**
Gray dot	**Intense area of stress**
Blue dot	**Lymph congestion**
Brown dot	**Liver toxin**

Right eye, dark red, jagged blotch in heart area: heart attack pending – does not show before every heart attack but does represent severe alkalosis of tissue which is optimal for a charley horse or spasm of heart muscle especially if there is a clot present.

Brown Colour – liver. If in the liver area, it is just the liver. If it is over a different area, we say the horse has gotten out of the barn.

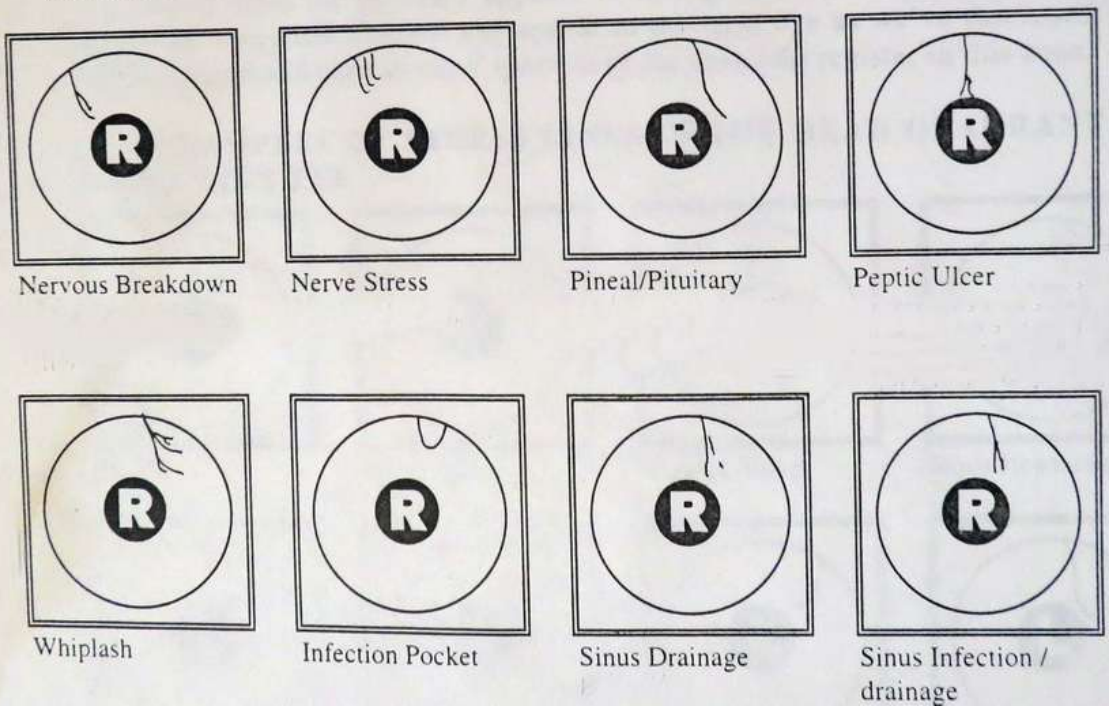
Yellow Colour – liver, often no gallbladder, or liver/gall congestion and not digesting the fats

EXAMPLES OF STRESS LINES IN THE HEAD QUADRANT ZONES, LEFT EYE

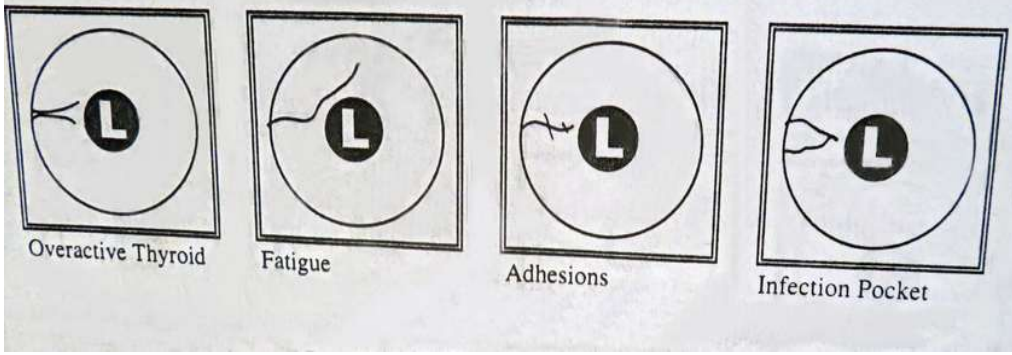


EXAMPLES OF STRESS LINES IN THE HEAD QUADRANT ZONES, RIGHT SCLERA

[Note: The lines and markings depicted here are examples of how a certain stress might appear in the sclera. These examples are not exclusive or definitive of any condition or disease, and are not a diagnosis of any specific condition.]

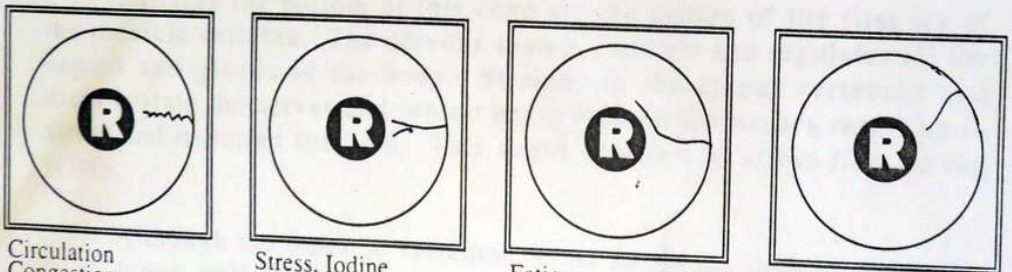


EXAMPLES OF STRESS LINES IN THE NECK QUADRANT ZONES, LEFT EYE



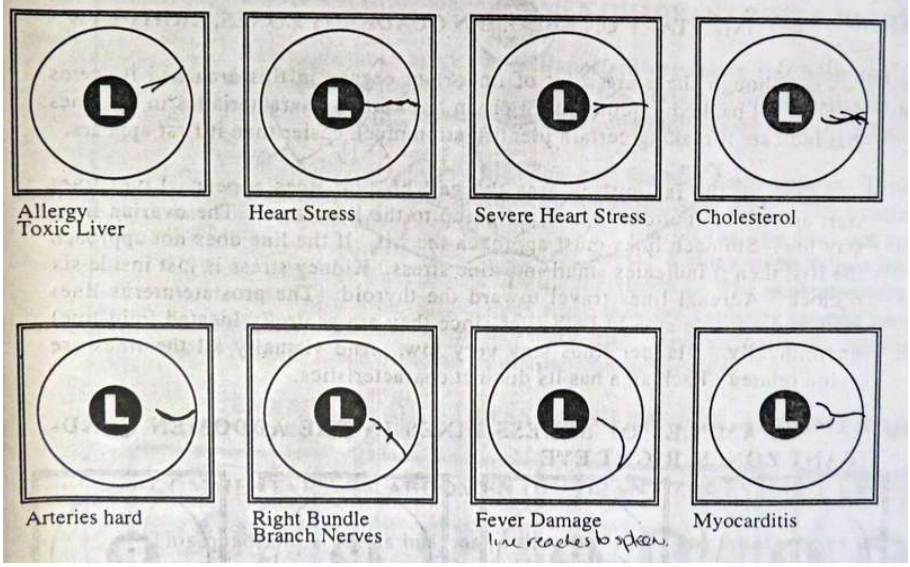
Overactive Thyroid | Fatigue | Adhesions | Infection Pocket

EXAMPLES OF STRESS LINES IN THE NECK QUADRANT ZONES, RIGHT EYE



Circulation Congestion | Stress, Iodine Intolerance | Fatigue | Vertebrae Impinged

EXAMPLES OF STRESS LINES IN THE CHEST QUADRANT ZONES, LEFT EYE



Allergy
Toxic Liver

Heart Stress

Severe Heart Stress

Cholesterol

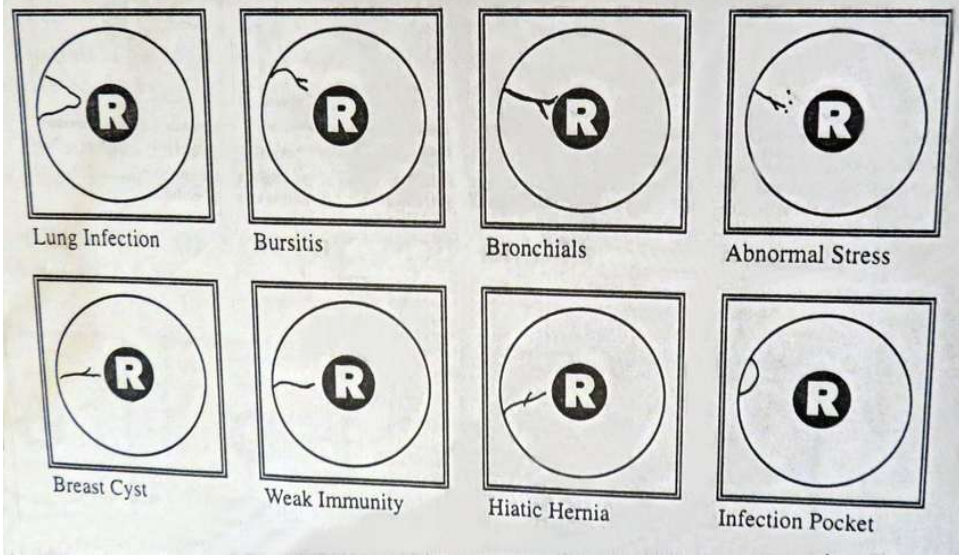
Arteries hard

Right Bundle
Branch Nerves

Fever Damage
line reaches to spleen.

Myocarditis

EXAMPLES OF STRESS LINES IN THE CHEST QUADRANT ZONES, RIGHT EYE



Lung Infection

Bursitis

Bronchials

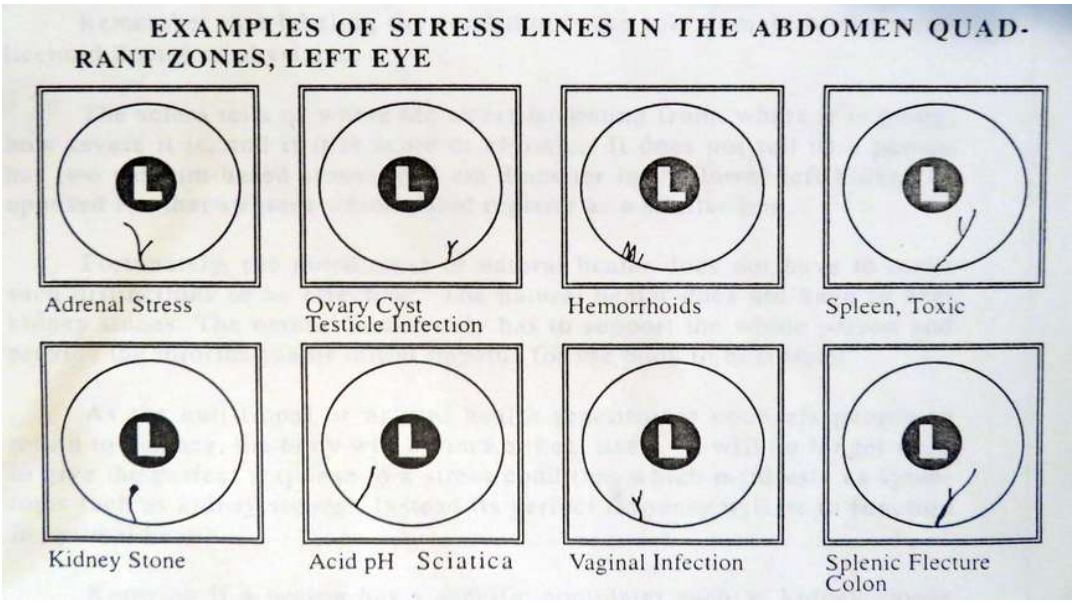
Abnormal Stress

Breast Cyst

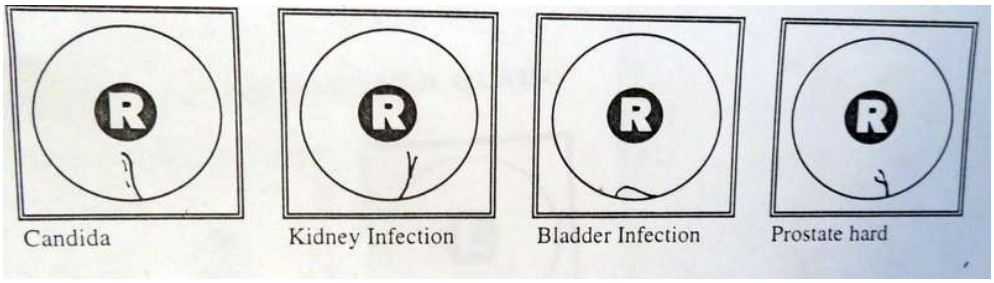
Weak Immunity

Hiatic Hernia

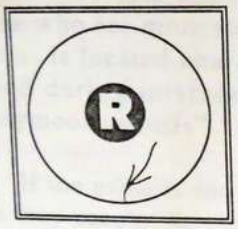
Infection Pocket



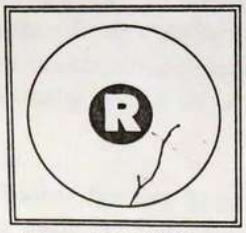
ABDOMEN QUADRANT ZONES, RIGHT EYE



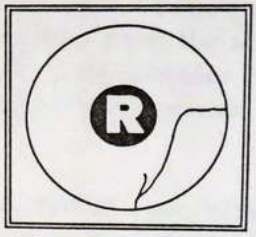
EXAMPLES OF ADRENAL STRESS



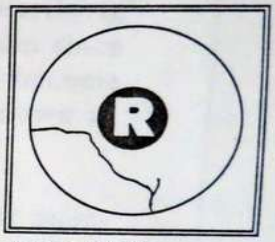
Adrenal GLAND Stress



Adrenal NERVE Stress



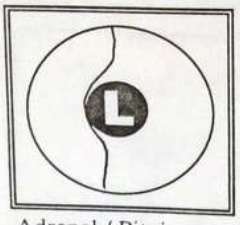
Adrenal / Thyroid Fatigue



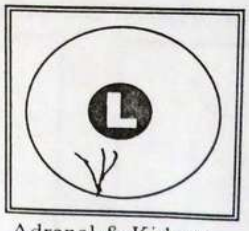
Adrenal / Thymus Fatigue



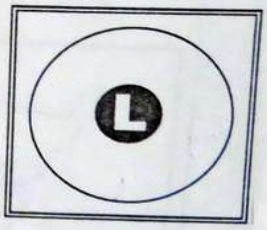
Adrenal affecting Spleen

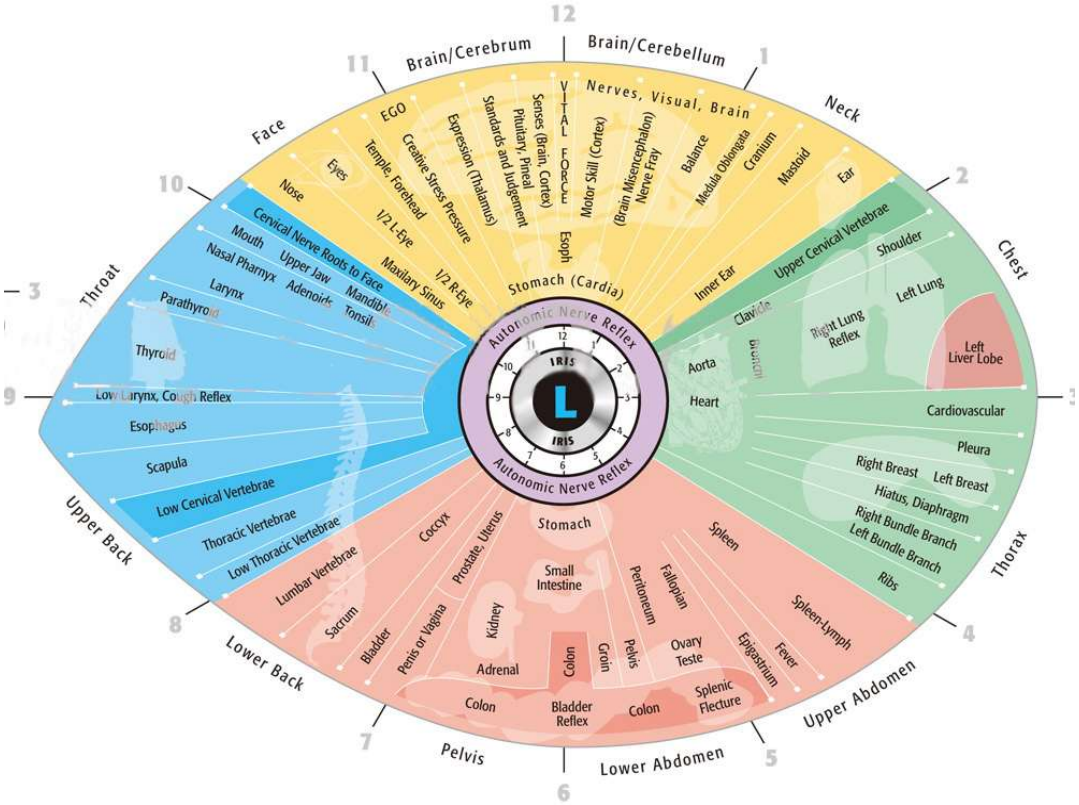


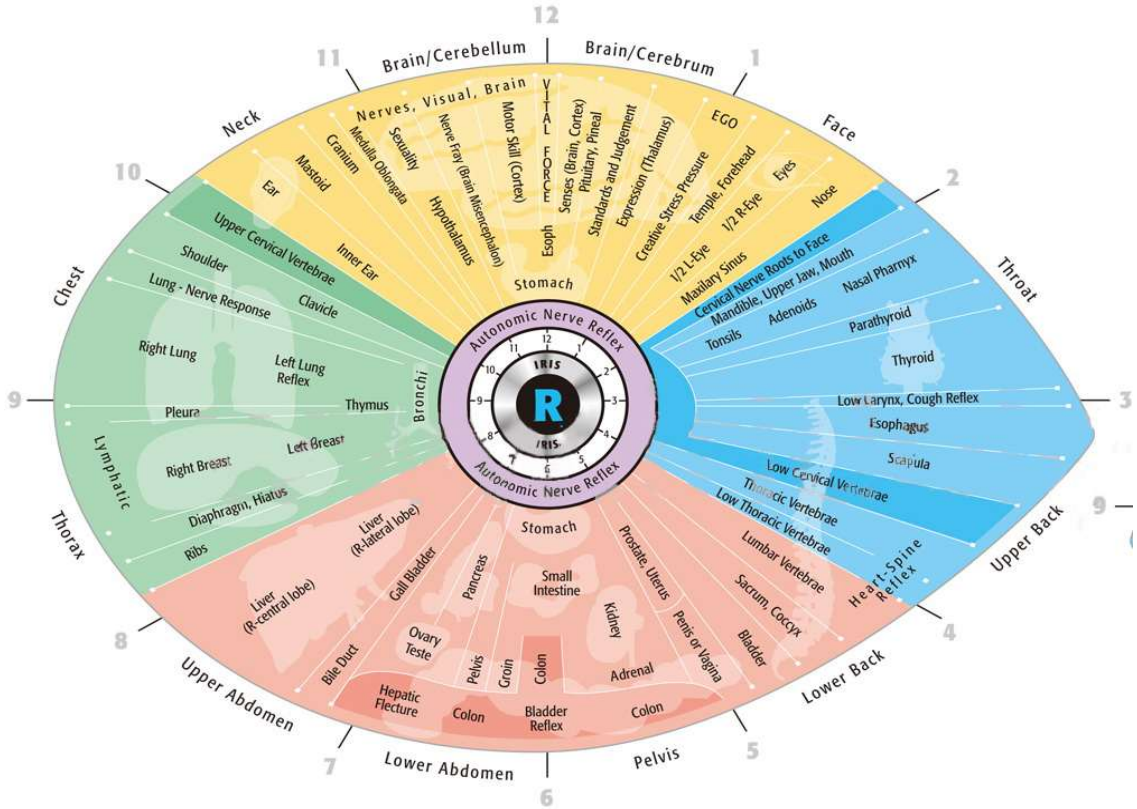
Adrenal / Pituitary Fatigue

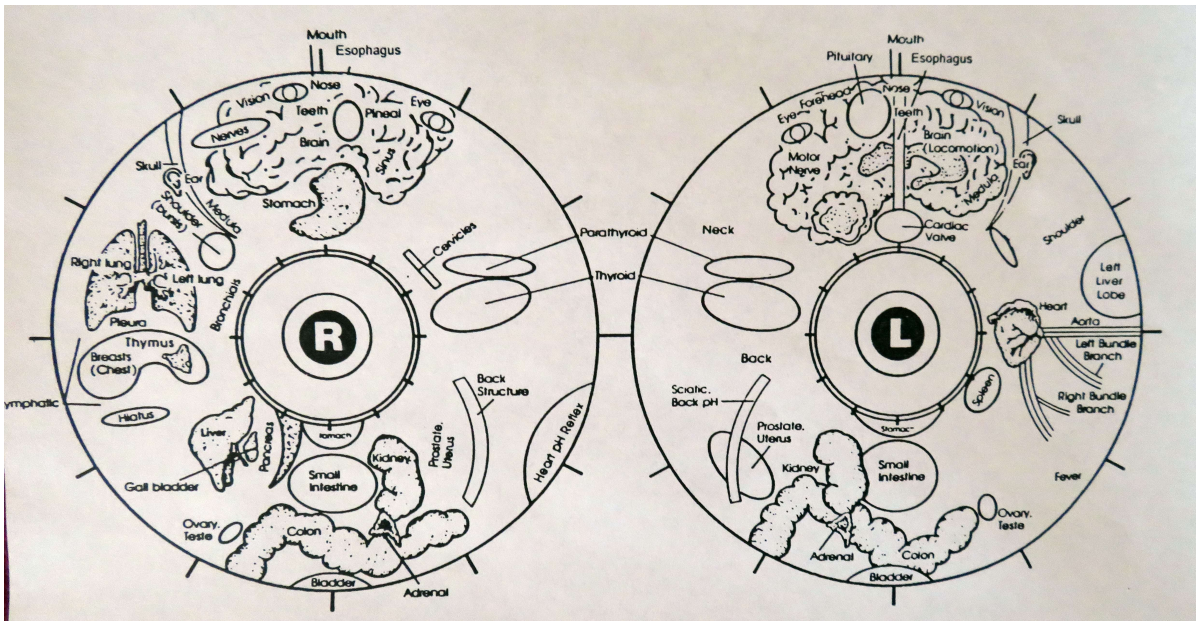


Adrenal & Kidney Stress




12
Brain/Cerebrum
Brain/Cerebellum
1
11
Face
Neck
10
2
Throat
Chest
3
9
Upper Back
Thorax
8
4
Lower Back
Upper Abdomen
7
5
Pelvis
Lower Abdomen
6
EGO
Nerves, Visual, Brain
VITAL FOCUS
Eyes
Nose
Temple, Forehead
1/2 L-Eye
1/2 R-Eye
Creative Stress Pressure
Maxillary Sinus
Expression (Thalamus)
Standards and Judgement
Pituitary, Pineal
Senses (Brain, Cortex)
Motor Skill (Cortex)
Esoph
Stomach (Cardia)
(Brain Misencephalon)
Nerve Frey
Balance
Medulla Oblongata
Cranium
Mastoid
Ear
Inner Ear
Cervical Nerve Roots to Face
Mouth
Upper Jaw
Nasal Pharnyx
Adenoids
Mandible
Larynx
Tonsils
Parathyroid
Thyroid
Low Larynx, Cough Reflex
Esophagus
Scapula
Low Cervical Vertebrae
Thoracic Vertebrae
Low Thoracic Vertebrae
Upper Cervical Vertebrae
Shoulder
Clavicle
Left Lung
Right Lung Reflex
Left Liver Lobe
Bronchi
Aorta
Heart
Cardiovascular
Pleura
Right Breast
Left Breast
Hiatus, Diaphragm
Right Bundle Branch
Left Bundle Branch
Ribs
Spleen
Spleen-Lymph
Fever
Epigastrium
Ovary
Teste
Pelvis
Groin
Colon
Adrenal
Kidney
Small Intestine
Stomach
Peritoneum
Fallopian
Prostate, Uterus
Coccyx
Lumbar Vertebrae
Sacrum
Bladder
Penis or Vagina
Colon
Bladder Reflex
Colon
Splenic Flecture
Autonomic Nerve Reflex
IRIS
L
IRIS
Autonomic Nerve Reflex


12
Brain/Cerebellum
Brain/Cerebrum
11
1
Neck
Face
10
2
Chest
Throat
3
9
Thorax
Upper Back
8
4
Upper Abdomen
Lower Back
7
5
Lower Abdomen
Pelvis
6
Nerves, Visual, Brain
VITAL FOCUS
EGO
Cranium
Mastoid
Ear
Sexuality
Medulla Oblongata
Nerve Frey (Brain Misencephalon)
Hypothalamus
Motor Skill (Cortex)
Esoph
Senses (Brain, Cortex)
Pituitary, Pineal
Standards and Judgement
Expression (Thalamus)
Creative Stress Pressure
Temple, Forehead
1/2 R-Eye
1/2 L-Eye
Eyes
Nose
Maxillary Sinus
Stomach
Cervical Nerve Roots to Face
Mandible, Upper Jaw, Mouth
Tonsils
Adenoids
Nasal Pharnyx
Parathyroid
Thyroid
Low Larynx, Cough Reflex
Esophagus
Scapula
Low Cervical Vertebrae
Thoracic Vertebrae
Low Thoracic Vertebrae
Heart-Spine Reflex
Upper Cervical Vertebrae
Inner Ear
Shoulder
Clavicle
Lung - Nerve Response
Right Lung
Left Lung Reflex
Thymus
Pleura
Bronchi
Left Breast
Right Breast
Lymphatic
Diaphragm, Hiatus
Ribs
Liver (R-lateral lobe)
Liver (R-central lobe)
Gall Bladder
Pancreas
Small Intestine
Stomach
Prostate, Uterus
Kidney
Penis or Vagina
Sacrum, Coccyx
Bladder
Lumbar Vertebrae
Ovary
Teste
Bile Duct
Pelvis
Groin
Colon
Adrenal
Hepatic Flecture
Colon
Bladder Reflex
Colon
Autonomic Nerve Reflex
IRIS
R
IRIS
Autonomic Nerve Reflex


Mouth
Esophagus
Nose
Vision
Teeth
Eye
Pineal
Nerves
Brain
Spine
Skull
Ear
Shoulder (Clavicle)
Medulla
Stomach
Right lung
Left lung
Pleura
Thymus
Breasts (Chest)
Hiatus
Liver
Gall bladder
Pancreas
Stomach
Small Intestine
Kidney
Ovary, Teste
Colon
Bladder
Adrenal
Prostate, Uterus
Back Structure
Heart pH Reflex
Cervicles
Parathyroid
Thyroid
R
Mouth
Pituitary
Esophagus
Forehead
Eye
Nose
Teeth
Vision
Brain
(Locomotion)
Motor Nerve
Medulla
Ear
Skull
Cardiac Valve
Shoulder
Neck
Left Liver Lobe
Heart
Aorta
Left Bundle Branch
Right Bundle Branch
Spleen
Back
Sciatic, Back pH
Prostate, Uterus
Kidney
Small Intestine
Fever
Ovary, Teste
Adrenal
Colon
Bladder
L