IRIDOLOGY
LESSON #2

STRUCTURE OF EYE AND DIFFERENT LEVELS OF INFLAMMATION

Genetic Strength:

Pretend the iris is a piece of material or wood. If you compare woods, Pine is a much looser grain than oak - oak is closer grain and is harder, more difficult to stain or abuse, stronger. So the iris has different constitutions and structures.

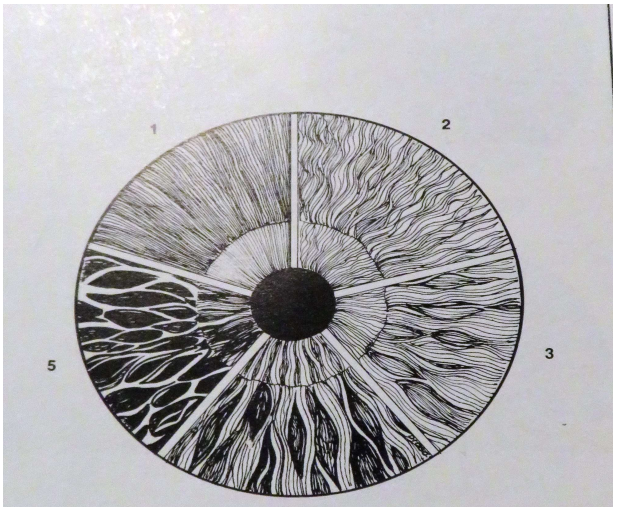
If the fibers are close together - a strong constitution. We are talking mostly about genetic constitution.

If fibers are separated, it shows a weak constitution.

Genetic Strength/Constitution:

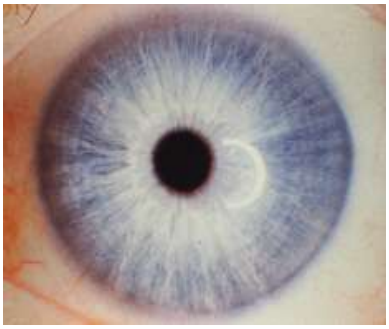
- The closer the fibers of the iris are together, the stronger the constitution

1 Silk - extremely strong constitution
2 Oak - strong constitution
3 Muslin - good constitution
4 Medium Wood - fair constitution
5 Burlap - poor constitution
6 Soft Wood - weakest constitution

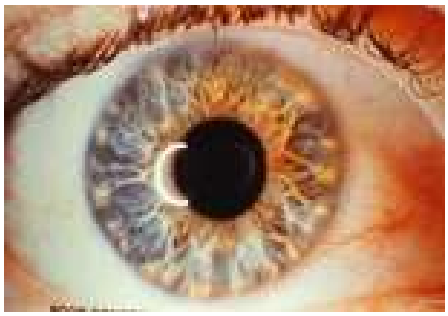


CONSTITUTIONAL STRENGTH, OR HOW WELL DO YOU HOLD UP UNDER STRESS.

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



Good constitution



Poor constitution

If you want to compare material: silk is tough and rugged, and burlap is looser and doesn't have the same strength as silk. Silk is one of the strongest fibers we have, the closer the fibers, the stronger the silk.

Each organ might also be different. The iris might be silky looking all around, but look like burlap in the kidney area, therefore the kidney constitution is weak and the tissue reserve is low, it needs to be protected.

Some people have strong constitution and abuse themselves continually, eating whatever, drinking whatever, smoking etc. However around age 45-50 they may come down with some problems and can't understand it when they have been healthy all their lives. It is often the case that people with the best constitution, abuse themselves more.

The person with the poorer constitutional strength, if they take care of themselves, can live very healthy lives and may end up healthier than the one with the good constitution.

We gauge the constitution on a scale of 1 to 6. Six being poorest and one being the strongest.

If your tissue reserve needs building up after an illness, the poor constitution will take much longer to rebuild. We can often see this rebuilding process in the iris.

Brown Eyes or Blue

Brown eyes are much more difficult to determine the fiber strength. We only discuss blue or true brown eyes, everything in between is toxic. Gray eyes are a type of blue eye with a touch of white in it, probably arthritic tendencies. Green eyes are blue eyes with yellow toxins in it from sulfur derivative or candida.

How is a lesion built up in the iris?

1. **Minor illness eg. cold**
   Eye shows raised section above surface of the eye, acute situation.
   White shows acute, and can be seen in the eye.
   In an acute situation we have catarrh (to run/flow).
   If person takes over the counter drug and does not allow healing, but drives the illness back in to the body, the illness lays dormant until it tries to emerge at a later time.

2. Some time passes, another cleansing attempt is made by the body.
Now the iris shows subacute. The cold feels more like a flu.
Subacute isn't raised, it dips into the fibers of the eyes.
Subacute isn't white, it is gray.

3. If we do not allow healing to take place but drive the condition into the body again by taking medicine to stop the process, the situation turns chronic.
Later, perhaps a few years have passed, the eyes show the lesions have opened up.
We have subacute on the edge and chronic in the deeper hole.

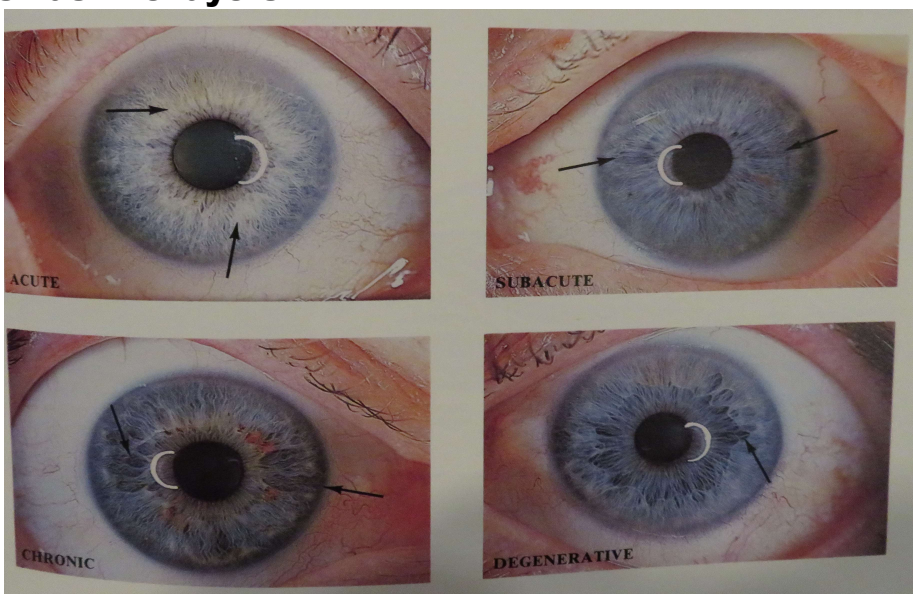
4. The next the person gets ill, it is no longer something simple such as a cold, now it is bronchitis.
Now simple medicine doesn't seem to work and he gets something stronger like antibiotics. This drives the problem deeper into the body, the problem is not stronger, the recipient is weaker.

5. The person takes stronger drugs and next time he gets pneumonia.
If the person happens to smoke 2-3 packs of cigarettes a day he will also destroy the mucous and villi of the lung.

6. It can progress to hayfever, then to asthma. It becomes progressively worse and worse. It is getting deeper and deeper into the tissue.

It is interesting if you get the person to stop smoking: within a few weeks they'll feel terrible when all the crap starts coming out of their lungs and they will wonder why they feel so much worse!

The Iris has five layers:

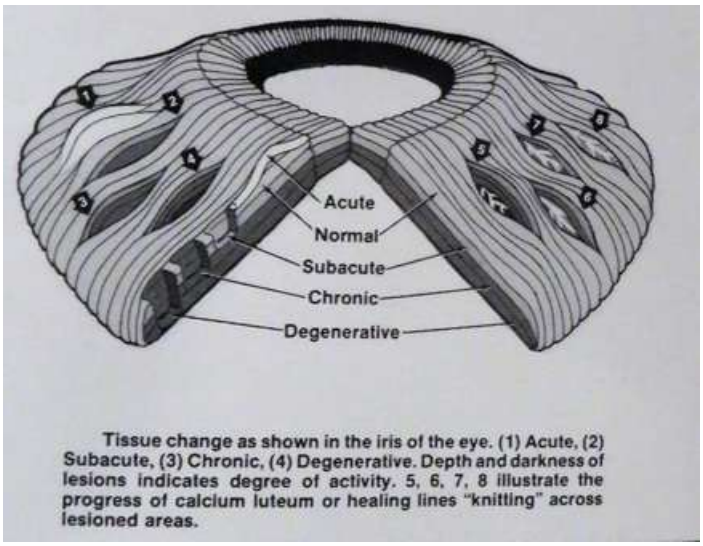


1. Normal

2. Acute: see above. Note: white indicates inflammation
-<u>raised</u> white or light area
-active stage of inflammation
-coughing, sneezing

-hyper, running pain

3. Sub-acute:
-iris fibers split apart, revealing gray underneath
-inflammation is below conscious recognition eg. Need to clear throat, feel like on edge of cold
-whitish on top, shows gray under in blue iris; darker brown in brown iris
-flu and cough
-pain



Tissue change as shown in the iris of the eye. (1) Acute, (2) Subacute, (3) Chronic, (4) Degenerative. Depth and darkness of lesions indicates degree of activity. 5, 6, 7, 8 illustrate the progress of calcium luteum or healing lines "knitting" across lesioned areas.

4. Chronic:
-further splitting of fibers
-dark gray in blue iris, very dark brown in brown iris
-outside conscious awareness, devitalized tissue
-hayfever, bronchitis developing into asthma
-no pain
-from a clinical point of view, this would not hurt you.
They would be called "sub-clinical", eg. weak lungs, thyroid, kidney.

5. Degenerative:
- little if any vital energy left
- looks like black hole where tissue has opened up
- hypo toxic, extreme chemical deficiency
- **heart failure, cardiac arrest, arthritis, diabetes, gangrene**

The job of an iridologist is
to bring light into dark places.



side view

Healing laws:

(A)
The bigger the Yin, the bigger the Yang.
(the tougher or bigger they are, the bigger they fall;
the bigger the ego, the more the inferiority complex)

(B)
Herrings Law of Cure:

1. **All cure comes from above downward (head down)**
2. **All cure comes from within, outward.**
3. **All symptoms leave the body in the reversal of the order they enter the body.**

Healing Crisis

This happens when the body has gained enough vital energy to rid itself of at least some of the accumulated toxins in the devitalized tissue. This often happens during a cleanse just when the person seems to be doing well. Old symptoms come back with a vengeance, usually only for a short period of time and the person feels worse than ever and wonders if he is doing something wrong.

The healing crisis is always preceded by a period of high vital energy and is followed by the same.

Often the reason for a healing crisis is that the old illness was suppressed with drugs and driven deep into the tissue and is dealt with during the revitalization process.

We can avoid major healing crises by following this rule: CLEANSE A LITTLE, BUILD A LITTLE.

Healing Lines

- **as we heal we will see in the lesion a deep cross network of fiber, similar to the fibers seen when darning a sock.**

- **healing lines are whitish in colour. They mend in levels until the whole lesion is filled in and the iris will look similar to normal.**

- **most iridologists find them difficult to see unless the lesion is quite large.**

- **each organ might also be different. The iris might be silky looking all around, but look like burlap in the kidney area, therefore the kidney constitution is weak and the tissue reserve is low and needs to be protected.**