Z IRIDOLOGY
LESSON 3

ZONES

From the last lesson, we saw there were zones. Here is a simplified way of looking at the zones.

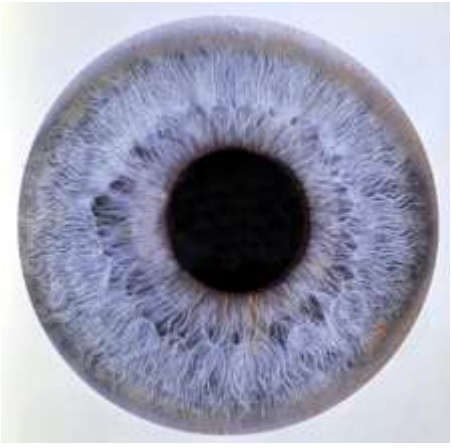
Zone 1 - stomach
Zone 2 - bowels (note both Zone 1 and 2 are within the ANW)
Zone 3 - blood. Where the ANW works, you will find the heart, pancreas, most glands (endocrine system) here, most nervous parts.
Zone 4 - Muscles
Zone 5 - Bones
Zone 6 - Lymph
Not much difference between Zone 4,5,6. The more internal part of organs are towards the ANW. The more external part of the organ is towards the sclera (outer). This is true also of arms and legs (shoulder is against the ANW and the hand is out near the sclera. The hip is also against the ANW and the foot is near the sclera.
Zone 7 - Circulation, inside arteries, skin.

ZONE 1 - STOMACH ZONE

LINING OF STOMACH

Look at the pupil - right along the very edge. There is a very little ring, called the "Assimilation Ring". It can be reddish or dark brown in colour, or it can look like a piece of leather. This indicates the condition of the lining of the stomach - you can see if the person is literally "tanned".





If the person drinks a lot of coffee or tea, this might toughen up the whole inner stomach zone to give a bit of problem making digestive enzymes. The darker and wider it becomes, the harder it is to get nutrients from the food. When the ring is light, the person is still able to eat without too much trouble.

This is the area around the pupil, it is the first area of the stomach. Often you will see it is the colour of orange – that means the person has been drinking coffee and it has literally stained the stomach.

HYPO/HYPER ACIDIC

Acidity of stomach has two indicators. If the stomach zone is raised off the surface and lighter in colour than the rest of the iris, this means hyperacidic - too much hydrochloric acid being produced, too much acids in the stomach. There may be irritation of the stomach if eating a lot of protein.

The hypoacidic stomach is just the opposite. The stomach area appears to fall inward and is darker in colour than the rest of the iris. Over 80% of people over age 15 have hypoacidic stomachs. They are not producing enough hydrochloric acid to digest their food and may suffer from malnutrition. Under acidity indicates lack of organic sodium and a potential for protein anemia. The darker, the more severe!

Why so many people have this problem? Eating too fast over a long period of time, not chewing food thoroughly. The pyloric valve in the stomach should not let food go through until it has jelly like consistency, however eating fast usually produces large chunks of food and therefore large amounts of Hydrochloric acid (HCl) are needed to break down the food. In producing that much HCl you have to be careful that it doesn't eat the stomach itself - the mucosa lining. The stomach produces this mucous membrane which is highly charged in a chemical called 'sodium' which is there to neutralize the action of the HCl.

When the HCl comes up against the sodium, it neutralizes itself which stops the stomach from actually digesting itself! However, the more HCl we have, the more sodium we need. Each day we are using up more and more of each of these ingredients.

Over a long period of time the sodium can be to be leached out of the stomach area. Now we can't have a low sodium level here because we will start digesting the stomach, which is one of the causes of ulcers, also our stomach will want to produce more mucus to protect itself but it will need more sodium.

The easiest place to get extra sodium is from the blood stream and if this happens only occasionally then there is not a problem, but after a while of continuously stealing sodium from the blood stream, the supply of sodium in the blood stream is taxed and the body looks for the next place to take it which is the lymphatics because there is a high amount of sodium in the lymphatic glands.

Pulling large amounts of sodium out also pulls large amounts of potassium out of the intracellular fluid into the blood stream. Potassium will bind all kinds of chemicals and will thicken the blood making the blood flow a little harder. The heart will therefore suffer from the extra work and the aorta wall may need to become enlarged to compensate.

The next thing that happens when the sodium is taken out of solution is that the calcium starts to drop because it needs the sodium to hold it. It drops into the joints and you have the first stages of arthritis and rheumatism.

Now we have the sodium pulled out, the calcium is pulled out, the potassium in there is bound up and we have a very different ionic exchange in the blood stream. There are all alkaline substances and this will make the acidity of the blood raise. The body will compensate to achieve homeostatis: it makes sure there is enough protein and glucose in the blood and controls the acidity levels in the blood to maintain the oxygen supply so closely related to the acid levels. The kidneys help regulate the acidity level of the body also.

As the acidity goes out of the blood into the tissues of the body a precedent is set for the body. Because our body is always striving for homeostasis, (especially in the blood stream), if we take large amounts of acids and put them into areas there isn't acids then we'll make those areas that are normally quite acidic, more alkaline in nature. Why?

All areas that normally have high amounts of acidity will lower their levels of acidity and areas with low amounts of acidity will raise their levels of acidity. So as we dump these large amounts of acids into the rest of the body, we will also see the acid levels in the stomach slowly drop. The large intestine should be fairly acidic but if we don't have enough acidity there, E Coli will be produced along with lots of gas. The vaginal cavity should be acidic but if it isn't then we can get yeast infections.

So, the hydrochloric acid production in the stomach starts to slow down because the stomach has changed. This can cause other problems. If the first stage of digestion is hampered, the food will sit and ferment causing gas and indigestion. Many hormones are triggered by the amount of hydrochloric acid in the stomach and are needed to figure out how much bile salts, pancreatic enzymes etc. need to be produced. So changing the acid levels of the stomach automatically changes the rest of the digestion also. Even though the pancreas and liver might be working well, they will not be signalled to work properly unless we signal it by the proper amount of hydrochloric acid in the stomach. Therefore the next stages are hampered.

Eating too fast can cause:

- *** hypo acidic stomach**
- *** stretching of the aorta and therefore weakening (heart)**
- *** weakness of kidneys by overstress**
- *** change of the viscosity of the blood**
- *** acidity throughout muscle tissue of the body**
- *** calcification of the joints and injured areas of the body from changing the ionic supply**
- *** gas in large intestine**
- *** possible vaginal infections**
- **and many other things; just from eating too fast!**

Some people think the answer might be to eat a lot of salt to balance it up eg. adding extra sodium. However that only deposits an inorganic salt on the inside of the arteries and we start to get arteriosclerosis - these show up in the iris as sodium/cholesterol rings around the outside zone (skin zone) of the iris.

HOW EATING TOO QUICKLY CAN LEAD TO ARTHRITIS

1. **The first thing that happens when food is not chewed thoroughly is the stomach receives the food in larger particles for processing. The pyloric sphincter which allows the food to pass into the duodenum (first part of the small intestines) will not open until the food has been reduced to a gel-like consistency. The stomach therefore increases its output of hydrochloric acid to try and break down the large food particles.**

2. **The mucus membrane lining of the stomach is basically protein with highly concentrated sodium. Hydrochloric acid in the stomach breaks down protein. Why doesn't the acid break down the lining of the stomach if it is protein? It is because the sodium protects the stomach. When the stomach outputs more hydrochloric acid, more sodium is needed. If a person continually eats too fast, the sodium supply is depleted. In that case the stomach has to get the sodium from somewhere else. Where? It gets it from the blood plasma.**

3. **If a person continues improper eating habits for several years, even the plasma sodium becomes depleted. Now we must look down to basic cellular level at what is happening.**
4. **Intracellular fluid is bathing cells all the time providing nourishment, taking away waste. The intracellular fluid is also quite rich in sodium, but once the reserve is gone from the stomach and blood plasma, problems start. The cells need to maintain the proper sodium-potassium balance. When the sodium is reduced, the potassium begins to migrate intracellularly.**
5. **The potassium gains entry into the blood. It combines with the other elements to change the chemistry of the blood and the result is that the blood thickens.**
6. **The calcium in the blood is also very dependent on sodium in order to remain in the blood. When the amount of sodium is lowered, the calcium falls out of the solution. Where does it go? Well, the body always tries to protect its vital organs at all costs, so the calcium is dumped in the tissues which has the least resistance: the connective tissues, especially those which have previously been injured, joints and muscles.**
7. **Calcium, sodium and potassium normally form an alkaline base. However, if the sodium is taken to feed stomach tissue, the calcium falls out of the solution and ends up calcifying the points. This taking away of the sodium leaves a larger supply of potassium in the blood than is needed. The potassium now bonds to other chemicals in the blood and the result is the blood is more acidic.**
8. **The blood is designed to maintain a proper pH balance (akaline/acid ratio). When the unbalance of potassium occurs, it removes as much potassium through the kidney as it can, and the remainder is again dumped in the muscle and connective tissue.**
9. **We now have the first stage of arthritis.**

So, back to the stomach zone:

The hypoacidic shows in the stomach zone as darker in colour and slanting towards the ANW. You feel as if it is falling into the pupil.
The hyperacidic shows as lighter in colour and slanting upwards.



Hypoacidic

The colour is relative to the rest of the iris colour. If the rest of the iris has very white fibers over the iris this indicates acidic tissue, this also indicates there is a tendency towards arthritis.

Remedies for Hypoacidic Stomach:

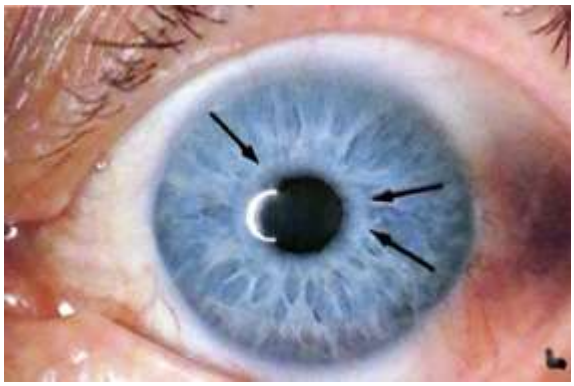
- **One of the best things we can see for hypoacidic stomachs is to take Honeygar before meals:**

1 tablespoon of apple cider vinegar and 1 teaspoon of honey in 1/3 - 1/2 cup warm water. This often helps balance the acids out. Of course there are also digestive enzymes you can take to help the digestive process.

- Other remedies for hypoacidity: comfrey, papain or comfrey pepsin taken 1/2 hour before meals. Take 1 cap three times a day or if chronic take 2 three times a day.
- if the digestion seems compromised, can take complete digestive enzymes with hydrochloric acid and protease for protein processing, lactase for dairy, amalyse for starches, pepsin and perhaps pancreatic juice – take with meals while you are working to fix the digestion by changing diet, introducing various probiotics etc.

Remedies for Hyperacidic Stomach:

- Take 1-2 tablespoons of aloe vera 15 minutes before each meal and 1-2 teaspoons cayenne tincture in warm distilled water (Dr. Christopher says this will help an ulcer also).
- Avoid spices, coffee, alcohol, large meat consumption
- Here is a good herbal combination: Goldenseal, capsicum, myrrh gum (this is good for a very sensitive stomach).
- Soothing herbs: marshmallow root, deglycerized licorice root, slippery elm

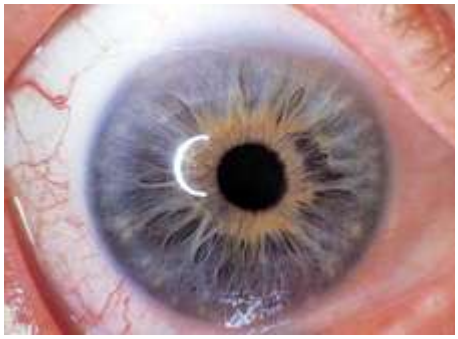


Hyper acidic

TOXICITY OF STOMACH

This usually shows up in the stomach zone as being yellow, orange or brownish. These are toxins laying in the stomach area itself, kind of overlaying the whole stomach. When we try to decide the acidity level, take the colour into consideration.





It is possible to have a toxic hyperacidic stomach which is very white under the brownish colour and has a very raised-up surface. Using a flashlight to examine the iris helps show the differences.

NERVOUSNESS OR CATARRH

These show as little spokes or troughs looking like they are chiselled out, radiating out from the pupil into the stomach area (furrowed look). If you see troughs without colour they indicate nervousness.



If they are tinged with brownish colour it indicates some toxicity and catarrh. The more murky or cloudy the area, the more mucus is in the area.

The mucus when we see it throughout the digestive tract is often a little indication that there may be food allergies associated. The more you see it throughout the tract, the more tendency there is (although it doesn't say what the food allergy is) it usually is towards dairy and flour products.

If you take these people off dairy and flour for 2 months, it can often rectify the problem and they can return to eating dairy and flour in very moderate amounts, say a couple of times a week.

Toxic Colon



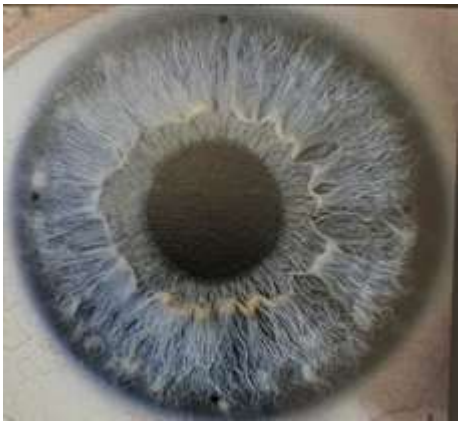
~ orange or brown in colon area. Caused by fecal material encrusted along colon wall. The body is reabsorbing toxic waste back into the body.
~ use bowel cleansers, bowel tonics. When using bowel cleansers do not induce diarrhea. Stools should be soft and free flowing at least 2 a day.

AUTONOMIC NERVE WREATH

It divides zone 2 and 3

It represents the Autonomic Nervous System. If it is poking out or enlarged - that is what is happening in the body: the Autonomic Nervous System is overactive. It also indicates eating too fast.

If the ANW is very white which indicates the nervous system is overactive, colitis or inflammation of the bowel is very possible.





If the ANW is broken, it indicates lack of nutrient is being received in that area.

Square shaped ANW (rare) might be muscular dystrophy, infection, chronic disease. If a flat ANW from 2-4:00 in left eye (opposite in right), should be check out for Multiple Sclerosis.

In the left iris there are two features near the ANW:

At 3:00 is the heart which we treat as part the ANW. If you see a diamond crypt there it indicates a heart problem. However if there is a problem outside of the ANW, then it is the aorta. It has to be part of the ANW in order to be a heart problem: a break in the ANW.

Below that is the solar plexus. The solar plexus has to be part of the ANW to be significant. If we see problems in the solar plexus it means there is emotional fluctuations. If it is really enlarged, the person is riding on an emotional roller coaster.

If the heart and solar plexus is healthy, you shouldn't see anything.

Lack of the presence of the ANW indicates severe disturbance in the area, or poor nerve supply to the area.

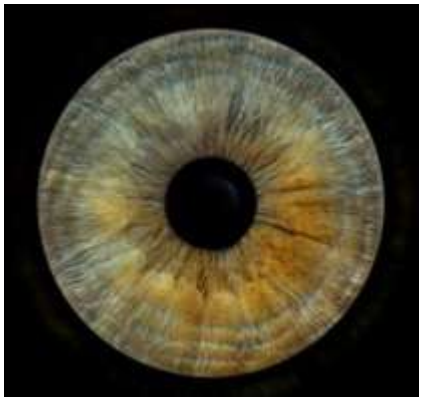
If the ANW is broken in places, it is a place that the nerve supply to either the intestinal tract area, digestive system or to the organ areas is poor. When this nerve wreath is pulled down toward the pupil it may indicates colitis and/or inflammation of the bowel.

NERVE RINGS OR CRAMP RINGS

These are seen as circles going around major zones of the eye. Indication is nerve problems. Represented by:

- **how long they are**
- **how deep they are (the whiter; the deeper)**
- **how many levels (circles) there are. They can be all the way around or just in parts.**
- **Wherever you see it, is there the problem is. If you see it in the thoracic zone and no where else, the problem is in the thoracic zone, probably in the duct. If in the groin area, that's where they are.**

They are involved with emotional tension and water retention.





Usually they are white, if coloured there are toxins there - the more colour and the bigger they are, the worse they are. The colours indicate the material that they are congested with.

The Russians say man has two hearts, one to pump blood and one to pump the lymphatic system which purifies the blood.

When this is seen it indicates that the lymphatic system, especially in the head is congested. It is not uncommon that as the patches in the iris begin to rupture, they drain and join each other and become almost a solid circle in the iris.

LARGE AND SMALL INTESTINES

This gives us a lot of information. The large intestine is represented by the distance between the stomach and the Autonomic Nerve Wreath. The ANW is the easiest thing to see usually – it is almost never a perfect circle, but the stomach zone is usually a perfect circle.

Ballooning Colon

In the intestine zone you can see if they have ballooning. If it is wiggly-waggly around the pupil, they have gas pockets. If the intestine area looks distended, that is what their bowels look like. If their bowel is ballooned, they are rounded, express themselves well, make good party organizers.



Ballooning Colon

Prolapsed Transverse Colon

Causes

- **a very weak muscles of intestinal wall, allowing transverse colon to sag and lie upon organs**
- **transverse colon impacted with fecal matter as a result of constipation**
- **nerve interference in lumbar spine. Because nerve supply to tendons and muscles of transverse colon is being interrupted, it also removed supply for toning the ligaments**
- **after child birth**
- **after hysterectomy which leaves certain degree of emptiness in pelvic cavity, encouraging protrusion of transverse colon into that area.**



When the top zone of the autonomic nerve wreath falls down so it touches the stomach zone. The more it prolapsed, the worse the condition and the eye will show it more pronounced. If it is pushing down, it pushes down the organs beneath it. This is often a problem after child birth, can be helped with slant board exercises. If someone has lost a lot of weight, it can prolapse as well.

Spastic Colon

When the large intestine (bowel) goes up close to or inside the stomach zone, it is said to be spastic. The space between is very little, tight.



Spastic Colon

These people are uptight, usually have difficulty expressing feelings. They hold their tension in their bowel. Often you can't see the autonomic nerve wreath because it is too close to the pupil. The one above is inflamed so you can see the edges.

Diverticuli

Little tiny gas pockets instead of big ones. Toxic materials can come along and get trapped in them and can't get out.
Diverticulitis can happen when little seeds get trapped in the bowel pockets.
Both gas pockets and diverticuli are good breeding grounds for parasites.



Parasites be seen as little black spots in the colon area, or they might not show up. However, if you have the pockets for them, they are likely to be there because we eat parasites and breathe them in all day long. The only way to get rid of parasites is to have a healthy colon. Clean it out. Garlic, pumpkin seeds, black seed oil etc. Will keep them in check.

Toxic Colon

Fecal material encrusted along the colon wall, body reabsorbing toxic waste back into the body.



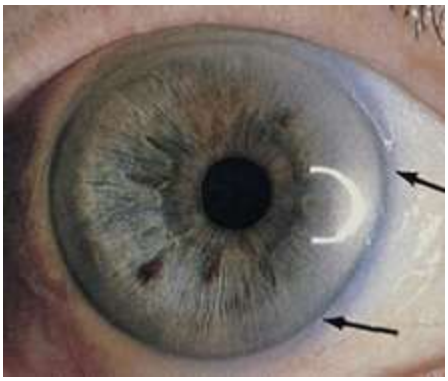
SKIN ZONE aka SCURF ZONE

If the fibers of the iris don't quite go to the edge of the iris, this indicates a skin problem.

A poor scurf rim keeps the body from eliminating waste materials. The skin eliminates 2 pounds of toxic material a day (same as the bowel).

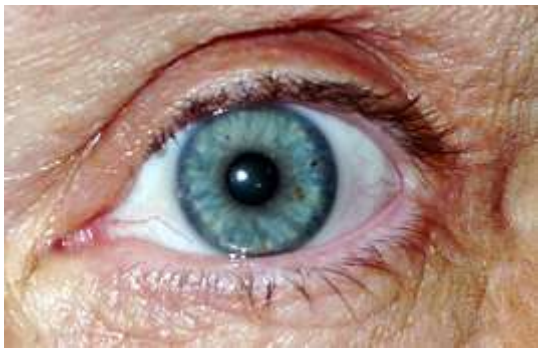
Blue Edge Around the Skin Zone:

The edge of the iris may look blue or purple in colour. We often see this at the top of the iris in the head – perhaps not getting enough blood and oxygen to the brain, or lack of nutrition to the brain.



This indicates a venous problem. Hemorrhoids may be caused by poor veins, or anemia or varicose veins.

Dark Rim: Toxic Circulatory System (dark rim around outside of iris)



- **circulatory system involved in any case of toxicity and becomes more like sewer system than a circulatory system because in a toxic situation the blood constantly has toxins seeping into it from both the large and small intestines. This material is being carried to all parts of the body.**
- **skin not breathing properly: The dark ring around the outside indicates the skin isn't breathing properly. These are usually the people that have the most beautiful skin - their pores are so small that it doesn't breathe properly - for that reason you see it in babies. If you have pimples, it indicates your skin is getting rid of toxins (usually in the blood).**

Often you will see scurf rings in yoga teachers on both edges but not on top and bottom - because they are wearing nylon in yoga classes all day long. If it is in the head area, perhaps they are wearing a wig or hat.

Fuzzy Rim: Scurf Rim

- if sclera lapses over edge of iris so you can't see where the iris starts and sclera ends (fuzzy edge), indicates poor circulation.

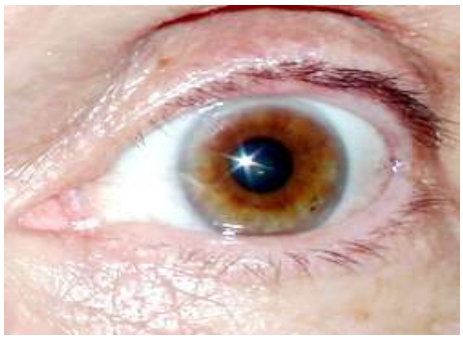
- outside skin gets abused by soaps and drains that clog pores, inside skin is a source of drainage for toxic materials that cannot escape through normal channels.

- many skin conditions caused by eliminating organs not performing well and skin must try to secrete overload (esp. kidneys which eliminate its acids including uric acid) and person may develop open, running sores on the skin that may even smell like urine.

- skin is involved in temperature control (perspiration) and respiration and its intake is considered in our total air volume.

- ensure organs functioning properly esp. kidneys, lungs, ailmentary (whole digestive tract)
- remember the skin is the end result, not the cause.

Arc of Senilis aka Arcus Senilis:



One of the most common areas of poor circulation is in the head area. This is called "arc of senilis" which means the person is going senile. The largest group of these is people between age 18-35 because of the foods we are not eating: devitalized and lack of oxygen to the brain. One of the worst things is marijuana - it shuts down oxygen to the brain so people who smoke over a long period of time have poor memory. Also caused by lack of exercise, poor diet, drugs.

Sometimes it looks like a white hat covering about 1/3 of the top of the iris. It is classed in the circulatory zone and tells what is in the arteries and along the artery walls.

It indicates partial blockage in arteries of head and neck primarily.

The vessels begin to plaque from triglycerides, inorganic sodium and various other types of material that collect and create blockage of the arteries.

Sodium/Cholesterol/Calcium Ring:



Another thing we see around the edge is a white ring, adjacent to the sclera, floating over the iris. This used to be called a sodium ring, because we thought they had too much sodium on the inside of the blood vessels (arteriosclerosis) caused by too much inorganic sodium (table salt).

It has since been found that it can be calcium or cholesterol. So now it is called the SODIUM/CHOLESTEROL/CALCIUM RING. It does mean that the person is getting hardening of the arteries from one of those reasons.

You see this often in East Indian people and Asian people - usually brown eyes people.

Also when you see these things around the rim of the iris, it heals from the outside inward, so you might see a little black ring around the outside of the white ring and we call that the "REPENTENCE RING OR LINE", means that the person is getting healthier.

Cholesterol/Hypercholesterosis

As mentioned, it is identified by a white ring around whole iris, representing circulatory blockage, which can happen anywhere in the body.

In the early stages, arteries are said to be atheroscleratic but once the condition has progressed it soon becomes one of arteriosclerosis.

Involvement can be estimated by the brilliance of the relieved light from this area and thickness of the sign.

Watch the cooking or heating of oils.

Major organ to evaluate is liver which produces these plaquing substances.

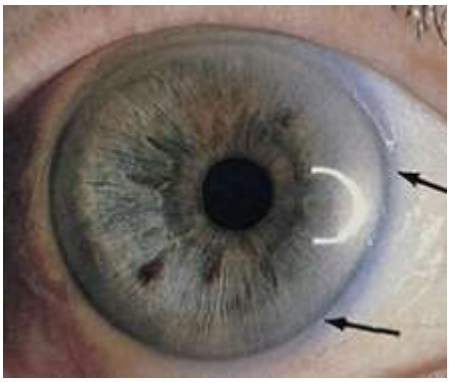
Sodium

Another cause of that white ring around the edge of the iris is excess inorganic sodium (table salt, soy sauce, or artificial sweeteners) and the body in an effort to rid itself of this begins to store it in an out of the way place - the arteries. If coronary arteries are blocked, the heart will cease to function. It should be noted that often these people are deficient in sodium and yet they are eating a high salt diet. The reason is because the sodium must come from a live source, not a mineral source such as table salt. Therefore eating celery and other green vegetables will give the sodium the body needs.

Calcium

And lastly, the white ring around the dge of the iris can be a lack of, or too much calcium. Or calcium out of solution, creaking joints.

Venous Congestion



To recognize venous congestion in the eye, see a bluish colored ring in the sclera almost flush with the iris edge.

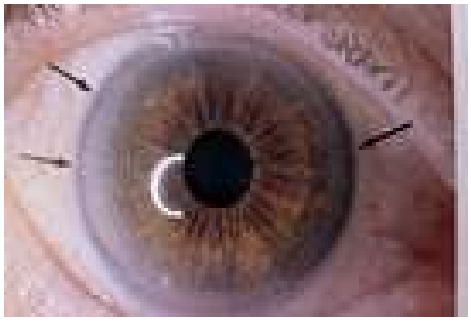
For the correct flow of veinous fluid the heart muscle and respiratory system must function well. Venous blood in the lower extremities moves against gravity, if standing too long the legs become heavy and swollen with blood. Even though the heart pumps for the arterial system, the legs and lungs are essentially pumps for the veins.

Lack of exercise can lead to venous congestion which reduces the rate at which carbon dioxide and acid wastes are eliminated from the body.

There is lack of oxygen in the blood. Iron anemia is a common cause. Even if you have a good red blood cell count, venous congestion will cause fatigue and enervation which invites health problems.

Get the venous fluids moving with strong full breathing and exercise!

Anemia in the Extremities



This can be noted in the iris as a white, hazy, opaque, translucent ring at the iris perimeter through which iris fibers and some blood vessels may be seen. Usually you can see the iris colour on the edge outside of the anemia ring.

It can almost resemble a pale violet haze over the lymph and skin zones. The wider it is, the more anemic the condition.

It represents impeded blood circulation to the arms, hands, legs and feet. Cold hands and feet are often the first signs of anemia, the circulation to those areas is impaired by pressure

on the veins and arteries.

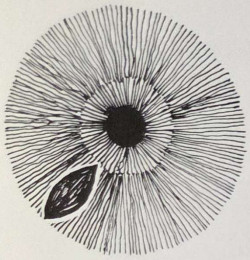
If low blood count is suspected, you can get a lab analysis. Build up the blood with iron rich foods like green vegetables, beets, black cherries, black raspberries, liquid chlorophyll, yellow dock and other supplements.

To improve circulation do slant board exercises, early morning barefoot walks in dewy grass or on a sandy beach. Alternate hot and cold showers and foot baths and moderate exercise and walking will stimulate increased adrenaline secretion which in turn stimulates faster deeper respirations, faster heart action, greater oxygenation to body tissues.

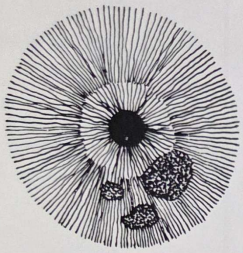
Oxygenation is important to get rid of disease. In good metabolism oxygen is necessary for the burning up of waste and oxygen is very necessary in the oxidation of protein for tissue building and of fats and carbohydrates for energy production.

Oxygen comes from the water we drink, the air we breathe, even through the foods we eat. Iron is necessary to attract oxygen. If we are anemic and don't carry enough oxygen perhaps there is not enough iron. Iron is necessary to attract iron.

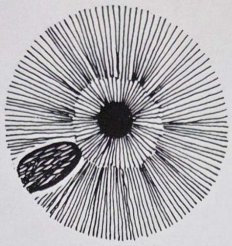
MARKINGS IN THE IRIS



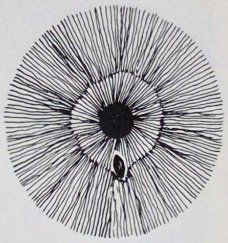
Closed lesion



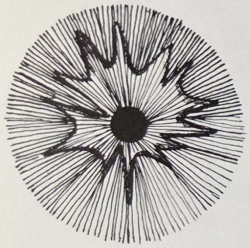
Psora



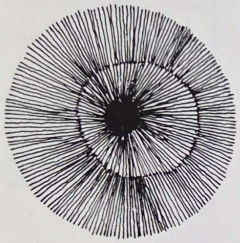
Open lesion



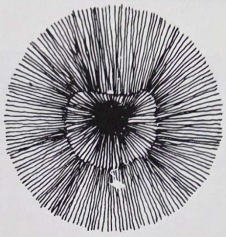
Bowel pocket



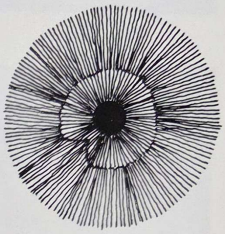
Spastic bowel



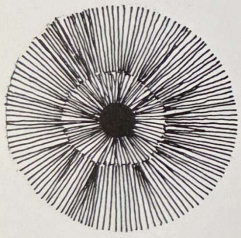
Ballooned bowel



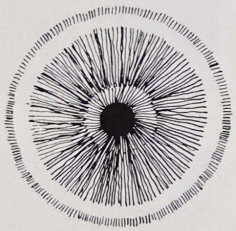
Prolapsus



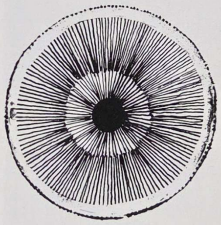
Stricture



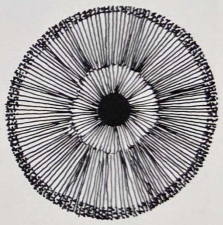
Venous congestion



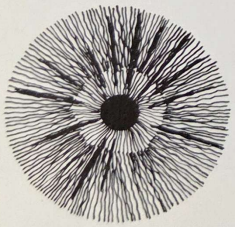
Sodium ring



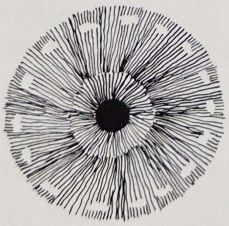
Anemia in extremities



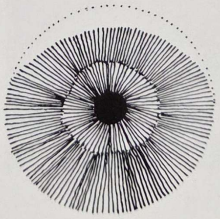
Scurf rim



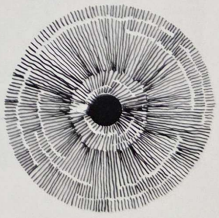
Radii solaris



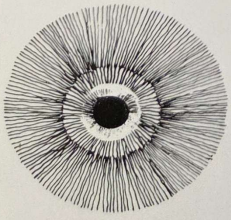
Lymphatic rosary



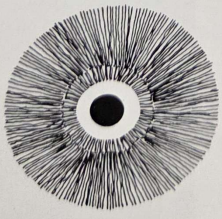
Arcus senilis



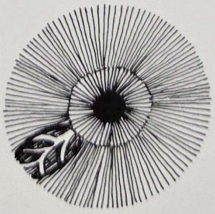
Nerve rings



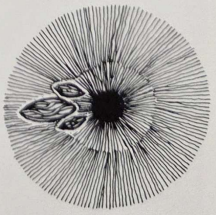
Underacid stomach



Overacid stomach



Healing lines



Butterfly lesion