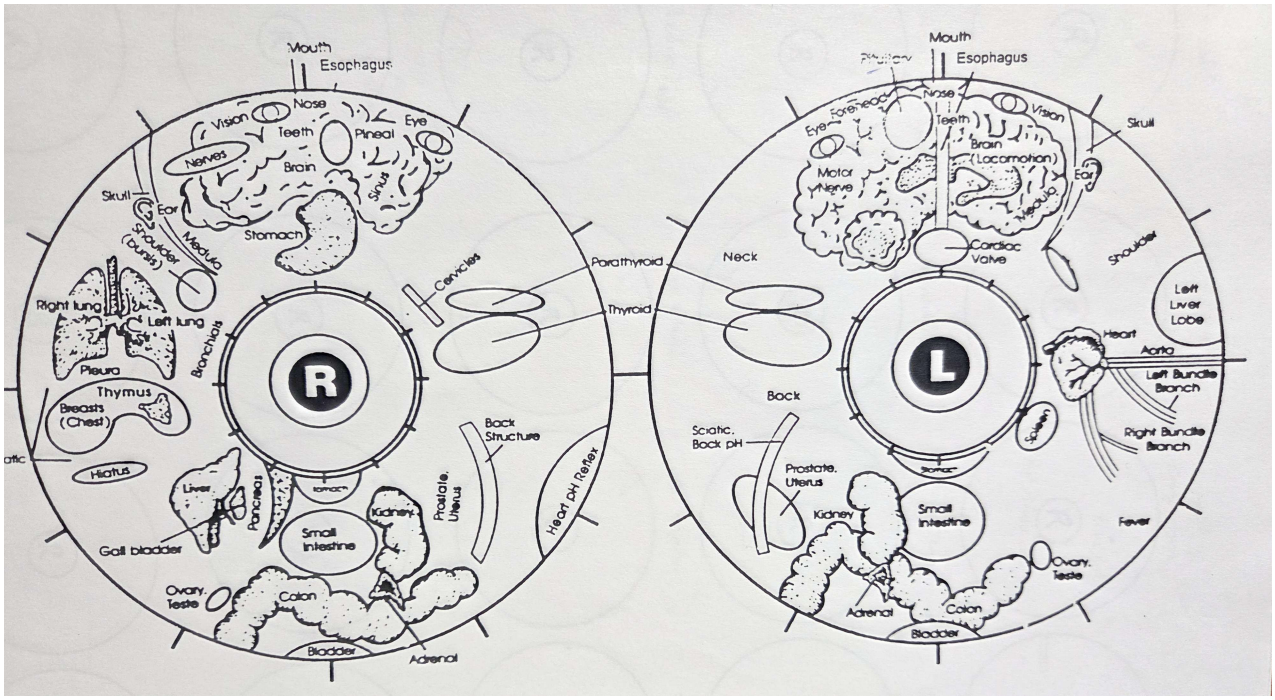
IRIDOLOGY
LESSON 5

LANDMARKS

If you look at your chart you will see that certain parts are much larger that others. These are important areas from the iris point of view, they are bold areas and we call them "landmarks".



Gastro-Intestinal Tract

We have talked about this already. The internal organs and the problems associated with them.

Lung/Bronchial Area

This is bolder and larger because it energetically commands more importance in the body. We often have more problems in this area. We have three lobes on the right lung and two lobes on the left lung.

Lesion in this area usually indicates a lot of mucus. It might indicate the person is a smoker or has emphysema, or they live in a bad environment like a mining town.

Heart is in this area. We always see this as heart diamond if there is anything.

Spleen

If there is problem in this area, it might mean:

- **severe burn in past debilitating the spleen**
- **problem with blood supply to person**
- **neither medical doctors nor herbalists put a great emphasis on spleen problem**
- **best herb: Wood betony to build up spleen**
- **Chinese feel spleen and pancreas is connected to emotional body**

Ovaries/Testicles

Testicle problems may be

- **past case of mumps**
- **they might have been hit**

(be gentle when talking to the client)

Ovary problems may be

- **if see a little mark where fallopian tube connects near the ANW means there is a fairly large mucus plug connecting the fallopian tube to the ovary and they will experiencing cramping during the period.**
- **small chronic lesion could be a cyst (we do not see all cysts reflected in the iris). Cysts on endocrine glands or ovaries or testicles it usually has more to do with emotional problems than physical problems - often a crystallization about their own sexuality.**

Kidneys

- **common place to have problems**
- **almost always open lesions**
- **if closed, could be kidney stones**
- **if bags under eyes, more severe problem (kidney congestion), if yellowish their is urine retention, if more purplish then it is blood stagnation.**
- **if see a problem in this area, back off therapy a bit; don't want to whip a tired kidney, so you work slowly with the bad kidneys and not give too strong a dose of whatever.**

Adrenal Glands

- **almost always closed lesions**
- **represent stresses of the body eg. businessman with adrenal stress is probable**
- **often find kidney and adrenal problems together**
- **may have low blood pressure**
- **muscle test for adrenal glands, if blows down, rub on back of person at kidney area, should be sore, if not you have to whip a dead horse to get them up and running.**

Anus/Rectum Area

Half way up that area is the hemorrhoid area. Problems in this area are extremely common.

Uterus/Prostate

If find a uterus/prostate problem and a transverse colon problem: the colon is laying on the organ which is tipping the uterus or prostate, squishing it. This is very common so if you see a problem in the uterus/prostate, look to the transverse colon.

Vaginal Area

May be eating too fast, yeast overgrowth.

Vertebrae

If it is off the vertebrae it is a muscular problem. If it is on the vertebrae, it is the vertebrae.

Thyroid

It is given so much space because it has a large blood supply to it and has an important function in the body. Very common problem in this area. Look immediately to the pituitary gland which produces the "thyroid stimulating hormone". So if the pituitary is not working properly, it can affect the thyroid.

If you have a thyroid problem on one side and not the other, or one side is hyperactive and the other is hypoactive. The blood test might look normal but there are many emotional aspects of the thyroid as to how that person expresses himself.

Mental Area (11:00 - 1:00 in both eyes)

Pituitary problems is common. Animation Life Line is important which is the connection to the spiritual body - person has tendency to be a daydreamer or person is not that content with their body, perhaps leaving their body and not wanting to live much longer (perhaps spouse has died earlier).

Liver

You will not see it unless there is a 60-80% problem present. If there is a brownish tinge to the whole iris then there is another indicator of a problem, so do little yellowish lumps on the sclera.

Gallbladder

If it shows, it might be a predisposition to gallstones or the person might have bile problems.

Pancreas

Seen in the right iris right above the ovary/testicle. This might be an enzyme problem or a blood sugar problem.

Sinus Area

Look above the transverse colon, across the mental area, up about 1/4 of the way, covering the pituitary area, is the sinus area. If it is mucus yellow or murky, then there is mucus in their sinuses. They may need a dairy free diet.

Note: These aren't always exactly where they should be. The pupil is often not in the center, often the pupil is slightly towards the navel, some is templeward. The pupil is also shaped differently. So because it isn't always in the center, 6:00 might not be at 6:00.

So the landmarks help define where everything is.