IRIDOLOGY
LESSON 6

IRIS COLOUR AND GENOTYPES

The information regarding colours should be regarded as research information only. Investigations are continuing on a regular basis and this will give you some idea as to what is on the table.

Iridologists consider only two colours: blue and brown, however there are many genotypes that you can classify irises to help.

Why are eyes blue: similar as a lake, the light reflects back accordingly to the depth - it is a lack of pigments or clearness that shows the dark underlying edge of the eye (degenerate layer). The dark background pigment is what is being reflected back to show the blueness of the eye.

In a brown eye you can't see the fibers, you see almost a silky like material which is the high level of pigment sitting in the tissue so we don't actually see through to the tissue levels of the fibers levels itself, therefore the light is blocked at that level and reflected back to us and we see the dark eye.

So the blue is the absence of pigment, the brown is with the pigment (or now the lake has mud in it and it is brown).

Differences between blue and brown:

- **blue more tendency towards arthritis, sensitivity to dairy and flour products, water retention, catarrh**
- **brown more tendency towards nervous problems, toxicity, endocrine problems.**

In 1970 Drs. J. Glover and A.L. Cary of Chattanooga Institute of Human Studies did a five year study, separating blue eyes and brown eyes into groups and found psychological differences:

- **blue eyed people did better on tests requiring thoughtfulness, perseverance and memory**
- **brown eyed people did better on tests that had time limits that required initiative under pressure**

It was almost like brown eyed people were quicker to get into it, not stopping to think about it as much. The brown eyed person might already have it done and the blue eyed person was still thinking of how to do it.

The blue eyed people had better memories, were better listeners, were more patient and understanding.
The brown eyed people were more impulsive, more hot tempered and often blamed others when things went wrong. They often take better command in a crises situation.

It has been indicated that the melanin which is the pigment of the brown eye, is also associated with some of the nerve tissues of the body and larger amounts of this might help speed up nerve pulses and because nerve pulses are speeded up a little bit they might respond a little more quickly.

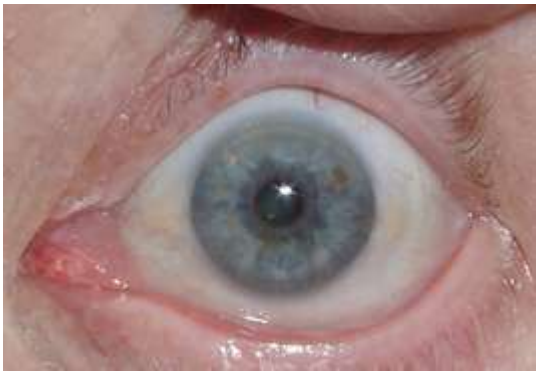
The Europeans do not use this system to analyze, they rely on the genotypes. Many Europeans just use this system for iridology, splitting a person up into one of 11 groups they will be able to determine a lot about the diet and know how to handle the clients.

Of the genotypes, one is a mixture of blue/brown, only two are brown. This is because there has been more study on the blue eyed people.

GENOTYPES:(predispositions)

Lymphatic - (blue/gray)

1. **Pure Lymphatic:**



~loose wavy stroma
~problem with tendency to flow (dandruff, vaginitis, water retention)
~lymph system easily irritated often afflicted with arthritis, rheumatic disorders
~itchy, flaky, dry skin
~exudative discharges (mucus)
~mucus forming foods add fuel to fire therefore avoid these
~need exercise to keep lymphatic system clean

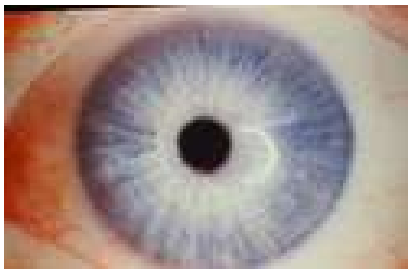
2. **Hydrogenoid Lymphatic:**



~same as pure lymphatic but with lymphatic rosary either encircling iris or just dotting in one of outside zones
~similar tendencies as pure lymphatic but has specific areas of lymph congestion

~see lymphatic rosary also
~this person is often afflicted with allergies affecting respiratory system
~in early years they are usually slender but as age they get large mostly due to water retention and food sensitivities
~jumping jacks or rebounder is best for lymphatics
~3 parts mullein/1 part lobelia tea helps clean up lymphatics
~tissue salt "sodium chloride" helps
~also avoid dairy products which clog up lymphatic system
~if rosary looks yellow it may be candida

3. **Neurogenic Lymphatic:**



~can look like the perfect eye but small things are very important and if you see cramp rings or endocrine problems it is more significant
~thin stretched fibers like fine silk
~weak nervous system
~headaches, ulcers, skin eruptions due to nerves, shingles
~they often create stress for themselves
~common is thick white iris wreath suggesting hyper-sensitivity and hereditarily weak autonomic nervous system
~worriers, full of energy
~arthritic tendencies
~low blood sugar may be present
~hypersensitive people, they need more B complex, lecithin, calcium, magnesium and things to build up their nervous system.

4. **Uric Acid Diathesis** (can be lactic acid also): diathesis means higher than average tendency to acquire certain diseases like gout, arthritis, rheumatism.



~ murky, greyish-white and sometimes bit of yellow placquing (cloud like) in zones 3-5
~ buildup of uric or lactic acids, accumulation mucus
~ gout, arthritis, kidney stones, respiratory problems
~ help with diet eliminating meat, salt, inorganic minerals. No dairy or

processed flour products. Drink juices that are high in organic sodium eg. celery juice to flush out inorganic minerals. Parsley juice can help urinary tract. Light diuretic teas, asparagus.

Avoid goose, rich foods, eggs benedict, steak & kidney pie - things rich in uric acid or lactic acid.

~ need to warm up before exercising, cool down after to clean out lactic acid in muscle tissues

~ rebounding is great for uric acid, start off slowly and build up.

~ best people to be vegetarians

5. Connective Tissue Weakness:



~ very loose widened fibers with many crypts looks like holes everywhere

~ makes autonomic nerve wreath difficult to distinguish

~ lack of minerals throughout body, tissues lax and not well supported, adrenal weakness (in extreme cases of adrenal weakness the pupil pulsates when light shines upon it).

~ minerals needed for neurotransmitters, communication system of body, muscles, bones.

~ usually quite weak, wiry/kinky hair because mineral constitution improper, free radical problem

~ give high mineral diet, amino acids to build up muscle tissue.

~ these people shouldn't be strict vegetarian - starving body

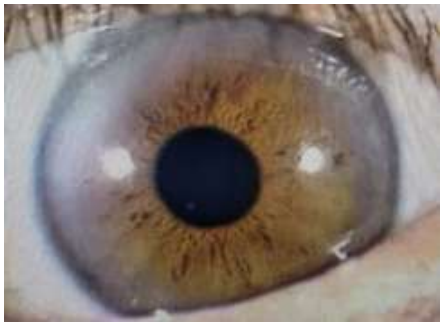
6. Polyglandular (more than 3 lacunas present):



~ similar to Connective Tissue but can be recognized by the honeycomb fiber around the ANW (not beyond to the edge of the iris. The weakness is close to the ANW where the endocrine glands are, with deeper lacuna in specific glands. The tissue outside this "daisy-like" wheel is usually healthy.

~ emotional type people, often spiritual, psychic, highly intuitive (because a lot of these energies come through the glandular system and they have literally worn this area out) - health is failing because they have given too much service and not enough service to themselves.
~ these people need to slow down, go easy on the meditation, yoga, let energy centers repair if doing too much, too fast
~ give multi-glandulars (many polyglandulars are vegetarians and put up a fuss with the multi-glandulars being animal based)

7. Lipemic Diathesis -IN BLUE EYES OR BROWN



~ look for the sodium/calcium cholesterol ring signifying a chemical imbalance in system.
~ this chemical imbalance can be in either blue or brown eye
~ difficult to know what is the chemical causing the imbalance
~ if liver is yellow in white of eye it is most likely cholesterol caused by a liver imbalance and lack of lecithin.
~ calcium imbalances show as weaknesses in lower back or pelvic area.
~ sodium imbalance is usually intake of too much salt, look to weak stomach and lymphatic system.
~ circulatory problems most likely
~ this person has good chance of developing arteriosclerosis if not already having it.
~ doesn't hurt to treat all symptoms.
~ if liver weak or yellow plaquing in sclera look to cholesterol due to liver imbalance and lack of lecithin
~ if weakness in lower back or pelvic look to calcium imbalance
~ if weak stomach and lymphatic system, person probably consumes too much salt
~ arthritic tendency esp. in back, hip and legs
~ this eye is often in elderly
~ arteriosclerosis, high blood pressure
~ need to flush out heavy minerals, bring down blood pressure
~ light yellow in colour indicates urinary problem

8. Hematogenic - REGULAR BROWN EYE



~ pure brown ~ liver, spleen and endocrine problems.

9. Anxiety-Tetanic - BROWN EYE

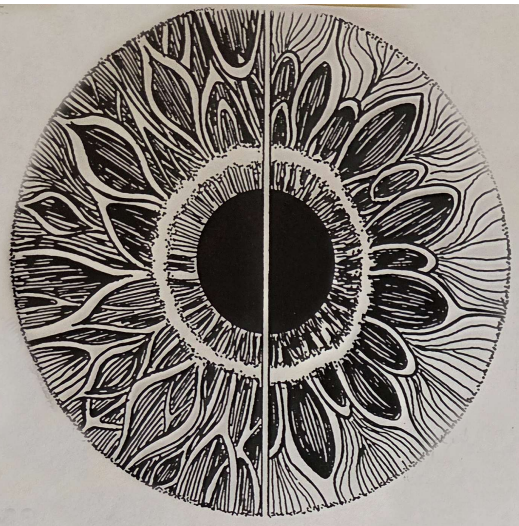


~ tension nerve rings usually self-inflicted psychosomatic nature.
~ endocrine imbalances common

11. Mixed/Billiary

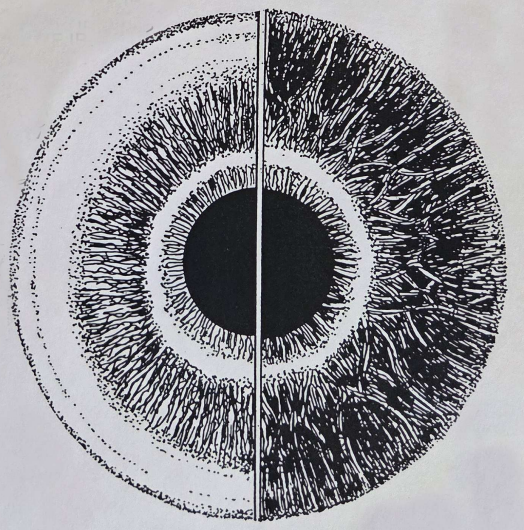
~ Contains both blue and brown, not truly either.
~ Usually parents of two different races
~ hepatic and gastro-intestinal problem (gas is common symptom)
~ they will need to take digestive tonics, hepatic tonics, do cleansing or fasting occasionally





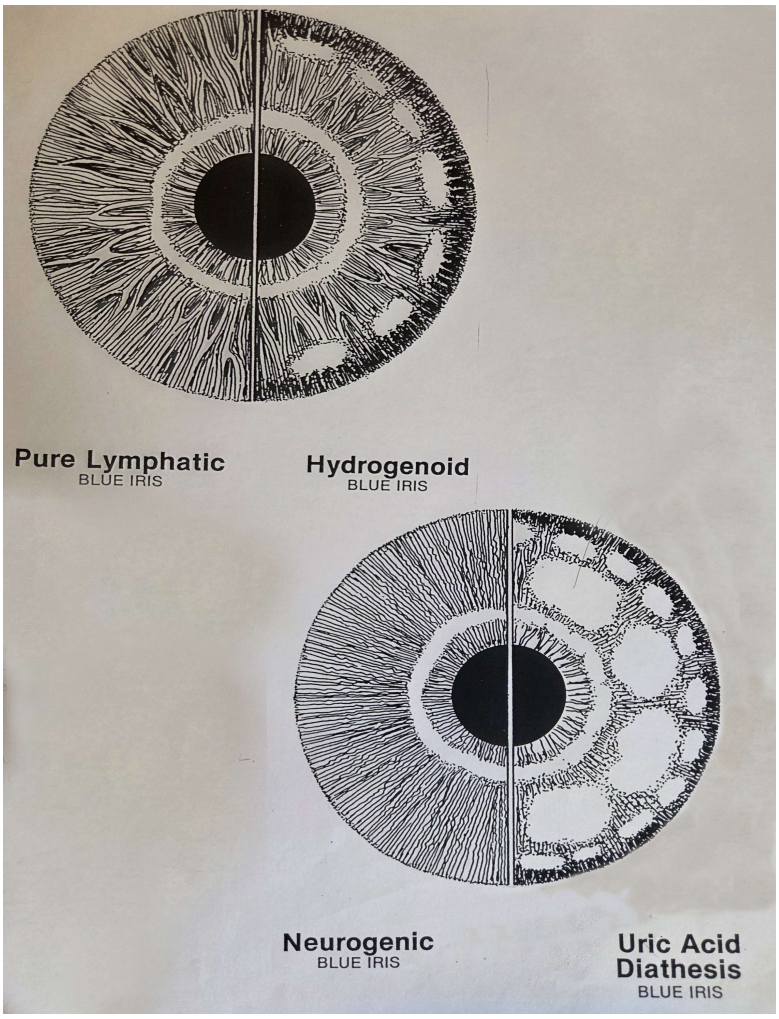
Connective Tissue Weakness
BLUE IRIS

Polyglandular
BLUE IRIS

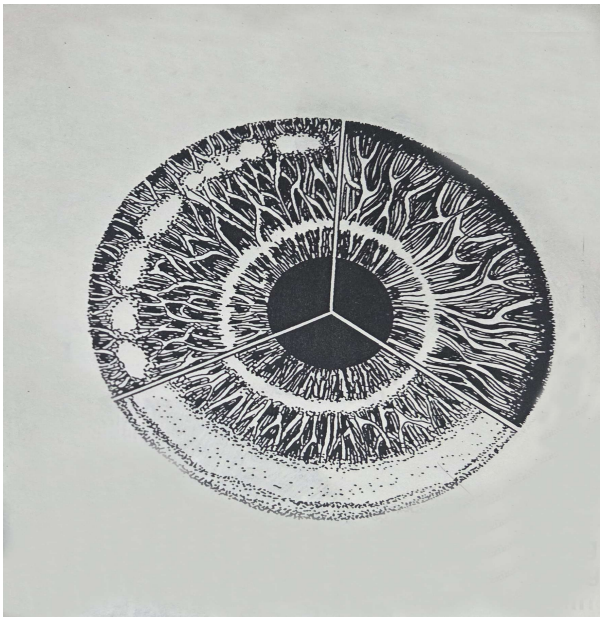


Lipemic Diathesis

Mixed or Biliary
BROWN IRIS
WITH BLUE BASE



Lymphatic Rosary **Scurf Rim**



Sodium/Calcium/Cholesterol Ring

EYE BLEND COLOURS:

In general blue eyed people are more susceptible to arthritic conditions (pain, muscle/bone weakness) and brown eyed people are more susceptible to mental stress conditions.

Blue/Gray Irises:

Dark blue.....pale, loose skin, small muscles bad body odor
Violet blue.....excessive meat, spicy food eater and/or alcohol, often seen in diabetics
Red blue.....often psychological problems
Steel blue.....prone to infections
Dark gray.....almost always indicates malfunctions
Blue white.....suspect lymphatic congestion
Slate gray.....possible arteriosclerosis or connective tissue problems
Gray-blue haze.....degeneration
Gray yellow.....possible meningitis, vertigo, or headaches
Straw yellow.....kidney involvement/congestion, candida
Green-yellow.....blood toxicity, liver and gall bladder problems, possible quinine deposits.
Golden yellow.....if broad yellow band with bright radials suspect exudative diathesis (susceptibility to diseases that involve inflammatory fluids, pneumonia, pleurisy or general infection)
Ochre-yellow.....possible liver disease, esp. cirrhosis

Brown yellow or
orange to olive.....endocrine imbalance, if the iris wreath is like a heavy crown, suspect kidney stones; if grainy, suspect cirrhosis
Dark red to orange.....uric diathesis, gout
Washed-out orange.....diabetes

Brown Irises:

Black-brown.....hereditary TB, esp. if dark spots and deep caverns around periphery
Yellow-brown.....staph and/or strep infections
Washed out, yellow-gray.....infection, chronic fatigue, TB, osteomyelitis (infection of bone), possible abscesses in glands, check liver and gallbladder.
Red-brown.....possible TB or cancer
Orange.....diabetes
Rust.....hereditary cancer and/or TB tendency
Tobacco.....water retention, thick blood, gas
Light yellow.....staph aureus
Golden yellow.....staph aureus
Yellow-green.....if narrow radials in upper part of iris and deeply engrained spots in genital area, suspect gonorrhea
Light green plaques.....at 5 o'clock right iris and 7 o'clock left iris, suspect ovary/prostate trouble.
Whitish yellow.....sandy spots, possible lupus or thrombosis
White tophi.....large flakes - uric acid diathesis, arteriosclerosis
Square tophi.....if along radials, suspect intestinal problems
Pigments in eyes:

- **white usually indicated inflammation**
- **rust colored indicates blood sugar disorder**
- **orange colored indicates liver problem, could be chemical toxins**