IRIDOOGY

LESSON 7

A lot of this information came from the oriental approach to healing. As you can see when reading through, food intake plays a great part in why people develop disorders.

EXAMINING THE WHITES OF THE EYE

Upper Area
Upper part of the body, including brain, face, neck, chest, lungs, heart, upper spine
Middle Area
Middle Region of body including stomach, duodenum, spleen, pancreas, liver, gallbladder, kidneys, middle spine
Lower area
Small and large intestines, bladder, reproductive organs, buttocks, lower region of spine.
Outside area
Front of body including face, fore brain, neck, chest, respiratory and digestive systems and their connected organs and glands.
Inside area
Back of the body including small brain, neck, shoulders, spinal cord and connected tissues, waist, buttocks, cervical region.

COLOURS OF THE WHITE OF THE EYE

YELLOW
Also known as lipid (fat) deposits. Often seen in the peripheral part showing accumulation of cholesterol, fat and mucus caused by animal quality food, indicating that the liver, gallbladder and digestive functions are in disorder.

GREY OR DARK COLOR
Sometimes seen in middle and inner regions of white, indicating stagnation of functions of the organs and glands including disorders in the digestive, respiratory and lymphatic functions.

TRANSPARENT OR PALE WHITE COLOR
Presence of stagnated fat and mucus which may be progressing toward the growth of cysts, tumors and cancer. Disorders in the hormonal and lymphatic functions are indicated.

RED COLOR
Many expanded blood capillaries indicates disorders in circulatory and respiratory functions caused by excessive consumption of yin foods and drinks. Menstrual irregularity and epileptic disorders are also reflected in various minute expanded capillaries in the corresponding areas of the white.

STRAIGHT LONG RED LINE
In certain parts of the white, often there is indication of abnormal deformation of blood vessels or tissues and muscles which may be caused by a shock, accident or surgery in the corresponding area of the body.

RED SPOTS
Appear here and there on the white that show that blood clots or circulatory stagnation are arising in the organs, glands or muscles in the corresponding areas of the body.

DARK SPOTS
Appear and there on the white and are an indication of fat deposits, cysts, tumors, sometimes cancer, as well as stones and calcification in the corresponding areas of the body.

WHITE MUCUS PATCHES
Usually arising in the middle or lower part of the white, indicating heavy fat accumulation which is progressing toward the formation of cysts, tumors and cancer.

MUCUS
Appear at the lower part of the white, below the eyeball, is indication of mucus and fat accumulation in the lower part of the body, including in and around intestines, ovaries, uterus, fallopian tubes and prostate glands.

CLOUDY WHITE COLOR WITH GREY TONE
Covering most of the white, signals developing hardness of the eyeballs, caused by excessive intake of fats with sugar, fruits and juices.

PUPILS

PUPIL DILATES AND CONTRACTS UNDER CONSENT LIGHT
Normally when you shine a light into someone's eyes, the pupil contracts. If it fluctuates, dilating and contracting repeatedly, this indicates adrenal stress, and can also indicate worms in intestinal tract. If fluctuation is strong, cerebral congestion can be suspected along with the type of nervous degeneration often associated with physical or psychological trauma.

VERY LARGE PUPIL
We are not talking about large dilation, but the pupil itself is larger than it should be. A

very large pupil can lead you to suspect sympathetic dominance to another stress related problem eg. Heart, adrenals, pituitary. Shows degeneration of autonomic nerves especially parasympathetic nervous functions due to an excessive consumption of yin foods and drinks as well as drugs, some vitamins and medications. A large pupil indicates general degeneration and weakening of the physical and mental functions. Fear, nervousness, anxiety and other mental disorders also arise when pupils are enlarged.

SMALLER PUPIL THAN AVERAGE
Healthy, sound physical and mental functions, mainly developed by eating grains and vegetables. Vitality, endurance, patience, perseverance, and resistance, both physical and mentally are indicated. This condition in person over the age of 60 shows potential longevity and good coordination among major organs and glands.

ONE PUPIL CONTRACTS, THE OTHER DILATES
Suspect major problem in nervous system such as diphtheria, meningitis, syphilis. Could also indicate acute asthma.

EXTREME CONTRACTION (meiosis)
This can be drug influence, may be first stages of nervous disorder, specifically in the spinal area.

EXTREME DILATION (mydriases)
Weak constitution, compare the iris texture. Could also indicate "street drugs" are being used. Also consider possible severe nervous system irritation such as epilepsy, MS, advanced anemia, TB, psychosis and manias. Arises at death.

WHITE, MUCOUS CLOUD COVERING PUPIL
A sign that cataracts are developing. Could be due to over consuming dairy products and other fats, together with sugar and sweets.

INSIDE OF EYELIDS

This area is usually pink and has a smooth surface.

REDDISH COLOR
Shows expansion of blood capillaries caused by excess yin foods, indicates that reproductive digestive and circulatory disorders may be developing.

REDDISH-YELLOW COLOUR
Expansion of blood capillaries along with stagnation of fat and mucus caused by over-consumption of both yin foods and yang animal protein and fasts, leading to disorders of heart, liver, kidneys, other major organs.

WHITE COLOR
Lack of hemoglobin or blood circulation. Anemia, see deficiencies of B6, B12 or iron. It can also be caused by over-consumption of either extremely yang foods such as salt and dry flour products or extremely yin foods including fruit juices, soft drinks, drugs, chemicals.

SMALL DOT LIKE PIMPLES
This digestive system unable to process animal protein and saturated fat coming from meat, eggs, dairy, fish, seafood which have been eaten to excess. Eliminate from diet and if improves. If these pimples develop a red, inflamed condition it is known as trachoma.

LARGE PIMPLES
Usually one or two in number and with combined red, yellow and white colors, these show elimination of animal protein and fats, vegetable oils, sugar and excessive liquid needed.

DISTANCE BETWEEN EYES
(can be determined by what mother ate while pregnant)
Shorter distance
Strongly yang quality food eaten during early part of pregnancy. More aggressive, narrow minded, stubborn, sharp emotionally and intellectually. Potential for organs in the middle region like liver, pancreas, spleen and kidneys to become out of order when eating too much meat.
Wider distance
Mother consuming more yin foods like salad, sugars, soft drinks, fruits, more loose, indecisive, slow, gentle character. Easily affected by excess yin foods.

ANGLE OF EYES

EYES SLANT UPWARD
Mother ate well cooked, well salted grains and vegetables during time of pregnancy. Indicate tendency toward clear emotional and intellectual character.

EYES SLANT DOWNWARD AT THE ENDS
Mother ate less cooked, less salted vegetable quality foods including fruits and fruit juice during pregnancy. More gentle and accepting character.

SIZE OF EYES
Small
Yang foods, including well cooked vegetable and animal quality foods consumed during time of pregnancy by mother and during childhood growing period. More determined, active, self-confident character with physical strength, vitality, endurance. If abnormally small, tendency toward sharp aggressive character.

Large
Yin foods like less cooked raw vegetables, fruits, fruit juice, more mentally sensitive, delicate and gently character. Abnormally large eyes indicate nervous disorders including extra sensitivity, irritability, nervousness, timidity, lack of confidence.

Generally speaking, better for men to have small eyes women to have large eyes.

EYELIDS

SINGLE TIGHT EYELIDS
Consumption well-cooked grains and vegetables during pregnancy. Tendency toward mental clarity.

DOUBLE, LOOSE EYELIDS
Mother's intake of too much fats and fluids during pregnancy. Represent physical strength. If eyelids are swollen and red or purple, current excessive intake of yin foods. This condition can also show intake of drugs and medications. General weakness in digestive functions and abnormal sensitivity of nervous functions are indicated. Organs mainly affected: kidneys, intestines, spleen, liver, reproductive organs, hormonal functions.

INSIDE LOWER LID OF EYE

Should be light pink with smooth surface. That shows normal, healthy circulation.

RED WITH EXPANDED CAPILLARIES
High blood pressure or excretory disorders due to excessive intake of yin foods, esp. liquids, alcohol, fruits, juices, sugars. Show inflammation of circulatory system, nervousness.

WHITISH COLOUR
Anemic condition caused by excessive intake of yin foods. Sometimes caused by yang food including salt and roasted or baked flour products. Often a condition of leukemia shows this colour.

REDDISH-YELLOW
Consumption of excess yang, animal food including poultry, eggs, dairy, as well as excess yin foods including sugar, fruits, others. This colour shows disorders in the heart and circulatory system together with disorders in the liver, spleen and pancreas functions.

BLINKING EYES

FREQUENCY
Usually we blink 3 times a minute. If more, health in state of decline due to consumption of excessive liquid, fruit, sugar and other yin foods. If abnormally frequent, suffering from nervous disorders and experiencing extreme sensitivity, fear, timidity, irritability.

EYELASHES

LONG
Intake of excessive liquid, raw vegetables and fruits, yin foods.

SHORTER
Person ate more yang food.

CURVE OUTWARD
Abnormal nervous sensitivity, reproductive functions in state of degeneration due to eating too much yin foods.

CURVE INWARD (hooking down and in)
Person ate strong yang foods, salt, meat, eggs, fish, poultry without enough grains and vegetables to balance them. Reproductive functions may be abnormal, especially in women who may have menstrual cramps or lack menstruation due to contraction of ovaries.

COLOUR AROUND EYES

Vary according to different physical and mental conditions and change daily according to our daily health.

CLEAR, CLEAN, NATURAL
Sound physical and mental health, good diet and way of life, harmonious.

DARK COLOUR
Excessively yang condition including contraction of kidneys and exhaustion of adrenal and gonad hormones. This colour can appear due to intake of excessive salt and roasted, baked or dried foods. Often arises after excessive sexual intercourse esp. in people whose kidneys and excretory functions are weak. Indicates stagnated metabolism in kidneys and excretory system and in ovaries, testicles and reproductive functions.

REDDISH COLOUR
Blood capillaries expanded from too much yin foods (fruits, sugars, drinks etc) showing heart and circulatory system are overworking. Redness on eyelids may appear form time to time and shows an extreme state of the above condition together with nervousness. May arise during menstrual periods if irregular or when period is due. If this condition continues chronically, mental condition will become extremely nervous.

PURPLISH COLOUR
More advanced stage of reddish colour. Consumption of drugs, chemicals, medications, refined sugars, extremely yin foods and drinks. Nervous system, circulatory system and excretory system are all in disorder. If around eyes, usually

experience hallucinations and feel cold at peripheral parts of body like hands and feet.

YELLOWISH COLOUR
Liver and gallbladder over functioning. Eating too much cheese and other dairy products, excessive intake of certain root vegetables like carrots, some round vegetables like pumpkin and squash. Can also show temporary disorder of kidneys and excretory functions.

GREYISH COLOUR
Malfunction of kidneys and sometimes the lungs, mainly because of metabolism stagnation due to excessive intake of heavy, fatty animal food and over-consumption of salt and other yang foods. Endocrine and lymph systems are not functioning properly, especially in regions of respiratory and reproductive organs. An imbalance of minerals in bloodstream, which arises not only from improper food and drink, but also from improper environmental air conditions, can produce this colour.

PIMPLES AROUND EYES

ABOVE EYELID AND BELOW EYEBROWS
Eliminations of mucus, fat, oil caused by taking too much oil, sugar, dairy products. If pimples are also yellow in color, diet has included poultry, eggs, and/or cheese as well.

ON EYELID
Eliminations of protein, fat, sugar caused by over-consumption of animal food and fruits. Consumption of oily fish, oranges or other fruits and juices can often produce reddish pimples near corner of eyelid.

BELOW LOWER EYELID
Eliminations of both protein and sugar caused by consumption of excess fatty meat, sugar or fruit juice. Whitish-yellow pimples in this area show consumption of eggs, dairy products and other animal fats.

These eliminations are proceeding in the form of pimples while the kidneys and excretory system, and the spleen and lymphatic system are temporarily affected by this excessive intake of unnecessary foods and drinks. If pimples itch and are inflamed, the process of elimination is going on very actively but if no itching and inflammation, the elimination is proceeding gradually.

EYEBAGS

Eyebags are a pool of liquid or pooled mucus.

If liquid, it appears watery and swollen. If mucus, looks more fatty and swollen.

Both types are disorders of kidney, bladder and excretory functions. The liquid type indicates swolleness of kidney tissues and frequent urination due to excessive intake

of liquid of any kind including all sorts of fruits and juices.

The mucus type does not necessarily demonstrate frequent urination, but shows mucus and fat accumulation in the kidney tissues.

If small pimples or small dark spots appear on these mucus-caused eyebags, it shows that the accumulated mucus and fat in the kidney tissues is forming kidney stones. If these eyebags are chronic, mucus accumulation is developing in the ureter, the wall of the bladder, the ovaries, fallopian tubes and uterus, in and around prostate glands, creating bacterial activity, inflammation, itching, vaginal discharge, ovarian cysts and eventually the growth of tumors and cancer in these areas.

Both types indicate decline of physical and mental vitality as a natural result of above conditions. Tiredness, overloaded body systems, fatigue, laziness, forgetfulness, indecisiveness and loss of clear judgment are developing.

Water caused eyebag is easily correct by restriction of liquid intake. Mucus type can be corrected by restriction of mucus and fat forming food including dairy products, meat fat, poultry, sugars, refined flour, oils. It does take longer for this type to correct.

Colours of eyebags:

Black or dark:	**kidney function is low, energy low**
Very dark:	**yang low, they will also have cold hands/feet, noticeable sleep well, sometimes chest feels tight, might urinate a lot,**
Yellow:	**phlegm**
Puffy/swollen:	**too much phlegm or water in body; stomach and spleen function low.**

EYEBALLS

Eyeballs are a part of the nervous system but represent the whole physical and mental condition.

Eyeballs expand as people grow. Between puberty and menopause they remain pretty constant with slight fluctuations due to changes in food and drink. After menopause they tend to contract, usually resulting in changes in sight.

Abnormal eyeball expansion caused by excess yin foods and drinks produces myopia or nearsightedness.

Abnormal contraction of lens of eye caused by dehydration, excessive intake of salt, meat and other animal food, also produces nearsightedness.

Abnormal contraction of eyeball caused by dehydration, aging, excessive intake of yang foods including salt, dried foods and animal food produces farsightedness.

If the eyeball aches they usually need calcium fluoride.

Wet eyeballs indicate constant tear production, usually accompanied by many red, expanded capillaries on the white of the eye, often indicating glaucoma and in some cases, detachment of retina. This may be caused by excessive intake of liquids, juices, fruits, other watery foods.