IRIDOLOGY

LESSON 8

RELATIONSHIP BETWEEN ZONES AND AREAS AND SYSTEMS OF THE BODY AS THEY RELATE TO POLARITY AND REFLEXES OF THE BODY

When you are looking at the iris you will often see big pockets or heavy toxins inside the ANW. This will often reflex areas on the outside. A good example is the heart zone.

When you see a balloon pocket inside the large intestine, it will either mean:

You might see a big gas pocket at the heart area but this does not necessarily mean weakness in the heart itself. However, when there is no weakness in the heart, it doesn't mean that person won't have any heart problems.

If you see a major pocket or area or even a pocket of parasites on the inside of the intestinal tract, that will indicate that there is going to be a weakness just outside of it.

Some areas of iris (interpreting like rayid) shows this person has become more extroverted. As the toxins leave the colon, the person's psychological manner changes and they become more of an extrovert than before.

The important thing to realize is that inside the large intestine will definitely reflex through a reflex mechanism of problems on the outside.

Sometimes even after a heart attack there will show no sign in the heart area however most often there will show a ballooned colon in the heart area. When the gas pressure is being pushed against these reflex areas, it will often indicate a problem in the outside or a pending problem in the outside.

Perhaps these gas pockets inside the large intestine put pressure against the aorta itself and thereby giving back pressure into the heart and that will give a reflex. Or perhaps it works similar to reflexology or acupuncture by actually giving different reflexes back from an acupuncture point of view.

In any event, when you see a balloon pocket inside the large intestine, it will either mean:
- if you have a little pocket on the outside that it is getting worse or consider it worse than it already is.
- or this is an area of pending problem so look at it and give nutrients for it if there is nothing more dramatic than that.

Areas inside the large and small intestines can cause problems on the outside. When you look at the iris you can often see toxins bleeding out from the large intestines. This often happens in the sinus area when the prolapses of the transverse colon falls down out of place and we have some toxin. These toxins are derived from the large intestine when the transverse large intestine will get into the mucosa of the sinus area - this will work by reflex action.

Some of other areas of iris interpreting like rayid, shows this person has become more extroverted. As the toxins leave the colon, the person's psychological manner changes and they become more of an extrovert than before.

The important thing to realize is that inside the large intestine will definitely reflex through a reflex mechanism of problems on the outside.

So if you see a major pocket or area or even a pocket of parasites on the inside of the intestinal tract, that will indicate that there is going to be a weakness just outside of it.

POLARITY

The right iris represents the masculine energy.

The left iris represents the feminine energy.

If the right side of the body is much weaker than the left side of the body, there will be problems with their masculinity or male figures in their life such as father, brother. Rayid goes into this much more in depth regarding this.

To be able to help the right - masculine (yang) side of the body we can help strengthen it by working with the more masculine types of foods such as proteins which build up this area of the body.

The left side, feminine (yin): A more alkaline diet would be needed to build up this side of the body such as starchy, grainy, sweet foods.

Look to 25% less to determine if weaker on one side than the other.

In many cases when the right iris is weaker than the left, it can mean that person is right brained, more artistic, more feeling type, more subtle. A lot of the more artistic type need more protein to ground them.

A weaker left iris indicates a left brained person, more analytical, more logical, more academic type.

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In many cases when the right iris is weaker than the left, it can mean that person is right brained, more artistic, more feeling type, more subtle. A lot of the more artistic type need more protein to ground them.

A weaker left iris (more problems in left eye) also indicates a left brained person, more analytical, more logical, more academic type.

ARE YOU RIGHT BRAINED OR LEFT BRAINED?

Right Brained(Spirit)	Left Brained(Logic)
- represented by left eye (weaker right eye)	- represented by right eye (weaker left eye)
- mark at 2:00 left eye (mother's side)	- mark at 10:00 right eye (father's side)
- left eye has more lacuna etc.	- right eye has more lacuna
- left eye has larger pupil	- right eye has larger pupil
- left thumb has larger moon	- right thumb has larger moon
- left eye preference in sight	- right eye preference in sight
- when folding hands, left thumb on top of right thumb	- when folding hands, right thumb is on top of left thumb
- prefer sleeping with left cheek down	- prefer sleeping with right cheek down
- face more resembles Mother	- face more resembles Father
- prefers mate on right side	- prefers mate on left side

Right Brained(Spirit)	Left Brained(Logic)
- is closer to Mother	- is closer to Father
- casual in posture	- sits erect, asks lots of questions
- agreeable nature	
- favors left leg standing	- favours right leg when standing

Note: Difficulties in the mother relationship slows down all of the feminine aspects (likewise with father-masculine). Eg. When a person is father dominant, there is usually a difficult relationship with the mother or female sibling. Difficulty on one side means an imbalance in the polarity of the person, preventing them from realizing their full potential.

Many people are not just 100% right brained or left brained. We pass on this information in any event. The information is quite old and since that time we have learned many more ways of testing the body to see the best foods to consume for each individual.

Useful therapies to gain more balance:

If Right Brained:	If Left Brained:
- be more responsible or accountable	- let go of logic and develop spiritual side
- develop more control, logic	- develop more expression, self nurturing, intuition
- follow through	
- do isometric building exercises	- do aerobic releasing activities
- eat root veggies, cooked vegggies protein, veg. juice fasting	- eat fruit, raw veggies, leafy veggies, fruit juice, fasting
- get out of bed!	- relax
- pay bills	- let someone else do it

ARE YOU AN INTROVERT OR EXTROVERT?

YOUR EYES REVEAL THAT YOU ARE AN:

INTROVERT:

- **Hypo stomach zone, dark next to pupil, appearance of light gold or light brown band surrounding pupil]. The darker, the more introverted. Also, the more introverted, the closer the auto. nerve wreath is to the pupil, perhaps even absent]**

- **Introversion builds energy and sensitivity within the body and mind. Introverts are usually secure and happy people. They are good at quietly listening and observing and have a different kind of strength. Given the opportunity, they are among the best teachers and counselors.**

- **If they fail to express sensitivity through sharing with others, they can become restless, self-doubting and insecure, can withdraw, become distant, haughty and impatient and may fail to put their many creative ideas in concrete form. They teach skills of inward bound energy such as listening, observation and patience. They need to learn self-expression.**

(OR)

EXTROVERT:

- **Hyper stomach zone, light next to pupil, no gold or brown in stomach zone**

- **Extroverts are active, involved, they provide the energy which keeps the wheels of society moving.**
- **They can draw out the highest potential of those around them and provide the atmosphere for others to communicate how they really feel.**
- **They release vitality, even when resting. They teach skills of outward bound energy such as self-expression, involvement and accomplishment.**
- **They need to learn stillness.**

Introverts and Extroverts are usually attracted to each other for relationships. It is the automatic pursuit of balance that drives the extrovert to seek out the cool refreshment of a silent introvert. They learn balance from each other.

Food Classification According to Polarity

Electro-Positive (proteins)	Electro-Negative (carbos,starches, sugars, fats)	Neutral (non-starchy veggies)
Lean Meats	Grain Products:	Artichokes
Fish	Bread, Cereals	Asparagus
Eggs	Pastries, cookies	Beets & tops
Cheese	Crackers, corn meal	Cabbage, Celery
Wheat Germ	Canned Corn	Cauliflower
Nuts		Chard
Milk	Starchy Veggies:	Cucumber
Buttermilk	Potatoes	Dandelion
Yogurt	Sweet Potatoes	Egg Plant
Legumes:	Parsnips	Endive
Dried Beans	Winter Squash	Garlic
Dried Peas	Carrots, Peas	Green Pepper
Lentils	Pumpkin	Kale, Kohlrabi
Peanuts		Leeks
	Sweet Fruits:	Mushrooms
	dates	Mustard Greens
	figs	Okra
	raisins	Onions
		Parsley
	Other Fruits:	Radishes
	Olives	Rutabagas
	Bananas	Spinach
	Grapes	String Beans
	Avocado	Turnip Greens
	Cantaloupe	Watercress
	Watermelon	
		Acid fruits:
	Other sweets:	Grapefruit
	Sugar	Lemons, limes
	Candy	Canned tomato
	Jams	Strawberries
	Jellies	Raspberries
	Syrup	Blackberries
	Honey	Blueberries
	Pastry	Currants
		Gooseberries
	Fats:	Cranberries
	Butter	
	Oleomargarine	(Note: Although these fruits are
	Cream	neutral from standpoint of polarity
	Oils	they should be combined only with
	Meat Fat	with electro-positive foods or proteins)

A right side diet:

- Meat (tender), no fat, no pork
- Fish (white fish that has fins and scales)
- Canned tomatoes (pureed)
- Fresh Grapefruit (not canned)
- Non-Starchy vegetables.

Whenever having meat or fish, have grapefruit or tomatoes. Never meat or fish alone.
Any non-starchy vegetables in any combination. Tomatoes by themselves or grapefruit by itself. All meals must contain only the foods listed here.
Nothing else.

A left side diet:

- **Starches (must always be combined with vegetables. Use them for lunch and dinner).**
- **Choice of baked potato, brown rice, banana, barley (whole), yellow corn meal.**
- **Vegetables: String Beans, all squashes, chard, celery, carrots, watercress, beets, beet greens, spinach, pureed peas, endive, parsley, asparagus.**
- **Fruits. Sweet fruits and sweet fruit juices may be had for breakfast and in between meals. Choice of stewed fruits or water-packed canned, sweet dried fruits, no sugar. Apricots, grapes, baked apple, strawberries, figs, pears, prunes, peaches, cantaloupe.**
- **Fruit juices. Use only cherry juice, prune juice, fig juice, grape juice, pineapple juice. No citrus.**

It is interesting that the more left brain, more analytical, logical person would want a more alkaline diet. If a person becomes too analytical, they often become crystallized in their thought patterns a little more and have a higher level of acidity in their body and have a tendency towards arthritis and need a more alkaline diet.

So if a person came in with a tremendous amount of weakness in the right side compared to the left side, give them more protein diet with the neutral forming foods.

The acid fruits should only be used with the electro-positive or protein foods. They are not good to be used with the carbohydrates or you will have a gas problem.

If a person with arthritis, they would typically have more problems on the left side and give them an alkaline ash forming diet.

Weakness in the stomach indicates a lack of sodium in the body, also bolder sodium problem if there is a weakness in the lymphatic system. So if there is problems in the stomach and lymphatic system, it indicates a need for sodium. We normally give one of the tissue salts: sodium chloride that deals homeopathically with the situation. All the sodium's will be useful.

Sometimes lymphatic weakness in this area also indicates potassium as we view the interstitial fluid relating to that. So the lymphatic system might want some potassium with it.

Lack of iodine will show as thyroid weakness. We can use dulse or kelp for this. Dulse has other nutrients including magnesium which makes it preferable. Magnesium also stimulates the pituitary. If the person does have a problem in the thyroid, it might be caused by lack of thyroid stimulating hormone from the pituitary so the dulse will help.

For introverts, lack of communication, an Edward Casey product, called Atomadine which you can get through the AER Organization. This can help the spiritually minded, yogists etc.

Silica is indicated in the pancreas and in the skin and scurf area. This can be found in rice polishings or you can buy the supplements in the store. Horsetail or Oatstraw tea is very good for this. Boil the oatstraw. Calcium tea is made of 4 parts oatstraw, 3 parts horsetail and 1 part lobelia - boil it for 10-15 minutes can give a lot of calcium to the body and a lot of silica. Severe silica problems indicates low blood sugar because the pancreas is weaker than normal so these things can be added to the diet.

Iron indicates blood and/or liver problems. You can get a hemostatic meter which works on the photolyphic wave length of the blood and it will show you if the person has enough hemoglobin in the blood. You can get them at most medical supply places. However weakness in the liver or poor circulation or they look whitish, it can indicate.

Zinc can be found in the prostate, adrenals, uterus. Another indication of lack of zinc is white spots on the fingernails.

Magnesium can be seen in the Pituitary and the nerves. Chlorophyll and Cal/Mag and B vitamins are used.

Calcium shows in the lower back, pelvic girdle and neck. Weakness specifically in the lower back and pelvic girdle are more indicated. Most people lack calcium to some degree. Athletes esp. women lack calcium.

The female hormone ratio has regulated calcium metabolism from birth - if she does a tremendous amount of exercise the female hormones are often converted into masculine hormones for building muscle etc. and in doing that the ratio of female hormones drops a tremendous amount and therefore they do not work with the calcium metabolism properly and they get lower back pain, get menstrual cramps, sometimes stop menstruation for the lack of minerals they can't rid themselves of.

Menopausal or post-menopausal women fact the same problem and might beneficially maintain a calcium supplement program indefinitely. Exercising women should consider continuous supplementation.

When using calcium - dolomite and carbonate are difficult to absorb, also bone meal and dolomite have also high lead levels. Lactate and glutinate have best absorption. Citrate is probably the best now available.

Potassium. See weakness in the lymph area, heart area, skin area.

Drug toxicity. Different from Psora spots. Similar but not raised. They may be iron deposits or from taking medicines. They will disappear sometimes with cleansing whereas Psora genetic spots will not.

Psychological Attributes to Body Parts

Organ/ Structure	Attribute	Polarity	Colour
Adrenal	Aggression/Will	Masculine	Orange
Pancreas	Desire/Will	Feminine	Orange
Liver	Envy/Jealousy	Masculine	Orange
Spleen	Envy/Jealousy	Feminine	Orange
Thymus	Love	Neutral	Blue
Thyroid	Communication	Neutral	Green
Pituitary/ Pineal	Intuition	Neutral	Indigo
Sexual Organ	Sexuality	Either	Yellow
Base of Spine	Survival	Neutral	Red