DIAGNOSIS BACKUP

LESSON 9

A lot of people esp. Ida Rolf followers and acupuncturists, feel the body is just a hologram projection of the other energy bodies. So if our spiritual body projects certain vibrations and those vibrations make up our mental, emotional and physical body. The emotional body is a much subtler level than the physical body and the mental body is much subtler than the emotional body and then the spiritual bodies are even more subtler than that.

The energy that comes from these subtler bodies has an awful lot of force and they actually produce the hologram which we call the physical plane, which we call the physical body.

If a person is going through a lot of emotional problems, they are going to manifest some of these in their physical body. Have you seen someone you haven't seen in 5 years and they have changed a lot, or perhaps not at all. People who have changed a lot physically will also have changed emotionally and/or mentally. Their expressions on the face might change, the shape of their body will certainly change.

There are many other ways to help identify the underlying problems that exist in the body and where to target your efforts. You can visit our teachings for more in depth look at other things you can do to determine the truth, see "Self Testing" - there is over 70 pages of different ways to test the body.

REFLEXOLOGY

Many people have used foot reflexology to confirm their suspicions they find in the iris.

MUSCLE TESTING/KINESIOLOGY

This is easy to learn. Ask the body direct questions, energetically, of the problems and possible answers.

QUESTIONS, LOTS OF THEM

If you suspect deficiencies, or infections there are lots of questionnaires to determine how to pinpoint the problems. See "Self testing" to help you.

HISTORY

Get a history of when things started happening.
What surgeries they have had?
What accidents they encountered and the damages done?
What medical drugs are they taking?
Have they done 'street' drugs.
Pregnancies?
Allergic reactions in the past?

LOOK AT THE BODY ITSELF:

5 different types of bodies (many people incorporate several types):

Round Shaped Physique
- **santa clause type**
- **best friends or bosses**
- **jovial**
- **good co-ordinators for parties, social type, don't like conflict, like things to run smooth, easy going, trustworthy**

Square Shaped Physique
- **set in their ways**
- **like down to earth physical things, opinionated, hold their points of view for a long time**

Rectangular Shaped Physique
- **unflexible**
- **tall, fairly skinny, extremely inflexible, often get arthritis, set in their ways, often are researchers, heads of companies, hard to change their points of view.**
- **may have rectangular person with round head so varies.**

Thoracic/diamond Shaped
- **athlete, trendsetter**
- **big shoulders, thin waists, vain, hate growing old, want to look good, promoters, often make good money, entrepreneurs**

Heart shaped
- **cerebral type**
- **academic.**

It might be good to have a thoracic type person working with a heart person. This gives you a researcher inventing, then get a thoracic person promoting, then the square person who will fix things continuously, and the round person will be the end consumer.

ORIENTAL INVESTIGATIONS

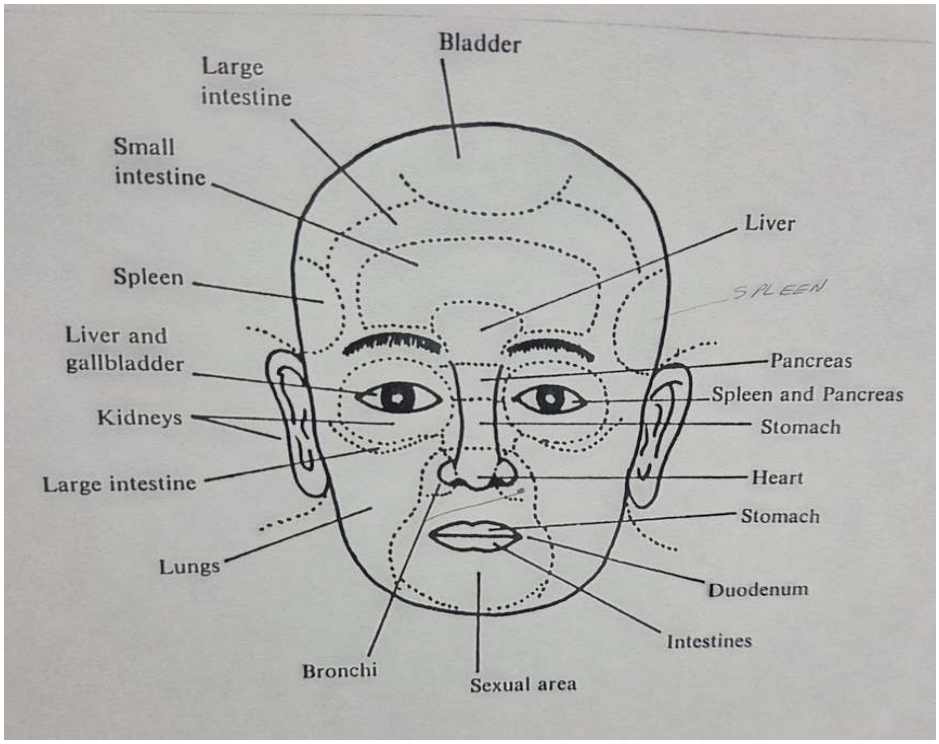
History tells us that in China, it was forbidden to cut into a body, so no surgery. Even in death, they were not allowed to dissect, so they really didn't see where everything was located and what it looked like.

They developed an ingenious system of looking at the body from the outside to carefully determine what is happening inside. The body gives you clues, not just in the eyes, but many other places. Over the centuries, more and more information came forth from doctors in China, until a formidable body of evidence was available to anyone to learn and incorporate into their healing practice.

Here is a large sample of some of the findings:

FACE:

This is a general map of the face to give you an idea of where the organs reflex to.



If the lower lip sticks out (like Mick Jagger), can indicate a person is easy going..
If you notice the facial features changing in a person as they age, it can indicate their body is changing.

<u>Forehead - 3 lines across forehead: constitution.</u>

Straight and unbroken..... forehead lines	**Strong constitution**
In between the eyes..... there are little lines	**They represent parts of the liver. The left side is the lower lobe of the liver. The right side is the upper lobe of the liver. These lines can represent seriousness or jealousness, an emotional attribute that corresponds to the liver.**
Single line right in..... between eyebrows	**A clairvoyant capability – considered the opening of the third eye.**

<u>Eyebrows</u>

Straight.....	**Masculine nature, good natured, maybe unsympathetic to others**

Gullwinged..... **Desired in Hollywood, affectionate, sympathetic, likes people, might have gloomy view of world.**

Inverted V..... **"yes but" person, listens but doesn't go along with what you are saying, argumentative, good workers if they agree with you.**

Normal V..... **Sinister look, need to prove they are trustworthy, many have overcome this attribute**

Knitted together..... **Straight forward, good in business esp. If female, most females however pluck them.**

Long curved..... **Peacefulness, well balanced, likes pleasant environments, artistic, feminine.**

<u>Eye position and shape</u>

Far apart..... **Wide point of view of the world, normally agree with all kinds of things, go along with things for a bit just on the perchance**

Narrow..... **Opinionated, narrow minded**

<u>Horizontal levels:</u>

Straight across on same plane.....conventional, authoritative

Up or down one way.....doesn't go along with conventional points of view

Slanted below the..... hypercritical, analyze everything,opinionated horizons (inverted V)

Normal V..... sinister type, evil type, hard to trust

<u>Distance between Eyes</u>

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 middle region like liver,pancreas, spleen and kidneys to become out of order when eating too much meat.**

Wider distance..... **Eating more yin food like salad, sugars, soft drinks, fruits, more loose, indecisive, slow, gentle character. Easily affected by excess yin foods.**

<u>Angle of Eyes</u>

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 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, incl. well cooked vegetable and animal quality foods consumed during time of pregnancy 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 vegetables, fruits, fruit juice, more mentally sensitive, delicate and gentle character.

Abnormally large.... Eyes indicate nervous disorders including extra sensitivity, irritability, nervousness, timidity, lack of confidence.

Bulging..... Check thyroid

Eyelids

Single tight eyelids..... Consumption well-cooked grains & vegetables during pregnancy. Tendency toward mental clarity.

Double, loose eyelids..... Mother's intake of too much fats and fluids during pregnancy. Represent physical strength.

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. Organs mainly affected: kidneys, intestines, spleen, liver, reproductive organs, hormonal functions.

Inside of Eyelids

This area is usually pink and has a smooth surface.

Reddish color..... Expansion of blood capillaries caused by excess yin foods, indicates that reproductive, digestive and circulatory disorders may be developing.

Reddish-yellow color..... Expansion of blood capillaries along with stagnation of fat and mucus caused by overconsumption of both yin foods and yang animal protein and fats, leading to disorders of heart, liver, kidneys, other major organs.

White color..... Lack of hemoglobin or blood circulation. Overall anemia caused mainly by over-consumption of either extremely yang foods such as salt and dry flour products, or extremely yin foods incl. fruit juice, soft drinks, drugs, chemicals.

Small dot-like pimples..... Overeating animal protein and saturated fat as in meat, eggs, dairy, fish, seafood. 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 an vegetable oils, sugar, and excessive liquid.**

<u>Blinking Eyes</u>
Frequency

Usually we blink 3 X per 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.

<u>Eyelashes</u>

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

<u>Colour Around Eyes</u>
Varies 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 & way of life, harmonious.**

Dark colour..... **Excessive yang condition including contraction of kidneys and exhaustion of adrenal and gonad hormones. This 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 from 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 & squash. Can also show temporary disorders of kidneys & 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 & yang foods. Endocrine and lymph systems are not functioning properly, esp. in regions of respiratory and reproductive organs.**
An imbalance of minerals in blood-stream, which arises not only from improper food and drink, but also from improper environmental air conditions, can produce this colour.

<u>Pimples Around Eyes</u>

Above eyelid and below ..... eyebrows **Eliminations of mucus, fat, & oil caused by taking in 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 overconsumption of animal food and fruits.**

Corner of eyelid..... **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.

<u>Eyebags</u>

They represent water levels of body - kidney area. The adrenal glands work with kidney. Eyebags are a pool of liquid or pooled mucus.

Watery and swollen..... liquid, swollen kidney/bladder tissues, frequent urination from excessive intake of liquid of any kind incl. fruits and juices.

Fatty and swollen..... mucus & fat in kidney/bladder. Not necessarily frequent urination

Small pimples or small dark spots on these mucus .....accumulated mucus and fat in kidney tissues is forming kidney stones. If eyebags are chronic, mucus accumulation is developing in the ureter, the eyebags 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.

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

<u>Colours of bags</u>

Black or dark..... kidney function is low, energy low
Very Dark..... yang low. They will also have cold hands/feet, not sleep well, sometimes chest feels tight, might urinate lot.
Yellow..... phlegm, urine retention
Bluish/purplish..... improper blood supply
Puffy/swollen..... too much phlegm or water in body, stomach and spleen function low.

<u>Eyeballs</u>

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 then 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, incl. salt, dried foods and animal food produces farsightedness.

Eyeball ache.....they usually need calcium fluoride.

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

Sampaku:

- **white shows above and below the iris.**
- **if can see white above and below in normal situation, person will come to dramatic death soon, not necessarily in nature of sickness eg. Pres. Kennedy showed it a month before he was killed. Thyroid problems also can show this.**
- **yin sampaku (see upper part of sclera) - looking too much into the past**
- **see under part of sclera - looking too much to future and too optimistic.**

Lids:

- **upper lid partly obscuring eye, hooded - take advantage of other people, stay by themselves, don't know their true thoughts, introverted**
- **lower lid obscuring eye - jovial, laughs a lot**

Corner of Eyes:

- **sharp corners - pick up ideas very quickly, look intelligent but no staying power on projects, need to be rewarded continuously so give short term projects with lots of goals and rewards**
- **oval - willing to give service above and beyond the call of duty, willing to work for future reward.**

Cheeks:

- **hollow look, doesn't have as much breath capability as they should**
- **puffy/raised means very large lungs**
- **very red means there is a lot of blood supply to lungs**
- **(chinese means too much fire in lungs)**
- **yellow/pallor - not enough blood circulation to lungs, low energy**
- **dusty - too much mucus in body**

Cheekbones:

- **high cheekbones - emotional need for a lot of adventure, many nomadic tribes have high cheekbones, if have high cheekbones and lots of nerve rings probably need to travel more or have more adventure in their life**

Nose:

- **convex - will ask "how much", don't care what it looks like, just how much it costs**
- **concave - "I like it", don't care how much it costs, just what it looks like bulbous**
- **represents heart, large red noses represents big generous loving, or alcoholism.**
- **If just large on the left side it may be a stretching of the aorta**
- **line down middle represents valve problems**
- **take into consideration different races have different types of noses**

Lips:

- **upper lip is stomach - an enlarged one is an enlarged stomach; a tight upper lip is a spastic in nature often due to large consumption of salt**
- **lower lip is large intestine - if very large look for ballooning of intestine; in Hollywood they try to pout to make it look large which psychologically it means they are easy to get along with, more attractive; if it hangs down and out (Mick Jagger) shows prolapse of transverse colon**
- **corners is duodenum - cold sores can be the beginning of an ulcer in that area**

Ears:

- **reflect the shape and size of kidneys**
- **ear itself is a mini situation of what you were when you were born (an embryo): the lobe of the ear is the head, the top of the ear is the tail bone, all along the ridge of the ear is the spinal column.**

GERMAN CROSS OVER THEORY:

This is a German theory. These are not really well verified and perhaps they don't exactly correspond with the North American view. The Cross Over theory says to look at the opposite area as well.

The iris can be split up into 16 sections evenly.

1. **The 12:00 and 6:00 line represents the equilibrium in the German system. This covers both emotional and psychological as well as the equilibrium (being able to walk along with proper balance). It will show as a line going through both areas, looking like a radii solarus. This can be a hypo and hyper situation - can't really tell without asking them questions.**
2. **Going across from 3:00 and 9:00 represents disharmony, coupled with heart, lung disturbance and hyperthyroidism, generally a disharmony, lots of ups and downs.**
3. **Spleen liver area represents acute inflammation and pain but Terry Willard hasn't found this significant but you see if it works for you.**
4. **If hyper in nature, in the right iris, represents violent pain. If in the left iris the pain is raising from internal fever condition, perhaps spleen is enlarged and there is inner fever such as typhoid fever.**
5. **The fourth line is the ear/bladder. It is suppose to mean this person has infections in the body or gets them easily. If it is in the right eye and a dark line shows, there is suppose to be a severe chronic bladder disease. Also sometimes we have an ear disease associated with this, a common drooping in the ears which we see a lot in children. Terry doesn't find this. Sometimes there are hereditary problems associated with this line.**
6. **Bladder infections are associated with a light line in the right eye. If there is a problem in the left eye it could be a hereditary venereal disease associated with this. Many homeopaths have used this to put them on a venereal program, sulphur might be good for venereal hereditary disease.**

7. **Mouth/hand - nutrition line. Terry doesn't find this significant. This is suppose to indicate that the person is suffering nutritional problems but at the same time they aren't willing to change their habits in any way, shape or form. If it is on the right side, it is from an ancestral genetic problem with their stomach. If it is on their left side, the patient eats far too much but is unable to digest their food.**

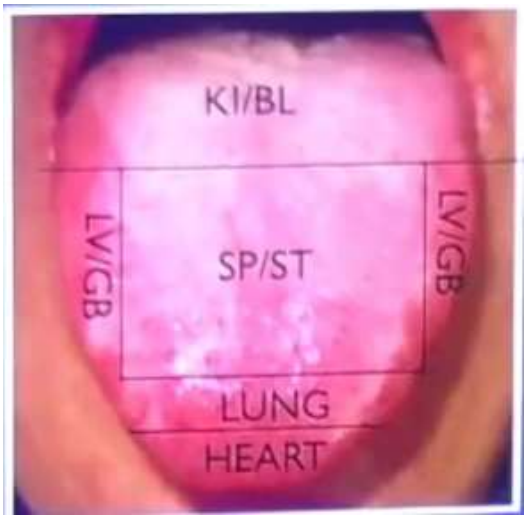
8. **Forehead/ovary line, one of the sex lines is more significant. It registers an indication of disturbance in the sex life which is affecting the person very much. In a woman it shows as an ovary sign. Sometimes we get short stubby fingernails and that indicates that they get a lot of headaches associated with their periods and presumably they are to have many children. We have not found the many children assumption significant but with modern birth control it is difficult to tell. We often see a definite emotional nature connected to their sexual life, usually on a level of frustrations, inadequacies.**

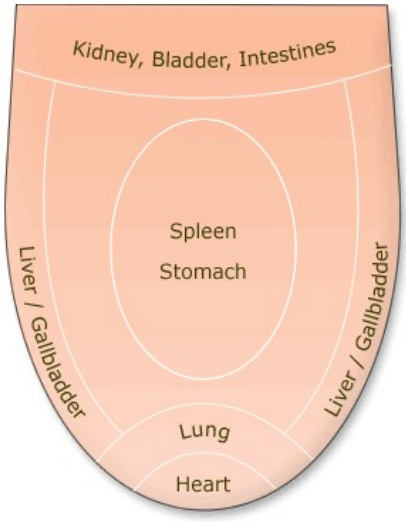
9. **The cerebral/uterus or rectum line which goes through the sex impulse line in the right iris of the eye is quite significant. These have to do with emotional aspects of sexuality especially in the right iris but usually indicates guilt related problem along with it eg. gay person might or might not have the line depending on whether or not they feel guilty about what they are doing. The German there is that if this shows in the right eye it is a noisy indication to hysteria and a lot of predominant headaches. If it shows in the left eye they say these people are hypochondriacs and they are very quiet and their sexual ideas are very much of a problem to them throughout their whole life.**

10. **Axle/Loin line - endurance line. These people are often very sensitive in nature and don't make too many demands on others and they lack endurance of any kind of nature. No stick-to-it-ness.**

Other Ways to Back Up Diagnosis:

TONGUE DIAGNOSIS





Line down center: relates to back problems. Emotions can be held in vertebrae column. If line is curved, may be deformity.
In general white means cold conditions, lack of energy, too much yin; yellow or red or dark colours means heat, excessive energy, too much yang. Raised tissue means excessive; sunken is lack of energy, weakness.

Yin organs (interior organs)	**Yang Organs (exterior organs)**
Liver	**Gallbladder**
Heart	**Small Intestine**
Spleen	**Stomach**
Lung	**Large intestines**
Kidneys	**Bladder**
Pericardium (parasympathetic)	**Triple Burner (Sympathetic)**

The function of the yin organs is to produce, transform, regulate and store fundamental substances such as qi, blood, and body fluids.
In general, yin organs are solid; Yang Organs have empty cavities.

TONGUE COLOURS:

- **Black: extreme vitiated condition of blood. May be radiation poisoning, food poisoning.**
- **Black: kidney collapsing. Extreme heat or cold depending on other symptoms.**
- **Black: may be from smoking**
- **Black: after taking antacid containing bismuth which stains tongue black when mixed with saliva. Harmless.**
- **Black, hairy: bacteria/yeast growth maybe from food bits, should be able to scrape away**
- **Black dots on tongue: infection (cancer perhaps)**
- **Blue tinged: stagnation and severe deficiency of energy and blood**
- **Brownish green coating, bitter taste: Nat Sulph Tissue salt may help**
- **Brown: chronic bowel problems, hemorrhoids, jaundice, advanced typhoid. If originally white has darkened to brown by action of inflammation.**
- **Brown: liver backing up**
- **Brilliant red tongue: B3 deficiency**
- **Brilliant red, painful tongue: B3 deficiency**
- **Dark tinge: stagnation**
- **Gray: extreme heat or cold depending on other symptoms**
- **Pale: deficiency or cold**
- **Purplish-red (magenta) swollen & painful: biotin**
- **Reddish-purple magenta coloured tongue: B2 deficiency**
- **Red: inflammation, excess heat**
- **Red strawberry tongue: could be Kawasaki disease that affects blood vessels, mostly in children. Could also be scarlet fever.**
- **Red, shiny, smooth and painful: folic acid, Vit. B3**
- **Reddish, burning, swollen, painful to chew and swallow: vitamin deficiency**
- **Purple red: B2, qi or blood stagnation, liver problem**

- **Pale purple: obstruction is related to cold**
- **Reddish purple: heat injury to the blood or fluids**
- **Red Patches: ulcers. On back of tongue cysts & fibroids. The larger, the worse**
- **Scarlet (darker than red): extreme heat**
- **Smooth and dark red: kidneys almost ceased functioning, serious condition**
- **White: bad breath, thrush**
- **White: absence of inflammation**
- **White, coated tongue: B3, Kali Mur Tissue salt may help**
- **Creamy white spots: thrush**
- **White lacy spots: could be lichen planus (immune)**
- **White hard areas that can be scraped away: could be leukoplakia which is linked to cancer**
- **White hairy patches can't scrape off: maybe oral hairy leukoplakia. Was often seen in Epstein-Barr and HIV**
- **White becomes red: violent inflammation of stomach or bowels, sometimes of lungs**
- **Yellow: kidney**
- **Yellow: disorders of digestion, liver, bowels, (sometimes green)**
- **Yellow: heat, inflammation. As heat increases, the intensity of color increases.**
- **Yellow coated: sluggish system, constipation, toxicity**
- **Yellow coating at root of tongue(over acidic) Nat Phos Tissue salt may help**
- **Golden Yellow or cream coating at root of tongue: over acid**

COATING:

- **Coated tongue: may need digestive enzymes, probiotics**
- **Fur or Moss: spleen activity**
- **Hairy: harmless, usually goes away with antibiotics? Could be result of radiation, overuse of mouthwashes containing oxidizing or astringent agents, tobacco, coffee, dyes in drugs & foods, chronic medical conditions, AIDS, antibiotic therapy.**
- **Patchy (geographic): B deficiency, deficient fluids in stomach and intestines.**
- **Moss puddled with moisture: excess fluids, usually due to deficient yang (or fire, the body's internal heat), also possible sign of dampness.**
- **Moss very dry or like sandpaper: excess yang or fire, or of deficient fluids**
- **Moss looks firmly implanted on tongue body like grass sprouting from ground: strong spleen and stomach energy.**
- **Moss appearing to be floating on surface of tongue: weak spleen and stomach energy**
- **Moss greasy: appears thick, oily film like layer of white petroleum jelly or butter: mucus or dampness in body**
- **Moss seems to have been removed to that part appears shiny: "Peeled tongue" - sign of deficient yin or fluids or spleen energy weak**
- **Moss, thin: can be normal but during illness can be sign of deficiency**
- **Moss, pasty: greasy but somewhat thicker/lumpy, is result of mixing oil and**

- **flour: extreme mucus or dampness.**
- **Moss, White although normal color may signify cold exp. if excess moisture in tongue. If white moss like cottage cheese, it signifies heat in the stomach.**
- **Moist: lack of flow due to cold**
- **Dry: lack of flow due to heat**
- **Thick moss nearly always a sign of excess**
- **Thin, moist, white: healthy**
- **Yellow coating in an area: heat in that corresponding area. As heat increases, the intensity of the color increases.**
- **Thick: excess**
- **Thin: deficiency**
- **Little or no coating: yin deficiency (because coating is created by stomach yin)**
- **Too moist: excess fluids, yang insufficient to transform fluids (if yang weak, fluids accumulate)**
- **Dry: fluid deficiency or dehydration**
- **Greasy: dampness**
- **Patchy: phlegm blocking acupuncture meridians**
- **Red, shiny, smooth and painful: folic acid**
- **Shiny, enlarged: hypothyroidism**
- **Smooth, sore: iron def.**
- **Smooth and dark red: kidneys almost ceased functioning, serious condition**
- **Smooth, painless, light color or white patch: check for mouth cancer**
- **Absence of papillae, dark red, inflamed: iron def. anemia, B12, B1, biotin or folate.**
- **Thin white coating: lungs and stomach, occurs in rheumatism, inflammation**
- **Thick white coating: malignant fever as in small pox, scarlet fever**
- **Black or gray moss: either extreme heat or cold (if tongue material red: heat if pale: cold)**
- **Black "hairy" tongue: usually from smoking**

CRACKING:

- **Cracking: normal if there at birth but during illness they are sign of chronic and severe illness**
- **Cracking: body fluids depleted due to heat or yin deficiency**
- **Deep red with fissures: B3, B complex, sign of heat injuring fluids or of deficient yin**
- **Cracks in pale tongue: deficient blood and energy**
- **Geographic: Folic acid, B12, Zinc**

MOVEMENT:

- **Quivers; hands shake, tremor (hyperthyroid): Iodine, Thyroid concentrate, Calcium, Magnesium, Potassium, do not use hormone containing extract**

- **Protruding tongue quivers; hands shake, tremor (hyperthyroid): Iodine, Thyroid concentrate, Calcium, Magnesium, Potassium, do not use hormone containing extract**
- **Difficulty sticking out tongue: deficient energy, blood, yin. When accompanying tongue is pale or purple, cold is probably contracting the body. If contracted tongue is swollen signifies mucus or dampness. If tongue material of contracted tongue is red: heat has injured the fluids.**
- **Shaky: deficiency or liver wind, nervousness**
- **Turns to one side: stroke, internal wind or phlegm blocking the meridians**
- **Tongue moves in and out like a snake: heat in heart**
- **Tongue left out: heat in heart**

SHAPE

- **Shriveled, atrophied: deficient, perhaps cancer**
- **Puffy tongue with teeth marks on the sides: deficient qi**
- **Puffy and wet: deficient yang**
- **Edge of tongue represents colon(not Chinese medicine), if outbreak there, cysts in colon.**
- **Scalloped Edges: Spleen Qi deficiency (weak immune); food allergies**
- **Swollen tongue with red tips and sides: B3**
- **Swollen, bright red/painful: B2**
- **Swollen, enlarged tongue: B5**
- **Swelling in area corresponds to that part of body in Chinese medicine**
- **Swelling, burning, red: vitamin deficiency**

PAIN:

- **Burning: low stomach acidity, iron, B12, folic acid, B2, B6, zinc. Check yeast infections, dental plaque, ill fitting dentures, mercury leakage, excessive use of mouthwash.**
- **Burns like you scalded with hot drink, tastes metallic or bitter: think about treating nerves**
- **Painful: B2**
- **Red, shiny,, smooth and painful: folic acid. B3**
- **Shiny, sore or swollen tongue: B2**
- **Sore, beefy red tongue: B12**

MARKS ON TONGUE:

- **Abnormal patch on surface: mouth cancer**
- **Cysts: anneurisms or cysts in that area.**
- **Raised brown or black area, at first painless, then becoming ulcerated or infected: melanoma**

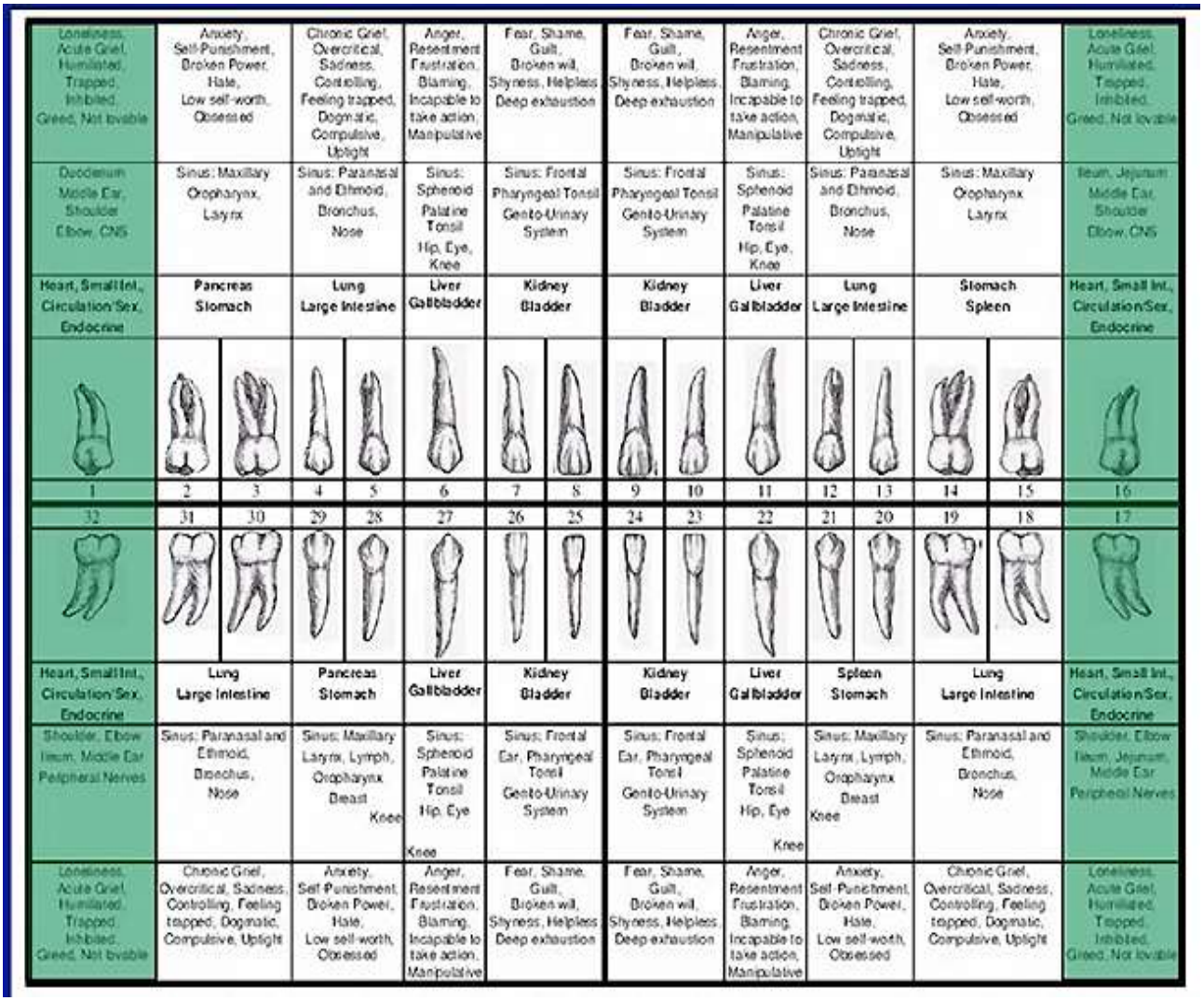
- **Red eruptions, pimples or thornlike protrusions, redder than the occasional raised papillae of the Normal tongue: signs of heat or congealed blood, usually occur only on certain portions of tongue which corresponds to those organs.**
- **Furring: bacteria, fever, digestive trouble.**
- **Fissured tongue: iron, B complex**
- **Geographical: Vit. B's**

UNDER THE TONGUE:

- **Main Vein: arteries, if purple watch for blood problems**
- **The two beads on either side of main vein are ovaries/testes. If yellow look to pus in urinary tract; if white it is infection**
- **Enlarged veins under tongue: Vit. C**
- **Be aware of bumps, white patches or red patches, cysts.**
- **Caviar tongue is when the veins under the tongue become enlarged, twisted and dark purple in colour. The veins appear swollen and dark purple, like small black pearls or caviar. This is common as you age.**

RELATIONSHIP BETWEEN TEETH AND ORGANS

You can get lots of different ones from the internet. This is one I bought a long time ago.
If you are having difficulty with a particular tooth, it may be affecting the organ; or vice-versa, the organ may be affecting the tooth.



Loneliness, Acute Grief, Humiliated, Trapped, Inhibited, Greed, Not lovable	Anxiety, Self-Punishment, Broken Power, Hate, Low self-worth, Obsessed		Chronic Grief, Overcritical, Sadness, Controlling, Feeling trapped, Dogmatic, Compulsive, Uptight		Anger, Resentment Frustration, Blaming, Incapable to take action, Manipulative	Fear, Shame, Guilt, Broken wil, Shyness, Helpless, Deep exhaustion		Fear, Shame, Guilt, Broken wil, Shyness, Helpless, Deep exhaustion		Anger, Resentment Frustration, Blaming, Incapable to take action, Manipulative	Chronic Grief, Overcritical, Sadness, Controlling, Feeling trapped, Dogmatic, Compulsive, Uptight		Anxiety, Self-Punishment, Broken Power, Hate, Low self-worth, Obsessed		Loneliness, Acute Grief, Humiliated, Trapped, Inhibited, Greed, Not lovable
Duodenum, Middle Ear, Shoulder, Elbow, CNS	Sinus: Maxillary, Oropharynx, Larynx		Sinus: Paranasal and Ethmoid, Bronchus, Nose		Sinus: Sphenoid, Palatine Tonsil, Hip, Eye, Knee	Sinus: Frontal, Pharyngeal Tonsil, Gento-Urinary System		Sinus: Frontal, Pharyngeal Tonsil, Gento-Urinary System		Sinus: Sphenoid, Palatine Tonsil, Hip, Eye, Knee	Sinus: Paranasal and Ethmoid, Bronchus, Nose		Sinus: Maxillary, Oropharynx, Larynx		Ileum, Jejunum, Middle Ear, Shoulder, Elbow, CNS
Heart, Small Int., Circulation/Sex, Endocrine	**Pancreas, Stomach**		**Lung, Large Intestine**		**Liver, Gallbladder**	**Kidney, Bladder**		**Kidney, Bladder**		**Liver, Gallbladder**	**Lung, Large Intestine**		**Stomach, Spleen**		**Heart, Small Int., Circulation/Sex, Endocrine**
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17
Heart, Small Int., Circulation/Sex, Endocrine	**Lung, Large Intestine**		**Pancreas, Stomach**		**Liver, Gallbladder**	**Kidney, Bladder**		**Kidney, Bladder**		**Liver, Gallbladder**	**Spleen, Stomach**		**Lung, Large Intestine**		**Heart, Small Int., Circulation/Sex, Endocrine**
Shoulder, Elbow, Ileum, Middle Ear, Peripheral Nerves	Sinus: Paranasal and Ethmoid, Bronchus, Nose		Sinus: Maxillary, Larynx, Lymph, Oropharynx, Breast, Knee		Sinus: Sphenoid, Palatine Tonsil, Hip, Eye, Knee	Sinus: Frontal, Ear, Pharyngeal Tonsil, Gento-Urinary System		Sinus: Frontal, Ear, Pharyngeal Tonsil, Gento-Urinary System		Sinus: Sphenoid, Palatine Tonsil, Hip, Eye, Knee	Sinus: Maxillary, Larynx, Lymph, Oropharynx, Breast, Knee		Sinus: Paranasal and Ethmoid, Bronchus, Nose		Shoulder, Elbow, Ileum, Jejunum, Middle Ear, Peripheal Nerves
Loneliness, Acute Grief, Humiliated, Trapped, Inhibited, Greed, Not lovable	Chronic Grief, Overcritical, Sadness, Controlling, Feeling trapped, Dogmatic, Compulsive, Uptight		Anxiety, Self-Punishment, Broken Power, Hate, Low self-worth, Obsessed		Anger, Resentment Frustration, Blaming, Incapable to take action, Manipulative	Fear, Shame, Guilt, Broken wil, Shyness, Helpless, Deep exhaustion		Fear, Shame, Guilt, Broken wil, Shyness, Helpless, Deep exhaustion		Anger, Resentment Frustration, Blaming, Incapable to take action, Manipulative	Anxiety, Self-Punishment, Broken Power, Hate, Low self-worth, Obsessed		Chronic Grief, Overcritical, Sadness, Controlling, Feeling trapped, Dogmatic, Compulsive, Uptight		Loneliness, Acute Grief, Humiliated, Trapped, Inhibited, Greed, Not lovable

HOW YOU RELATE AS A PRACTITIONER (IF THAT IS THE REASON YOU ARE LEARNING IRIDOLOGY)

One of the most important things is your level of professionality. If you commit yourself to being a professional, others with think of you as a professional and work along with you as a professional and that will increase your professionalism.

This is significant. If you want to do it as a hobby or as a person doing it as a hobby or just part time with friends, that will remain the type of aspect you will have as an iridologist.

If you want to take it seriously, you will need to treating it seriously and committing a large portion of your lifestyle to it.

One of the most important things we are dealing with here is the energy transfer of something.

At this point in time you should start becoming competent enough in your iridology that it will be useful for you to start charging a fee. That is one of the first obstacles you have to get over as a professional in any field, and particularly in the health field. Many people say "well I'm not competent enough and I don't feel like I should be charging my family and friends". If you are doing it in association with the course, I can understand that. But the energy transfer here is important. It is like hooking up the positive and negative side of the battery. If both of them aren't connected, the whole circuit is not fulfilled and therefore the energy will not transfer. Your clients do have to get you some kind of resource or you are actually cheating them. If people don't pay for something they often don't respect it.

The idea that health care should be free as the government has been preaching is not perhaps the right approach. Terry tells that he had a client whose wife had a bit of a problem. Terry went over there as soon as he found out about it, talked to them, and gave her a program for a liver flush which cleans out the gallbladder. Because he didn't charge them, they didn't put a whole lot of credence on it. It was treated like a social event - he was telling them the whole problem and what to do - and they didn't pay any attention to it and she ended up going to the hospital and having her gallbladder out.

Since that time the husband has become a practitioner and has now learned more about the gallbladder/liver flush and probably giving it to 200 people a year and helping them avoid the same operation his wife had. Because Terry didn't put much importance on it, neither did they.

You are going to have to decide at what level you want this transfer to be. If you change $1. you get $1 patients. If you charge $100 you get $100 patients.

So you must decide what level of people you want to work with - lower income/ middle income/upper income? Of course you are going to have to back up what you charge with what you do so there is a certain level of competency with your charge. Most start around $5 and work up. These days we charge about $25-50. Even if you do a trade and don't exchange money, you have an energy exchange.

The point is if they don't respect your advice and feel they deserve it, they won't take it seriously.

How you dress, how you are seen in public will also indicate what level you can approach. The more professional you dress, the more professional client you can approach.

If your waiting room is professional, people will respect you more than if it is in a basement or room of your house but don't get too carried away and get into something you can't afford.

Wholistic healing is a profession. It is not a backroom party thing, or a social event, or something that you go out to the man in a tent to see. It is becoming very much a business like a naturopath or chiropractor. When we look at wholistic healing the idea is to deal with the whole body. In this course we are dealing with the physical body, but the other parts are just as significant to the healing of the body as anything else.

A lot of people say that 50-100% of disease comes from the emotional parts of a person. You will have to make your decision about where you feel it is at. Your job as a practitioner in the long run is to find out where the centre of gravity of the health problem is and work with that.

Is the centre of gravity in the physical body, the emotional body, or the mental body? Then you start working with treatments on those levels, in those areas.

We have already dealt in other lessons the many different things you can do for the psychological body, different herbs and vitamins you can use for different situations but that only takes care of one part. You also have to deal with the emotional and mental part.

Dealing with these separately, herbs do work on all those levels, but mainly on the physiological body.

Homeopathy works on the emotional body (Bach Flower Remedies) and the physical body and somewhat on the mental body also. Light therapies will work on the mental body a little more. We don't find a lot of disease coming from the mental body. Diseases associated with the mental body have been biased very much by the emotional body.

A teenager finding a pimple will have an emotional reaction that can overtake the physical aspect. The stress of exams, dating, etc. will be enough to cause an outbreak of acne. We have to decide where the biggest centre of gravity is and deal with that.

Sometimes some counselling, homeopathy, light therapy, rolfing, herbs etc. will help. That is where we get the most momentum but we have to break the negative cycle of the emotional/physical feedback that occurs.

Sometimes by changing physiological changes, the emotional aspects can be triggered. An example might be to treat the pimples with clay masks, taking aloe vera internally to clean out the internal set up and perhaps taking it externally also. Once the face starts to clear up, the person looks prettier and starts to feel better emotionally.

Remember Herrings Law of Cure? All cure comes from above downwards, from within outwards and all symptoms leave the body in the reversal order they entered the body. Herring was a homeopath and he knew changing the emotional attitudes will often change the physical body. Cancer has been defined as basically emotionally related. If you can find out the emotion that is behind the cancer, you can address it and eradicate it. Breast cancer has been eradicated in just one week this way because these people had to face up to some emotional things in themselves and change it around. We of course can assist these with remedies like Bach Flower Remedies, homeopathy etc.

So that is part of "all cure comes from above down".

Referring to "all cure comes from within outward" refers to the fact that the more subtle bodies are further in, the most outer crust of ourselves is the physical self. The more subtler emotional body is deeper inside of us, the mental bodies are deeper inside also. So we see that all healing comes from within, outwards and it works through these planes of existence of ourselves to be healed.

So herbology can work with the physical body, maybe Homeopathy and Bach Flower Remedies can work with the emotional, and perhaps counselling can work with the mental and there may be ways to work with the spiritual. We hear that people have been able to touch others with spiritual energy and heal.

As a practitioner, your job is to decide where the centre of gravity of these problems is and deal with it at that nature. If you aren't confident to deal with it at that nature, you can enter the negative feedback loop at whatever level you can and still bring about a cure or healing. You might bring it back a little faster if you can deal with the actual centre of gravity.

This brings us around to a completely new area relating to the iris of the eye. See the next lesson.