

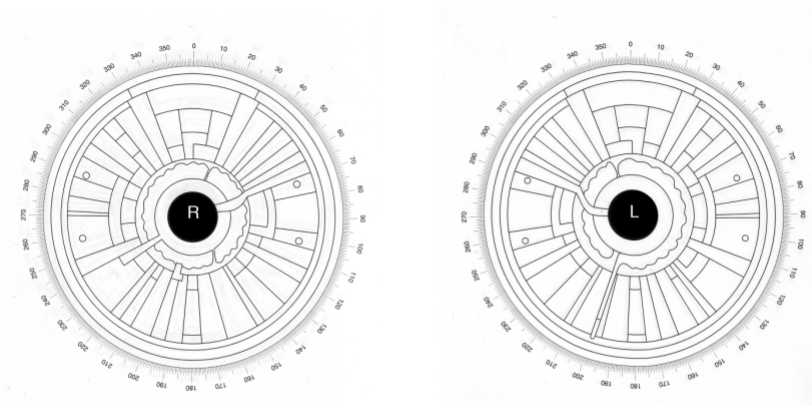
Introduction to Iridology

What is Iridology?



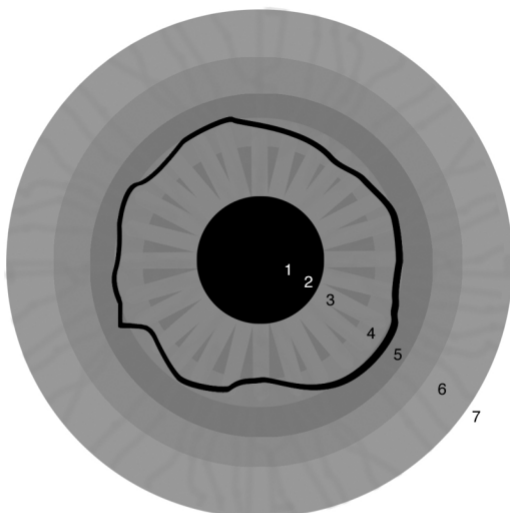
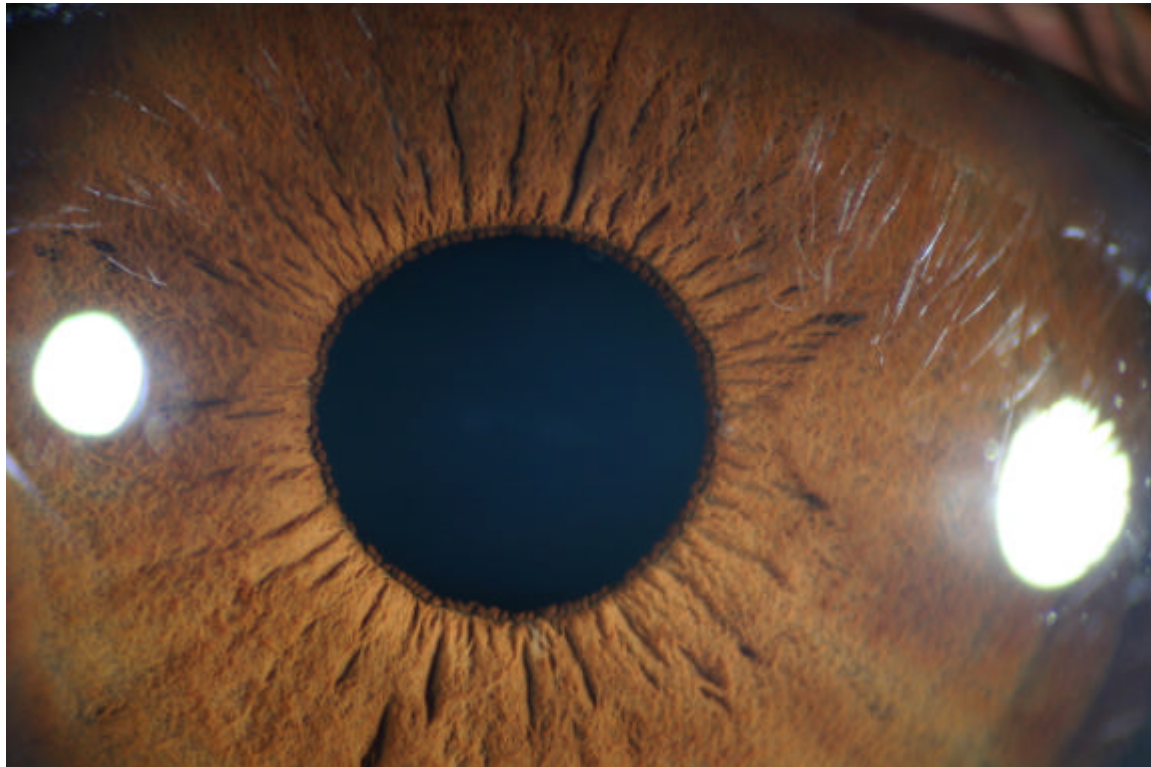
Iridology is what many have called the combination of “science and art” of microscopic analysis of the iris and the dynamics of the pupil. Many consider iridology a “fringe” practice, but it has enormous potential when practiced correctly. The iris and inner pupillary border are the visible aspects of the autonomic and central nervous systems that we have.

In Iridology structural markings in the iris and eye colours (pigments) carry both personal and genetic significance. The colour of the iris illustrates certain genetic and constitutional traits. Some signs are important for what they look like, some markers are important for where they are – the iris can be a projection of a map of the body and its various systems, as in Reflexology or Auriculotherapy.



For example an open structure, called a lacuna, at 20' (as we look at the iris) in either right or left iris relates to the function of the pancreas and will demonstrate a genetic history of Diabetes.

The reactivity and diameter of the pupil is very important in iridology. It is rare to see a completely circular pupil, where deviations take place this can relate to previous spinal and neuromuscular injury or tension – this is a very important assessment tool for those working with the spine and the musculoskeletal system. Also if the diameter of the pupil is enlarged and unreactive in adults this could relate to adrenal gland fatigue as the result of chronic stress.



- 1- Pupil
- 2- Inner Pupillary Border (IPB)
- 3- Pupillary Zone
- 4- Internal border of the collarette (IBC)
- 5- External border of the collarette
- 6- Ciliary Zone
- 7- Limbus

The iris can be divided into different sections relating to the lymphatic system, mesenchyme, gastrointestinal system, skin, liver functions, kidneys, spleen, cardiac risks, immune function and endocrine functions to name a few. We can also look at how many of these systems interact through the application of emotional dynamics and the psychoneuroimmunology.

In some countries where Iridology is applied medically it is referred to as Irisdiagnosis.

What can be identified through iridology?

Iridology helps to identify the underlying pathways to a condition – so a patient may attend for Iridology examination not for a complete “medical diagnosis”, but to pinpoint the causes of a problem and learn how these can be treated, balanced or supported. Many patients come with a specific long-standing condition, such as with arthritis, constipation or eczema. A smaller percentage who attend are healthy and wish to remain that way – this is where Iridology's role as a preventative technique comes to the fore, as we can identify personal genetic tendencies and predispositions and the degree of risk to that individual.

Iridology can often reveal the cause of a condition and also many factors which are necessarily tested for in conventional medicine, but can cause a multitude of problematic symptoms for a patient, such as in Adrenal Fatigue Syndrome, Dysglycaemia – erratic blood sugar levels, Intestinal Dysbiosis or Borderline Hypothyroidism.

Indeed it is incredible and new findings constantly amaze everyone as we can view so many facets of a person's life from the 12mm wide iris.

What we cannot assess through Iridology

For various reasons iridology is not a panacea and the following cannot be detected through analysis of the iris, pupil or inner pupillary border:

- Bacterial infections
- Fungal infections, including *Candida albicans*
- Psoriasis
- Parasites
- Gallstones
- Kidney stones
- Pregnancy
- Length of life
- Loss of organ via surgery (Russian research revealed that the general anaesthetic short-circuits the nervous system in such cases)
- Some types of tumour
- Leukaemia
- Rare genetic conditions (due to lack of experience & research)

Iridology Contra-indications

Some general factors and specific, localised phenomena of the eye can make an Iridology examination difficult or, in rare cases, impossible.

These include:

- Aniridia
- Some cases of blindness
- White Pupil Syndrome
- Certain cases of trauma to the iris or pupil
- Iridectomy
- Severe Iridodonesis
- Iridodialysis
- Iridotomy
- Coloboma in some cases

The Benefits of Iridology

The beauty of Iridology is that it provides us with analytical or diagnostic clarity on many levels. It helps the practitioner to pinpoint the foundation or cause to a problem or identify the contributing pathways to a particular symptom or collection of symptoms. For example, migraines can be triggered via many different causes, such as erratic blood sugar levels, low progesterone levels, liver congestion, chronic sinusitis, certain food allergies initiated via the intestinal immune system or even neuromuscular tension connected to the cervical vertebrae – this could prove to be an overwhelming list of symptoms for the patient *and* the practitioner! Yet a professionally trained iridologist will be able to differentiate between all these causes and focus on the root cause of the problem, through microscopic analysis of the iris, pupil and inner pupillary border.



With any approach in natural health it is essential to identify the foundation to a condition and not just try to address the symptoms, which are, after all, the tip of the iceberg for what is the true nature with most degenerative diseases and chronic conditions.

What many practitioners appreciate about Iridology is its versatility and flexibility, plus the fact that it can be integrated to just about every treatment approach we have. Around the world Iridology is applied in the natural health, chiropractic, GP or specialist's clinic to clarify the underlying cause of a problem. Iridology is utilised successfully by naturopaths, homeopaths, medical herbalists, nutritionists, reflexologists, colonic therapists, massage therapists, osteopaths, Kinesiologists, medics, pharmacists and many more.

Iridology Research

Iridology has a basis of official scientific and medical research in such countries as South Korea, Russia, Romania, Belarus, Latvia & the Ukraine for many decades. Many research and results have been sponsored and accepted officially by health departments and hospitals in these countries.

In more recent times Iridology research has increased at a dramatic pace, although these endeavours have not been officially sponsored. Many worthwhile research initiatives have expanded our knowledge or answered contentious questions in iridology. Research has taken place in Greece, Italy, Spain, Portugal, Cuba, Brazil & England with John Andrews. Much of this research is ongoing and can be accessed through the www.johnandrewsiridology.net website.

Iridology Training

Training in Iridology is to a very high and extensive standard. John Andrews trains practitioners at every level in Iridology, so they can learn to integrate with confidence this exciting tool. There are some pre-requisites with professional Iridology Training, but most people reading Today's Therapist will already have attained these.

For a copy of the latest Prospectus & further information on CD please email or request the CD through the website. The next Holistic Iridology Course begins in September 2006.

About John Andrews

John Andrews is the author of *Iris & Pupillary Signs*, 2nd Edition, *Immunology & Iridology*, *Emotional Approaches in Iridology & Endocrinology & Iridology*. He is the Editor of the *Advanced Iridology Research Journal* and lectures on four continents. In 2004 he was presented with the Ignatz Von Peczely Award in Brazil in respect of his internationally recognised innovative and scientific advancement of Iridology.

John is in private practice in East Yorkshire where Iridology forms the basis to a thriving clinic.

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