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Do the Eyes Have It?

A local woman says a close examination of the eye can offer clues to health woes elsewhere in the body.

Helen Cox believes the eyes are not only the window to the soul, but the window to your health.

Some believe the condition of the eyes, particularly the iris, can provide information helpful in the diagnosis of mental and physical disorders.

Helen, an iridologist - a person trained in analyzing the iris of the eye - believes that examining the iris not only tells what is wrong with you now, but reveals problems in the past and can give advance warning of future health problems.

"The color of the iris, and the dots and lines in it all mean something to an iridologist," she said. "These patterns or markings in the eye also have a significance in relation to parts of the body."

Helen works at the Options Center for Health and Education, an alternative-health center at 4700 N. Prospect Road in Peoria Heights.

Iridology was developed in the 19th century by Ignatz Von Peczely, a Hungarian doctor, and is now being studied in many countries of the world including China and Great Britain.

In iridology, the iris is divided up into segments, each of which represents an organ or function. Where a segment is flecked, or has an unusual color or marking, it is presumed to be an indication of a disorder or weakness in the body.

As a diagnostic tool, Helen believes iridology has several advantages over other systems. By studying the two irises, an iridologist can obtain information about all parts of your body simultaneously. A therapist can deduce not only your present state of health, but also predict potential, future trouble spots before they occur.

An iridologist who is also an acupuncturist or a homeopath or licensed nutritionist, for instance, may then suggest an alternative remedy (usually herbs or vitamins) to treat your condition, Helen explained.

During an iridology assessment, Helen uses a hand-held magnifier to enlarge the view of iris, a concave mirror and a small light to illuminate the iris. Sometimes a photograph will be taken and/or a microscope will be used.



Helen Cox shows a client how to look at her own irises to see what the eyes reveal about her health.

A typical iridology assessment takes about a half-hour and costs \$21.

Helen has done iridology assessments for women in the early stages of pregnancy, men and children and teenagers.

There are also some people who are squeamish about submitting to blood tests or who prefer not to have an x-ray, who might prefer to opt for iridology analysis as a painless diagnostic procedure, according to Helen.

Years ago, sheep and goat herders often did iridology assessments on their livestock.

"They would examine the animals eyes looking for spots,dots, lines and other unusual markings," Helen said. "Then, they would adjust the animals' feed, often adding herbs to their diet to produce healthier livestock."

Helen believes the same can be done with humans, especially pregnant women.

"If I had my preference, I'd would work with women who are in the early stages of pregnancy and eager to make their bodies and systems healthier and more prepared to deliver a child.

Recently, Patrick Haskell, a local chiropractor, had Helen perform an iridology assessment for him.

"I was not experiencing any specific health problems, but I was curious. I had also done some studying and research on iridology on my own.

"Helen told me several things about my health history and alerted me to a couple of areas that I should address. Most of what she told me, I'd rather keep personal. However, she did tell me that I should take care of my chest or look out for my lungs. I don't have asthma and I don't smoke, but my father was a heavy smoker and I have noticed a coldness periodically in my chest area. I believe that some health problems can be genetically inherited."

Helen said she encourages clients to use the information and recommendations she gives them in conjunction with other mainstream treatments.

"Iridology is just another tool for someone to use in their daily health program. It's only an assessment. It's not a treatment or a cure. An iridology reading is just another way of looking at the body and just another tool people can use," she said.

"We are a society that wants to have healthier lives and we're concerned about the quality of our lives, not just longevity... so we have to look at preventative measures we can take to ensure we enjoy longer and healthier lives."