

Iridology

*"There is so much useful information in the iris that iridology has the potential to become one of the most widely practiced assessment tools in both the physical and psychological health fields."*Bill Caradonna, R. Ph.

Iridology is the science of analysing the iris of the eye. Our eyes are the link or bridge between our inner and outer worlds. You might say the eye is a microcosm (small part) reflecting the macrocosm (entire person). The iris has also been likened to a roadmap . . . telling you where you are, where you are headed and obstacles along the way.

Not a Modern Discovery...

Believed to have originated in ancient Greece, research in the art of reading the iris cites Hippocrates as an original practitioner. A 1670 book, Chiromatica Medica, is said to contain statements that "markings in the iris indicate diseases." Folklore contains references to the eyes of humans and animals as "maps" that indicate feelings and physical well-being. There is evidence that numerous religious groups - the Jesuits, the Brahmins and the monks of Tibet, for example - knew that the colours of the eye were influenced by diseased conditions of the body. This was centuries ago. Stone records have been found in Asia Minor that contain drawings of the eye and its relationship to other parts of the anatomy. The Chinese examine the eyes as part of their diagnostic procedure to this day.

In his book Iridology: A Guide to Iris Analysis and Preventive Health Care, 1993, Adam J. Jackson, practising iridologist and physical therapist from London, calls Ignatz von Peczely, M.D. from Hungary the "founder of modern iris analysis." He relates the following incident that remained in Dr. Peczely's memory and resurfaced many years later in his medical practice leading to extensive research regarding the indisputable correlation between the markings in his patient's eyes and their diseases.

"I was only eleven years old, when one day I tried to catch an owl that defended itself violently, and plunged its claws into my hand, and the more I tried to free my hand the deeper did the owl, with its claws, pierce my flesh. There was no other

way but to try by force to break the one leg of the owl in order to extract the claw, and as I was a strong boy I succeeded in doing so.

"During the struggle I and the owl chanced to look each other sharply into the eyes, and the very moment I broke the leg in two, I observed to my surprise a black streak appearing in one eye of the owl. However, a friend of animals, I took the bird home, bandaged its leg, and treated it until it again was well during which time the bird became so tame that it returned and ate at my table in the garden, and continued doing this a long time after it was liberated.

"In the fall of the year the owl flew away, but next summer it returned and was quite tame as it had been the previous year. And one day sitting with it on my hand, I happened to notice the black streak in the one eye of the bird, and saw that it was there just as plainly as on the day when it originated, but it was now bordered and surrounded by white lines!"

Extracted from Iris Science,
Dr. H.W.Anderschou (1916)

Dr. Henry Lahn brought the practice of iridology to the United States from Sweden in 1904. Since then many have worked to bring iris analysis to the attention of both the medical profession and the general public. Bernard Jensen, D.C., N.D., from the USA has been a leader in the field for over fifty years and is an often quoted authority. Germany has produced significant contributions to iridology research - Joseph Deck, Dr. P. Thiel, Pastor Felke, Dr. R. Schnabel.

James T Carter, O.D. defines this system of health analysis as follows:

"Iridology...is the art and science practiced through the observation of the texture, pigmentation, and density of the iris whereby the physical condition and activity of all special organs and/or systems of the body are directly and most profoundly observed. Structural defects, chemical imbalances, toxemias, inherent weaknesses and predisposition, tensions, endocrine disorders, etal., are observed through direct iris examination. The location, and often the etiology or cause, can likewise be determined. Reflex responses to diseases in other areas are most readily de-

ted. The basic premise from which this definition is derived is that each organ or tissue area of the body has a corresponding locus within the iris, which undergoes 'microinflammatory' change simultaneous with the change at the organ level during its imbalance or disease states."

In a 1975 paper entitled What The Eye Reveals, Morgan B. Raiford, M.D., summarized with three points:

1. "The eye is the only organ system that visually displays the blood vessels and the status of our circulation."
2. "The eye is a chemical-electronic computer system. It reveals much of our total electro-chemical balance."
3. "An understanding of what the eye reveals is essential to every medical specialty."

What are we looking for in an examination of the eye?

If you look closely (with the assistance of a magnifying glass), you will see many fibers radiating out sunlike from the pupil to the iris periphery. These nerve fibers are extensions of the brain, and start forming early in the fetus.

If these fibers are straight and lie close to one another, it is said to have "fine density". A "loose density" label attaches to fibers that are wavy or unevenly arranged, with openings between them. Iris density is an indicator of one's general constitutional disposition, tendencies inherited from your parents. Thus, they can act as a sort of **EARLY WARNING SYSTEM** for congenital weaknesses.

This type of information is invaluable to the therapist and the client. It points the way to needed *preventative* measures. One can adjust one's life style and habits long before a weakness is ever manifested as illness in the physical body, possibly making the likelihood of its ever doing so unlikely!

IMPORTANT POINT: A delicate constitution (loose density) can be just as vital as a strong constitution (fine density) when all other factors are weighed and a healthy life style is maintained. If a particular weakness is on your map but you haven't manifested it as yet, there is still

time to change your direction! It's what you do with this valuable information that counts. A strong, resilient type person may ignore sensible health rules and be worse off than the person with a lesser inherited physical integrity. **THIS IS ANOTHER OPPORTUNITY FOR SELF-EMPOWERMENT. WE CAN TAKE CONTROL OF OUR HEALTH BEFORE A PROBLEM OCCURS TO BE "FIXED."**

An interesting observation made by one iridologist....he has several cases on file in which parents "who exhibited numerous weaknesses cleaned and strengthened themselves before conceiving a child. They bore children with beautifully clear eyes, even when their older children inherited defects." So we can influence future generations by empowering our own systems!

(Another bible story comes to mind. Esther was chosen along with other virgins as candidates to be King Ahasuerus's new Queen. However, each woman had to undergo twelve months of "purification" before being taken to the King's bed. Is it possible they were cleansing their systems in order to enhance the health of any royal heirs that might be conceived? Incidentally, the King chose lovely Esther as his Queen...)

Other marks in the eye that a trained iridologist interprets are color or pigmentation, small or large arcs, spokes, furrows or rings, and...wonderful to see...healing lines. Healing lines indicate regeneration is taking place.

Using these "eye maps", the iridologist acquires information about your constitutional nature, state of your organs and body systems, strengths and weaknesses. If trained in the Rayid method, he or she can also identify emotional\behavioral factors.

Iris signs are dynamic and do change over time to reflect changes in the corresponding body areas. Two exceptions: (1) If an organ has been surgically removed, the corresponding iris point freezes in its presurgery condition. (2) Changes under hypnosis are not shown in the eye.

Iridology can reveal:

- ...Constitutional strength or weakness.
- ...Relative amounts of toxic settlements in organs, glands and tissues.
- ...Where inflammation is located in the body.
- ...Underactivity or sluggishness of the bowel.
- ...Spastic conditions or ballooned conditions of the bowel.
- ...High risk tissue areas in the body that may be leading to disease.
- ...Lymphatic system congestion.
- ...Poor assimilation of nutrients.
- ...Healing signs indicating an increase of strength in an organ, gland or tissue.
- ...Adrenal exhaustion, which may indicate low blood pressure, lack of energy, slowed tissue repair, deficiencies of Vitamin C and adrenalin.
- ...Response to treatment; how well the body is healing itself and at what rate.
- ...The overall health level of the body as a unified structure.

Iridology cannot:

- ...Predict or indicate blood pressure levels (abnormal or normal), blood sugar level or other specific diagnostic findings or laboratory test results.
- ...Identify what medication or drugs an individual is using or has used in the past.

Iridology is not a new "fad", any more than the concept of holistic health. Their roots are in ancient wisdom. It does appear a great deal of interest in iridology is being generated today in both traditional medicine and alternative health care. It is an assessment system being used by many different kinds of practitioners. The field continues to be explored, and I feel iridology will assume an ever increasing role in future health programs.

