



BASIC IRIDOLOGY

The following is from a presentation given by Dave Carpenter, N.D., C.Ac., CCI at a Phoenix Health Symposium in 1996 open to the public:

Throughout history the eyes have often been referred to as the “windows” to the soul.” The science and art of using the markings in the iris and the shapes of the pupils is known as Iridology. Each shape, color, pattern and fiber in the iris has meaning to a skilled Iridologist and can assist them in better understanding a person’s physical and emotional strengths and inherent weaknesses. Most modern Iridologists also use Sclerology in their evaluations. Sclerology is based on the sclera lines (lines in the white part of the eye) which seem to show recent changes in health patterns and conditions quite accurately.

In the past few years many Iridologists have incorporated a Spiritual Iridology Model into their work. Using the patterns of the eyes one can determine the essential core of your personality and the balance one has made in their life between the mental, emotional, physical and spiritual parts.

The insights learned from studying your iris signs will help you to improve your health and to make more appropriate choices in your career and in your relationships. This method can also be extremely useful in understanding your children, your partner, business associates, and anyone else in your life.

Basic Information and Physical Categories

Let’s look at this information in two parts: Physical levels and Emotional levels. Please keep in mind, however, that the two go hand in hand.

Blue-eyed type (Lymphatic): These are eyes that are basic blue, with blue-white, or blue-grey backgrounds. These people have to pay particular attention to the following areas: upper respiratory and mucous membranes, bronchioles, villi of the lungs, digestive tract, uro-genital-tract, lymphatic tissues (tonsils, appendix, spleen and lymph nodes) and membranes of the joints. This type also is at increased risk for kidney problems and adrenal gland imbalances and may find themselves dealing with a lot of mucous or catarrh.

Mixed-eye type (Billiary): The mixed eye has discolorations (usually light brown) on top of a blue background. The fiber structure is visible through the color. This type has to watch out for liver related problems. Analysis of these color pigmentations in autopsies has shown that they are composed of materials from the bloodstream which have broken down due to liver imbalance. This type has difficulties with breaking down certain foods, which then stress the liver and get into the blood stream. This fires an immune response which can cause these people to have all kinds of “allergies”. Hence, the liver and digestive system is usually at the root of their problems.

Brown-eyed type (Hematogenic): This is the pure brown eye with tightly woven fibers that completely covers the iris. These people seem to be predisposed to imbalances in blood composition, and hence to blood disorders. Many believe this is partly because they tend to have a difficult time storing an adequate supply of minerals. They seem to have a particular problem in calcium

metabolism. These people need to pay attention to the circulatory system (heart, blood, blood vessels), the organs that make the blood (liver, spleen, and bone marrow), the digestive system and the endocrine glands.

Colors also play an important role in understanding a person's health. In addition to the three types, we must review colors and the impact they add.

Yellow: suggests poor kidney function. (Yellow “chicken fat” found in the white part of the eyes usually indicates gallbladder problems.

Orange: indicates difficulties in metabolizing carbohydrates (starches and sugars) and suggests weakness in the liver and pancreas. Ask about blood sugar problems.

Brown: indicates poor liver function and “dirty” blood.

Rings in the eyes also play a major role. Let's look at the most common rings and what they could mean.

Scurf rim or Ring of Purpose: This is a dark band around the outer edge of the iris and indicates that the skin is not functioning properly. These people generally do not sweat easily, thus losing one of the body's main systems for detoxifying. It also indicates increased mucous production and kidney stress. It can cause a person to be “thick skinned” emotionally, withdrawing or creating a facade.

Stress Rings or Rings of Freedom: These rings look like the growth rings on a tree. They indicate neuro-muscular tension and stress. These people tend to be perfectionists and are very active and accomplishment oriented.

Lymphatic Rosary or Ring of Harmony: This ring looks like a tiny ring of clouds around the outer section of the iris. This indicates a person who tends to have lymphatic disturbances and swollen lymph nodes. These people can experience a lot of mucous, asthma, sinus and ear infections and kidney problems. They tend to internalize other people's problems which comes from their deep seeded need to make everyone and everything “perfect” or OK, even to the point of taking on someone else's problems. They dislike any conflict, tension or strife in their environment.

Lipid Ring or Ring of Determination: This ring is a heavy white ring that partially or completely covers the outer edge of the iris. This ring is mostly found in older people and indicates that hardening of the arteries, arteriosclerosis, and other problems of the cardiovascular system. It also indicates problems with the liver, thyroid, and an increased risk of Parkinson's disease and blood sugar disorders (diabetes). This ring is associated with determination, rigidity, stubbornness and inflexibility. We often refer to people with this sign as being “hard-headed.”

This information is intended for educational purposes only, and does not attempt to diagnose, treat, or prescribe.

Learn more at www.JanBowers.com