

## *Creative Warrior Healing*



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### **GUIDELINES FOR SUBMITTING PHOTOS FOR IRIDOLOGY ANALYSIS**

Iridology is the practice of examining the iris, the colored part of the eye, to determine genetic predisposition and inheritance traits. This non-invasive tool allows both practitioner and client to gain valuable insight into the ways that their body responds to stress and adapts to change, as well as revealing the overall resilience of the body, the effects of the mind on the physical body, and the current state of balance in the system as a whole. Following the assessment, recommendations are provided on how to correct deficiencies and protect against future problems, and can include nutritional modification, exercise management, life-balance practices, and/or instruction in the use of therapeutic-grade essential oils, herbs, acupuncture, and other healing modalities.

An iridology assessment can be conducted by photograph; this is the recommended method for animal assessments. Assessments include analysis of the photo as well as a recommendation report provided by email or conventional mail, as preferred. Reports are typically provided within 3 business days (faster options are available for special circumstances).

To take a good photo for the best possible analysis, please be sure that:

- 1) The entire iris is visible (hold the upper and lower lids away from the iris).
- 2) There is no glare present from lights or camera flash (taking photos in a darkened room yields the clearest colors).
- 3) No "red eye" is present.

Two sample photos can be found below; please contact Jan with any questions:

