

IRIDOLOGY

*Looking through the
windows to the soul*



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What is Iridology?

Iridology is the study of the iris to determine genetic predispositions and weaknesses. Chronic, acute stress and illness may also be discerned. The shape, color, markings, and fibers of the iris, as well as the pupil and the sclera (the white part of the eye) are examined to gain a complete picture of a client's health of mind, body, and spirit.

What can I learn from an iridological analysis?

The primary goal of iridology is to determine genetic weakness, including physical and emotional predispositions, and patterns of familial inheritance. With this knowledge, clients can craft effective approaches to health challenges and tailor preventative measures to fit their highly individualized needs.

The International Iridology Practitioner's Association puts it best:

"Using the road map or blueprint contained in the iris, you can find out how well you are put together (and how much abuse your body can handle), where your body will tend to get sick (including which organ systems are at greater risk), what specific underlying reasons contribute to your symptoms (which may vary from person to person with the same symptoms), and what emotional or behavioral factors are influencing these patterns. In short, it can show you where you came from, where you are headed, what kind of body you have for a vehicle, and what type of driver you are."

What *can't* I learn from an Iridological analysis?

The iris does not bone breaks or injuries, an impending heart attack, or similar. Sadly, our country is filled with practitioners who claim to be able to "see" these signs in the iris, thus attaching a very negative stigma to the practice. Every iris is unique, and shows little change over the course of a lifetime (some changes, such as a blue eye turning green due to a buildup of mucus in the body, are not changes in the iris itself). This means that the iris is perfectly suited to reveal powerful and important information about our genetic predispositions and weaknesses.

What can I expect from an assessment?

An iridological assessment can be conducted in person, or from high-resolution digital photographs. If conducted in person, the iridologist may ask the client to sit still in a darkened room while the eyelid is held open and the eye examined with a microscope. Or, the iridologist may choose to take the needed digital photographs and analyze them with the client present, if possible. Photographs may also be submitted electronically or through mail, in which case discussion follows by phone.

I prefer to work from photographs – using this method frees the client from sitting uncomfortably for long periods of time; provides for easier and more natural discussions about their health; and enables the client to reference the signs I am reading, should they desire.

Iridology is a diagnostic tool, and so the assessment may include discussion of other healing modalities to enable the client to put what they learn into practice. For example, if a client's iris reveals a paternal history of joint weakness and they express recurrent back pain, recommendations could include essential oils to reduce pain and inflammation; nutritional modification to reduce sodium intake (which causes water retention and inflammation) and help maintain a healthy weight; exercises to strengthen supporting muscles; and calming practices to reduce tension held in the shoulders and mid-back.

Who can benefit from an examination of the iris?

Everyone! Iridology is a particularly powerful diagnostic tool for animals, including dogs, cats, and horses. It can be difficult to hold a wriggling animal, examine a dominant dog, or to know what health challenges your adopted pet may face. Because iridology assessments can be undertaken from photographs, iridology is extremely useful in animal care.

Interested in learning more?

Visit www.JanBowers.com for more information, or to set up an appointment.

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