

Iridology

Basic Skills



Window to your Body & Soul

By Narelle S. Duncan

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Note

Medical knowledge is constantly changing. As new information becomes available, changes in treatment, procedures, equipment and the use of drugs become necessary. The author, as far as it is possible, has taken care to ensure that the information given in this text is accurate and up to date. However, readers are strongly advised to confirm that the information complies with latest legislation and standards of practice.

Important!

The information in this book is primarily for reference and education. It is not intended to substitute for the advice of a physician. The author does not advocate self-diagnosis or self medication. The author urges anyone with symptoms to seek medical advice from their doctor or qualified health professional.

All recommendations contained in this book are believed by the author to be effective if properly administered and if the correct remedies are used. However, the author has no control over the remedies used by others or the manner in which they are used, and the author cannot guarantee the effectiveness of their use or be held in any way liable.

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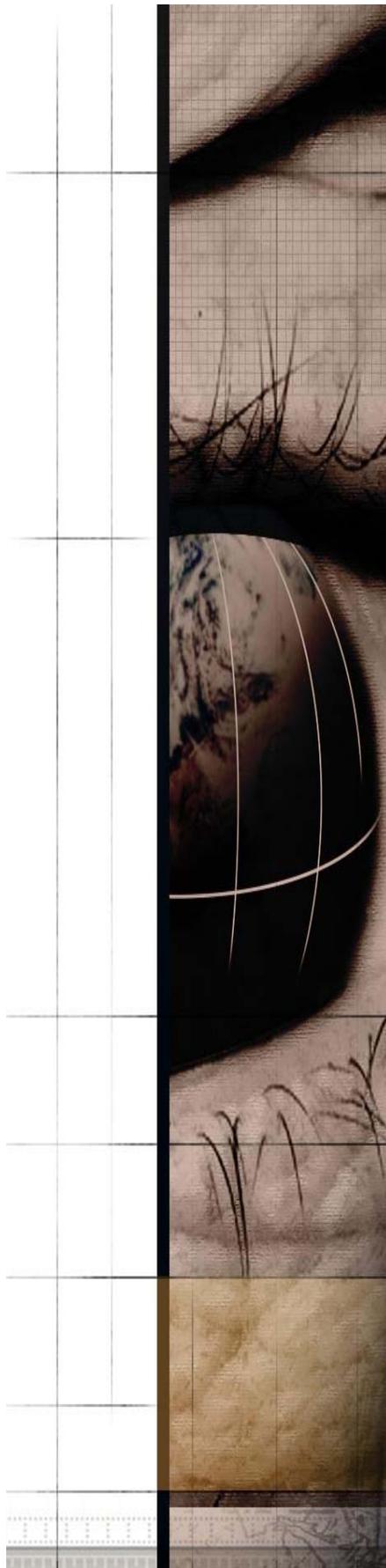
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Eyes ~

The Window to your Body and Soul!

*"There are in fact, two things: science, and opinion,
the former begets knowledge, the latter ignorance"*
Hippocrates

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- X Myths & Truths

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- X The Anterior and Posterior Chambers
- X The Iris and Pupil
- X The Cornea and Lens
- X Image Formation



Introduction

X Iridology ~ The Definition

"The study of the iris as associated with disease"

Bernard Jensen states,

"Iridology is the science and practice of analysing the iris, the most complex tissue structure in the human anatomy. It reveals the presence of tissue inflammation in the body, where it is located and what stage of disease it has reached - acute, sub-acute, chronic or degenerative. The iris reveals the level of constitutional strength, inherent weaknesses, state of health and the transitions that take place in a person's organs and tissues according to the way he or she lives."

Iridology provides us with a holistic diagnostic tool that enables the analysis of the whole person. The reading of an iris gives us a unique insight into the inner environment of the body and its state of health.

X History

1000BC

Iridology's infancy lies in ancient times. In 1000BC the Chaldeans of Babylonia depicted the iris and its relationship to the body in carved stone slabs. This was followed by literature citing Hippocrates as an original practitioner around 450BC. It is said that the art of iris diagnosis was taught at the Medical School of Salerno, Hippocrates training ground. However it was not until the 17th Century that the first explicit description of iridological principles were published.

17th Century

The earliest efforts to correlate changes in the iris were noted by Physician - Philippus Meyens (*Philip Meyen von Coburg*). He described the iris reflex changes in his book - "*Chiromatica Medica*" (1665) and believed that the condition of the heart and spleen could be read in the left iris, the liver in the right. This is still the case today.

1800's

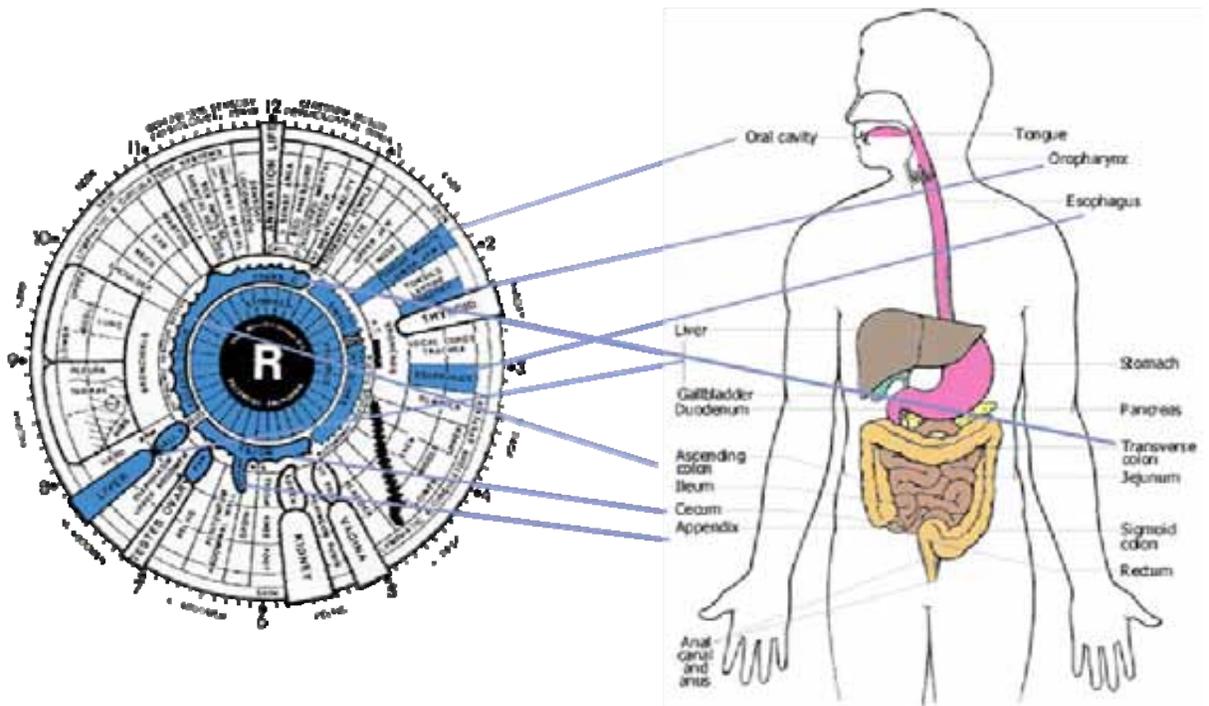
The first use of the word *Augendiagnostik* ("eye diagnosis," loosely translated as iridology) began with Ignatz von Péczely, a 19th-century Hungarian physician known as the "*Father of Iridology*". At the age of 11, Ignatz caught an owl in his garden. In the struggle he broke the owl's leg and noticed a black stripe rising in the owl's eye. He nursed the owl back to health and let it free - but it never left the garden. Ignatz continued to observe the owl and noticed white and crooked lines in the eye where the stripe had been. Eventually these lines became just a tiny black spot surrounded by white lines and shading.



X Nutritive Gastro-intestinal System

The Nutritive Gastro-intestinal system is largely reflected by the shape of the autonomic nerve wreath (ANW – landmark area) and is represented in the Jensen chart as follows:-

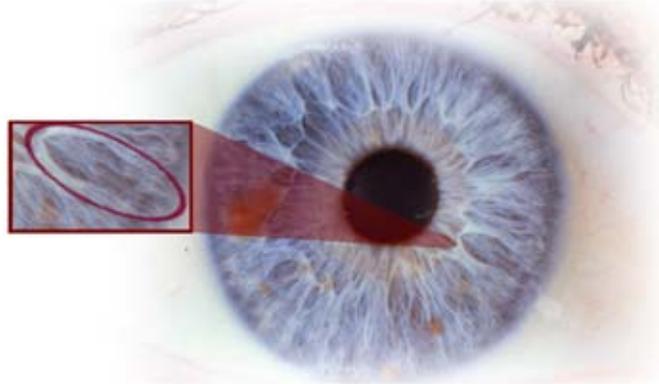
- salivary gland
- mouth
- pharynx
- oesophagus
- stomach
- pancreas
- small intestine
- large intestine



X The Sub-acute Stage

When the acute stage of disease is obstructed the sub-acute stage is initiated. This is represented in the iris by a shrinking of the iris fibres towards the middle layer of the stroma. These fibres darken producing a blue-grey to darker appearance within the fibre structure of the iris.

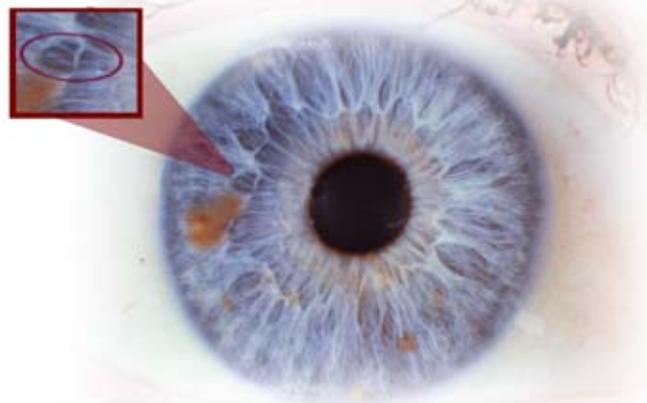
These changes in the fibres of the iris are reflecting lowered vitality in the tissues of the body. The lowered vitality is in direct reflection of tissue atrophy in the areas indicated topographically in the iris. The nerve supply may be reduced and nutrients depleted with reduced circulation contributing to tissue (organ) hypofunction.



X The Chronic Stage

At this stage the fibres wither and darken (dark grey) further indicating an additional loss of vitality. There is a lack of fibre integrity as the trabeculae atrophies deeper into the iris layers. This causes the iris to look like it has a 'hole' in it.

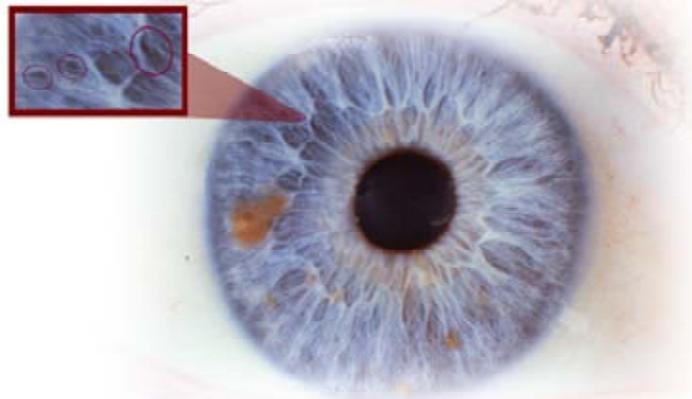
This is the beginnings of disease where the above hypofunction takes its toll and toxicity accumulates due to a reduction in elimination of metabolic waste. In turn, these waste products cause further irritation, congestion and degradation of tissue.



X The Degenerative Stage

The iris fibres are no longer present due to a receding of fibres to the deepest layer in the iris. Deep dark black 'holes' appear in the iris.

This is the final stage of disease where the chronic condition has accelerated into an irreversible state. The devitalisation of tissue has reached a point of degeneration involving decay and necrosis. No blood supply or nutrients are able to reach the area and tissue death occurs.

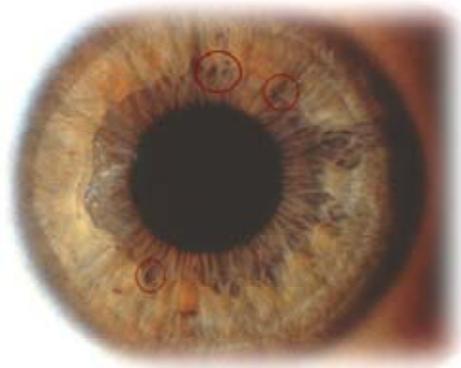


Crypt:

Crypts appear as very small, deep closed lacunae (*grey in colour*) and are considered a genetic sign. They are normally positioned in and around the autonomic nerve wreath (*ANW*) and affect the bowel, but they can appear anywhere in the iris. The topographical area over which a crypt covers corresponds to the tissues or organs which are being affected. In this case its affects are as follows:-

- ulcers
- cysts
- neoplasms

The 'crypt' suggests long-term deep-seated toxins in the area indicated. This is due to an inability to disperse and eliminate the toxic build-up prone to accumulating in these areas. Crypts hold the potential for chronic degenerative diseases and are difficult to reverse.



Defect sign:

Defect signs are even smaller than a crypt and appear as very small pin-pricks or slits in the iris fibres. They are very deep and appear black in colour due to being void of fibre structure. They are a genetic mark and can appear anywhere in the iris. The topographical area over which a defect sign covers corresponds to the tissues or organs which are being affected. In this case its affects are as follows:-

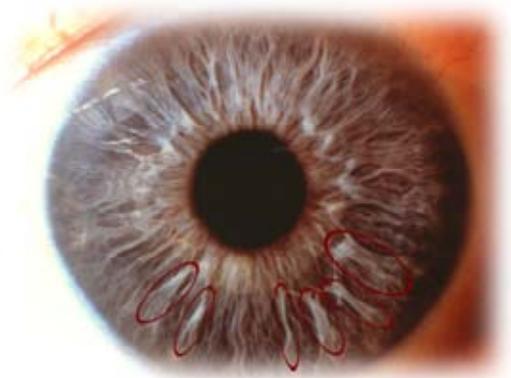
- extensive degeneration of tissue/organ
- cysts
- possible ulcer formation
- necrosis



X Irritations

This iris sign is associated with the raised '*white fibres*' discussed earlier under the "acute stage" of the 'four stages of disease'. They appear as thin wispy white lines to heavy white masses radiating along the trabecula length. They are indicative of:-

- inflammation
- irritation
- acid build-up
- active agitated nervous tissue
- febrile conditions
- low grade infections
- pain
- sensitivity
- discharge



X Nerve Wreath Breaks

The ANW in its normal position continues as a complete circle, a landmark area, between zones 2 and 3. When 'breaks' or 'gaps' appear in the ANW it is indicative of the following:-

- broken nerve supply
- lack of nerve innervation to the area over which the break occurs
- reflex symptoms of nerve deficiency occurs in the corresponding areas on either side of the ANW

The effects of the above may also be considered when a radii solaris, lacunae or crypt breaks through the ANW.

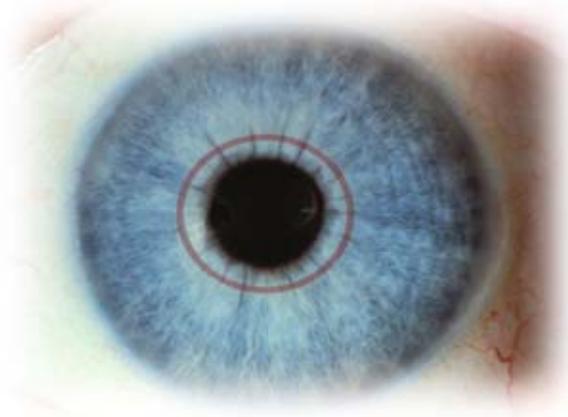


X Drawing in of ANW

The 'drawing in of the ANW' appears as the ANW position pulls in closer to the pupil border than its normal positioning. This may occur in sections of the ANW or a complete constriction of the ANW.

The particular area this occurs over indicates:-

- intestinal tract narrowing
- either a congenital condition or caused by spasm
- tendency towards constipation
- personality – tends to 'hold on' to things with difficulty 'letting go'

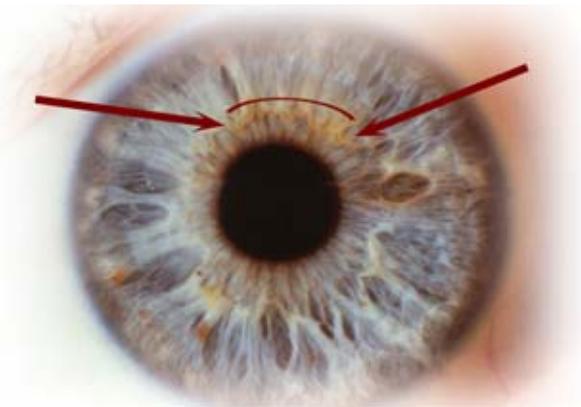


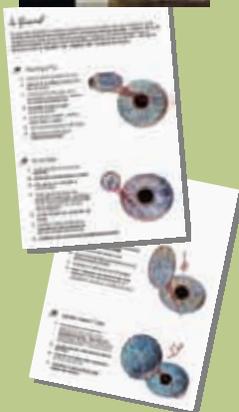
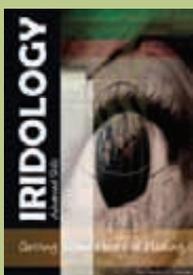
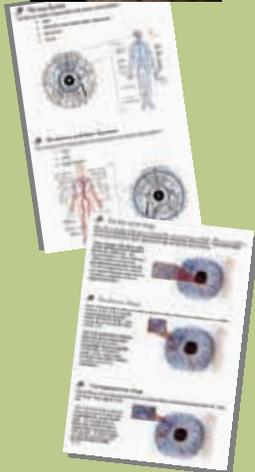
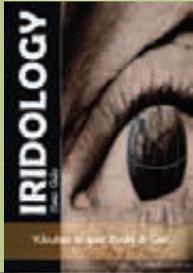
X ANW Drops

Similar to the 'drawing in of the ANW' the 'dropping' of the ANW appears as a pulling in of the ANW towards the pupil border. This sign however, generally only occurs in the transverse colon area of the iris and the rest of the ANW appears as in the normal positioning.

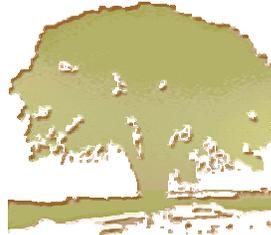
This sign is indicative of:-

- prolapse of the transverse colon





Books in the Series...



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IRIDOLOGY Basic Skills

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- Discover the history and workings of Iridology
- Learn constitutional iridology by Bernard Jensen
- Discover the basic signs of iris diagnosis
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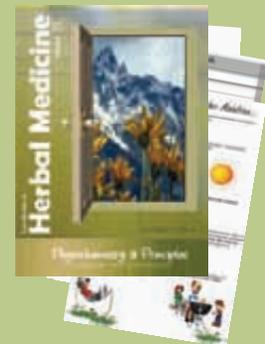
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Narelle S. Duncan has been practising Naturopathy and Life-style Counselling on the Gold Coast, Australia since 1996. She has lectured for many years at Naturopathic Academies teaching Herbal Medicine, Iridology, Counselling Psychology and supervised Clinical Practice. Her wealth of knowledge has been immortalised within 4 volumes on Herbal Medicine and two volumes on Iridology.



Narelle is the co-founder and director of the “Soul Growth” Series - self-empowerment workshops. Together with co-director Leonie McDonald, Narelle infuses people with self-awareness, highlights soul lessons and teachings and provides the knowledge and tools to stay ‘on track’ with your life destiny.

As a keen Astrologer, Narelle works within the psycho-emotional model of Astrology in combination with her Naturopathic skills. Using her natural perceptive gifts, years of study and practical experience, she is helping countless people get in touch with their passion to live their ‘best life’.

Iridology

Basic Skills

- Discover the History of Iridology
- Explore the scientific workings of Iris Diagnosis
- Acquire the tools of the trade and use Iridology as a diagnostic tool
- Study the American system of Iridology explored by Dr. Bernard Jensen
- Learn iris constitutions
- Stages of disease as reflected in the iris
- Iris markings and signs displayed in *full colour iris photos*
- Basic pupil signs



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