

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC
Alternative, Complimentary and Preventive Health Care Services
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What is Iridology?



When people are asked what they look at first when they notice an attractive person, several answers come to mind; some say they notice how a person walks or what a person is wearing. Some notice the perfume or cologne they wear, some take notice of the type of body, or the color and style of hair. However a great proportion of people notice the eyes of a person, for the eyes are often described as the windows to our soul.

When we look at people's eyes, we can often determine whether people are lying, whether they are angry or whether they are in love. We often can tell whether people are tired or not feeling well because the eyes will appear dull or lack the usual sparkle when people are not in the best of health. The eye is not only the window to our soul; the eye is a map to our body.

Definition

Iridology, also called iris analysis is the study of the iris (the colored part of the eye). Iridology or iris analysis as it is often called is a method used in alternative health care to analyze the health status by studying colors, patterns, marks and signs in the iris, pupil, and sclera of the eye. Iris "readings" are made to assess a person's health picture (physical, emotional, mental, and spiritual) and guide them to take measures to improve their health.

Have you ever noticed that there often appear clouds or marks in the iris of your eyes and these often change depending on your state of health or age? Have you noticed that your left eye is different than your right eye? If you have, congratulations, as many people believe that their eye color remains the same all of their lives.

After studying thousands and thousands of irises in great detail over many years, you will notice changes in the irises, pupils, and sclera of eyes and have come to the conclusion that what is revealed in the eyes, tends to mirror the state of health of the entire body. The iris of the eye has been mapped where each place represents the health a different body organ or system.

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Iridology cont.

How did Iridology start?

The basic concept of iridology has existed for centuries. The medical school of the University of Salerno in Italy offered training in iris diagnosis. A book published by Philippus Meyers in 1670, called *Chiromatica medica*, noted that signs in the iris indicate diseases. Dr. Ignatz von Peczely, however, is generally considered the father of iridology, with the date of his discovery given as 1861.

Von Peczely was a Hungarian physician. As a child, he accidentally broke an owl's leg. He observed that a black line formed in the owl's lower iris at the time of the injury. After the owl's leg healed, the young von Peczely noted that the black streak had changed appearance. As a physician, he treated a patient with a broken leg in whose eye he observed a black streak in the same location as on the injured owl's iris. Von Peczely became intrigued by the possibility of a connection between diseases and eye markings. Through observing his patients' eyes, he became convinced of this connection and developed a chart that mapped iris-body correlations.

After several decades of comparative study, von Peczely mapped organs across zones identified by hours and minutes on a clock face superimposed over drawings of the eyes. In 1881, he published his theories in a book called *Discoveries in the Field of Natural Science and Medicine: Instruction in the Study of Diagnosis from the Eye*.

Since then, many scientists, doctors, and health professionals around the world have studied iridology. Iridology is taught in countries like America, Australia, Germany, and Russia, where even modern medicine has begun to take notice.

A Swedish pastor and homeopath named Nils Liljequist also developed the concept of iris-body correlations at roughly the same time but independently of von Peczely's work. He was the first iridologist to identify the effects of such drugs as iodine and quinine on the iris. Liljequist based his initial observations on changes in his own irises after illnesses and injuries, publishing writings and eye drawings during the late nineteenth century. One of his students, Dr. Henry Lahn, brought the practice of iridology to the United States. A variety of practitioners, primarily European, have sought to popularize iridology since these early works. Dr. Bernard Jensen, a chiropractor, is the best-known contemporary American advocate of iridology.

TODAY

Today, Iridology is an alternative and complimentary analysis to find the potential causes of many health problems. Modern medicine unfortunately has its limitations and many diagnostic techniques such as blood tests and x-rays are often painful, invasive and carry with them a certain degree of risk. An Iridology evaluation is an absolutely safe, non-invasive, painless and reliable method of obtaining information about the health status of an individual and one of the few real methods to view all the body organs and systems as a whole and how they interact with each other. In recent years Iridology and natural health care have shown unbelievable growth and acceptance in a population that is being over medicated with pharmaceuticals. The potential is fantastic when Iridology in combination with other natural healing methods such as Nutrition, Chiropractic, Massage, Acupuncture, Exercise, Homeopathy, Herbal Medicine, vitamin, mineral and supplemental therapy for chronic health problems.

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Iridology cont.

Benefits

Iridology analysis: by studying the patterns of a person's iris, helpful and accurate health and wellness information can be found. Iridology is a holistic endeavor in that it addresses the person's whole being in the reading. The range of information gleaned encompasses physical, emotional and mental aspects of the person's health picture. In addition to assessing the person's general level of health, readings can reveal other data, including energy quotients; internal areas of irritation, degeneration, injury, or inflammation; nutritional and chemical imbalances; accumulation of toxins; life transitions; and subconscious tensions.

The eyes reveal information about the person's physical and emotional constitution, such as inherited weaknesses and risks to which the person may be prone. Strengths may also be revealed, including inherited emotional tendencies from which the person derives particular talents. Cleansing and healing can be verified by changes in the iris. By looking for certain signs such as healing lines, iridologists obtain information about previous health problems and injuries and discover what may have gone wrong in the person's past.

An iridology reading reflects the causes of problems, not symptoms. It may reveal that organs or systems are overstressed or predisposed to disease before clinical symptoms even develop. By predicting future problems, iridology can be used as a preventive tool. People can use the information from iridology readings to improve their health and make better behavioral choices in the future, thereby heading off problems before they occur.

In North America, iridology is generally considered to be an assessment tool to be used in cooperation with other health specialties.

Description

Iridology is generally based on the concept of neural and chemical pathways between the body and the iris. Although iridologists may differ on the exact mechanism, all agree the iris reflects what is happening throughout the body via nerve conduction from all parts of the body to the eye. Your health is assessed by the iridologist, who interprets patterns, shapes, rings, colors and pigmentation markings, fibers, structures, and changes in the pupil and iris. Also sclerology (reading the lines in the white part of the eyes) is evaluated in the health evaluation.

Iridology readings are performed by our certified holistically oriented naturopathic educator and nutritionists, who is also a certified Iridologist. The reading is done by a digital camera and analyzed with the help of a computer program.

Chart readings on which each area of the iris is mapped to a specific body system or organ, is consulted. Iridology charts divide the iris into numerous zones corresponding to different parts of the body. Although the specifics may differ on each chart, all share a general pattern. The left eye is mapped to the left side of the body and the right eye to the right side. The top of the eye is mapped to the upper body (e.g., brain, face, neck, chest and heart). The center of the eye is mapped to the stomach and digestive organs, with other organs being represented by concentric circular zones moving outward toward the edge of the iris. The bottom of the eye is mapped to the legs and lower half of body. Paired organs (e.g., the kidneys) are mapped to both irises.

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Iridology cont

Using a holistic approach that considers each client as an individual with unique health patterns and concerns, behaviors, and experiences, our Iridologist will examine your eyes and make a health assessment. Based on the results of that reading, she will recommend a wellness program tailored to your individual physical, emotional, and life situation.

This program may incorporate various health improvement, maintenance, and prevention regimes. Recommendations may include lifestyle changes of vitamins, minerals, herbs, supplements, and/or diet and nutrition, among other suggestions.

Training & certification

Iridologists receive training from various sources. They may learn their trade through books, tapes, correspondence courses, online classes, or live classes. Certification must be obtained from a certified school.

Resources

BOOKS

Jackson, Adam J. *Iridology: A Guide to Iris Analysis and [Preventive Health Care](#)*.

Boston: Charles B. Tuttle, 1993.

Jensen, Bernard. *Iridology: Science and Practice in Healing Arts*, Vol. II.

Escondido, CA: B. Jensen, 1982.

Jensen, Bernard. *What is Iridology?*

Escondido, CA: B. Jensen, 1984.

Jensen, Bernard and Donald Bodeen. *Visions of Health: Understanding Iridology*.

Garden City Park, NY: Avery Publishing, 1992.

Worrall, Russell S. "Iridology: Diagnosis or [Delusion](#)?" in *Science Confronts the Paranormal*, ed.

Kendrick Frazier. Buffalo, NY: Prometheus Books, 1986.

ORGANIZATIONS

Canadian Neuro-Optic Research Institute. P.O. Box 29053. 4324 Dewdney Ave. Regina, Saskatchewan S4T 7X3. Canada. (306) 359-7694. Fax: (306) 525-2659. cnricontacts@cnri.edu. <http://www.cnri.edu/>.

International Iridology Research Association. PO Box 1442. Solano Beach, CA 92075-2208. (888) 682-2208. IIRAOffice@aol.com. <http://www.iridologyassn.org/>.

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