The Science & Practice of IRIDOLOGY

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Iridology is a science that involves the use of the Iris and white of the eye to diagnose and monitor tissue changes that are occurring or have occurred in the body. The iris is the “fingerprint” of the body and reveals the uniqueness of individuals. Iridology displays body constitution, inherent weaknesses, inflammations, level of health and transitions that take place due to lifestyle. Appropriate herbal formulations and other nutritional factors can be readily chosen.
Imagine a system of diagnosis that is like a body scan without excessive expenses, the use of potentially harmful effects of radiation or chemicals or even painful procedures. Iridology is such a system. It can accurately give “readout” of exactly what is going on in your body including your genetic strengths and weaknesses. Iridology can accurately pinpoint the likely cause of any illness to give direction to appropriate methods of treatment.

The iris of the human eye is similar to a computer screen in that it displays information on what is held on database. All it requires is an operator with the right knowledge and skills to access and interpret the data.

Iridology has been practiced for centuries by the American Indians, Ayurvedic physicians of India, the ancient Chaldeans and others, but it wasn’t until a Hungarian doctor, Ignatz von Peczely (1826 - 1911), rediscovered it, that Iridology found its place in the modern western world. Today Iridology is a widespread science practised in many areas of the world including USA, Russia, China, Europe and New Zealand.

**How does it work?**
The human eye is formed within six weeks of fetal life and is connected via the optic cord. There are more than 28,000 nerve fibres in the iris and when viewed under an electron microscope, each fibre separates into many more fibres, much like an electric cable. All these “cables” eventually run to the brain. Indeed, it could be said that the iris fibres are reflective of brain tissue.

The brain is in contact with all the nerves and cells of the body and the iris becomes a screen on which the central and autonomic system project information about what is happening all over the body. The iris is like a multi-dimensional, multi-coloured, holographic display of interpretable data relevant to the health of the individual.

Note that iridology doesn’t diagnose *specific diseases*. Those not fully versed in the science have largely misunderstood the point. The place of Iridology as a diagnostic tool is to clearly demonstrate what happens when *dis-ease* is suppressed and to show the various levels of inflammation or *dis-ease* as it progresses.

Acute shows up as a bright white mark in the iris fibres and is associated with pain and inflammation. Subacute dis-ease (the beginning of suppression) is displayed as a light grey mark. Chronic dis-ease shows up as a dark grey mark and Degenerative dis-eases as a black mark. Remarkably, as the body heals, these signs also change accordingly.
In developing the foundations for our studies in iridology, we brought forth the fact that the eye is an extension of the brain. Thus, the eye is useless without the brain. In iridology, we read that which is being extended from the brain—the computer or central switchboard for receiving and sending messages to every organ, every activity and all bodily functions—mental and physical. This readout in the eye is a mirror of what actually happens in the brain, as well as reflexly in the whole body.
The eye doesn't actually see objects. Instead, it receives light reflected from the objects. Light rays enter the eye through transparent tissues. The eye changes the rays into electrical signals. The signals are then sent to the brain, which interprets them as visual images.

Eye formation begins during the end of the third week of development when outgrowths of brain neural tissue, called the optic vesicles, form at the sides of the forebrain region. The major structures of the eye-the retina, lens, and eyeball coats- are initially formed by the fifth month of fetal development. During the remainder of the prenatal period, eye structures continue to enlarge, mature and form increasingly complex neural networks with the visual processing regions of the brain.

At birth, an infant's eyes are about two-thirds the size of adult eyes. Until after their first month of life, most newborns lack complete retinal development, especially in the area responsible for visual acuity. From the second year of life until puberty, eye growth progressively slows. After puberty, eye growth is negligible.

The human eye is in direct communication with the brain throughout our lives. The iris forms the visual display unit of body - mind dynamics. The eyes have been described as the "Windows to the soul"
The iris map above is designed to make this fascinating art and science understandable. The left iris corresponds to the left side of the body and the right iris to the right side. The iris is mapped into zones radiating from the centre outwards.

**Zone 1.** Stomach  
**Zone 2.** Small intestine and lower bowel  
**Zone 3.** Heart, pancreas, pituitary gland, adrenal glands, gall bladder, solar plexus, parathyroid, bronchioles, bronchus, uterus and prostate.  
**Zone 4.** Lungs, ribs, liver, pelvis, kidneys, bladder, ovaries, cervical spine, thyroid etc.  
**Zone 5.** Oesophagus, spleen etc.  
**Zone 6.** Arteries, lymph and veins.  
**Zone 7.** Skin.

These are further divided into sections as a clock face for ease of location. By cross-matching the practitioner can identify and describe each location, for example, the heart is in the left iris at 3.00 PM zone 3. The iris signs, as well as related sclera (white tissue of the eye) and pupil tone and shape, all give indications of function or dysfunction, metabolic waste settlement and vitamin or mineral deficiencies etc.

Notice that the map is like a wheel, the digestive system being the hub of the wheel. We know those embryological organs, glands and tissues develop firstly from the gut of the growing foetus. It remains that all organs and tissues are still dependant on the gut for nourishment and that a reflex relationship to these areas remains (as seen in zone one and two of the map) This is like the hub of a wheel and the organs, glands and tissues are the spokes. Like a bicycle wheel, the hub is the most essential part, the wheel can still function with a few missing spokes but it cannot do without the hub. Iridology clearly demonstrates that it is the digestive systems of the stomach and bowel then pancreas and liver that needs to be taken care of first. All the cells of the body are dependent on a healthy digestive and eliminative system. Holistic health practitioners over the years have clinically observed this principle.
The right iris in this diagram is representative of the male anatomy. This is for ease of showing both genders in the one chart. Psychologically the right iris is thought to representative the male genetic inheritance. The right eye is normally representative of the right side of the body expect in very rare cases where this is reversed. Observe that in the right eye we find the right-sided organs such as the Liver, gall bladder and pancreas whereas the left-sided organs of the heart, and spleen we find in the left iris. Note that the diagram shown here is observed through the convex lens and the view is not only slightly distorted; it is observed from an angle that differs somewhat from the angle of most anatomy drawings. However the accuracy of the zones or positions in the iris have been determined and agreed upon by the vast majority of expert iridologists over time and practice. Note also that as no human being is exactly ideal or true to form to the average that the positions of organs, structures glands etc. in each iris can vary as much as 30 degrees. This is where the science of iridology is also an art based on both diligent study and keen experience.
The left eye is representative of the female anatomy here in this chart. This is for ease of displaying both male and female systems in the one chart. Of course if the patient is male then the female organs here would not apply and the male equivalent organs would be in their place. Psychologically however the female aspect or traits are in the left iris of both males and females. Notice that in the left iris we have the heart and the spleen while in the right iris we have the liver, gall bladder and the pancreas.
THE BOUNDARIES OF IRIDOLOGY

Iridology is more than an idea whose time has come. Medical technology has reached a point where, at times, it cannot see the wood for the trees. Current medical diagnostic techniques can be isolationist in approach and the whole picture is seldom seen or addressed. By treating symptoms without a true understanding of the cause we have a danger similar to trying to fix the oil leak in the car by taking the warning light out. The science and practice of iridology is much like the dashboard light of the car. Just like the preventative measures can then be incorporated along with appropriate health care.

What Iridology can do
Determine genetic strengths and weaknesses
Levels of inflammation
Certain structural dysfunction
Certain functional dysfunction
Endocrine relationships and imbalance
Vitamin and mineral deficiencies
The presence of parasitic organisms - non specific
Acute, sub- acute, chronic and degenerative conditions.
Likely prognosis or healing rate of the patient - within natural variables
Level of toxins - specific and non-specific
Give a guideline to the practitioner for further tests and confirmation
Determine nutritional needs, including;
Diet, Herbs and other supporting therapies

What Iridology cannot do
It does not diagnose disease
It cannot tell viral diseases
It cannot diagnose pregnancy
It cannot diagnose kidney or gall stones because they are not part of the body
It cannot show operations - the areas are no longer recording.
It cannot predict the future - only likelihoods which you may change
It cannot determine some cancers
It has nothing to do with astrology, palm reading or the occult

Iridology, along with a proper case history and physical examination and sometimes backed up by laboratory analysis, is an invaluable tool for both practitioner and patient. For the doctor it gives an immediate indication of the “ground” and treatment protocols. For the patient the understanding of the situation and why and how long treatment may take.

At 6 weeks of fetal life the eye is created and extends from the brain in the form of the optic nerve, which terminates as the Iris of the eye. Iris contains fibres termed trabeculae, which in themselves contain many more microscopic fibres much like an electric cable. This cable contains cells rich in mitochondria - the powerhouse of the cell, and is remarkably like brain tissue. The iris tissue remains connected to the brain, which is in turn intimately connected to all areas of the body.

Everything is seen in relationship and the focus is on correcting functional disturbances that may not be readily seen in any other form of diagnosis.
1. Stomach
2. Cardiac sphencter
3. Pylorus
4. Duodenum
5. Peyers patches
6. Villi of small intestine
7. Ileocecal valve
8. Appendix
9. Ascending colon
10. Transverse colon
11. Liver
11A. Gall bladder
12. Descending colon
13. Sigmoid colon
14. Pancreas
15. Adrenal gland
16. Pituitary gland
17. Thyroid
18. Testes
19. Ovary
20. Uterus
21. Vagina
22. Prostate
23. Penis
24. Kidney
25. Bladder
26. Fallopian tube
27. Pelvis
28. Clavicle
29. Cervical / neck
30. Scapula
31. Spine
32. Lungs
33. Bronchioles
34. Bronchus
35. Sinus
36. Trachea
37. Oesophagus
38. Heart
39. Arteries
40. Lymphatics
41. Veins
42. Skin
43. Autonomic nervous system
44. Temperomandibular joint
45. Sola plexus
46. Cerebrum
47. Occipital lobe
48. Cerebellum
49. Brain stem
50. Breast
51. Mastoid
52. Ear
53. Small intestine
54. Spleen
The advantage of using the Iris of the eye to determine factors in health is that unlike any other area of the body the iris is transparent and it is much like seeing through the body, observing relationships of organs, glands, and their structures and functions.

**All cure comes from within.** The gastro-intestinal system is the central hub of the wheel and all organ systems are dependent on this for nourishment. Structure and function can be clearly observed and a rational system of cure devised.

Iridology does not diagnose disease in the same way as “main stream” medicine. Iridology analysis works holistically. It is the **whole system or rather the patient - not the disease**, which forms the basis of the technique. The practitioner of Iridology makes no attempt to diagnose disease in the same way as other methods. Everything is seen in relationship and the focus is on correcting functional disturbances that may not be readily seen in any other form of diagnosis.

Iridology is a science that involves the use of the eye to diagnose and monitor tissue changes that are occurring or have occurred in the body. It reveals inflammation as well as the location and stage of its manifestation. The Iris also reveals body constitution, inherent weaknesses, and level of health and transitions that take place in the body due to lifestyle.

This educational program is designed to assist you to understand the basics of Iridology. It is to your advantage to study the human body, nutrition and herbs as all these things are integrated in the science and art of Iridology. Methods of improving the health of the body-mind complex should be searched out. Although a perfectly well individual may not exist, one is afforded the opportunity to prevent illness or improve quality of life through even a basic understanding of Iridology.

The body is a servant to your mental leadership, discipline and discernment. It knows so little without a good driver and one who knows where s/he is going. Truly the body needs a good path to travel on. The body responds to that good path.

A more natural life is the means of obtaining a more clean body. One who has earned a clean body has a zest for living; life is a challenge. Greater contributions may be made to society and to the family unit. Happiness and harmony are a wonderful reflection and an example to friends, family and professional associates. Good health allows a person to become the individual s/he wants to be and to attain the highest goals.

Herbs, Nutrition and Iridology go together. Iridology determines the extent of nutrition’s effectiveness in an individual. All tissues are altered according to the nutritional program applied and the living habits taken up. Improper living habits undermine the body until the body is eventually unable to reverse toxic conditions; chronic conditions may result. A nutritional program should be of a cleansing nature; if this is so the iris records favourable changes. Nutrition is not the whole solution, but without it illnesses manifests first subtly by a lack of ease (dis-ease) symptoms followed by the acute (painful) stage, drops down to the sub-acute where there is a general susceptibility, then on to the chronic and finally degenerative. It is infinitely better to begin a health restorative program at the earliest stage possible and if no dis-ease symptoms are present better still to follow a preventative program.

Organs of primary importance to your health are considered first. It is considered important that you understand why these organs are important. A health program can be designed for you or your client’s specific needs and is covered in greater detail in the later part of this educational program.

Herbal remedies /solutions are alluded to throughout this training series. Herbal supplements are the ideal choice in health restoration and integrate easily with Iridology. Indeed for every Iris sign there is an appropriate herb or herbs to restore the balance.
It is recommended that if you are to take this Iridology course seriously and wish to make practical use of it, that if you haven’t already done so, you are best to study Anatomy and Physiology and related sciences thoroughly. Appropriately chosen herbs are the most suited to your genetic program and your physiology recognises the phytochemicals (plant chemicals) and active principles. The formulas chosen are designed to:

A. Activate normal bodily processes
B. Build new tissue, and
C. Cleanse your system of toxins

In this way well-chosen herbs support what your body is doing anyway, except in a more powerful way. The herbal program speeds up the process of healing and supplies nutrients and active principles specifically to achieve a better outcome. This is unlikely to happen with diet or exercise alone.
CONSTITUTIONAL STRENGTH -
HOW WELL DO YOU STAND UP UNDER STRESS?

CONSTITUTION
An indication of the person's general constitutional type can be gained from their Iris. Note the iris is made of many fibres and the densities of these fibres give us some indication of the corresponding density or constitutional strength of your body. In a way, the number of Iris fibres suggests the amount of impact your body can take. Like a natural fibre rope, its density is determined by the type of work it is required to do, whether to hold a ship to port or to tie a shoelace. Rest assured, the fibre density is right for the special purpose they are here for. Constitutions can be compared between an oak and a pine tree. The solid oak termed “silk” is regarded as the best constitution and the loose grained pine tree is the poorest. An individual with an oak or silk constitution can abuse his or her body and maintain fair health while a pine or net constitution (poor) cannot remain healthy while abusing his or her body. The silk has excellent recuperative powers and their body rejuvenates tissue effectively. The silk linen and linen constitutions have a fair amount of recuperative ability while the Hessian and net constitutions have a lower rate of change. Real examples of each iris constitution will be shown in a later section of this book.
SILK:  This is an excellent constitution, which shows a vital genetic heritage. The body is able to resist illness and disease and recover quickly. It is rare to see constitutions like yours especially visiting a Doctor or Naturopath. Their physical strength is a great blessing. Silks tend to be workaholics, and if they overdo things even their excellent structure can break down. The problem is that it usually takes quite a lot to bring it down and when it does it could already be at a chronic stage. These types are not always aware that the things they do are stressful to their bodies. They have a “Lamborghini” body and it is not a good idea to feed this precision machine poor fuel. Only the finest nutrition is suitable even if they feel they can "eat anything" - eventually the body will feel the strain. Without a healthy daily routine they can become irritable, intolerant, and be rather difficult to live with! Generally this type lives a long, healthy and prosperous life. Many of the oldest survivors in our population have Silk irises. There are generally fewer structural problems than with any other type. It is a fortunate constitution, which many others do not have. Awareness and understanding of where others stand in the scheme of things is a valuable asset for these types if they can see that others may have a different but valuable form of strength also. Often natural leaders, Silks can be much focussed on the job at hand and demand only the best from themselves and others.

SILK LINEN This is a good constitution. This is generally above average in strength as the grandparents or great grandparents were genetically strong. Rare in type, their resistance and stamina carries through in succeeding generations. The key to this constitution is movement. Mineral reserves are generally excellent, yet unless the body moves frequently, these mineral salts along with metabolic waste acids can form crystals and settle in muscles and joints. Normally, silk linens have tremendous reserves of energy and stamina. However, when more work than eating, sleeping and recreation is demanded, silk linens will show signs of stress and functional imbalances. Because of the abundance of acid mineral salts, joints and muscles may start to ache, and there is a tendency to kidney or gallstones. Acid salts and other metabolic wastes will build up quicker in these systems than any other type, especially if there is any congestion in the kidneys, liver, lymph or bowel. Constipation can be an issue, yet is not always recognised as such because the bowel can move every day and still be retaining waste. A good fluid intake is essential - around two litres of fresh filtered water daily. This helps to prevent the build-up of mineral salts that form hard nodules or calcifications, which are much, like the formation of stalactites and sedimentary rock. The recommended herbal formulas and diet etc. given for silk linens are generally designed to help prevent stiff and aching muscles.

LINEN: These are average constitutions. Most of us fall in this middle category, not too strong, not too weak, depending on the daily stresses of your life. Linens have been affected by external factors, possibly over generations and over the present lifestyle. They are generally more sensitive emotionally as well as physically. Mineral deficiencies are common here. There is also a greater degree of sensitivity to outside experiences. Linens need to seek comfort and running repairs and may be in the "twilight" zone of health, where various symptoms are difficult to diagnose throughout the standard medical system. Often nothing will be conclusive in blood tests and no real answer will be found. This is 90% of human illness - not sick enough to be sick and not well enough to be well. This type of constitution can get very ill if a condition is allowed to exist without proper identification and management.

HESSIAN: These iris fibres show larger spaces between them and have a natural flexibility in their personalities. Hessians are quite aware of structural and feeling changes in their bodies than many others are. Prone to distraction at times, glandular and hormonal balances can control their moods and determine which way feelings will swing back and forth. Understanding of this unique body chemistry can help them gain more control in their lives. They need lots of rest, purpose and focus to achieve the best results. Hessian are quite low in minerals, especially calcium, phosphorous and magnesium, and do not retain these minerals well. They can become very "stressed out" as nerves are denied their supply of pacifying nutrients. Fatigue and irritability can become a "syndrome" unless these issues are addressed. Minerals from herbal sources are generally best for them as they do not assimilate tablets well.

NET: The Net iris is one further advanced than the Hessian. The fibres of the iris are much larger apart. Similar to the Hessian the Net irises show a constitution whose mineral requirements are highest of all individuals. Psychologically these individuals are able to "screen" or "block out" overstimulating stresses. Food allergies are common here and the individuals need for minerals is greater than average, yet the ability to assimilate them is often impaired.
There are four levels of disease beginning with the acute stage. This first stage is displayed on the iris as raised white fibres. Here there is heat, inflammation and pain or simply an acute discharge. The second stage results from suppression and is displayed on the iris fibres as light grey; often no symptoms are felt beyond a feeling of general tiredness - the "twilight" stage of disease. As the sub acute is left to progress due to neglect or incorrect living habits the progression of fibres goes downward to the chronic where 80% of diseases are found. If the chronic is not dealt to with right living measures tissue will break down presenting "black holes" or degenerative lesions.

**ACUTE**: Many raised white fibres over the normal iris fibres. Represents pain, inflammation and a higher level of activity. The first stage of disease.

**SUB ACUTE**: Fewer raised white fibers. White border to lesion but darker color inside the lesion. This represents suppression and is the second stage of a disease process. Often symptoms are absent but a weakness exists awaiting a move towards either chronic (worse) or acute (healing).

**CHRONIC**: Charcoal colored lesion with only a few white fibres running through it. Represents further suppression. Symptoms are present and problematic.

**DESTRUCTIVE - DEGENERATIVE**
Black lesion, Absence of white fibres. Represents tissue destruction. No or little nerve connections and sometimes an absence of obvious symptoms.
Section 1&3 Fibres are lying even and flat with absence of chronic lesions.

The cells in the trabeculae (iris fibres) contain more mitochondria (the powerhouse of the cell) than any other cell of the body. As the mitochondria "die off" each fiber looses light and luster and sinks deeper toward the retina, showing the appearance of lesions varying in shades of light. Where these shades and lesions form the Iris map shows the area or terrain affected.

Section 2. Fibres are uneven, raised, twisted and form open holes. Presence of chronic and destructive lesions. Increased Strata effect when viewed with side lighting.
PUPIL RESPONSE
The pupil may be extremely tense and tight (small) under nerve-tension causing living conditions. It may become very relaxed in the individual who is resting, who is fatigued, and who has depleted his or her body’s vital energy. Such a person is enervated. Note that one pupil may be larger than the other. In this instance, the response may be related to circulation/heart activity; it may also indicate the use of drugs or inherent weaknesses.

ELIMINATIVE ORGANS
The body is constantly breaking down or disintegrating. Dead blood cells and worn out cells and organic material must be eliminated effectively, if eliminative organs are unable to function effectively, end products of metabolism, worn out elements and cells will not be eliminated properly. This builds up toxic overload to your system.

DIGESTIVE SYSTEM IS THE GREATEST IN IMPORTANCE
Iridology shows how important the digestive system is to your entire body. Improper diet, stress or faulty nutrition can undermine digestion and these adverse conditions prevent the proper flow of digestive juices. The bowel is the second most important system, which is responsible for elimination. The blackest, most underactive function and the most chronic and toxic areas are always located in the bowel region. The bowel is most adversely affected when vital energy is low. Observe in the Iris map that the digestive system and bowel is in zone two and surrounds the pupil - this system is the “hub of the wheel” and all organs, glands and systems are dependent on this area for nourishment. A disharmony in this area can affect virtually any other area of the body.

MINERAL DEFICIENCIES
It is difficult to list all the minerals that may be deficient. A minimum of four biochemical elements may be mentioned. However in all cases mineral saturation needs to occur before proper healing can take place. This is why a full spectrum mineral supplement is always recommended and both types of minerals are optimum (Colloidal and non-colloidal) The Colloidal minerals are contained in all liquid herbal formulations recommended in this report. Minerals must be present in the correct pH and quantity - not too much and not too little. Around 50% of your body enzymes require minerals to function and without these vital elements vitamins cannot function fully and millions of bodily processes cannot occur. A lack of minerals is the most common denominator of disease.

VITAMINS
Vitamins are to the body what petrol is to the car - petrol runs the car, but it doesn’t build it. Likewise vitamins are fuel to the body, but it is the mineral elements that build the body. Without a complete saturation of all the correct minerals and trace elements, vitamins cannot be retained because the minerals hold vitamins in the body. When proper mineralisation is present, vitamins can be of the greatest
advantage to the human body. Vitamins are best taken from food with the possible addition of vitamin \(E, A\) and \(C\) in supplemental form. Remember however that although vitamins can be obtained through food - it is virtually impossible today to receive all the mineral elements from even a good diet.

**ADDITIONAL SUGGESTIONS**
The suggestions listed here within your workbook may be valuable when integrated into a health program. A Naturopath, Nutritional Consultant or your Doctor should be able to outline a program suitable for your individual requirements.

**BRAIN AREA**
Inherent weaknesses apply to the brain area, in addition to the amount of toxic material, which may be settled there. Brain area conditions may be of a psychological or physiological nature (mental or physical). The area at the very top of the brain area in the middle is the body’s fatigue indicator. It shows overwork, stress, the pace at which you live etc. Other areas of brain activity or inactivity may be marked on your chart. Toxic material may have been deposited there. Acute, sub-acute, chronic and degenerative conditions in any organ indicate toxic settlement. Nutrition for the brain may be found in the herbal formulation Gingko-mem.

**LUNGS**
The lung structure picks up a considerable percentage of toxic material for elimination. It is one of the four eliminative organs and one of the most vital. An excess of toxic material not properly eliminated produces catarrh, phlegm, mucus. The acute stage allows the body to eliminate catarrh in the flowing state. An elimination diet along with recommended herbal remedies produces a “running” catarrhal condition, which is a cleansing process for this area. During the acute stage the lungs are extremely active, eliminating excess catarrh and express an overactive condition of the lung structure - which is temporary. This is an indication that an extreme amount of acidity has settled in the tissues. The sub-acute stage indicates that a certain amount of catarrh, phlegm, mucus must be eliminated. If chronic is indicated, considerable elimination is needed, however it may well be that very little is eliminated in the liquid form; instead it is in the dried up or suppressed state. In order to reach the eliminative stage the tissues must reach the acute stage of hyperactivity. When the chronic level is marked, one has sustained colds, bronchial conditions, influenza (flu) in the past and an elimination program is necessary. This
chronic state may include hay fever or asthma. Asthma can be developed as a result of suppressed catarrhal eliminations. Remember that Iridology does not name disease, but it leads the doctor or practitioner to suspect organ pathology or - malfunction. Nutrition for lungs may be found in Garlic, (Kyolic), Mullein, and Freedom 2000.

**BRONCHIAL TUBES**
The discussion of the lungs is applicable to the bronchial tubes as well. However the bronchial tubes are generally more seriously affected than the lung structure. They are closely allied to bowel disturbances and their state of health, tissue wise, is usually comparable to the state of the bowel. If the bowel is not functioning properly the bronchioles carry an extra load and become overworked, resulting in breakdown or atrophy of tissues. This aids the development of a chronic condition in the bronchial tubes similar to the one in the bowel. The bowel could still be functioning daily and be asymptomatic (no symptoms) however toxic material is still present in excess.

**GALL BLADDER**
If an acute condition is indicated in the gall bladder, it indicates irritation and overactivity of the gall bladder itself or the bladder wall. When the condition reaches sub-acute level, the gall bladder is not secreting bile as rapidly as it is should... In the chronic stage, the gall bladder wall is underactive; bile is not being passed off efficiently. Under these circumstances bile tends to thicken and gallstones may form. Gallstones may be settled but the iris does not indicate the presence of gallstones, as Iridology describes tissue activity, not what is in tissue that is not part of the body and there are no nerves connecting the gallstones to make a recording in the Iris. Gallstones are common and it has been estimated that around 50% of individuals over 50 have gallstones. Gall bladder tissue can be revitalised - it all depends on the level of activity. A degenerative condition of the gall bladder could lead to surgery however this is best
avoided. If you have a chronic or degenerative condition of the gall bladder it is best to consult your doctor as well as consider a natural gall bladder cleansing program.

**LIVER**
The liver is one of the most vital organs. It is the detoxifying organ as well as having around 500 known functions. Blood is cleansed in the liver as it is cleansed and oxygenated in the lungs. Toxic material is concentrated and changed into bile, which acts as an inciter for the bowel activity (peristalsis) and it promotes natural bowel movements. The liver also aids in digestion. Constipation may develop if bile is not secreted properly. In these circumstances I use the “Regular” formulation as it contains aged Cascara Sagrada, which works on the gall bladder, as well as Ginger and Liquorice. If the liver is marked as chronic it is best to limit the intake of fats and oils since the liver is largely responsible for their digestion. The same advice is applicable to the sub-acute stage. A chronic liver condition is possibly indicative of hardening of the liver, or cirrhosis, although Iridology cannot identify diseases from the Iris. Nearly all eliminative diets benefit the liver by cleansing it. As the whole body is cleansed and purified less work is forced on the liver. Nutritious food, clean living, positive thinking (as the liver is affected by anger) and a good philosophy all affect the liver favourably. A fine herbal formulation for the liver is Blood Purifying Tonic 2000, which supports not only liver function but also all organs of purification.

**PANCREAS**
The pancreas is both an endocrine gland for sugar handling and a digestive organ. An excess of heavy, refined food overburdens the role of the liver and the pancreas has to overwork to compensate. This may affect the sugar balance and fat levels in your bloodstream.

**TESTES AND OVARIIES**
These glands are probably the most important for the procreative organs because the new generation cell life is propagated in these organs. Secretions from these two organs (testes in males and ovaries in females) are vital to the preservation for life in addition to being necessary for producing sperm and ova for the next generation. It is appropriately stated that a person is as young as his or her glands. The whole
body is dependent on strong and active glands. If acute is marked, these glands are overactive; subacute indicates that they have slowed to underactive; chronic indicates that these glands are failing to support life properly which can be responsible for infertility in women and impotence or erectile dysfunction in men. An inherently weak ovary may cause irregular menstrual cycles, premenstrual tension, and cramping, heavier menstrual flow and breast tenderness - especially as nerve rings (discussed later) enter the area. If chronic is indicated, growths or cysts can develop, but they are not identified as such by the Iris since only the tissue is observed through the iris and a cyst has no nerve supply and is thus not recorded. In the reading the Iridologist is reading the degree of activity and the amount of toxic material settled in the organ. Do not underestimate the importance of the bowel in this area. Due to its close proximity toxic leakage can occur from the bowel to ovaries or testes and prostate and include mechanical pressure due to any prolapses or the bowel or lower lumber spinal difficulties.

KIDNEYS
The kidney structure is one of the most abused organs in the eliminative chain, largely because most individuals do not drink proper water, soups, broths, juices and other liquids. Underfunctioning skin places an excessive workload on the kidneys. The kidneys must also accept toxic material from the liver, the bowel and any other eliminative organs, which are overloaded or underactive. Wintertime forces more work on the kidneys than summer. The skin and kidneys work together; in fact the skin is referred to as “the third kidney”. Thus hypoactivity in skin elimination makes the kidneys overwork and in cases of kidney disturbance the skin may be involved as well. If the skin needs extra care, the body needs more fresh air, skin brushing, sunbaths and cotton clothing. If the bowel, the bronchiole tubes and the skin are hypoactive, the kidneys must overwork to try to maintain health.
BOWEL
In conjunction with most illnesses the bowel will be checked. Unless you have undergone an extensive healing process and a good eliminative program, added bulk to the diet, improved nutrition and started an exercise program to develop better bowel tone it is unlikely the bowel will be functioning optimally. Bowel conditions change according to the program followed. The darkest area in the Iris is always the bowel area. Low grade infections begin in the bowel (colon) One must prevent underactive or chronic states in the bowel from developing and treat them properly when they do (which is most times). The blood removes toxic material and cleanses tissues in addition to transporting biochemicals necessary for repair and building; but above all, it carries toxic material from various parts of the body to the most dominant inherent weaknesses. This means that the toxic material from the bowel will settle in areas of genetic weakness. The bloodstream is as clean as the bowel. Organs are as clean as the blood and every organ is as clean as the bowel. Consider the bowel your primary area for care, - even if it moves daily. If it doesn’t and/or there is constipation, pain or digestive discomfort in any way it is even more vital to restore this area to full functional activity and health.

ADRENAL GLANDS
Chronic conditions and acute conditions apply to the adrenal glands. Chronically functioning adrenal glands must be cared for. Any chronic condition is indicative of toxicity, that the eliminative organs in the body are not functioning properly, or that various other organs are hypoactive. Under-active adrenal glands may be indicated in low blood pressure, fatigue and possibly in hypoglycaemia (low blood sugar). Mental depression, lethargy, faulty concentration, memory lapses and mental confusion are all symptoms of adrenal gland hypoactivity, exhaustion or toxicity.
**LEG**

Toxic material may have settled in the leg area. Inherent weaknesses may also exist, but it is difficult to determine whether the muscle structure, the bone marrow, or some other part of the leg structure is affected. Commonly I have found that leg and knee problems originate in the lower back, sacrum, hip and/or bowel. If the leg is inherently weak and/or toxic material is settled there, varicose veins, a lack of healthy bone marrow, poor circulation or cold extremities can be suspected. Bone marrow complications, muscular structure problems, calcium deficiency in the leg area may result from weakness in genetically inherited ways. Exercise assists this area for better circulation and healing. Often poor circulation in the lower extremities corresponds to a lack of blood in the brain (cerebral anaemia). If this is evident brain or cerebral anaemia lowers the energy level. Consider appropriate osteopathic treatment along with Herbal and Homoeopathic recommendations.

**THYROID**

An acute check in this area represents a hyperactive thyroid. Chronic indicates hypoactivity. The thyroid regulates metabolism, gives you energy, keeps you awake and alert, promotes a feeling of well being and vigour and regulates the functional activity of each organ of the body. A blood test often reflects a normal thyroid function even when it is not normal and the patient shows thyroid symptoms. On these occasions a doctor is reluctant to prescribe thyroid medication relying too much on blood thyroid level tests. - Over
2/3 of thyroid disorders **do not** show up in the blood. In cases of hypoactive or hyperactive thyroid iodine is needed. A hyperactive thyroid uses an excessive amount of iodine and a hypoactive thyroid lacks iodine. If the thyroid is checked as toxic, poor elimination is often involved as well as other elimination channels. The formula Thyrogene 2000 is best for the thyroid along with an appropriate diet and lifestyle.

**THE SKELETAL SYSTEM**

**SPINAL AREAS**
Toxic settlements may be found in inherently weak spinal areas. The various spinal areas (cranial bones, cervical, thoracic, lumbar, sacrum, hip etc) may be underactive. In this case calcium is often out of balance or deficient. Proper nerve supply may not be reaching the spinal areas. Inherently weak spinal areas cannot hold calcium properly. (An inherent weakness, wherever located, is unable to hold its
The spine, a calcium organ, shows the calcium balance for the whole body.

HEART
The heart area shows up primarily in the left Iris at 3.00 o'clock and often appears a diamond shape if inherently weak. If it is marked, toxic conditions are evident. These toxins may interfere with the ability to repair of the heart muscle. The heart is a potassium organ. The correct potassium balance is essential for proper heart function. For all organs the body must be kept as clean as possible. If there is evidence of hardening of the arteries the heart has difficulty in pumping blood through these particular arteries. A sedentary occupation places a hardship on the heart. In addition, reflex bowel conditions (diverticula, and so forth) affect the heart area unfavourably. Gas pressure at times may cause problems in the heart and chest. Many “heart conditions” have been re-evaluated and found to be digestive disorders. Consider a proper exercise program, CoQ10, vitamin E, and the herbs Dan Shen, Schisandra and Hawthorn berry.

Spleen
The spleen collects the dead red blood cells. It is also considered an eliminative organ for this reason... White blood cells are produced in the spleen. Although it is not as important as some other vital organs, it is involved in times of fevers and toxic accumulations in the body.
SECONDARY STRUCTURES TO CONSIDER
The secondary structures to consider are located also in the Iris chart. Compared to the above primary considerations they are still vital in that any one of them can give symptoms of disease. The reason they are considered secondary is that it is the “upline” organs discussed above that need to be taken care of first, or concurrently with the program of recommendations for secondary areas.

PITUITARY GLAND
Toxic conditions can possibly manifest in the pituitary gland as elsewhere in the body. The pituitary gland may show underactivity. In this case it is often a contributing factor in obesity by retaining excessive fluids. The pituitary is the master gland, capable of affecting all other glands connected to it in the glandular chain. If the pituitary is checked, possibly toxic material is settled there and causing sluggishness. A toxic pituitary can cause fuzzy heads, headaches or migraines depending on the degree of toxicity.

EYE
When the eye is discussed here it refers to the eye structure and its tissue health and pathology. Mineral balance is involved and if the balance is not normal functions are not right. The eye structure is very complicated, having to do with many kinds of inflammation and related tissue functions. Eyes are extensions of the brain. And when the eyes are failing, often nerve depletion is settling in the body. Due to its complex nature the eye offers two areas in which to check for signs of pathology - One in the eye itself and the other in the eye area of the Iris chart. From checking the eye area of the chart the practitioner can ascertain the likely cause - whether nutritional, stresses related or nerve connections to the cervical spine - or organ relationships such as the caecum area of the colon. Toxic material from the
colon whether by reflex action or toxic infiltration can and does affect the eye. To improve eyesight the whole body needs to be taken into account. One sees with the brain itself. The back of the eye contains some two million rods and cones connected to the brain by nerve filaments, which record the various colours visible to the eye. There are over 50,000 nerves connecting the eye structure to the brain through the optic nerve. The eye is a nerve structure, unique from other tissue of the human body and always reflects its state of health or disease.

PROSTATE AND UTERUS
Toxic material may also settle in these areas (prostate in males and uterus in females). Iridology deals with raising tissue integrity. The Iridologist is interested in repair and rebuilding in addition to pressure symptoms from upper organs as they cause improper blood circulation. The blood must be healthy, but it must also circulate vigorously in all organs for efficient repair. Both the prostate and uterus are located near the lower bowel and its health both functionally and anatomically (where positioned in relationship to the prostate and uterus) can affect surrounding tissue.

BREAST
Toxic settlements may also be found in the breast area. This organ is made up of lymphoid gland tissue. If toxins are deposited here, the entire body must come to its aid. Cleanliness, a mechanically active body and the correct biochemical nutrition are essential when chronic conditions develop in the breast area. The acute stage indicates pain and discharging in many instances. Lumps and congestions are likely to develop in a chronically active organ. Encumbrances or toxins in the breast area are common in Iridology and may or may not be symptomatic or palpable. The breast area is relatively small in the Iris and may not be mentioned unless the patient specifically asks or has palpable lumps.
LYMPH SYSTEM
The lymphatic system covers an area around 1 and 1/2 times the volume of the blood. Here T-Lymphocyte activity is focused. The lymphatic system is a nutritional delivery and drainage system and is frequently found in any of the four levels of tissue activity. The system has no pump of its own apart from muscular activity and exercise is essential to keep this system healthy.

SKIN (Zone 7)
The skin is the largest organ to reach the outside of the body and is related to the bowel, thyroid and kidneys. All eliminative organs are connected to the health of the skin – hence that local treatment is seldom effective. Around 3 kilos of toxic waste is eliminated daily from each of four organs - bowel, skin, kidneys and lungs. Note that the lymph and blood vessels are in zone 6. The lymphatic system is generally considered an eliminative organ because it reaches areas the blood cannot and carries toxic waste to a point of elimination. The skin will take over from any of these areas when they are clogged. A proper cleansing program (taking care of the liver, kidney, bowel, lymph and lungs) and supplementing with complete minerals and vitamins C and A while avoiding junk food and drinking lots of clean water does the most good for the skin. On occasion hormonal factors may be involved and this should be noted in your workbook.

STOMACH
If the stomach is secreting too much or to little hydrochloric acid it should be noted and checked in the Iridology examination. An underactive secretion of this acid is checked as sub-acute or chronic. Either too little or too much stomach acid requires more sodium foods in the diet because the stomach is a sodium organ. Excess hydrochloric acid rapidly drains sodium and lack of hydrochloric acid indicates a deficiency of sodium. The stomach is probably the most vital organ of the body. It is not always what you eat that counts, it is what is digested. Mental attitude has a powerful influence on digestion. Hate, fear, nerve stress all affect the solar plexus (pit of the stomach) and digestive system more than anywhere else in the human body. The saying “you make me sick to the stomach”, and “I can't eat because I don't feel good”, are familiar. Joy or disharmony are felt in the stomach and influence digestion.
DUODENUM
Ulcerous conditions may develop in the duodenum. If acute is marked the active, painful stage is evident. Sub-acute or chronic indicates a condition of long standing, of hypoactivity existing for possibly many years.

SMALL INTESTINE
This organ is a principal digestive structure. Many enzymes necessary for digestion and decomposition of nutrients are produced here. The first criterion for good digestion is thorough mastication or chewing of food. From here the food passes through the hydrochloric bath in the stomach and then enters the small intestine for final assimilation. The nutrients enter the bloodstream in a form able to be assimilated by body organs. The organs use this material for construction of new cells and normal repair.

PEYERS PATCHES
The Peyers patches are located opposite the thyroid area in the Iris chart. Extreme fevers, for example scarlet fever or typhoid fever, have an adverse effect on the Peyers patches. The Peyers patches influence digestive capacity as this is where the bulk of nutrient assimilation occurs. If one begins a healthy way of living the Healing crisis will eventually re-create extreme fevers responsible for damaging the Peyers patches.
**CHOLESTEROL RING**
(Formerly called “sodium ring”) A white ring circling the iris nears the periphery (outermost region) of the iris, which contributes to hardening of the arteries. Often this deposit settles in the heart area, the aorta, causing considerable heart disturbance. Cholesterol intake in the diet should be limited (avoid all heated oils) as a preventative measure. This is a cholesterol age because hardened, hydrogenated fats and oils are so prevalent. All heated oils add to cholesterol deposits in the body. In addition to indicating cholesterol deposits, the cholesterol ring may indicate calcium out of solution or excessive use of inorganic salt in the diet.

**NERVE RINGS**
Nerve rings are displayed in the Iris as concentric circles and show the degree to which ones style is cramped. Are you struggling to get through life rather than letting life flow smoothly? People are a source of stress and tension and life holds many fears and dreads. Resistance and unhappiness prevail. Peace, joy, harmony, contentment are lacking - to the detriment of the nervous system. Nerve rings are referred to as “cramp rings” because the fibres of the iris are cramped and tense. The presence of nerve rings indicates by their severity the degree of stress in your life and whether it is physical or mental. They also show a need for extra calcium, magnesium and “nervine herbs”.

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*Diagram granted by Dr. Leslie Fisher D.C*
PARASITES
There are over 100 types of parasites that can affect human beings. Pinworms, roundworms, threadworms and hookworms are common. Probably the most insidious are the smallest and microscopic variety which can weaken the mucosa of the bowel and surrounding membranes and even migrate to other areas of the blood, lymph and tissues. Parasites cause problems through the toxins they secrete and the viruses that “piggy back” on them. Parasite infection can weaken your immunity, imbalance intestinal flora and cause symptoms in almost any body system. The presence of parasites is displayed in the iris in the form of "radii solaris" - lines radiating from the intestinal zone in various degrees ranging from acute (white), through subacute (grey), chronic (dark grey) and degenerative (black). The seriousness of the condition is determined not only by its colour but also by what depth and which organ they are affecting. Please note that the iris sign for parasites seen in the iris does not mean that there are parasites in the eye itself! – only in the reflex area represented (usually the lower bowel).

OVER - ACID BODY CHEMISTRY
Acidity is indicated by extreme whiteness of fibres throughout the iris. Acutely white fibres denote pain, inflammation, irritation, rheumatic conditions or preliminary joint disturbances and stiffness. The breakdown of all tissue produces acidity. An elimination diet causes the eye to become whiter as excessive acids are being eliminated. Acidity also usually denotes a fast working body. An alkaline diet is the most effective way to reduce systematic acidity along with bitter herbs to improve assimilation, such as dandelion and gentian.
**DRUG/CHEMICAL DEPOSITS**
The traditional homoeopaths who used iridology emphasised that various discolourations in the iris were attributed to drug settlements from drug administration. They found that drug deposits originated in the ancestors or parents of the patient. Considerable discolouration can be traced to inorganic iron in old water pipes. Other chemicals can settle in the body from food additives, pollutants, and industrial products harmful to the body. These foreign substances are toxic to the body and produce harmful side effects. Many drugs are visible through Iridology. Other drugs accumulate so insidiously and subtly that they are not detected in the iris. Blood purification is generally the most effective means of detoxifying drug and chemical products.

**POOR CIRCULATION**
Poor circulation is the result of poor skin activity, enervation, overabundance of toxic settlements in the body and inherent weaknesses throughout the body. Poor circulation invariably manifests in the legs and head area. When arteries have lost elasticity, poor circulation is the result. Active thyroid and adrenal glands are also necessary for good circulation. Adequate oxygen necessary for good circulation is attracted by plenty of Iron in the diet and in the blood stream. Exercise is the best form of stimulation for poor circulation.
ASSIMILATION

An assimilation ring is located adjacent to the black pupil of the eye. If this area is darkened, nutrients are not absorbed well and food is not properly digested in order to build new cells. Assimilation is designated as fair or poor. If mentioned, consider the application of exercise and the use of digestive stimulant herbs to improve circulation. (alteratives and pungent bitters)

The Nutrient assimilation status can be seen in the first zone out from the pupil - the stomach. Along with the intestinal zone two the assimilation area covers the region from the border of the pupil to the autonomic nerve wreath. It usually has an overall darker appearance than the area outside the wreath; it is an illustration that most pathological changes first take place in the gastrointestinal system.

1. Acute acid stomach/ (hyperchlorhydria)
2. Chronic acid stomach. (Hypochlorhydria)
3. Copper ring. Shows dysfunction and inflammation of mucus coat, it usually manifests itself in conjunction with one of the above signs (Hyper, or hypo acidity.)
4. Thickening of the gastric wall, prognosis could be poor

Diagram granted kind permission Dr. Leslie Fisher D.C.

Chronic acid stomach
AUTONOMIC NERVE WREATH
The autonomic nerve wreath represents the sympathetic and parasympathetic nervous system. In the iris topography it surrounds zone two around the large and small bowel within the wreath and all the other areas outside of it. This sign is a significant landmark in the iris and its importance will be realised as you advance in this study. This sign is present in health as a fine whitish jagged circle about 1/3 radius from the pupillary border and the periphery of the iris. In health it should appear to be the same distance from the pupillary border throughout the circumference of the iris - more or less an even circle. Changes in the wreath as revealed by the iris basically show either an hyper (stimulated) or hypo (inhibited) condition of those organs or parts involved.

AUTONOMIC NERVE WREATH

1. Normal appearance

2. Flared white wreath away from pupil toward tissues, indicates and acute inflammatory state, produced by metabolic waste irritation, the patient often displays weakness of, nervous irritability, emotional disturbances and mental and physical enervation.

3. Where the wreath juts inwards or outwards towards an organ or part as it moves around a lesion, indicating either pending or actual dysfunction in those areas.

Diagram granted kind permission: Dr. Leslie Fisher D.C.
**COLOURS SEEN IN THE IRIS**

The following colours in the eyes are seen as abnormalities and suggest susceptibilities only. These signs are pointers only and need to be backed up with other indications.

<table>
<thead>
<tr>
<th>Colour seen</th>
<th>BLUE AND GREY IRISES</th>
<th>Susceptibilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dark Blue:</td>
<td>Pale loose skin, small muscles, and bad body odour</td>
<td></td>
</tr>
<tr>
<td>Violet Blue:</td>
<td>Overindulgence of meat, spicy foods, and/or alcohol, seen in diabetics</td>
<td></td>
</tr>
<tr>
<td>Red Blue:</td>
<td>Psychological problems</td>
<td></td>
</tr>
<tr>
<td>Steel Blue:</td>
<td>Prone to infections</td>
<td></td>
</tr>
<tr>
<td>Dark Grey:</td>
<td>Almost always indicates malfunctions</td>
<td></td>
</tr>
<tr>
<td>Blue White:</td>
<td>Suspect lymphatic involvement</td>
<td></td>
</tr>
<tr>
<td>Slate Grey:</td>
<td>Possible arteriosclerosis or connective tissue disease</td>
<td></td>
</tr>
<tr>
<td>Grey Blue haze:</td>
<td>Degeneration</td>
<td></td>
</tr>
<tr>
<td>Grey Yellow:</td>
<td>Possible meningitis, vertigo, or headaches</td>
<td></td>
</tr>
<tr>
<td>Straw Yellow:</td>
<td>Kidney involvement</td>
<td></td>
</tr>
<tr>
<td>Green Yellow:</td>
<td>Blood Toxicity, liver and gall bladder problems, and possible quinine deposits</td>
<td></td>
</tr>
<tr>
<td>Golden Yellow:</td>
<td>If a broad yellow band with bright lines radiating out from pupil, suspect pneumonia, pleurisy, or general infection</td>
<td></td>
</tr>
<tr>
<td>Ochre Yellow:</td>
<td>Possible Liver disease, especially cirrhosis</td>
<td></td>
</tr>
<tr>
<td>Brown Yellow or orange to olive:</td>
<td>Endocrine imbalance, if in the iris wreath like a heavy crown, suspect kidney stones; if grainy, suspect cirrhosis.</td>
<td></td>
</tr>
<tr>
<td>Dark Red to Orange:</td>
<td>High levels of uric acid.</td>
<td></td>
</tr>
<tr>
<td>Washed out Orange:</td>
<td>Diabetes.</td>
<td></td>
</tr>
</tbody>
</table>
### COLOURS SEEN IN THE IRIS

<table>
<thead>
<tr>
<th>Colour seen</th>
<th><strong>BROWN IRISES</strong></th>
<th>Susceptibilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Brown</td>
<td>Hereditary TB, especially when there are dark spots and deep caverns around the periphery</td>
<td></td>
</tr>
<tr>
<td>Yellow Brown</td>
<td>Staph and/or strep infections</td>
<td></td>
</tr>
<tr>
<td>Washed out Yellow Grey</td>
<td>Infection, chronic fatigue, TB, osteomyelitis, possible abscesses in glands; check liver and gallbladder.</td>
<td></td>
</tr>
<tr>
<td>Red Brown</td>
<td>Possible TB or Cancer.</td>
<td></td>
</tr>
<tr>
<td>Orange</td>
<td>Diabetes</td>
<td></td>
</tr>
<tr>
<td>Rust</td>
<td>Hereditary cancer and/or TB tendency</td>
<td></td>
</tr>
<tr>
<td>Tobacco</td>
<td>Water retention, thick blood, and flatulence.</td>
<td></td>
</tr>
<tr>
<td>Light Yellow</td>
<td>Staph citreus (a bacterial species found in air and milk, which produces a lemon yellow pigment)</td>
<td></td>
</tr>
<tr>
<td>Golden Yellow</td>
<td>Staph aureus (produces golden yellow pigment)</td>
<td></td>
</tr>
<tr>
<td>Yellow green</td>
<td>If narrow radiating lines from the pupil in upper part of iris and deeply engrained spots in the genital area, suspect gonorrhoea.</td>
<td></td>
</tr>
<tr>
<td>Light green plaques</td>
<td>At 5 o'clock and 7 o'clock right and left irises, ovary or prostate problems.</td>
<td></td>
</tr>
<tr>
<td>Whitish Yellow</td>
<td>Sandy spots, possible lupus or thrombosis.</td>
<td></td>
</tr>
<tr>
<td>White flakes</td>
<td>Uric acid retention, arteriosclerosis.</td>
<td></td>
</tr>
</tbody>
</table>

### RUFF COLOURING - BOTH COLOURED IRISES.

<table>
<thead>
<tr>
<th>Colour seen</th>
<th>Susceptibilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light Red</td>
<td>Hyperacidity with a tendency to lithiasis</td>
</tr>
<tr>
<td>Rusty Red</td>
<td>Chronic digestive disturbances, with heartburn.</td>
</tr>
<tr>
<td>Muddy Brown</td>
<td>An acid condition, gastritis, constipation and a tendency to cancer</td>
</tr>
<tr>
<td>Black Red</td>
<td>Chronic stomach haemorrhages, suspicion of cancer.</td>
</tr>
<tr>
<td>Ochre Yellow</td>
<td>Cirrhotic processes in the liver- pancreas area with deficiency of juices in the duodenum</td>
</tr>
<tr>
<td>Straw Yellow</td>
<td>Disturbed digestive process due to abdominal tuberculosis (diarrhoea)</td>
</tr>
<tr>
<td>Lead Grey</td>
<td>Atrophy of the mucous and parietal cells, shrivelling process and induration - unfavourable prognosis.</td>
</tr>
</tbody>
</table>
CONCLUSION

Herbs, Nutrition and Iridology go together. Iridology determines the extent of nutrition’s effectiveness in an individual. All tissues are altered according to the nutritional program applied and the living habits taken up. Improper living habits undermine the body until the body is eventually unable to reverse toxic conditions; chronic conditions may result. A nutritional program should be of a cleansing nature; if this is so the iris records favourable changes. Nutrition is not the whole solution, but without it illnesses manifest first by a lack of ease (dis-ease). Symptoms then manifest as the acute, which can display as colds or sinus problems and sometimes pain. If this is suppressed the physiology then drops down to the sub-acute where there is a general susceptibility, but often no symptoms are present here. If this stage is ignored (most often the case) then the conditions progress on to the chronic where more stubborn issues are manifest and then finally on to the degenerative stage where tissue is breaking down. It is infinitely better to begin a health restorative program at the earliest stage possible and even if no dis-ease symptoms are present it is still best to follow a preventative program. In New Zealand these steps would save each individual $1,400 dollars per annum in health taxes and the save the country more than the $800,000,000 per annum it spends on prescription drugs alone (that's not counting the expenses of operations and operating the system itself!).

“The body is a servant to your mental leadership, discipline and discernment. It knows so little without a good driver and one who knows where s/he is going. Truly the body needs a good path to travel on. The body moulds to that good path.” Dr Bernard Jensen D.C.

“A more natural life is the means of obtaining a more clean body. One who has earned a clean body has a zest for living; life is a challenge. Greater contributions may be made to society and to the family unit. Happiness and harmony are a wonderful reflection and an example to friends, family and professional associates. Good health allows a person to become the individual s/he wants to be and to attain the highest goals.” - Dr Bernard Jensen D.C.

“In your eyes
the light the heat
in your eyes
I am complete
in your eyes
I see the doorway to a thousand churches
in your eyes
the resolution of all the fruitless searches
in your eyes
I see the light and the heat
in your eyes
oh, I want to be that complete
I want to touch the light
the heat I see in your eyes
- Peter Gabriel
Michael J McCammon is a graduate of the South Pacific College of Natural Therapeutics and is a Registered Medical Herbalist, Naturopath and Iridologist. Michael has over 25 years experience and is a well known practitioner and lecturer of Natural Medicine.

**Naturopathy Diploma** - Michael graduated from the South Pacific College of Natural Therapeutics in 1974

**Certificate of Merit** - Post graduate Certificate of Merit in the study of Iridology awarded by the world renowned Dr Bernard Jensen in 1983

**Certificate of Achievement USA** - Postgraduate studies in eye body analyses: Dr Eugene Watkins.

"Some time ago I received your "Eye body Chart" It is very lovely. You did a wonderful job. I have spent over 60 years working with Iridology, and I appreciate anyone who does such lovely work." - Dr Bernard Jensen D.C. N.D. Internationally renowned "Father of Naturopathy"

"In 1984 I had the privilege of accompanying Mike on a national lecture tour for our company, which saw him speaking in twelve different cities throughout the country.. he was a dynamic speaker...." - Trish Webber - Nature's Sunshine.

"His reputation as a Naturopath is excellent and I particularly commend the very personal and dedicated way Mike cares for all his patients......Michael.. is probably this country’s leading exponent of Iridology through computer technology. He has developed a program which will enable accurate diagnosis to be rapidly made in the clinic"

Brian R Murray N.D. D.O. founder/ inventor of the Homoebotanical system.

"Michael McCammon N D, OA, DNT. .. People kept telling me he was one of the best naturopaths around and on that first meeting he came across as both an engaging and committed practitioner in the science of naturopathy.... McCammon does not pussyfoot around" - Christchurch Star.

I regard Mike, both professionally and personally, as being an individual of high integrity and honesty. His many patients, with whom I have contact speak of his professional competence with respect and gratitude" - Peter Kearns N.D. (U.K.) Naturopathic Physician

"It is with great pleasure that I introduce to you a man of stature in the Health Field of New Zealand, Michael J McCammon. - Dr. Sir John Whitman Ray - President and gold medal holder - World Association of Integrated Medicine and founder of Body Electronics.

I am impressed with Michael’s honesty. He will only use and recommend products that meet his standards of purity and concentration. If he doesn’t have the best product for you personally, he will recommend other brands. He has a wide knowledge of other brands and herbs and knows which products are effective and which aren’t. He is always happy to share his considerable knowledge and will explain in great depth what he thinks will be beneficial. He is also happy to recommend other forms of treatment and therapists if he feels they would be useful for your particular problems. He personalises your herbal treatment requirements by often-combining two or more remedies to reduce the number and expense of medicines that you may require. He goes the extra mile by returning phone calls, posting products to you wherever you are in NZ, trying to another track if one doesn’t work to his standard and is always willing to explain what he is doing for your personal treatment and why. I would be happy to recommend Michael to anyone and have done so several times already. In the knowledge that they will be getting a very comprehensive personalised, holistic approach to their specific problems.

Patient (name withheld - original file 1000)