THE SCIENCE & PRACTICE OF IRIDOLOGY

Part three
CASE STUDIES
INTRODUCTION

All the Iridology cases and patient testimonials in this presentation document are taken from real patients from originals held on file. Most are reproduced exactly as written except in a few cases where spelling errors have been corrected and some have been abridged. In most cases names have been changed to protect the patient’s privacy and respect the protocols of confidentiality. Exceptions to this are when the patient particularly requested or allowed his or her name to be published.

Some would could that case studies are purely subjective and anecdotal thus have no scientific validity. Others claim that written testimonials are the authentic experiences of real people and are, arguably more reliable than some clinical methods in that, in each personal testimony, each person concerned approached the problem after trying many different methods of healing and found that one truly worked. The individuals concerned were not paid any remuneration for their testimonies or results – to the contrary most, if not all paid for the privilege to be part of these trials.

The scientist begins with an observation, proposes a hypothesis, goes on to experiment, (in this case with herbal medicine) proves the hypothesis and repeats the results time after time in the same and different individuals. Anecdotal evidence, on the other hand is strictly the result of a single isolated incident.

These following case studies are selected from some of the results of my 25-year career in Iridology covering well over 25,000 patients. During this time around 85% of patients reported either cure or significant improvement. Most of the ones who didn’t were not following the program and some appeared “incurable” or resistant to my methods or skills.

I wish to thank the many dedicated people who contributed to this small work.

After using the scientific method for some years, it became apparent what worked and what didn’t. Formulations that were found wanting were excluded from my tool kit and only those with proven track records were retained. I am ever grateful to my many loyal and dedicated patients who were willingly to trust their time and resources into investing in their and their families future.

Michael J McCammon N.D.

“The most beautiful experiences we can have is the mysterious. It is the fundamental emotions which stands at the cradle of true art and science. Whoever does not know it can no longer marvel, is as good as dead, and his eyes are dimmed.”

Albert Einstein.
CASE #1 WENDY

1. Nerve rings  2. Sinus congestion. 3. parasites including candida  
4. Thyroid (Note the sclera lines pointing to the thyroid)

Wendy (not her real name) was extremely tired and came to me by chance to pick up one of my thyroid formulae that another Naturopath had suggested she try after having no success with a variety of regimens. Her skin, hair and nails showed a lack of lustre strangely incongruous to her striking good looks. She was only 34!

Suffering from anxiety, bloating, frequent colds and flu, painful menstrual periods and a chronic tiredness most of the time. She referred her periods as “bludgeoned seal” to describe the terrible fatigue bloating and depression that would invariably come for several days each month. Sadly the rest of the month was little better.

Wendy returned some time later with a heartening story – apparently the thyroid formula had reduced her bloating to almost nil overnight. She was ready to perhaps try some more comprehensive program.

Her iris shown above displays a murky iris typical of those with chronic fatigue. Considering that Wendy’s true iris colour is blue it is not difficult to read the chronic fatigue, intestinal dysbiosis and severe stress displayed in her iris photos.

Note the intestinal zone one and two. The stomach is chronically deficient in hydrochloric acid – the beginning point for a host of seemingly unrelated problems further down her digestive track. The radii solaris lines are chronic bordering on degenerative and the accompany parasite infection has caused a “leaky gut”
The following testimonial is Wendy's own story; I have a history of Bulimia, anorexia and alcohol abuse which I received treatment and full recovery from in the late 1980's. I have throughout my life, experienced periods of uncomfortable stomach bloating, constipation, fatigue, anxiety - and have been prone to developing "unexplained" and thus "untreatable " skin conditions. In August '95, I gained an incredible amount of weight over a 2 - 3 week period. This concerned and mystified me as I felt and looked 5 -6 months pregnant. I was really thrilled the day someone stopped me in the street to excitedly congratulate me on my pregnancy. Over the following months I attempted a range of diet changes and increased my exercise program considerably - WITH NO CHANGE. My bloating and constipation became worse and I began to experience pain after eating only minimal amounts of food, after which I would change my clothes to accommodate my expanded stomach. Mid '96, I visited a medical practitioner and had a series of blood/urine tests. The results were "no problem", and I was instructed to come back in a few months time if my condition persisted - for a thorough and unpleasant internal examination. By this time I was beginning to fear my condition may have been a growth or worse caused by my earlier history of eating disorders/ alcohol abuse. In August '95, I gained an incredible amount of weight over a 2 - 3 week period. This concerned and mystified me as I felt and looked 5 -6 months pregnant. I was really thrilled the day someone stopped me in the street to excitedly congratulate me on my pregnancy. Over the following months I attempted a range of diet changes and increased my exercise program considerably - WITH NO CHANGE. My bloating and constipation became worse and I began to experience pain after eating only minimal amounts of food, after which I would change my clothes to accommodate my expanded stomach. Mid '96, I visited a medical practitioner and had a series of blood/urine tests. The results were "no problem", and I was instructed to come back in a few months time if my condition persisted - for a thorough and unpleasant internal examination. By this time I was beginning to fear my condition may have been a growth or worse caused by my earlier history of eating disorders/ alcohol abuse. In September, after a week in continuous agony and desperation, I visited a Naturopath - also, now seeking help for my seemingly high anxiety level, (I had developed a habit of chewing my nails to the core), it was suggested I try (a) product (abridged)) for my thyroid gland function. On beginning this, I was amazed to discover my anxiety level reduced 90% overnight. A month later, still amazed by the results of the thyrogene, I began a special treatment program designed by Michael McCammon (N.D.) (abridged) I was very pleased by the thoroughness and accuracy of the diagnostic process, and the knowledge and understanding given regarding my condition. I began to experience an immediate healing response and the changes that took place were incredible. No more stomach bloating or discomfort, my weight began to vanish, my fingernails began to grow. My outlook on life became more positive and people orientated. I not only gained back my energy, but also a sense of humour I had missed for quite some time. I have only listed some of the changes experienced on the course of the treatment program - believing they alone speak volumes. My whole life has changed and I am happier and contented that I have ever been. I am absolutely thrilled with the results of the treatment, and find it difficult to express in words my gratitude, and the acknowledgment this healing process deserves."

Wendy  (name changed for patient privacy) original held on record)

**Wendy’s program:**

**Formula #1 containing:** Burdock root, Dandelion root, Echinacea, Licorice root, Sarsaparilla, Red Clover and Oregon grape.

**Formula #2 Containing:** Iodine, Zinc and B6
Formula #3 Containing: Alfalfa, Barley grass, Licorice root, Psyllium hulls and slippery elm.

ASTHMA – SHONA’S STORY

“Since the early age of 4, I have been an asthmatic and always anaemic. Through the earlier years of my schooling several days and weeks were spent at home with asthma attacks and the after effects of the drugs I was taking. At the age of 14 and than again about 20, I suffered terribly with asthma and after various types of medication, including Ventolin Atomisers, we decided to the only thing to do was to accept the fact that I would have to take medication every day to counteract the onset of the attacks. I married at 21 and we moved out of town after being told it could improve my health. My husband and I were resigned to the fact that I would probably die from asthma.

February 1983 - my first child was born by Caesarean section under general anaesthetic. After a most dreadful pregnancy I said “no more”. From the first 6 weeks until the baby was born I vomited, suffered from nausea, fatigue and finally ending in acute toxaemia. Six months later I still hadn’t recuperated. I became depressed and was becoming overpowered by stress. My husband and family were nearly driven mad by the continual fearfulness and moaning. Thank heaven they are an understanding lot.

My sister, at that stage owned a health food shop in Greymouth: thanks to her knowledge and understanding she convinced me to see Mike.

January - 1984 _ I met Mike McCammon N.D. After a lengthy consultation with Mike, he took photographs of my eyes and for the next three months I visited him regularly and took several herbs and minerals. I soon began to feel better. I’m sure I could never have felt worse than before meeting Mike.

Migraine headaches had been a problem since the birth of my first child. After the doctor telling me it was stress and blood pressure, I decided to tell Mike about it. In a matter of twenty minutes, the headaches had disappeared. An herbal adjustment was all it needed. I suppose about two or three times a year I have my neck adjusted and thankfully I have not had a headache since.

August 1995 - my second child was born also by Caesarean section but under Epidural Spinal block. The pregnancy started out a little rough so along I went to Mike and he prescribed a homoeopathic remedy, which cured all symptoms of morning sickness, the rest of the pregnancy was a breeze. I have never been a person with any amount of will power, but knowing I had to give natural healing a go, decided to change my diet and take supplements. Instead of a lot of fatty foods or preservative-based foods, I eat raw fruit and vegetables, fish and chicken. I admit I have not changed my diet so much that I don’t eat the odd meal of fish and chips or eat the odd but of Pavlova. I do, however, eat a more balanced diet.

As far as the asthma is concerned it has completely subsided. I eat little cheese and drink hardly and milk now, whereas before, cheese was my main meal. I have more energy and am not afraid to exercise whereas exercise was the main cause of asthma once.
Take it from one who has been there and has no intention of ever going back, being depressed, fatigued, overweight and everything else I was, is no fun for anyone, especially when it's happening to you.

I have gone from a walking Zombie to a reasonably healthy human being. I have come from a point of desperation to reach a stage where I can look back and say goodbye to the past and hello to the future. I still have a long way to go, I know that, but I will keep climbing that ladder of health, and happiness. I can now enjoy life instead of just surviving.

Thanks to one man, Mike McCammon his knowledge an great skill of natural healing, I have improved in health to look back and to look at other people in need of help makes me realise that natural remedies and cures are the best, no the ONLY way this world should be moving towards.

Practitioner comments: Shona iris shows

1. Murky iris
2. Hypotonic pupil size
3. Low thyroid
4. Psychosomatic stress rings
5. Radii solaris

All of the above were chronic and the radii solaris degenerative.

Treatment considerations

Formula #1 containing: Burdock root, Dandelion root, Echinacea, Licorice root, Sarsaparilla, Red Clover and Oregon grape.

Formula # 2 containing Black walnut and garlic

Formula # 3 Containing Damiana, Hypericum, Skullcap and Vervain.

I had not seen Shona since I discharged her as a patient in 1985 – 18 years ago when I had resettled in Christchurch after being away for many years. Her irises had maintained the change and the health issue she came with was minor. None of her previous symptoms had returned.
CASE # 2  Shona – first visit

Below - Shona – last visit

24 January 1984

5/12/85
JANICE’S STORY

“I was in despair when I first arrived at the McCammon Herbals. For five months I had been suffering from recurring and painful urinary tract infections. I had seen a G.P on numerous occasions, and had taken five courses of antibiotics.

When a specialist recommended I take yet more antibiotics, I began searching for an alternative cure.

At McCammon herbals I was prescribed a program of herbs and minerals which quickly elevated my painful symptoms.

By close examination of my eye, the herbalists were able to determine my body’s needs and prescribe for these.

I am now, three months after my initial consultation, reaping unexpected benefits from the treatment, I feel much calmer and less easily stressed than I used to, and am delighted to be experiencing much reduced pre-menstrual pain.

PRACTITIONER COMMENTS:

I first saw this Janice – a 38-year-old teacher on 8th of August 2002. She looked tired and distressed and I could see she was just about at the end of her tether. She had failed to respond to a monotonous array of antibiotic treatment and by this time the anti-biotics had also damaged her gut flora.

Janice responded faster than most. I believe this is because underneath all those toxins was a wonderfully strong and vital person.

Her iris showed the typical murky iris of someone tired and somewhat drugged with too many antibiotics. Her pupil was hypotonic and distorted the sign for both fatigue and spinal subluxations. (Misalignments of the spine)

Within 3 weeks (her second visit) Janice was feeling much better and the murky wash in her iris had subsided to reveal her good constitution. With the “wash” reduced other issues were revealed and we may do some work on the poor circulation and spinal subluxations in the future.

Treatment: Janice was treated with combination of:

Case # 3 Below: Janice – before treatment

Below: Janice – after treatment
JONATHAN

Jonathan was a 24-year-old student who came suffering from a skin rash and chronic tiredness. He told me he became depressed when he was working on a large project to organize large numbers of people for a coming festival. He apparently had done his best to “keep it together” but as soon as the event was over he crashed and he sank into a deep depression which apparently took the next two years to return to near normal. The residue of this episode has left him with what could be described as “post traumatic stress syndrome” i.e. lack of sustainable energy and feeling irritable and impatient. His body aches and he is more susceptible to catching just about anything. Jonathan believes he can cope now mentally but cannot cope with the chronic tiredness.

Jonathan’s diet was already excellent so he was recommended a course of Herbal treatment to boost his immune system and deal with what I believed was the toxic residue in his physiology stemming from a difficult childhood and “triggered” by the overworking period on the festival project. Robert probably tried to please too much and has learned a very hard lesson.

Jonathan’s herbal program consisted of Blood tonics for his murky iris, herbal worm formula for his parasite infection, Nerve tonic for his chronic and stressed out nervous system and Herbal iron to address his anemia and restore energy.

On Jonathan’s second visit he reported feeling much better particularly in his energy – he believed this had improved around 80%. His skin rash had not responded yet. It is common for skin conditions to get worse before they get better at least until the blood stream and bowel can handle the extra detox.

I am still currently working with Jonathan and estimate his program will be intensive for around 6 months. A maintenance program will no doubt follow if he is open to continue once his symptoms are gone. The key here is to keep the theme of cleansing his blood stream and lymph and rebuilding the damages and sensitive nervous system.
Case # 4 JONATHAN

Main complaint:
Chronic lack of energy, anxiety and skin rash.

Observe:
A. Anemia in extremities
B. Toxic pituitary gland
C. Lymph gland congestion
D. Bowel pockets
E. Anemia in extremities
F. Nerve rings
G. Low hydrochloric acid
H. Bowel pocket
I. Sinus congestion

Treatment
Nerve tonics
Blood tonics
Iron tonic
Anti parasitics
CASE # 5 KYLE’S STORY

Hi my name is kyle. In early 1999 my girlfriend and I decided to spend the weekend in Greymouth, (abridged) when I experienced a painful headache. ...I took some panadol and went to bed... the next morning I woke up and could not see out of my right eye....an eye specialist examined me and advised me to go straight home and get the eye checked out. The new specialist diagnosed that there might be a chance That I would develop MS because I had optic neuritis. ...Two months later when I was kicking a rugby ball my toes and feet became cold and wet, BY 6.00 PM that night the cold wet tingling feeling had gone up to my knees. By this stage I knew that something was not right. The next morning the symptoms had moved up to my waist and I was deteriorating rapidly, I went down to A&E at Christchurch hospital, I was examined and given 5 days prescription of steroids but with no diagnosis. Two months passed and my body felt back to normal and I got on living my life for a year when I then felt the cold wet numb feeling in my toes, Things happened a lot faster, This time around the MS went straight up to my waist. Within a day my left leg gave out, I could not walk at all, I went straight to the hospital where they did more tests is lumber puncture and cat scan on my brain, I was then diagnosed with MS. (Multiple sclerosis) My reaction to this prognosis (MS) was initially a shock and I realized from this point on that I would have to drastically change my lifestyle for the better to avoid not being stuck in a wheelchair for the rest of my life.

So in October 2000 I was working on a job (carpenter-builder) and contacted Michael McCammon Naturopath. ....Straight away I felt a sense of hope towards my future. Michael put me on a 3 months course of blood purifier, Withania compound, minerals and a rejuvenating tonic. It has now been 18 months since my last attack of MS.

I cannot believe what Michael’s products have done for me. I will list below some of the benefits I have experienced in my overall health since taking Michael's products.

1. I am getting stronger every day.
2. My skin looks great.
3. I feel no pain (whereas before I met Michael I had the sorest pain above the bottom of my spine and it felt like it was badly bruised.
4. Great sleeps
6. Very content with myself (whereas once up on a time I was very on edge)
7. Loads of energy
8. Much more alert
9. Feel really healthy
10. I experience sensations again.

To summarize I cannot thank Michael enough for how he has changed my life for the better. I now believe that I will not get MS again as long as I take the herbs, I believe in him, his naturopathy and his herbal formulae 100%
Kyle Skinner 5th June 2001

Kyle’s first visit 26/10/2000

Second visit 15th 8 2002 (below)
PRACTITIONER COMMENTS RE KYLE

Observe
1. Extremely murky iris
2. Hypotonic pupil
3. Parasites (radii solaris degenerative)
4. Nerve rings – chronic
5. Cerebral anemia
6. Anemia in extremities
7. Psoric spots (likely chemical toxicity)

Kyle was only 30 years old and presented with all the symptoms he described. A full examination followed his initial consultation including the spine and dental health.

He had a number of very old dark amalgam fillings and appeared to have periodontal disease. A referral to a dentist disclosed that Kyle had several areas of infection;

1. Tooth decay with direct pulpal involvement.
2. Periodontal disease.
3. Periapical periodontal Disease associated with non-vital tooth roots

I suspected that his poor dental health and possible mercury exposure might have exacerbated Kyle’s health issues. The dental health although possible to examine a certain amount from the iris of the eye is never as definitive as direct examination of the gums and teeth and of course referral to a dentist if anything appears suspicious. At least ruling out possible toxicity from the oral environment is imperative in multiple sclerosis cases.

A course of Herbal treatment was begun involving

1. Strong alteratives (Blood and lymph tonics)
2. Strong parasite detox (Kyle was thoroughly infested.
3. High saturation of organic minerals
4. Nerve tonics and adaptogens of high strength and duration in this case.
5. Cerebral tonics to address the poor brain oxygenation and circulation.

PROGRESS:
Kyle is a chronic case needing ongoing support. The level of toxicity and his need to work fairly long and hard hours may limit the early results. His iris has changed subtlety however I am not sure Kyle was able to do anything about his dental health. He looks very much better than his initial state today and generally appears in my clinic to pick up his herbal foods with enthusiasm and radiance that was not present in the initial consultation.
CASE# 6  MRS GIBBS

This 80 year young woman with a delightful disposition initially came complaining of little or no energy after having a broken wrist some months ago. Prior to this she experienced good health apart from a persistent stomach problem where she experiences discomfort in the lower quadrant daily and excessive wind and gas.

Observe:

A. Chronic low hydrochloric acid.
B. Anemia in extremities.
C. Over acid body tissues.
D. Weakness in pancreas area.

(Not marked on the eye photo as you should be able to identify these now).

Treatment:
Initial visit:

1. Nerve tonics in this case Withania somnifera
2. Minerals in full saturation

Second visit:

Progress was a bit slow so added 4. Hydrochloric acid one with each meal

Outcome: Energy has returned significantly

Comment: In this situation it is imperative to include hydrochloric acid to maintain mineral absorption and protein utilization. Hydrochloric acid insufficiency is common in the elderly.
CASE # 7

MAIN COMPLAINT: Endometriosis

OBSERVE:

A. Murky iris
B. Chronic HCL deficiency
C. Chronic intestinal dysbiosis strong likelihood of candida albicans overgrowth.
D. Parasites chronic
E. Left ovary lesion
F. Fallopian tubes suspect damage
G. Inflammatory signs lower pelvis female system area
H. Nerve rings pervasive and chronic
I. Cerebral anemia
J. Pterygium

COMMENT: Toxic material can and does “leak” for the gut due to the leaky gut caused by intestinal dysbiosis and associated pathogens – in this case parasites including candida albicans – often in the background in endometriosis. The pituitary, thyroid, adrenal areas are all toxic or underfunctioning and provide a link to her initial level of discomfort, pain and cramping. The most important place to start is the lower bowel with phytohormone support.

PROGRAM: A “Woman’s tonic consisting of : Black cohosh, Chaste tree, Don Quai, Red raspberry, Squaw vine and licorice.

PROGRESS: Pain reduced about 70% so far. Ongoing treatment from an osteopath required to deal with cranial pressure and “neurolink”
CASE # 8

OBSERVE:

A. Darkened stomach and bowel zone.
B. Cramping of autonomic nerve wreath between 7.00 and 8.00.
C. Murky iris with psoric "taint".
D. Chronic closed lesion in zone 1 (stomach) Distorted pupil.
E. Kidney lesion
F. Prostate weakness

CASE/MAIN COMPLAINT: 39 year old Male. Bloating, wind and gas (Flatulence). Bowel moves once each two days. Difficulty in good urine flow. Poor erectile function

ANALYSIS: See above. Interpretation: Chronic parasite infection possibly giardia

Regimen: Wheat and dairy free nutritional program.

Herbs:

1. Alteratives
2. Mineral saturation
3. Kidney herbs
4. Men’s herbs
CASE # 9

CASE: 54-Year-old Woman. Tired and overweight.

OBSERVE:

A. Linen constitution
B. Low thyroid
C. Poor kidney function
D. Anaemia in extremities
E. Spastic and ballooned bowel
F. Poor assimilation
G. Overworked liver and pancreas

PROGRAM:

1. Thyroid support
2. Alternative herbs
3. Liver herbs
4. Kidney herbs
5. Soluble and insoluble fibre
7. Blood group A /Kapha body type

NOTES:
CASE #10

MAIN COMPLAINT: Right iris, Female 31. Fatigue and varicose veins

OBSERVE:
A. Low stomach HCL
B. Venous congestion
C. Anaemia in extremities
D. Parasites
E. Intestinal dysbiosis
F. Bowel pockets
G. Low thyroid

TREATMENT:
1. Herbal alteratives
2. Soluble and insoluble fibre
3. Thyroid support
4. Kidney and bladder herbs

NOTES:
CASE# 11

Case
58 year old woman with severe digestive problems wind and gas. Poor memory and difficulty particularly in digesting fats.

Main symptoms
Noelene hadn’t been able to eat for over 10 days. Virtually anything she eats left her with painful indigestion, which lasted for 14 – 16 hours.

Observe
A. Chronic deficiency of Hydrochloric acid
B. Parasite infection – degenerative level
C. Arcus Sclerosis / Cholesterol ring / arcus ischaemia
D. Bowel pockets
E. Gall bladder degenerative lesion

Prescription
Hydrochloric acid one tablet with each meal
Blood tonic / alterative herbs 10 mls twice daily
Minerals in saturation
Anti parasite herbs
Colonic irrigation

Outcome
Noelene was quick to respond however deteriorated rapidly again when the hydrochloric acid was withdrawn
Comments
This is a typical example of the “downline” effects of low hydrochloric.

CASE # 11 A CHRONICALLY FATIGUED ATHLETE RIGHT EYE

CASE: Peter was a 24 year old athlete who for several years had been suffering from fatigue, irritable bowel, acne on his back and hayfever. In the past he had mild acne.

BLOOD GROUP: O

OBSERVE:
A. Adrenal weakness (genetic.
B. Hypotonic pupil
C. Insufficient hydrochloric acid
D. Low thyroid
E. Psychosomatic nerve arcs
F. Poor lung function
G. “Chicken scratching” on sclera – classic allergy sign
H. “Arcus anaemia” – anaemia in extremities including the head.
I. Weakness in pancreas

TREATMENT: Peter was treated with
Diet: No or very little dairy and wheat products and follow his blood group O

Herbals
Formula #1: Dandelion root, burdock, licorice root, oregon grape and red clover.
Formula #2 Alfalfa leaf, barley grass leaf, licorice, slippery elm and licorice.
Peter responded well within a few weeks with more energy, acne almost gone, hayfever nil. He still got tired from time to time in the afternoon if he did not eat regularly.

CASE #11

Peters left eye shows the additions of:

A. Genetic heart lesion
B. Bowel pockets – diverticula
C. Lymphatic rosary
D. Kidney weakness
E. Venous congestion
F. Lung weakness
H. Sinus
I. Anemia in extremities
J. Irritated autonomic nerve wreath
K. Lymphatic rosary
L. Bowel pocket
M. Low thyroid
N. Arcus ischemia

On his second visit 15 months later Peter was a different man. His weight had remained a constant 68 kg’s and he stated he was happy with this weight for his cycling of which he did around 20 – 30 kilometres per week. He found that
if he didn’t eat frequently every 15 minutes or so during a competition he would become tired.

Peter was then asked to use the formula #4 only when needed before and after a “workout” or cycling and prescribed:

Formula # 5 Kumerahoe, Liquorice root and bladderwrack (an iron tonic) to be used for 6 weeks only. This formula not only provides iron but the extra strong liquorice may help to do some rebuilding of his chronic adrenal glands and resulting low blood sugar.

CASE # 12 CHRONIC ALLERGIES

LEFT EYE MAIN COMPLAINT/S: Chronic allergy to dairy products, gluten, preservatives and artificial additives and certain foods. Abdominal bloating and discomfort, weight loss, poor sleep, always cold and low energy.

Observe:
A. Chronic low hydrochloric acid
B. Parasites
C. Anaemia in extremities
D. Bowel prolapsus
E. Nerve rings
F. Bowel pocket

Treatment:
Formula #1 : Red clover, sarsaparilla, burdock, liquorice, dandelion
Formula #2 Black walnut, citrus seed extract etc
Formula #3 Gentian and ginger
Formula # 4 Alfalfa, barley grass, liquorice and psyllium hulls.
Results:
It took several months and some “fine tuning” from both practitioners to restore Lesley’s chronic digestive insufficient to be able to digest and assimilate nutrients properly. Her “Leaky gut” was a real problem. Note the chronic “radii solaris” and the degenerative level of tissue destruction in her lower bowel. This situation would have undoubtedly ended up as a far more serious situation involving more severe weight loss or malnutrition and possibly the development of bowel cancer. Chronic fatigue would have set in to the point of almost totally incapacitating any semblance of a normal life. Lesley’s story in her own words can be found on the following page.

“I consulted with Michael McCammon in August 2002 when I had become disillusioned with advice from both my GP and a dietician and was at the point where I was very concerned about my health in general and particularly, my digestive system, I have a chronic allergy to dairy products which I eliminated from my diet in my early 30’s then in my late 30’s I developed and intolerance to gluten, preservatives and artificial additives as well as an increased sensitivity/intolerance to certain foods, My diet had become narrower and narrower. I suffered from abdominal bloating and discomfort, I had lost a lot of weight and for the first time in my life I could not put the weight back on. I wasn’t sleeping well, couldn’t keep warm and didn’t have enough energy to get through the day.

Michael prescribed his basic regimen of BP Tonic, Mineral Max and Para to clean my system out and eliminate parasites. It has taken 8 months of experimentation, trial and error, colonic irrigation therapy and advice from Chris Toki to establish the specific herbal remedies and diet suitable to start the process of settling down my “leaky gut” and “sluggish digestive system”. I have also adopted Michael’s regimen of eating according to my blood type, not combining proteins and carbohydrates, drinking plenty of water, exercising regularly and eliminating white sugar, white flour, alcohol, preservatives, artificial additives and caffeine from my diet.

The improvements after 8 months are as follows – dramatic improvement in my wellbeing, better sleep, increased energy levels, an increase in my weight, I don’t need so many layers of clothing to stay warm, cuts and bruises heal faster and I have not been ill (with bronchitis, tonsillitis and influenza) as I have every 3 months or so in the past (only minor sniffles).
I feel as if my health is in very good hands; both Michael and Chris take the time to really listen to what I have to say and I feel I have more control over my health, The major recommendation I would have to anyone considering this treatment is that it is preventative, natural and will not cause side effects or long term damage to your body.”

Lesley Adrians (her real name by request)
Christchurch, New Zealand – (written 6th May 2003)
THE BASIC PRINCIPLES OF CURE

1. "FIRST... DO NO HARM"
   One must be assured that the remedy used is harmless even if used inappropriately,

2. THERE IS ONLY ONE DISEASE - TOXAEMIA.
   V (Vitality) = E (Energy) - O (Obstruction) Vitality equals Energy minus the Obstruction of that energy. The Obstructions are the build up of waste materials that gradually clog the Natural vitality of the organism. It could be carbonic acid in the blood or lactic acid in the tissues, uric acid in the joints and blood vessels. Lactic, diacetic, butyric in the stomach or intestines etc. These toxins settle in areas of genetic weakness. It is all the same disease. Viruses, parasites, bacteria etc require a ground on which to breed. Suppression of toxins becomes "toxaemia" or poisonous waste settling in areas of genetic weakness to become a disease at some stage.

3. ALL CURE BEGINS FROM INSIDE OUT, FROM ABOVE DOWN AND IN THE REVERSE ORDER AS HOW IT FIRST APPEARED.
   Explained a little more later in this publication.

   THE FOUR STAGES OF DISEASE

   Acute stage marked by heat, inflammation and pain.

   Subacute. There are generally few if any symptoms at this stage beyond a vague sense of lack of ease (or diseases) or general fatigue. If suppresses this stage will move to the next stage

   Chronic level. Here toxins have been suppressed to such a level where there may be longer-term "illness". Colds and flu may progress to bronchitis, asthma, pleurisy etc and there may be more muscle and joint discomfort, chronic fatigue etc. Incredibly 80% of all humanities diseases are in this category. If this stage is left unattended to by proper hygiene management eventually tissues will break down with the toxic load and become the next to final stage -

   Degenerative. The result of complete suppression here are where our distressing mortality statistic lie; chronic asthma, heart disease, strokes, arteriosclerosis, arteriosclerosis, cancer etc.
THE MODERN DEATH CEREMONY

The death ceremony started as a crude ritual back in the days of witchcraft. In recent years it has been developed as a science. It usually takes 10 to 15 years, however modern scientific advancements are shortening this period of time.

It starts with one simple aspirin for a simple headache. When the one aspirin will no longer cover up the headache you take two. After a few months when the two aspirins will no longer cover up the headache you take one of the stronger compounds. By this time it becomes necessary to take something for the ulcers that have been caused by the aspirin.

Now that you are taking two medicines you have a good start. After a few months these medications will disrupt your liver function. If a good infection develops you can take some penicillin. Of course the penicillin will damage your red blood corpuscles and spleen so that you develop anaemia. Another medication is then taken to cover up the anaemia. By this time all these medications will put such a load on your kidneys that they should break down. It is now time to take some antibiotics. When these destroy your natural resistance to disease you can expect a general flare up of all your symptoms. The next step is to cover up all these symptoms with sulphur drugs. When the kidneys plug up you can have them drained. Some poisons will build up in your system, but you can keep going for a quite a while this way.

By now the medications will be so confused they won’t know what they’re supposed to be doing, but it really doesn’t matter - if you’ve followed every step as directed you can now make an appointment with your undertaker. This game is played by practically all except for the few ignorant souls who follow Nature.

By Dr. L.H. (abridged)

Today over 75% of the world’s population uses Herbal Medicine as their primary means of Health care.

FOUR GOLDEN RULES

1. STOP PUTTING POISONS IN THE BODY

2. IT TAKES 7-10 TIMES MORE NUTRITION TO BUILD AND REPAIR THAN IT DOES TO MAINTAIN

3. NOTHING CHRONIC HEALS IN THE BODY IN LESS THAN 3 MONTHS

4. SOMETIMES YOU HAVE TO GET SICK BEFORE YOU GET WELL
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 subtlety by 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 still best to follow a preventative program.

Generally your diet needs to have plenty of whole unprocessed food much of it fresh and raw as possible with as little agricultural chemicals preservatives colourings as is possible. This food needs to be varied with many choices of different food groups.

**Whole food:** This means basically unprocessed. For example whole brown rice or basmati rice is better than white processed. Whole wheat bread is better than refined white. Wheatbix made from whole wheat such as Uncle Toby’s. Whole potatoes in their jackets rather than peeled mashed potatoes

**Alive food:** This means take as much from the garden as you can and eat it uncooked. For example lettuce, carrots, celery, tomatoes, capsicums and all fruit can all be eaten raw. Providing your digestive system can handle it. If your system is sensitive to raw things take it slowly but nevertheless always have something raw.

**Non Toxic:** Avoid artificial colourings, preservatives, and inorganic food wherever possible. Read the labels on packet foods carefully. Be a discerning consumer.

**Variable:** Try not to stick with just the same old food groups (usually dairy, wheat and meat in all their varied forms) rotate your vegetables; kumera one day, potatoes the nest, rice the next, parsnips pumpkins yams etc. Different fruits in season.

A good daily routine to get used to is:

- 6 Vegetables daily
- 1 Protein daily
- 2 Fruits daily
- 1 or more complex carbohydrates daily
- 1 Salad per day
- 2 litre’s of fresh purified water daily

Avoid incorrect food combining; try to have your concentrated proteins and starches at different meals. Eat fruit between or no sooner than 20 minutes prior to a meal containing vegetables, never immediately after.
THE LAW OF CURE

Iridology demonstrates that for authentic cure to take place one must adhere to what is termed "Herrings Law of Cure" (after a Swedish homoeopath - Constantine Herring). In a nutshell Herring discovered that "All cure begins from within out, from above down and in the reverse order as the symptoms first appeared." To explain this remarkable law in depth would take more than what can be covered in this workbook but basically it is the inner part of the body and particularly the Bowel and digestive system which must be taken care of first - then the brain. Diseases are approached in layers exposing any past suppression to be brought to the surface for authentic healing. The organs are dealt with in accordance with a particular hierarchy. Diet, Homoeopathy, Nutrition, and Herbal Medicine in my practice are all integrated with foundational principles.

HERING'S LAW OF CURE

"ALL CURE STARTS FROM WITHIN OUT AND FROM THE HEAD DOWN AND IN REVERSE ORDER AS THE SYMPTOMS HAVE APPEARED"

HEALING & CLEANSING. - when you're getting better

* Happens only as the body is naturally cleansed through dietary reform and using appropriate Herbal remedies.
* Happens only when the body has enough vitality to stand the shock.
* Happens when a person feels the best
* Usually takes around 3 months or 90 days to bring it about.
* Only lasts about two or three days at most. It is often best not to take the Herbal remedies at this time as the body is doing it on its own.
* Sometimes with the correct Herbal formulas and change of diet the body clears the waste a little at a time and no crisis is necessary.

DISEASE CRISIS. - when you're getting worse

* Happens when the body is too full of mucous and clogged to the limit.
* Happens when enough germs are multiplying.
* Happens when the body strength and vitality are lowest.
* Happens to save the life because if clogging is continued at the rate it is going, the person would die because of injury to body organs, poisons in the blood and pumping through the heart, crowding vital organs as in cancer, etc.
* Lasts several weeks or longer.
* Happens sometimes when the body becomes extremely cold, causing the body to squeeze like a sponge, starting an elimination.
WHY HERBS

The use of plants as medicine is backed by the longest clinical trial in history. By observation and experimentation, all human cultures have proven over time, the efficacy of plant medicine.

Herbal medicine has a vast track record of over 38,000 years and their protocols fit with all the criteria of the scientific method, i.e. observation, hypothesis, experimentation, proving, and results are consistently repeated. It is natural, perfectly logical and based on natural laws and principles. Today, over 75% of the world’s population use Herbal medicine as their primary means of health care.

Many chemical drugs are based on compounds found in plants. For example, the idea of valium comes from the valerian root and aspirin from the salicylates found in Willow bark, yet these medicines were known by indigenous cultures for 1000’s of years! Herbalists choose to use plant remedies because of their proven efficacy and their low or no risk of side effects.

Scientists can make artificial seawater in the laboratory, however, no fish will live in it! The biological complexity of plants cannot be reproduced and they are ideally suited to our biologically complex physiology. Although Herbalists recognize the existence of active principles within the plant, the other, less active parts are an integral part of the whole remedy. Nature is the perfect scientist.

Well chosen herbs are in harmony with human beings. Evolved by Nature herself, they are our allies and ideally suited to their role of promoting health and helping to move humanity beyond disease.

McCAMMON (NEW ZEALAND) HERBALS are the result of 25 years research and development by Michael J McCammon N.D. Naturopath, Herbalist and Iridologist.

ACTIVATE Herbs activate normal bodily processes. They do this from their active contents of biochemical substances, which are again classified into various medicinal actions. (discussed more fully in a later section)

BUILD Herbs build brand new tissue through their nutritive substance including minerals, carbohydrates, proteins etc.

CLEANSE Herbs clean the bodily tissues also by specific biochemical action. Examples of this are the dissolving action of mucilage’s, emollients and the cleansing effect of diuretics and laxatives etc.
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