

# Iridology

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The science of Iridology is based on the analysis of the iris which contains markings that represent the integrity of the body; including it's constitutional strength, areas of congestion or toxic accumulations, and inherent strengths and weaknesses.

Since the dawn of the healing arts in ancient times, we have made great progress in our understanding of the complex organism we call the human body, yet often by separating it into pieces and parts. Keep in mind that when any part of the system suffers, the entire body is adversely affected. What we need is an approach to work with the whole body. The great advantage of iridology is that it lends itself handily to an immediate survey of the constitution of the body. Therefore, getting a perception of the whole body, what is affecting what, and what to address first; in order to have the greatest benefit to the whole body.

Contained within the iris are thousands of nerve filaments. They receive messages from virtually every nerve in the human body via connections with the optic nerves, optic thalami, and spinal cord. Also, microscopic muscle fibers and tiny blood vessels are within the eye. In cooperation, these nerve filaments, muscle fibers and blood vessels represent changes. Thus, by examining the markings, discolorations, textures, and other iris manifestations; the practitioner is able to analyze the health level of body constituents. There are both amateur and professional iridologists, including different levels of professionals; so take this into consideration when someone is analyzing your eyes.

There are many different aspects of iridology. I prefer to focus on the physiological aspects, rather than delving deep into emotional perceptions. There is some truth to emotional aspects, but many of those teachings have open interpretations and too many variables.

The science of iridology itself has many roots. We know of documentation in Egyptian pyramids, Oriental writings, and Biblical references. Hippocrates referred to color, brightness of eyes, and sclera. Niels Liljequist researched chemical correlations and Bernard Jensen was a US pioneer in iridology.

An example of iridology that does not require a magnifier, would be to evaluate the constitution of an individual. A 'Strong' constitution contains tight, evenly distributed fibers throughout the iris indicating strong, vital genetics; therefore, likely a body able to resist illness and disease and recover quickly. Whereas, a 'Weak' constitution has a "daisy petal" eye with open spaces, separated fibers which indicate genetics and body tissues with an increased likelihood of illness/disease, and slower recovery.

In summary, iridology is a true science evaluating tendencies, not diagnosing; but evaluating what areas genetically or due to current stresses or toxins are causing weakness or imbalances in your body.

**Contact our store or visit our website to make an iridology appointment.**

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



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