

IRIDOLOGY AND THE SKIN

IRIDOLOGY IS THE HOLISTIC APPROACH TO THE BODY'S BLUEPRINT WHERE THE STRIATIONS AND MARKINGS OF THE IRIS ARE THE CORRESPONDING INDICATORS OF RESPECTIVE ORGANS OR REGIONS OF THE BODY.

"LOOK INTO MY EYES AND HEAR WHAT

I'm not saying, for my eyes speak louder than my voice ever will." ~Unknown.

From the earliest epoch of human civilization, the eyes have been observed to gain information about their owners. The practice of iridology has origins as far back as ancient Egypt, where drawings have been found relating the eye to the anatomy of the body. The Chinese discerned health tendencies from the size, shape and set of eyes, and in the Indian Ayurvedic tradition, eye color is part of a person's dosha or constitution.

Modern iridology is still in its infancy, founded in 1861 by Ignatz Von Peczely, a doctor from Hungary. As a young man Dr. Von Peczely had found an owl with a broken leg, and he noticed that it had a black line in its bright yellow iris. As he nursed the owl back to health, the line filled in with fine white lines and eventually looked like new. This observation stimulated Dr. Von Peczely to investigate the connection between the iris and one's health. His knowledge as a doctor allowed him to create the first known map that connected the iris to specific problems within the health of his patients.

The International Iridology Practitioners Association (IIPA) states that iridology is "the study of the iris, or colored part, of the eye. This structure has detailed fibers and pigmentation that reflects information about our physical and psychological makeup. It identifies inherited dispositions (how our body reacts to our environment and what symptoms are most likely to occur), risks (what areas or organ systems are more likely to have symptoms) and future challenges (where we are likely to have more problems as we age). Iridology helps identify inherited emotional patterns, which can create or maintain physical symptoms, as well as identify lessons or challenges and gifts or talents available to us."

Iridology and the skin

Marcus Shumway, N.D., a doctor of naturopathic ministry and naturopathy, states that iridology can serve as an excellent assessment tool for estheticians who are interested in understanding the root cause of their clients' skin conditions and overall health. He points out that an iridology assessment shows past, present and future tendencies, and this information provides clearer insight to one's current skin

conditions. With this knowledge, the esthetician is in a better position to make effective recommendations for their clients' health, wellness and beauty needs from the inside out. Dr. Shumway does stress that sound training in iridology is crucial, a solid knowledge of anatomy and physiology of the body is needed, and a basic knowledge of nutrition and herbology is important. He also states that a sincere desire to learn, listen and observe goes a long way in making one a great iridologist.

We all know that the skin is one of the most important and neglected eliminative organs of the body, so it makes sense to identify the zones in the iris that give us clues to the state and condition of the skin. The three general factors that influence skin disorders are the nervous system (including emotional issues and stress), the filtration and purity of the blood (the liver [digestive] and kidneys [urinary]) and the immune system (allergy and autoimmune disturbances).

The presence of a scurf rim around the perimeter of the iris, known as the "skin zone" provides information about the condition of the skin and the blood vessels just beneath it. The presence of a scurf rim shows an accumulation of toxic material due to poor elimination from the skin. Among those with the poorest skin elimination, the scurf rim becomes almost black while a dense, dark and wide scurf rim indicates an excessively toxic body, overladen with wastes. Dry, itchy skin, eczema or psoriasis are often conditions that can present themselves when a scurf rim is present.

If the scurf rim appears darker over the lung zone of the iris, it is believed that poor skin elimination has contributed to an overload of toxic material there, and the same is true for other organs such as the kidneys, liver and intestines. It may also indicate a suppressed condition in an organ. For example, a dark scurf rim in the feet area of the iris may be the result of efforts to suppress foot perspiration. Suntan products, chemical deodorants and other toxic substances used on the skin can promote a scurf rim by blocking the sweat glands. In clients with healthy skin, the capillaries constantly bring wastes to the sweat glands, which in turn eliminate them. At the same time, the cells of the epidermis are constantly shedding, and together with the sebaceous gland's oil, tend to block the follicle openings unless the skin is kept clean and uncongested. ➔

continues

BY NINA CURTIS

A close-up portrait of a woman's face, focusing on her eyes. She has light green eyes and is looking directly at the camera with a neutral expression. The background is a soft, out-of-focus grey. The text "LOOK INTO MY EYES" is overlaid in a bold, blue, sans-serif font across the middle of the image.

LOOK INTO MY EYES

**SPAS OFFERING
IRIDOLGY
CONSULTATIONS**
DRAGON FLY HEALTH SPA
St. Peters, MO
30 minutes for \$50.00
www.dragonflyhealthspa.net
THE STILLPOINT DAY SPA
Winthrop, WA
30 to 60 minutes \$95.00
www.methownet.com/stillpoint/
THE NILE INSTITUTE
West Hollywood, CA
45 minutes for \$100.00
www.thenileinsitute.com



Through observations with iridology assessments, the esthetician can provide their clients with programs to improve and maintain the health of the skin and body. These programs include detoxification and rejuvenation routines such as skin brushing, an excellent way to improve skin elimination and lymphatic flow; hydrotherapy, which uses water to stimulate circulation and boost the skin's eliminative functions; and herbal preparations, which can be recommended for both internal (teas) and external (baths and soaks) use.

Additionally, the skin needs sunlight and fresh air, water and exercise to keep it functioning properly. Foods especially good for the skin are those containing silicon; zinc; sodium; potassium; vitamins A, B, C, D and E; and niacin. Rice bran, alfalfa sprouts, kelp and oat straw tea are also excellent nutrients that support healthy skin.

Iridology assessments can truly support and enhance one's esthetic practice while expanding our knowledge of the human body beyond the skin. This assessment tool can offer the esthetician a point of difference in their business along with advancing one's knowledge base and the ability to provide clients with effective treatments and long-term results.

Iridology: present and future

Catherine Chan-Bongaards, N.D., from Australia and Ellen Tart-Jensen, Ph.D., D.Sc. from the United States are both internationally recognized thought leaders in the field of iridology. Each of these busy professionals generously took some time from their schedules to offer *LNE & Spa* readers exclusive insight on the present and future of iridology, and their thoughts on the advantages of incorporating it into an esthetic practice.

Q & A with Dr. Ellen Tart-Jensen

LNE & Spa: Why should iridology be considered an important assessment tool for a skin care specialist to use in their practice?

ETJ: The iris reflects information about the organs, glands and tissues of the body. The area where we can see tendencies for skin congestion is located around the iris edge. When there are skin deficiencies and genetic potential for skin congestion and weakness, the outer rim of the iris will be very dark. The iridologist or skin care specialist can see the dark rim very easily and help the person prevent skin conditions even before they occur, and work to help the person detoxify and heal their skin.

LNE & Spa: What are some skin specific issues that can be gleaned from an iridology assessment?

ETJ: In the iris, we can see skin deficiencies. We cannot see specific skin issues such as psoriasis per say, but we can see the source of the skin condition and get to the root of the problem. Many times the skin problem is caused by toxicity in the digestive tract, lymph or kidneys. When this is the case, congestive markings will show in the areas of the iris that reflect digestive tract, lymph and/or kidneys. This way, the practitioner can help the person get to the cause of the skin disorder. It is important and most helpful if the skin care specialist understands some fundamental nutrition that will cleanse the congested organs and strengthen the skin.

The most important mineral element for the skin is silicon. Silicon is found in oat straw tea, horsetail herb, red bell peppers and oatmeal. Fortifying the skin with this mineral will help with the healing of many skin conditions. Often when the bowel, kidneys or lymph are congested with toxins, those toxins escape through the skin. This will cause acne, rashes or boils. Cleansing the organs that are congested will take the load off of the skin and help it to heal.

Skin brushing with a natural bristle brush is most helpful for eliminating toxic wastes and uric acid crystals that come through the pores of the skin. Remember, the skin is the largest organ of the body and must eliminate toxins just like the other organs. It is wise to keep it healthy by eating pure and natural foods, drinking plenty of purified water and brushing skin.

LNE & Spa: How long does it take for someone to become proficient as an iridologist?

ETJ: Becoming a proficient iridologist will take from two to four years with lots of practice and study.

LNE & Spa: What is the best advice you can give to someone who is considering becoming an iridologist?

ETJ: I would suggest they contact the International Iridology Practitioners Association at www.iridologyass.org and ask where an IIPA-accredited iridology course is being held near their location. They should register for the course and study. The IIPA-certified instructor will be an excellent teacher in the field of iris analysis. IIPA requires that they take a Level 1 and Level 2 iridology course that lasts for five days. They then need to take a college course in anatomy and physiology and pass with a C average or above. After that, they are eligible to sit for the IIPA Certification Examination, which is a three-part exam.

Ellen Tart-Jensen, Ph.D., D.Sc. has been working in the field of iridology and nutrition for 30 years. Dr. Tart-Jensen is vice-president of Bernard Jensen International, and works together with her husband, Art Jensen, to preserve the books and teachings of Bernard Jensen, N.D., Ph.D.

Q & A with Dr. Catherine Chan-Bongaards

LNE & Spa: What are some of the latest trends and "provings" in the world of iridology today?

CCB: As professional digital equipment becomes less expensive and more advanced, there is more to be observed in the iris. Research is being conducted in Italy and the United Kingdom to study the IPB (inner pupillary border). Health challenges and when they will present themselves may be predicted. Also all the organ reflexes traditionally observed in the iris can also be viewed in the space between the ANW (autonomic nerve wreath) and the IPB. These findings are a result of medical doctors' research (not some esoteric alternative practitio-

ner). Government-sponsored research in South Africa, Korea and Russia has also been reported.

LNE & Spa: What is the best advice you can give to someone who is considering becoming an iridologist?

CCB: Learn from the master iridologists. Practice, observe and challenge this obtained knowledge. Study means to prescribe solutions for your clients legally in the United States, like herbalism, nutrition and tactile modalities.

The ideal career path is to become a naturopathic doctor so you can teach people to change their ways and prevent illness as well as cure their problems, rather than patching-up by using chemical drugs.

LNE & Spa: What else would you like to tell readers that you have not mentioned above?

CCB: Natural healing is something God given ... something that we are born with. The remedies and cures for all our illnesses are available in nature. Healing with natural substances has been practiced for thousands of years. Chemical drugs (often lab-created copies of natural remedies and plants) ... are a fad and have only been around for 70 years or less. They are so dangerous that a minimum of four years' study is required for anyone to prescribe these drugs.

Catherine Chan-Bongaards, N.D., began her career as a nurse, studied TCM and acupuncture in China (before it became fashionable in the 1970s) as well as Western traditional medicine. She has conducted more than 75,000 consultations during her 33 years of practice, and is an international keynote speaker on iridology and natural medicine. ■



Nina Curtis is principal of Curtis Communications, Nina Curtis & Associates and the Nile Institute. Ms. Curtis received her MBA from Pepperdine University and consults for leading companies in the personal care industry.

With more than 20 years of experience, she holds certifications in aromatherapy, reflexology, acupressure and color light therapy. Curtis has been instrumental in the development of training programs for salons and spas nationwide.

Through observations with iridology assessments, the esthetician can provide their clients with programs to improve and maintain the health of the skin and body.