

*What
The
Eyes Reveal*

By:

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Certified Iridologist
Certified Herbalist
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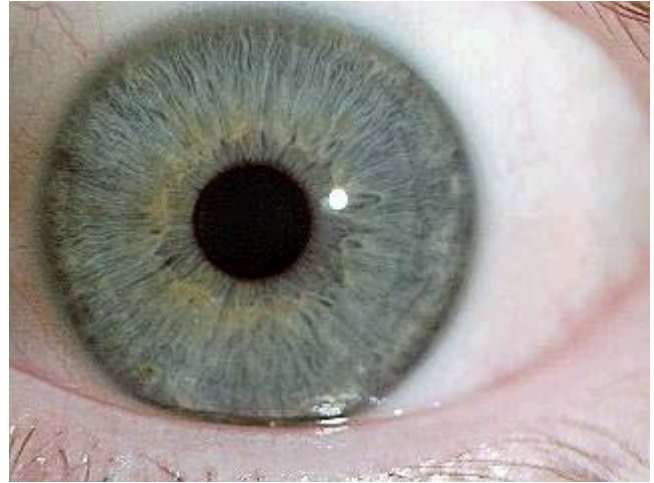
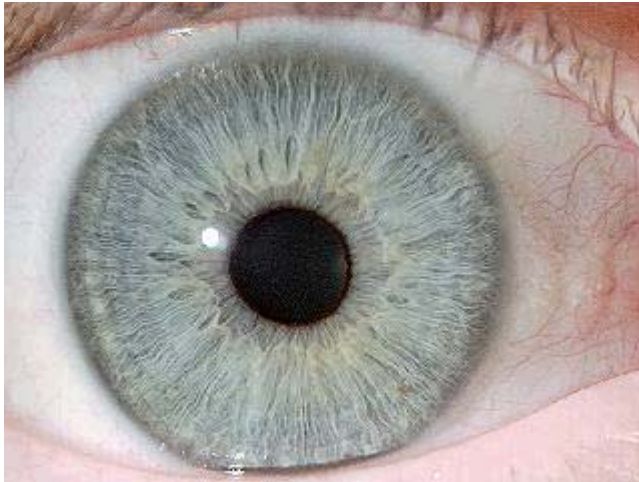
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TRUE EYE COLORS

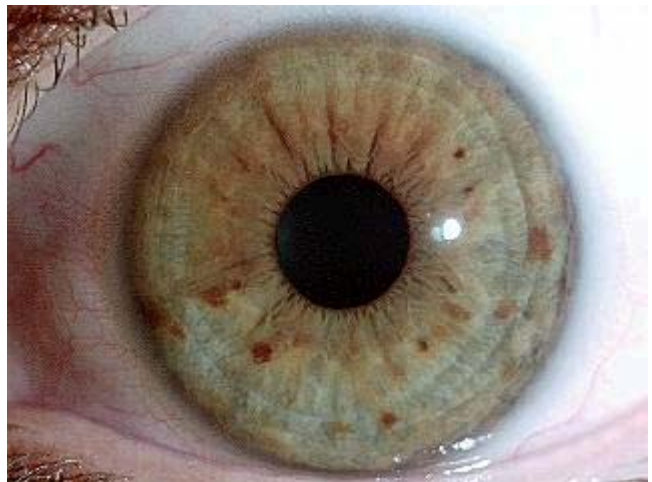
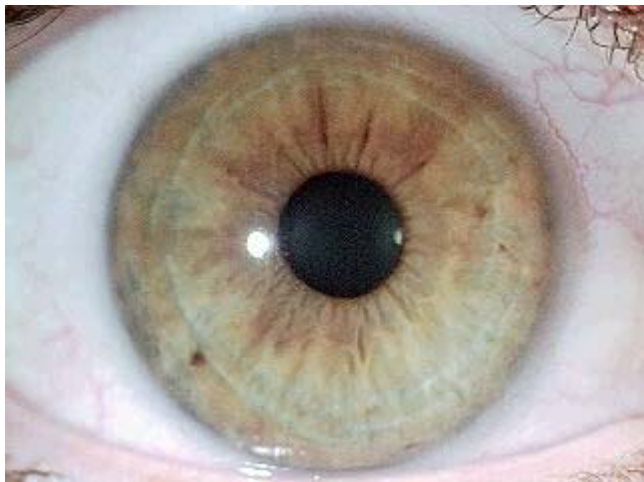
Blue-Eyed Type (German: Lymphatic)

This is the "*pure*" blue eye that is found in people's of European descent. It usually accompanies a classic phlegmatic disposition, which means the person is prone to lymphatic disturbances and catarrh afflictions. This is probably due in part to the fact that people of European descent are frequently heavy consumers of dairy products. Blue-eyed people are also thought to have a greater tendency to accumulate uric acid in their bodies and to have kidney troubles. The body systems and parts that these people have to pay particular attention to are the following: Mucus membrane areas (upper respiratory tract, bronchioles, villi of lungs, digestive tract and the uro-genital tracts), lymphatic tissues (tonsils, appendix, spleen and lymph nodes) and membranes of the joints. Health problems commonly found in people with the lymphatic constitution include the following: Sinus troubles, sore throats, tonsillitis, earaches, bronchitis, asthma, swollen lymph nodes, skin catarrh (eczema and dandruff), kidney weakness, arthritis and rheumatism.



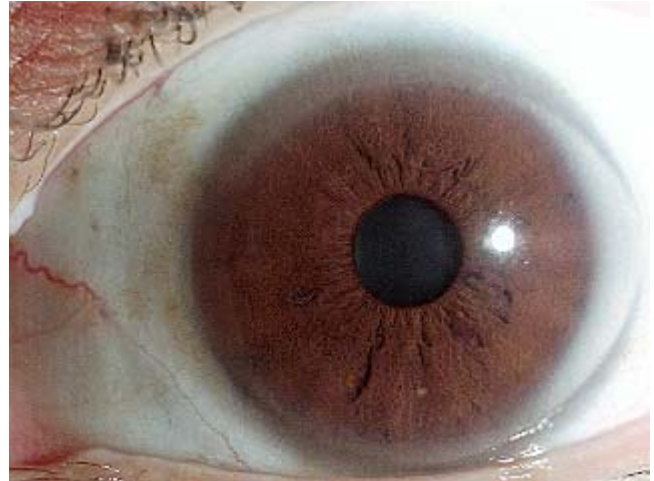
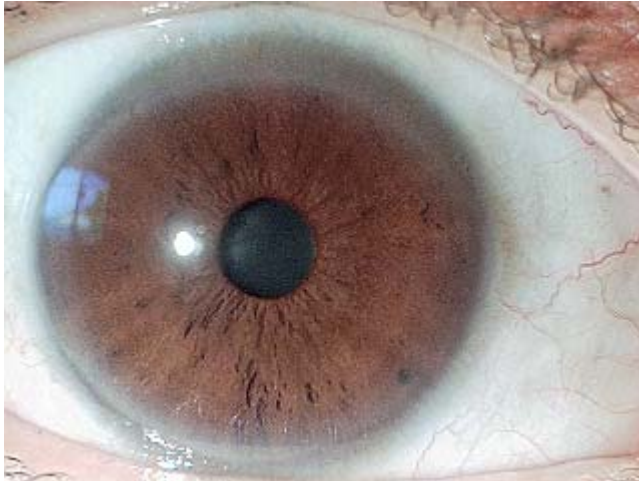
Mixed-Eyed Type (German: Biliary)

The blue/brown mixed eye has been linked by Iridologists with a disposition to biliary or hepatic (liver) troubles. It is believed that the colorations on top of the blue eye are a sign of toxicity in the body due to digestive problems. When the pigmentation is concentrated around the center of the eye, this is especially linked with digestive disturbances. Problems with the liver and other digestive organs can lead to further imbalances in the glandular and circulatory systems. Body systems and organs to pay particular attention to are as follows: The digestive system (stomach, pancreas, gall bladder and especially the liver) and the intestinal tract. Common health problems Iridologists associate with this type are: Hypoglycemia, PMS, indigestion, gallstones, constipation, gas, toxicity of the digestive tract, anger and/or depression, difficulty getting to sleep followed by difficulty waking up in the morning, nausea, stiffness and achiness, headaches (especially migraines), food allergies, seasonal allergies and Candida.



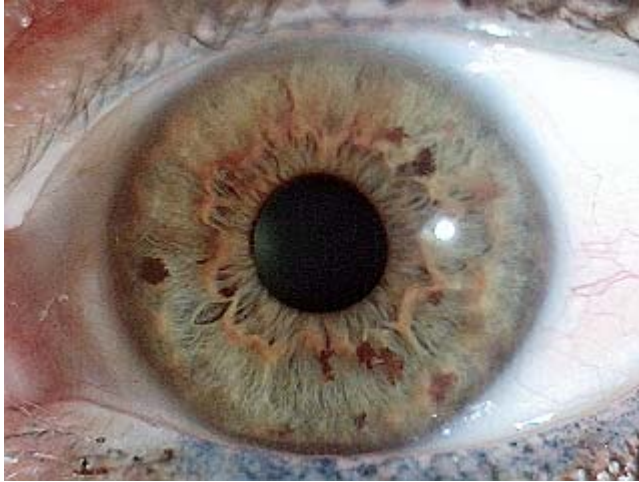
Brown Eyed Type (German: Hematogenic)

Pure brown eyes are difficult for Iridologists to read because a layer of pigment completely covers up the fiber structure of the eye. However, Iridologists have noted some general characteristics of brown-eyed people. First, they appear to be pre-disposed to imbalances in blood composition and hence to blood disorders. It has been suggested that they have a possible inherent inability to store adequate supplies of minerals. They may especially have problems with calcium metabolism. Specific systems and organs to pay particular attention to are: The circulatory system (heart, blood, blood vessels), the organs that make blood (liver, spleen, bone marrow), the digestive system and the endocrine glands. Common health problems experienced by brown-eyed people include: Anemia, hardening of the arteries, all types of blood diseases, constriction and hardening of lymph tissue, possible reduced leukocytes in the blood, digestive troubles, mineral deficiencies and early breakdown of the endocrine glands.



SPECIFIC IRIDOLOGY SIGNS

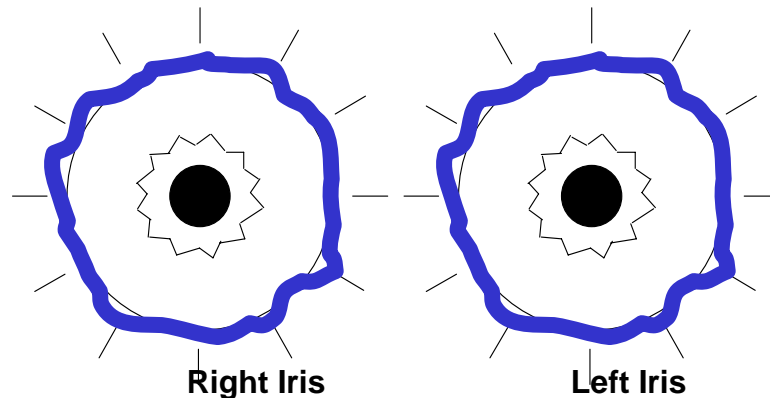
Anemia in the Extremities (Venus Congestion-Blue Ring)



This is a term used by the Iridologist to indicate a lack of circulation to the arms and legs. The legs and feet are the farthest away from the heart. Thus the blood must be returned from the legs against the force of gravity. This is why circulatory problems usually manifest first in the feet and legs. Vitamins helpful are A, B, B1, C, D, G and Niacin. Minerals include Magnesium, Phosphorus, Silicon, Fluorine, Iodine, Iron, Manganese and Sulfur. Herbs include Capsicum, Butchers Broom and Hawthorn Berries. Cold water leg baths and grass and sand walking as taught by Fr. Sebastian Kneipp are very helpful as is exercise in general. Capsicum can also be rubbed on the hands and legs to be absorbed through the skin and a bath can be taken as well with Capsicum.

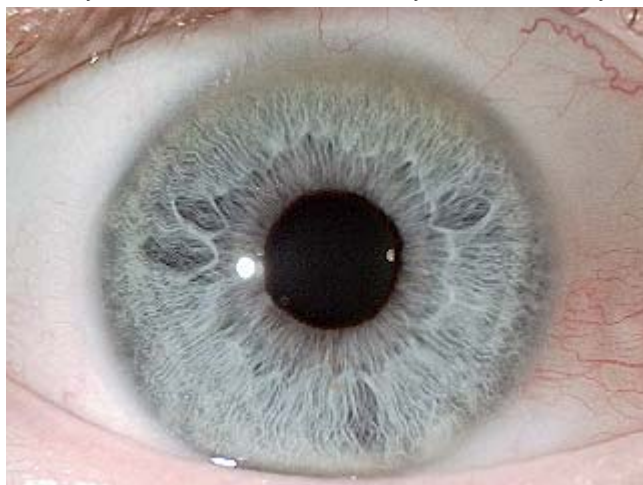
NSP Products to Support the Circulatory System Include:

1. **Brain Protex** combines protective herbs, antioxidants and phospholipids that help improve mental function and memory. The herbs help to increase circulation throughout the body as well as to the brain. The special combinations of antioxidants in this formula are able to cross the blood brain barrier and reduce free radical damage to the brain.
2. **HSII** - this combination of capsicum, garlic, and hawthorn stimulates the circulatory system, it improves blood flow and strengthens cardiac function. The herbs in this formula have traditionally been used to clean toxins from the blood, normalize blood pressure, and lower cholesterol.



Arcus Sinilis (Brain Anemia-White Cap)

Virtually all life activities of the body are directed by the Brain. Dr. Bernard Jensen has found anemia of the Brain

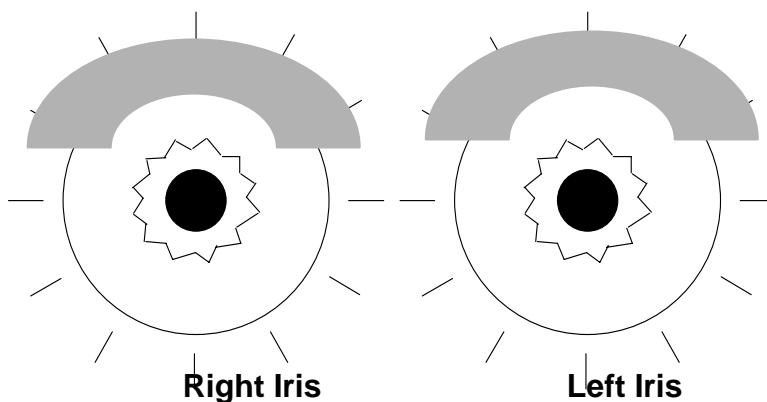


to be the most serious result of impaired circulation, low blood count, inadequate nutrients in the blood or any combination of these factors. The joy of life seems to diminish to a sluggish trickle, while thinking slows, memory dulls and a curtain drops over many activities and abilities which were formerly taken for granted. This condition, commonly associated with senility and old age, has less to do with chronological age than it does with our way of life. If a low blood count is suspected, Dr. Jensen advises obtaining confirmation through a lab analysis. You can build up the blood with iron-rich foods such as green vegetables, beets, black cherries, black raspberries, liquid chlorophyll and other supplements. Moving to a higher altitude can help. To improve circulation Dr. Jensen recommends slanting board exercises, early morning barefoot walks in dewy grass or on a sandy beach, Kneipp baths, alternate hot and cold

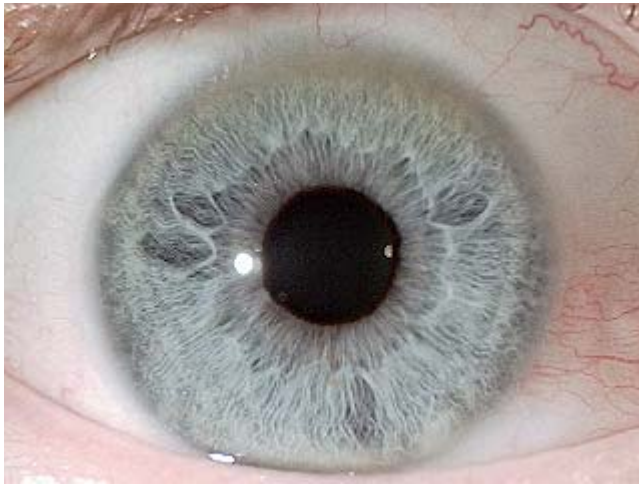
footbaths and physical exercises appropriate to the persons age. Physical exercise stimulates increased adrenaline secretion which in turn stimulates faster, deeper respirations, faster heart action and greater oxygenation of body tissues. Cerebral Anemia means there is a lack of adequate blood supply to the brain areas for one reason or another. Dietary modifications, exercise, herbs, vitamins, minerals, food supplements and use of a slanting board on a regular basis are very helpful in these cases. Herbs such as Gotu Kola, Capsicum and Ginseng are also very helpful. The vitamin necessary is Niacin. I have provided information on the Slanting Board for you at the end of the analysis.

NSP Products to Support the Circulatory System Include:

1. **RG-Max** This supplement supplies the nutrients needed to boost energy levels and blood flow throughout the body, it helps protect against cardiovascular aging and supports the cardiovascular system. L-arginine is the precursor for nitric oxide (EDNO). In a healthy blood vessel wall, nitric oxide (NO) will keep vessels pliable and elastic, dilate (open up) blood vessels keeping blood flowing smoothly, relax blood vessels, keep platelets and white blood cells calm and prevent them from sticking to the vessel wall, prevent oxidation, slow plaque growth, suppress atherosclerosis and melt away plaque that already exists.
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3. **Ultimate GreenZone** can be used as an excellent supplement to build the blood with iron rich green foods, provide plenty of antioxidants to protect against the effects of aging, and nourish the body with enzyme rich herbs and foods to provide easily absorbed nutrients.



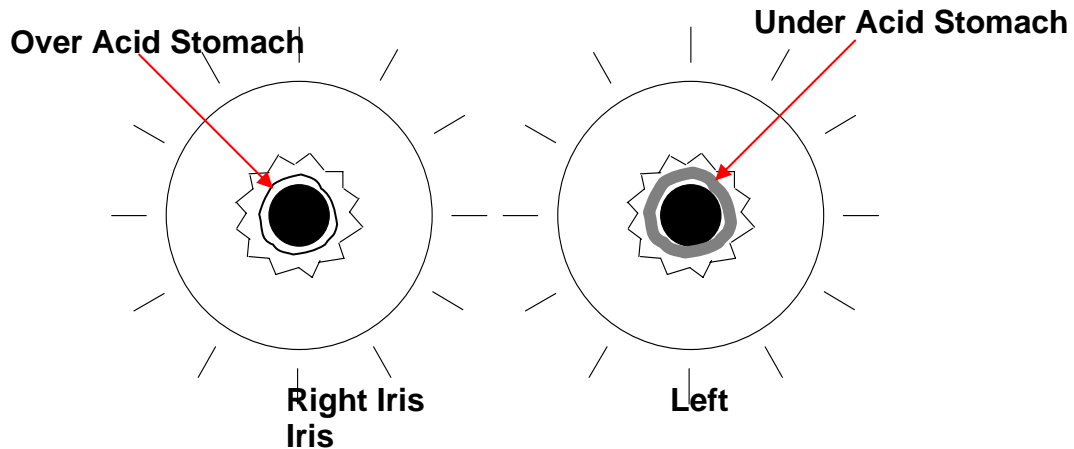
Assimilation Ring (Over Acid Stomach), Assimilation Ring (Under Acid Stomach)



Assimilation is how well you absorb the food you eat. ***It is not what you eat that counts, it's what you assimilate that your body can use that makes the difference.*** We absorb mainly in the small intestine, through the small villi which compose the intestinal walls. The absorptive function of these villi may be hampered by certain diets. Some persons may also have an inherent weakness in this area which does not allow them to utilize their foods as well as others. A proper diet is the best way to aid in assimilation. Also adequate rest is needed as a fatigued system cannot absorb well. Herbs such as Alfalfa, Peppermint, Papaya and Ginger are also beneficial. Should the villi become unable to absorb nutrients properly, cleansing may be encouraged using the herb Comfrey and the digestive aid Pepsin as well as a bulk former such as Psyllium Hulls along with Cascara Sagrada.

NSP Products to Support the Digestive System Include:

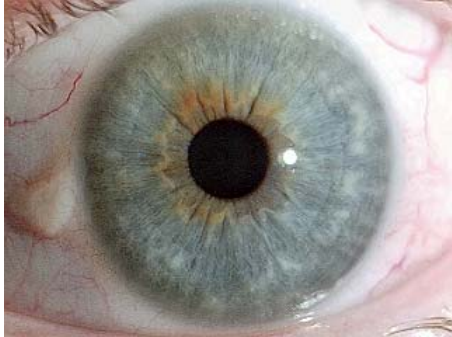
1. **Digestive enzymes** to improve digestion and absorption of food: **Food enzymes, Proactazyme Plus, or Chewable Papaya Mints**
2. **MSM** - This naturally occurring source of organic sulfur has been shown to help correct symptoms of hyperacidity, GERD, and heartburn. MSM balances the production of stomach acid back to normal levels and also helps in repairing the lining of the stomach. Studies have shown that people prefer MSM for controlling hyperacidity over antacids and it has no side effects.
3. **Anti-Gas Formula** This herbal blend contains papaya fruit a natural enzyme, peppermint and ginger along with other herbs that stimulate digestion, help break up gas, and relax muscle spasms in the digestive tract.
4. **Gastro Health** is an herbal blend that soothes an irritated stomach lining, helps prevent the growth of bacteria in the stomach; such as H-pylori which is implemented as the leading cause of stomach ulcers. The deglycyrrhizinated licorice root (DGL) in the formula helps to both soothe and rapidly heal the lining of the stomach.



Lymphatic Rosary (Allergies, Hay Fever, Weakened Immune System)

Lymphatic Rosary: Lymph circulation slows so toxic elements & metabolic waste accumulates

The Lymphatic system has eight functions. These functions are (1) Neutralizing toxins and poisons, (2) Returning water from tissues to the blood, (3) Returning leaked protein to the blood, (4) Transporting fats in the body, (5) Transporting hormones by the Lymph System, (6) Destroys foreign bacteria (7) Produces antibodies and (8) Makes up the largest content of fluid in the body; carries more waste than the blood.

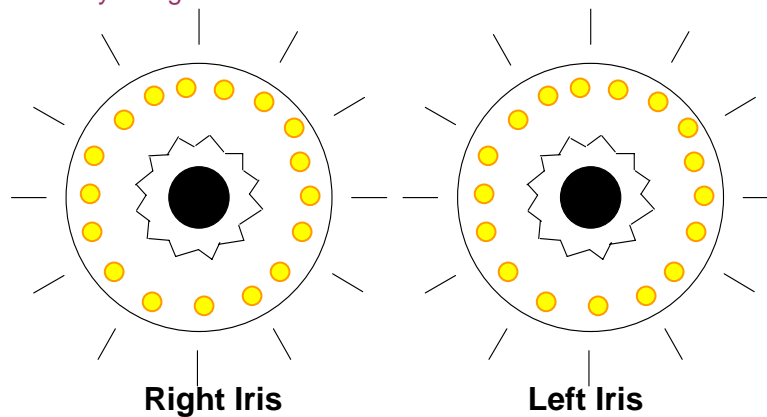


A Lymphatic Rosary is a sign in the iris that looks like a tiny ring of clouds around the outer section of the iris. This indicates a person who has congestion in their lymphatic system. These people can experience a lot of mucous, swollen lymph nodes, sinus, ear and lung infections and kidney problems. Unlike the blood system, the lymphatic system is not closed and has no central pump. This sign can indicate that the person is not getting enough exercise to continuously move the lymph fluid thru the body.

Herbs such as Garlic, Onion, Pau d'Arco, Golden Seal, Echinacea and other foods containing organic sulfur are beneficial to the Immune/Lymphatic System. Vitamin C is also important to this system.

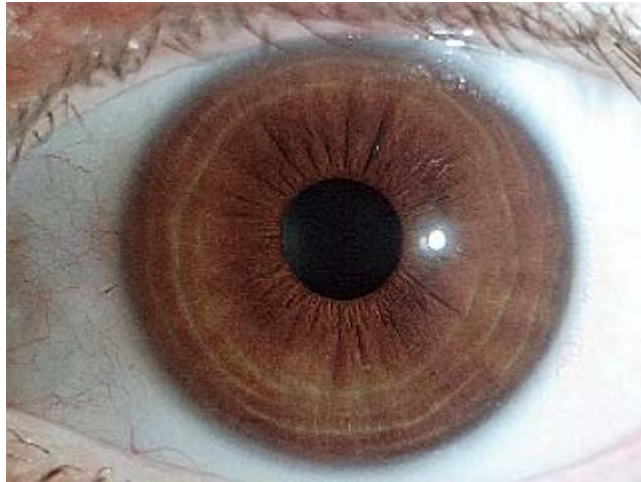
NSP Products to Support the Immune System Include:

1. **Lymphatic Drainage** is an excellent liquid herbal blend that supports the function of the lymphatic system. The herbs in this formula help to clean the blood, tone and stimulate the entire lymphatic system. The herbs help to clean and detoxify the body of metabolic wastes and toxins. This formula also has mild diuretic properties. This is a formula that could be taken for a couple months at a time to work on cleaning the lymphatic system.
2. **Lymph Gland Cleanse** is an herbal formula designed to help boost the immune system to fight infections, especially in the lymphatic and respiratory systems. The herbs help to improve immune function, fight bacterial or viral infections, thin mucus and eliminate toxins. This would be a good choice in cases of tonsillitis, swollen lymph glands or respiratory congestion. The main infection fighting herb in this formula is Goldenseal. For those who tend to get low blood sugar, the alternative formula Lymph Gland cleanse-HY substitutes the goldenseal for Myrrh. Goldenseal does have the property of lowering blood sugar but this normally happens in only in high doses.



Nerve/Stress/Sensitivity Rings (Stress Affecting Body)

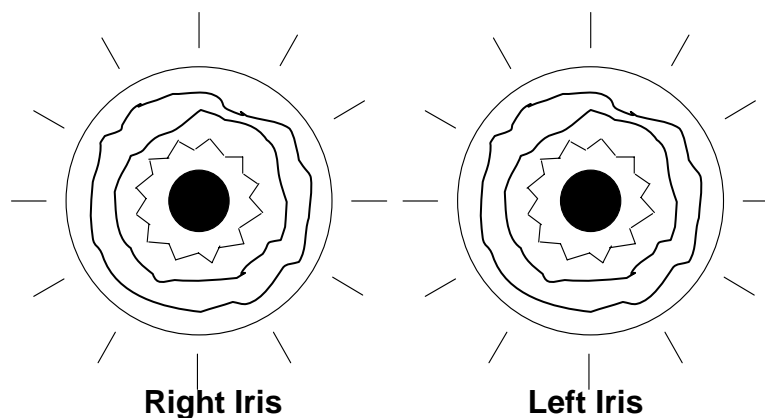
The presence of nerve rings in the iris, indicate a tense condition in the person. The lifestyle of today is conducive to the formation of nerve rings. These rings can also be called sensitivity rings, which can indicate a



highly sensitive individual. Nearly all persons have some nerve rings. A job or a boss that is not to one's satisfaction, a spouse who is difficult to live with or any disharmony or pressures in life can all be causes of nerve rings. If your nerve rings are heavy, perhaps you ought to be giving some thought to an alteration of your lifestyle or taking up some relaxation techniques. Some persons simply drive themselves too hard. They need to spend some time pursuing a relaxing hobby, mentally, if not physically, removing themselves from their usual work. Vacations are especially necessary and are greatly beneficial in reducing stresses of everyday living. Herbs are highly beneficial also and the ones with the most benefit to the nervous system are Catnip, Valerian, Chamomile, Skullcap and Wood Betony. All of the B Vitamins are also beneficial.

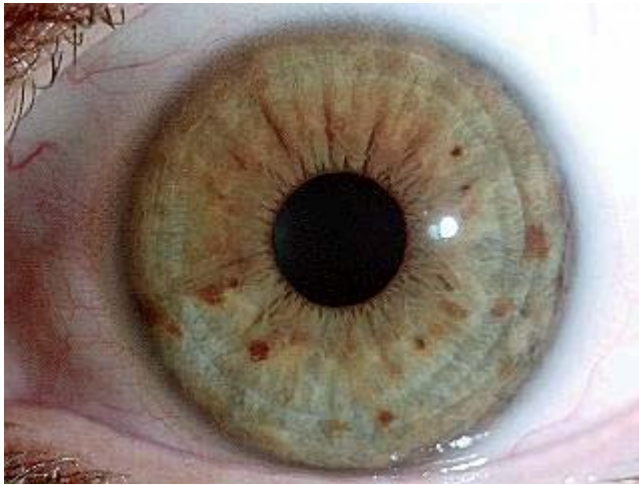
NSP Products to Support the Nervous System Include:

1. **Calcium and Magnesium** are needed by the nervous system to help you to relax the nerves and the tension in muscles. Sleep problems, jumpy leg syndrome, leg cramps, teeth clenching, and muscle pain, are all associated with being low in calcium and magnesium. Herbal CA, Herbal sleep and Stress-J are all excellent plant sources of calcium and magnesium.
2. **Nutri-Calm:** For high stress lifestyles, this is the key product for the nervous system is absolutely wonderful! It contains a full B-Complex for healthy nervous system function and Vitamin C to support the adrenal glands (the stress glands). It is in a base of nervine and adaptogen herbs that help support the body during times of high stress. The combined effect of the vitamins and herbs in this formula are greater than the individual components. Quite frankly, this formula calms nerves fast; taking away the irritability and edginess associated with high stress lifestyles.
3. **Nerve Eight:** this is a blend of eight herbs specifically combined to help alleviate pain in the muscles, joints and nerves. The herbs in the formula provide B-vitamins, calcium and magnesium to help rebuild the nerves. The medicinal properties of these herbs help to sooth inflamed tissues, improve circulation, to promote healing and reduce muscle spasms. This formula contains the herb capsicum and ginger, so it should be taken with food to prevent the warm feeling some people get with hot herbs.



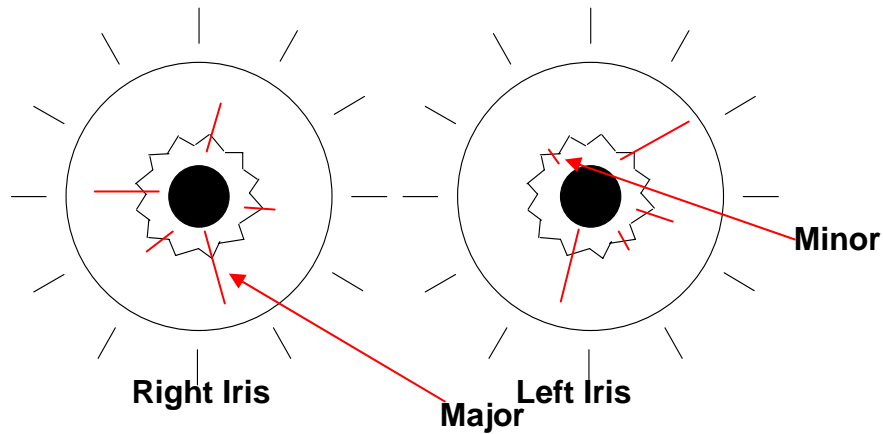
Radii Solaris (Minor & Major) - (Toxic Lines, Parasites, Liver Lines)

"Radii Solaris" resemble rays of the sun when visualized in the iris. When these are present in the iris, it is an indication of an inherent weakness in the bowel area. This type of weakness allows toxins from the bowel to more easily influence the tissues into which the radii solaris extend. When these are seen in the iris, it means that extra care needs to be taken by the person to keep the bowel clean by proper diet and colon care. People who have these "*rays of the sun*" often are prone to sinus problems, toxic headache and other toxic symptoms. The use of the Colema Board and Bentonite Clay Water with the herbs Psyllium Hulls and Cascara Sagrada are often needed in these cases.



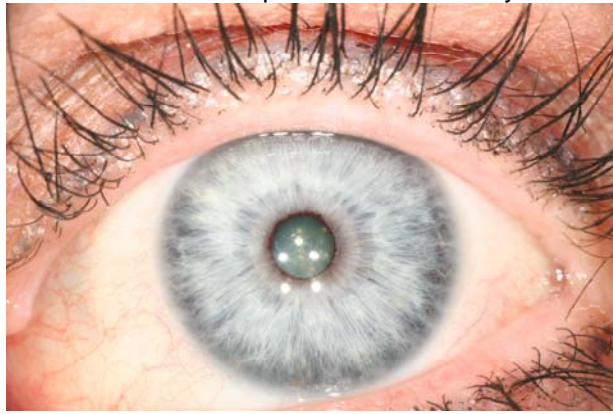
NSP Products to Support the Elimination System Include:

1. Clean Start Cleanse
2. Para Cleanse
3. Tiao He Cleanse
4. Natures Three
5. Loclo fibers



Scurf Rim (Poor Skin Elimination)

The skin is a most important elimination system in the body. It is the largest of all the organs of elimination. Dr.

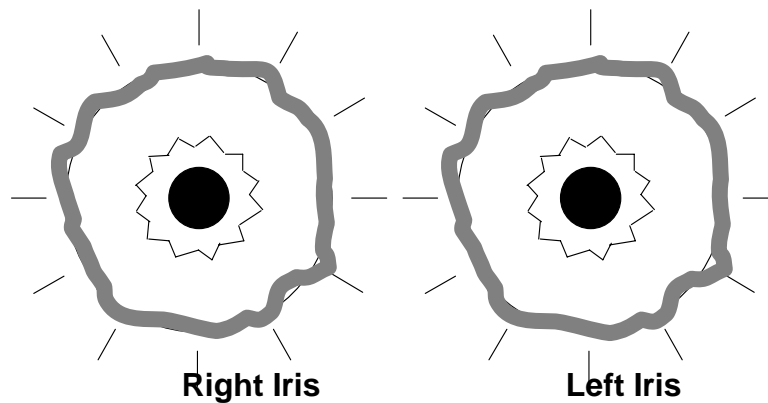


Jensen says the skin is the "**third Kidney**". He says this is because the skin eliminates about two pounds of toxic waste materials through its pores each day. These are often the same type of waste acids eliminated by the Kidneys. If the skin does not function well in its elimination, the Kidneys must carry an increased load. In fact, the skin elimination is so vital that if blocked a person can die within minutes or hours. They can die of ureic poisoning. In other words, they can be poisoned by their own waste materials, which can accumulate in the blood more rapidly than the kidneys can remove them. Taking care of the skin is best accomplished by brushing it daily with a natural vegetable bristle skin brush. It is best to brush all over except for the face and other sensitive areas of the body. A softer face

brush may be used if desired. The skin is brushed dry before dressing every morning and before bathing. The skin brush should not be used with water. A wonderful "**afterglow**" can be experienced following skin brushing and a softer lovelier skin can result, "**the skin you love to touch**", as they say. Wearing garments made from natural fibers next to the skin is also important. Synthetic materials are usually not absorbent, are often made from coal tar products and serve only to irritate the skin. Cotton, wool and other naturals are best. Also, clothing is best worn loosely against the skin, if possible, to allow the skin to "**breathe**". Please do not use any powders, creams or oils on the skin that your doctor has not specifically advised. Also avoid the use of harsh soaps and detergents to cleanse the skin. If cosmetics are truly desired, please keep them to a minimum. Most dry skin, dandruff, acne and eliminations through the skin can be taken care of by using a skin brush daily and taking care of the bowel.

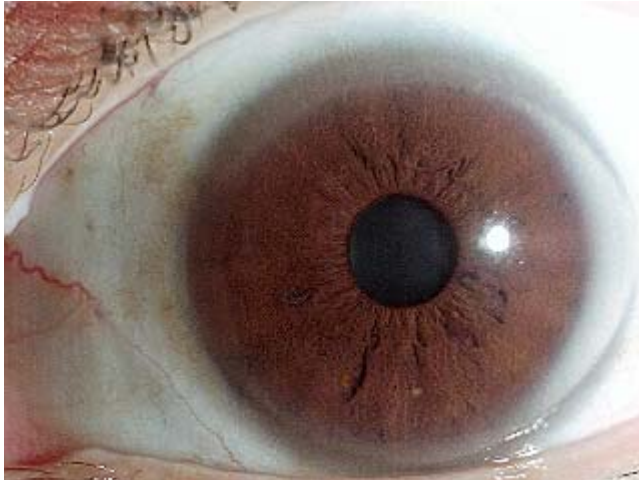
NSP Products to Support the Skin Include:

1. **BP-X** is a blood purifier formula that emphasizes cleansing the skin as well as the kidneys, liver and colon.
2. **HSN-Complex and Essential Fatty acids** are necessary to rebuild and repair the skin.



Sodium/Cholesterol/Calcium out of Solution Ring

This unusual marking, a translucent-to-opaque ring found in various shades of white starting in Zone 7, seems not to touch the iris but rather to be a deposit or settlement around the circumference of the portion of the cornea visible in front of the iris. That is, it is over the iris without being connected to the iris trabeculae. Its width varies, depending on the severity of the condition. This sign results from chemical imbalances in the body due to an excessive intake of salt or bicarbonate of soda, drugs such as sodium salicylate, calcium out of solution and high cholesterol or triglycerides in the blood. It may be associated with hardening of the arteries, calcium spurs and deposits, joint troubles, and so on.



As a consequence of poor eating habits, heart disease has become the number two health problem in this nation. When Hardening of the Arteries, particularly arteriosclerosis, sets in, many problems result. One approach to reducing these problems has been

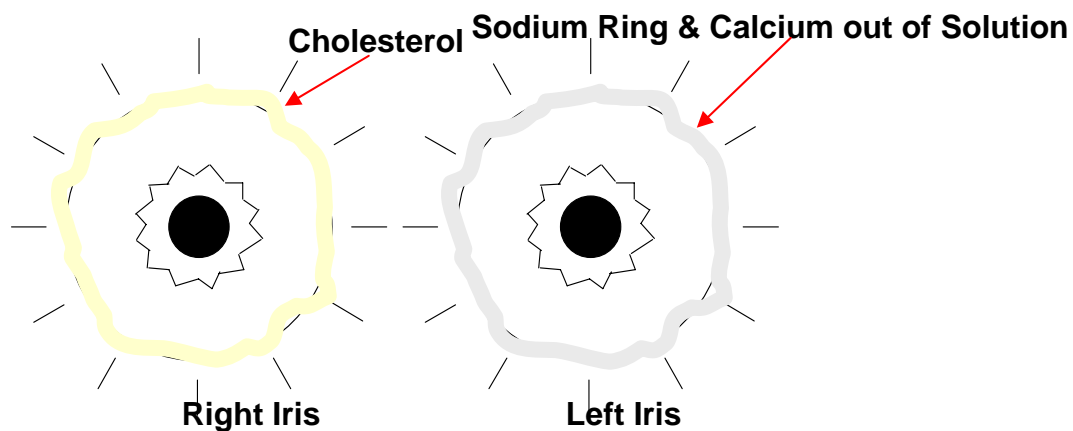
chelation, a process in which a solvent such as EDTA, a derivative of acetic acid, is introduced intravenously to dissolve the coating of lipids and minerals from the blood vessels.

There is also oral chelation where herbs, vitamins and minerals are taken in large quantity to help dissolve the deposits in the blood vessels. This takes longer than intravenous chelation but is very beneficial. In the iris, we find what we call a Cholesterol Ring. This iris sign indicates that Cholesterol, Calcium and Sodium have come out of the solution in the blood to deposit on the arterial walls. We can take care of this problem by bowel cleansing and dietary changes, but Dr. Jensen believes chelation is an effective means of speeding up the cleansing process. Herbs such as Garlic and Capsicum are excellent for dissolving cholesterol buildup in the veins. Foods high in Magnesium such as all yellow fruits and vegetables are also important in this case.

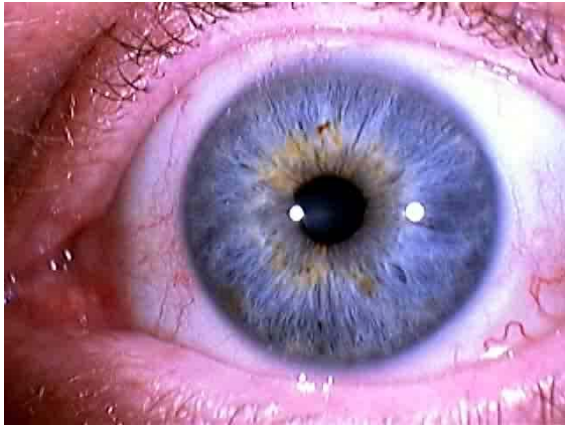
If you have anemia in parts of your body or extremities and high cholesterol it is imperative that you change your dietary habits and begin to understand the way your body responds to stress.

NSP Products to Support the Circulatory System Include:

1. **Mega chel**
2. **Nattozimes**
3. **RG-Max to clean the arteries**
4. **GreenZone to alkalize the body**



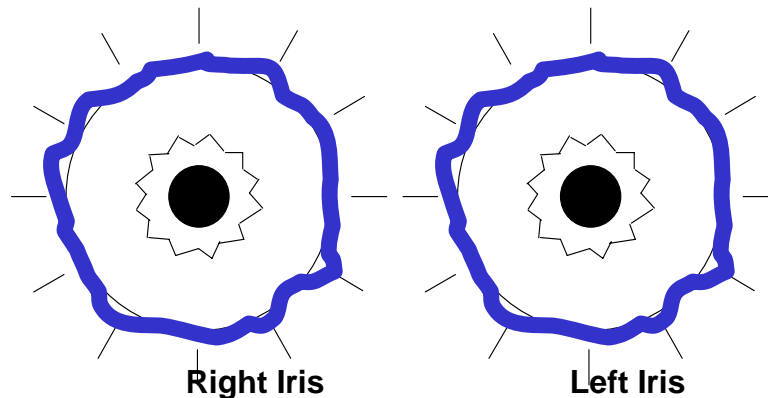
Venus Congestion



Everyone knows what poor circulation means. For many it means cold hands and feet. It may also mean poor memory if the brain circulation is involved. It can mean Varicose Veins in the legs. Circulation is aided by vitamins A, B, B1, C, D, G and Niacin. Minerals, which may help are Magnesium, Phosphorus, Silicon, Fluorine, Iodine, Iron, Manganese and Sulfur. Herbs include Hawthorn Berries, Oat Straw, Sprouts, Prickly Nettle, Cayenne and Butchers Broom. Kneipp Baths and Cayenne Pepper Baths as previously explained are also beneficial to the entire body.

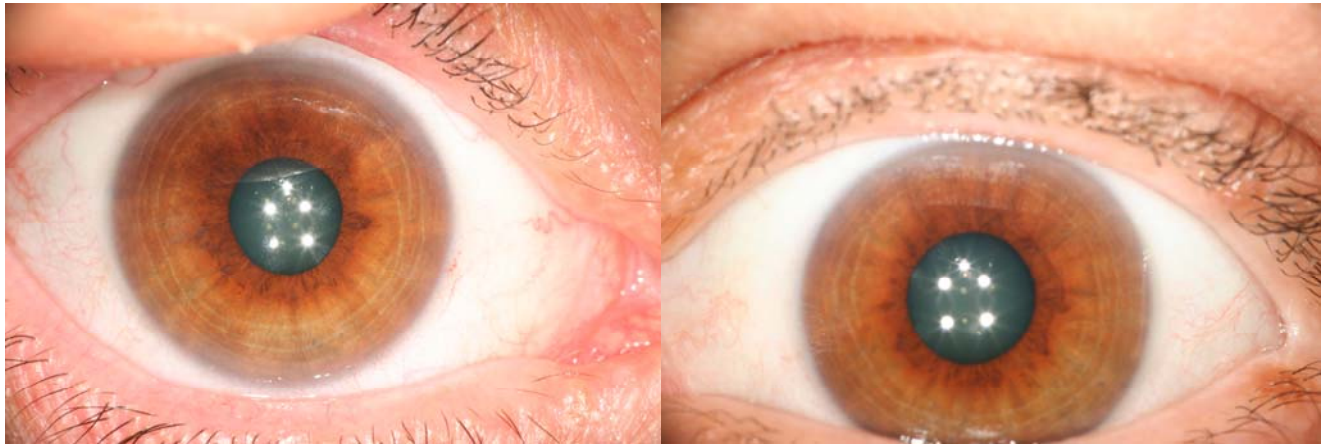
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3. **VariGone:** the formula combines herbs and nutrients together which help to strengthen and tone the vein walls. The formula helps to improve blood circulation and reduce swelling and discomfort associated with varicose veins. This formula is also available in the topical form called Vari-gone cream.



Client Analysis/Testimonial

The following is a client analysis/testimonial.



- The above irises belong to a 45 year old female.
- Iris color is mixed. Therefore she has inherent digestive weakness based on the 3 iris colors. Symptoms include IBS, bad breath, parasites, under acid stomach.
- There are 4+ stress rings which indicate a high stress life and/or high emotion. Stress affects her digestive system which causes diarrhea and cramping.
- Radai Solaris from the colon area at 12:00 are moving through the brain area from 11-1 at the top of the iris. These are parasite lines.
- A lot of pockets at the bowel area indicate gas and possible Diverticula.
- Closed lacuna at heart area indicate inherent weakness in heart area.
- Opaque ring at top of iris (brain area) and bottom of iris (legs and feet) indicate blood pressure issues and arcus Sinilis (lack of circulation to the brain and feet). This female has a history of high blood pressure due to preeclampsia during pregnancy. She must now watch all salt intake.
- There are no dark blood vessels in sclera (white of the iris) pointing to the iris so that's good. Dark lines indicate physical weaknesses. There are some small wispy blood vessels in sclera which have to do with emotion.
- There is no fatty deposit near the nose on the sclera (looks like chicken fat sitting on top of the sclera). This is good as it would mean problems breaking down fats.

This female needs to continually work on reducing stress in her life, stimulating circulation to the brain and extremities, and do colon and blood cleansing. Colon and blood cleansing will clean out the bowel area and eliminate parasites.

We offer correspondence classes in Iridology, as well as a variety of natural health courses.

Please visit our website for a full course description at <http://www.joyfullivingservices.com>

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Iridology Chart by Bernard Jensen, DC

