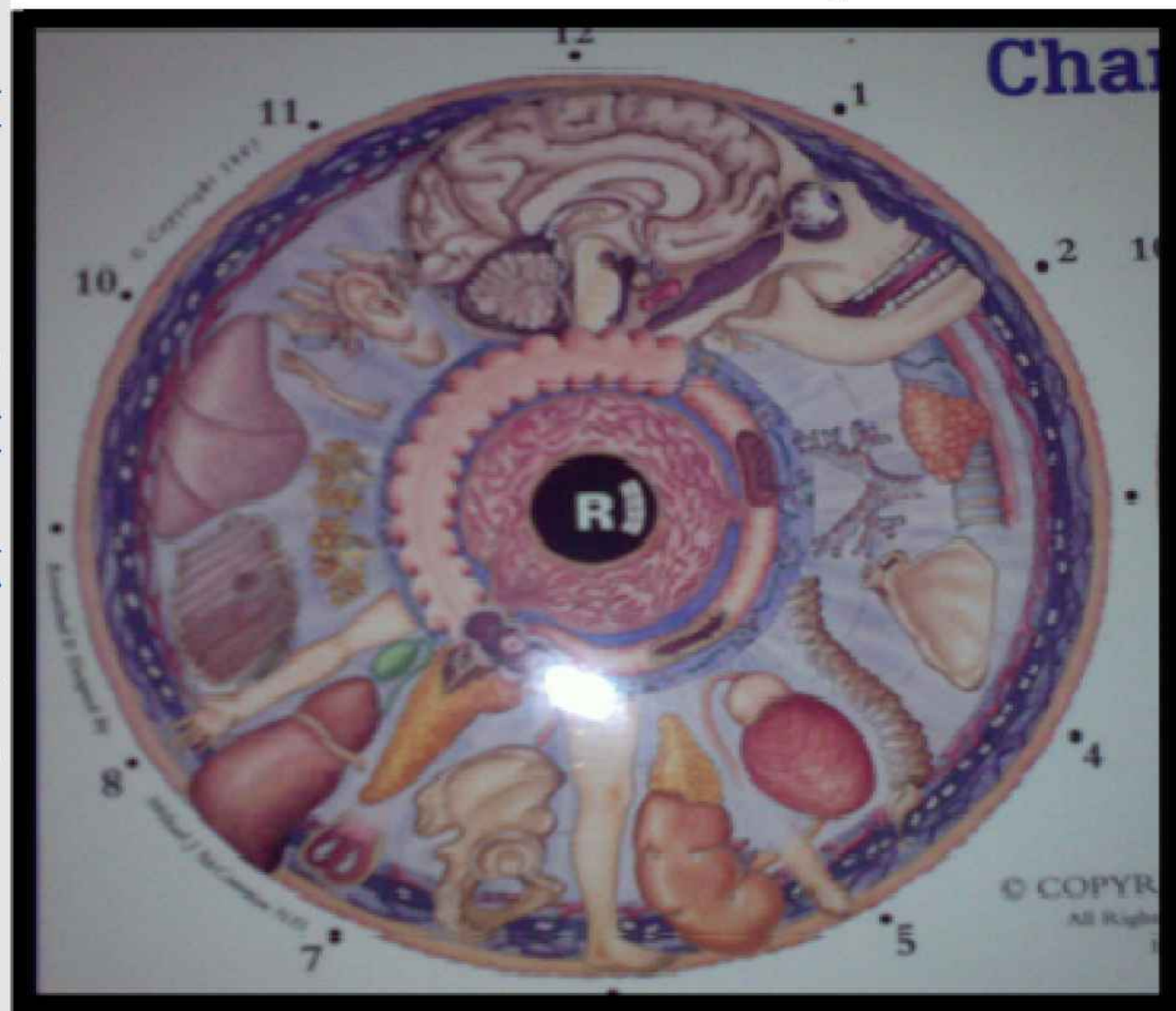


Iridology

And

Other Stress Signs Of The Body



Author

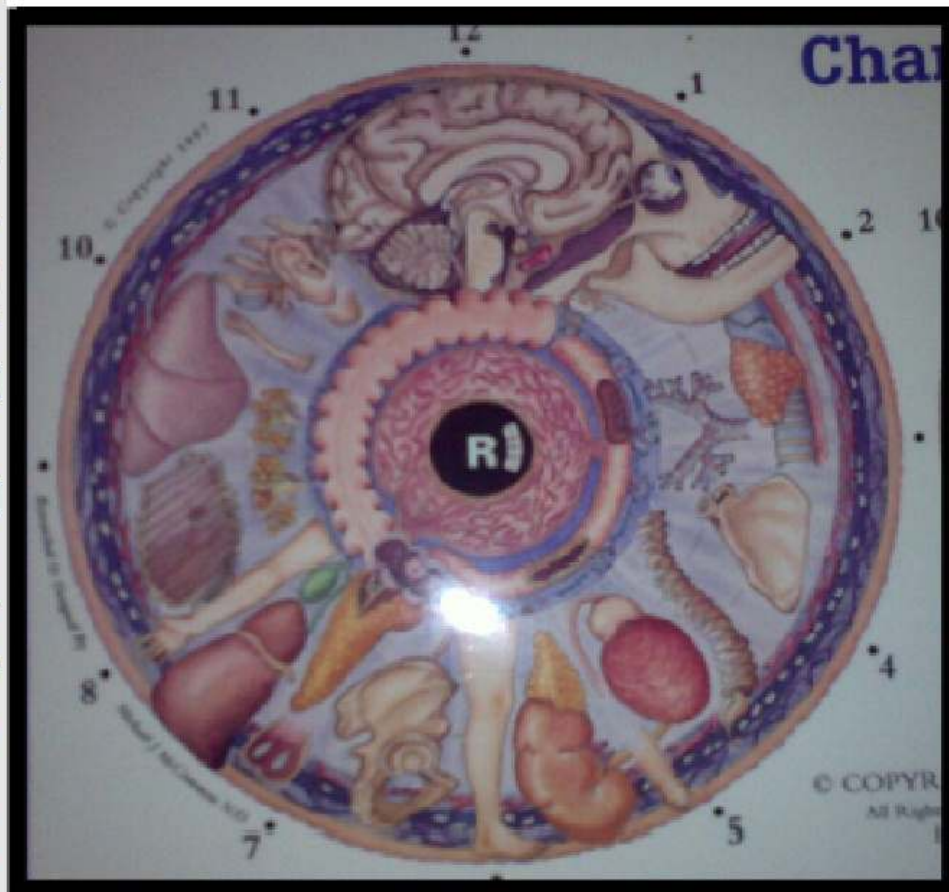
Noel N Batten

Qualified Natural Health Practitioner and Autoimmune
Specialist With Over 35 Years Experience In Natural Health.

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About This Book and The Information It Offers

This book is made up of information from a larger natural health study book, written by the author to use in seminars and workshops to teach people interested in his unique ideals used for overcoming autoimmune disease.

This larger study book titled “Miraculous Treatments, Testimonies and Cures” has 32 case histories in it and is available for purchase through the author’s website :- www.noelbatten.com

Unlike many natural health books available, this book covers aspects of stress that all too often, go unspoken, and that are often fully responsible for the onset of autoimmune disease. This book also gives solutions and supplies medical journal confirmation about these stress subjects covered.

The author’s approach to maintaining health and overcoming autoimmune disease is based on an age old treatment documented by Dr Claudius Galen (130AD – 210AD) many years ago. It is called the BA10 reversal approach, “BA” meaning “Backwards” and “10” representing the 10 steps the author uses for maintaining health and treating patients for autoimmune reversal.

*The unique iris photo on the front cover is available from:-
<http://www.karinya.com/iridoly.htm>*

The author is a former student of Naturopathic Physician Michael J McCammon N.D. who holds the design copyright for this amazing easy-to- follow iris map.

The author has also studied concepts documented by DR Bernard

*Jensen . Ph.D., D.C., and has attended workshops on Raid Iridology .
The ideals he presents in this book were collected from these studies
and his case history research which he carried out over ten years
of practice at his office in Mooloolaba, Queensland, Australia.*

About The Author

The author's interest in natural health began through his success in overcoming epilepsy, bronchitis, pre-diabetes, multiple sclerosis and allergies at age 13 motivated by his mother who achieved remission herself, over cervical cancer.

After overcoming his illnesses, he went on to establish one of Queensland's largest natural health centers and furthered his studies to become a diagnostic specialist in autoimmune disorders. His studies included Anatomy and Physiology and Natural Diagnosis at Hepburn's College of Natural Medicine in Brisbane, nutrition, exercise, chiropractic diagnosis and psychosomatics.

Since those days he has spent many years assisting others suffering from illness and has achieved remarkable results through sharing the methods that gained him his personal success. His personal rise from illness to national success as an athlete is true testimony to the natural health concepts he promotes.

Medical Journal Confirmation Combined With Scriptural Confirmation

The author extends his thanks to the staff of the Queensland University Medical Libraries and the Royal Brisbane Hospital Medical Library for their assistance with research for the relative additions to this book. Medical journal references listed in this book, support the concepts promoted and medical excerpts on the cause of cancer and suppression related illness, confirms Biblical Scriptures that explain how a clear mind and a free conscience influences hormonal reactions along with calcium and iron absorption to maintain health. Never forget, your life is the way it is due to how you think.

***If You Want To Be Your Best In Your Life,
Be Your Best In Your Thoughts First***

Treatments disclaimer

Any person experiencing difficulties similar to the 32 case histories described here are advised by the author, procedures outlined are only suggested to be complementary to medical supervision while supervised by qualified therapists. It is also suggested that the consumption of supplementation (including herbs) be supervised by a qualified natural health consultant or a doctor trained in natural

therapies, as individual health factors, age or pharmaceutical medications may combine with certain supplements to contribute to other complications.

Persons with heart conditions in particular should be advised by a medical practitioner or a qualified health consultant before commencing an exercise program or any other treatments mentioned herein, to strengthen nerves and improve blood pressure, blood flow and blood cleanliness etc.

INDEX

Introduction – Stress signs of the body

4

Message From The Author

6

CHAPTER 1

Signs Of The Hands, Cheeks, Neck and Tongue

The Nine Areas Of The Tongue

15

How “FEAR” Affects Our Small Intestine

Seven Steps To Follow To Overcome Stomach Complaints

18

One Tight Neck Muscle Indicates Lack Of R.E.M. Sleep

13

Pin Dots On The Tongue Also Indicates Lack Of R.E.M. Sleep 2

CHAPTER 2

Comparing Signs Of The Eyes With Signs Of The Tongue

27

Basic Areas Of The Body That Show In The Eyes

27

Two Irritable Bowel Cases Diagnosed After Losing Their Partners 28

The Tip Of The Tongue Reflecting The Small Intestine,
Is Confirmed By Iridology 31

The Shade Of The Eyes Reflects State Of Emotions

32

Even Babies Can Be Monitored By The Outer Body Signs

34

How To Clean The Blood With A Blood Detoxification Diet 34

Before and After Photos That Show How A Good	
Cleansing Diet Will Even Clean The Eyes	3 5
Blood Flow Exercising Will Assist Memory In Old Age	3

CHAPTER 3

Diet and Oxygen, and How Stress and Emotions Show In	
The Eyes And On The Tongue	4 0

CHAPTER 4

How Effective Are Ir i dologists and Chiropractors ?	
	5 8

For people interested in medical documentation and theology I have included medical journal quotes and scriptures , to show how medical research confirms, that the Bible outlines true health secrets .

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Introduction

Stress Signs Of T he Body.

This Book Is A Tribute To Our Mother, **An Expert I n Natural Diagnosis and Home H ealth**

Like most kids, my sister, my two brothers and myself were larrikins during our early school years and often tried to play hooky to work on our bikes or make a trolley for the local trolley races. Mind you, if we tried to act sick to stay home from school our

mother was an expert at figuring out if we were telling the truth or not. Her ability to assess our health was often more accurate than some doctors who spend years studying at medical school and her simple home remedies were also very effective. She learned her methods from books and two family doctors who believed in natural Eastern medicine as well as orthodox medicine.

Our mother would diagnose health through body temperature and by checking temperature between the hand and forearm, the swelling of glands, the color of the throat and tongue, the color of the whites of our eyes and by various other body reactions. I can safely say I learned more about natural diagnosis from my mother and my two family Doctors, Dr Dines and Dr Elliott during my childhood years than I did from all my studies in Natural Medicine. They taught me the investigative attitude I needed to adopt to solve problems and this is by far the most important tool of effective treatment and success potential.

Get To Know Your Stress Signs and You Will Maintain Youthfulness Well Into Old Age

During my early school years I shared a bedroom with my two younger brothers Kevin and Glen and I clearly remember one Monday morning Kevin decided to play sick. Both Glen and myself warned him it wouldn't work as Mum was very alert on Mondays. Even though Glen and I had a better track record at getting around our mother than Kevin, he wouldn't listen. He started to blow his cheeks out and hold his breath to make his face turn red and put extra blankets on his bed to make him sweat and then he started moaning.

Glen and I were out of bed getting dressed for school when mum came in and asked Kevin what was wrong. Kevin put on his best "I'm feeling sick" voice and mum swung straight into action.

First the thermometer came out and our mum could produce a thermometer quicker than Clint Eastwood could draw a six-gun. Then mum felt the temperature of Kevin's forehead, neck and torso and between the hand and forearm. Now if you have ever tested the difference between the temperatures of these areas when sick and when overheated from extra blankets on the bed you can tell the difference. Glen and I just looked at him with that, "we told you so" look.

Mum promptly gave Kevin two choices. He could go to school or take a spoonful of kaomagma and sit in a bath of Condy's Crystals every three hours. Mum also said, he stayed home and he started to feel better, he would have to go out and weed the big garden at the side of the house to get some fresh air and exercise. Weeding the

garden was the one thing we all agreed was the big “no-no” of every chore we could choose from around the house. After a very quick decision Kevin stomped past us in huff and promptly proceeded to get ready for school.

Our Health Relies On Many Contributing Factors
But It Starts With Our Own Thoughts and Emotions

Between my mother, Doctor Dines and Doctor Elliott I became aware, the only way to assess the cause of a health problem is to consider all aspects of the body, mind and emotions. They also taught me the only way to “cure” health problems, is to combine medicine with natural therapies, nutrition, psychology and from Dr Elliott’s point of view, even the conscience as explained in Christianity.

The doctor who influenced me the most over my life was Dr Elliott and I can honestly say, along with my mother’s positive outlook, he taught me “the freedom of mind and purity of thought” approach that helped me cure myself of epilepsy. When I experienced my first seizure at thirteen he told me, “our mind is capable of creating any disease and therefore it is also capable of curing any disease.”

***You Can Be Your Own Success Or Your Own Failure,
Depending On The Thoughts and Emotions You Use***

Just as I cured myself of epilepsy and my mother cured herself of cervical cancer, there are people world wide curing themselves of every naturally provoked disease known to man and the only way such positive results are achieved is by checking “all” things that influence our make-up. Remembering this approach, you can also avoid “autoimmune disharmony and enjoy good health well into old age.

Even Our Emotions Can Be Monitored Through Outer Body Signs

Dr Elliott, who was a devout Christian was well aware, to recreate perfect health we must consider a person’s spiritual, emotional and physical assets. Both our doctor were willing to search amongst these ancillary areas of health if the basic principles of medicine were not capable of creating a cure.

The only practitioners who are curing people of supposed incurable diseases are those willing to look at our spiritual beliefs and our thoughts and emotions, with us, to investigate our makeup and stress responses.

We only have to research the medical journals and we can see there are cures for such things as epilepsy, Parkinson’s, diabetes, asthma, arthritis, celiac disease and

many more autoimmune disorders. To find these cures , everyone must look at their own individual causation factors, and correct whatever needs to be corrected, to bring the mind and body back to nature . Just like a man can use his instinct and awareness to realise what is wrong with his wife, even though she says nothing, we can all use our instinct and awareness to improve our health and our life, but without using these natural functions, we will never reach our full health potential.

Message From The Author

During my childhood I was very fortunate to have been treated by two very unique doctors who seemed to know things about us, as individuals. I don't know how many other doctors from that era were as diligent as ours but I can honestly say ours were very special people. They carried out their normal medical procedures as does any doctor but they also looked at us as people, people who experienced individual feelings and they had ways of knowing how our feelings were effecting our health. They could look at our eyes, tongue and hands and know about our diet and our emotional state in the bat of an eyelid.

The idea that our inner functions can be monitored by outer body signs was something that fascinated me and I have always found them to be accurate in monitoring health and well being. When we combine the wisdom of all facets of health we can begin to see how truly amazing the human body is. Some of the signs describe in this book have progressed from ancient times and are well accepted by many physicians and therapists of today. I actually learned some of the ones I cover from my medical doctors who treated me in my childhood.

Simple Body Signs Indicate How To Lift The Body To Perfection

Simple body signs can be used to monitor stomach health and the effect of things such as cigarettes, alcohol and coffee etc in our system. For example, faint white dots on the palms and fingers of both hands indicate the kidneys are having to work overtime to clean the blood. Just how much cigarette smoke the lungs can safely cope with, can be monitored by the color of the tongue and the skin color on the palm side of the fingers (not relating to nicotine coloring).

Uneven neck tensions and little white pin dots on the tongue also reveal whether or not we are achieving our healing stage of R.E.M. sleep. Abnormal stomach tension and food allergies can be detected by shape, color, swelling and cracking of the tongue and when food allergies are being successfully overcome, certain characteristics of the tongue will be seen to improve.

The most common sign my doctor checked, was the little white dots on the palms of the hands which he called kidney dots. They indicate how well the kidneys are filtering our blood and monitoring them to improve diet or stress management techniques can clear them up and improve well-being significantly . Monitoring the can also help you to know how much alcohol, fats or pharmaceutical drugs y our system can tolerate or if you need to exercise to help eliminate toxins. Knowing the signs and listening to my body not only enabled me to overcome epilepsy but also enabled me to develop into a nationally successful athlete.

As I progressed through my experience with epilepsy at thirteen and through my mother's remission of cervical cancer I became more and more aware of how we both created our diseases. Disease doesn't just drop in as a burden given to us by nature and there is no such thing as "the seed" of disease.

The only thing s that can resemble a seed of cancer or disease , is lac k of R.E.M. sleep or the hormone cortisol , however cortisol on i ts own cannot lead to disease, as lack of oxygen in the cells and destructive parasites are also responsible.

To Avoid Autoimmune Disease Or Create A Cure For Autoimmune Disease It Is Important To R everse "The Full Recipe" Of C auses

The reason I was able to achieve such good results over epilepsy and MS etc, was due to strong desire to regain good health, which I eventually did, through the approach I outline in my 19 steps to perfect health in the expanded version of this book, titled "Miraculous Treatments, Testimonies and Cures".

By applying these 19 steps to your life, you can give yourself the best possible chance of maintaining good health well into the mature years of old age.

In the case of major autoimmune diseases it is important to realiz e "all" condition are multi-causal and require a recipe of treatments that cater for the elimination of all body breakdown factors involved, as well as all stress factors involved, in the complete structure of personal lifestyle circumstances.

" Only when we live according to nature will our mind and body act naturally. "

Chapter 1

Signs Of The Hands, Cheeks, Neck and Tongue

How our body is being affected by our breathing efficiency, our inner nerve tension, our diet and invading parasites can be monitored by specific natural body signs that help to regulate recovery and the potential for perfect health. If you learn these outer body signs you can take control of your future in all matters relating to health.

The Following Body Signs Help Monitor The Five Body Breakdown Factors

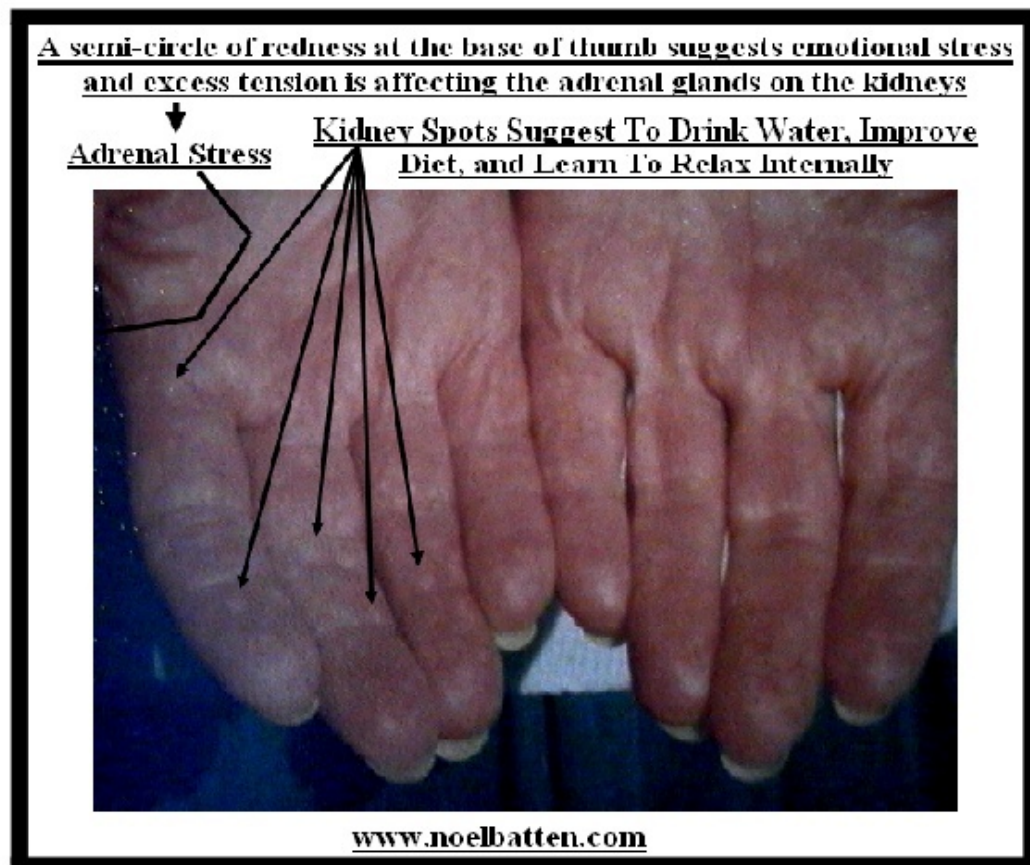
You will find the following outer stress signs that indicate inner health so simple to follow and so beneficial for your future health and vitality that once you learn them, you will use them regularly. I am surprised that these stress indicators are not used more widely. As far as I can remember the most popular and well-known body sign used by our doctors in my youth was, kidney dots on the hands.

Signs Of The Hands

How To Tell If Coffee, Tea Or Alcohol Is Causing A Negative Effect On The Body

As we are all different, we have different tolerances to different foods, gluten, yeast, coffee, tea, carbonated drinks, cigarettes and alcohol etc and the negative effect they cause also depends on the water and fruit we consume. How to tell if our kidneys, liver and gall bladder are overburdened, is by the redness of the hands and the whitish dots seen on the palms and fingers. Excessive redness on the hands indicates

unclean blood which calls for a cleaner diet or, if suffering constant fatigue as well, blood cleansing and blood-flow exercises.



These Signs Tell How Much Coffee, Tea and Alcohol Our Body Can Handle

Monitoring these dots allows us to reduce but not eliminate carbonated drinks, coffee, tea, alcohol and animal fats, to levels that the body can cope with. Or alternatively they indicate when we need to increase our water, fruit, vegetables and “blood flow exercises” to assist the organs in coping with the existing amount of negative dietary enjoyments. (These blotches can fade away as quickly as 48 hours after doing blood flow exercising and changing the diet.)

A Need To Learn To Relax and Reduce Worrying

A semi-circle of redness will appear around the base of the thumb when the adrenal glands are being overworked through worry, discontentment or an inability to relax the mind efficiently. (I have noticed this sign on the hands of workaholics and worriers and have sometimes seen it disappear temporarily, after a 45-minute session of relaxation or inner tension release meditation.)

We Are Designed By Nature, To Relax Internally, “After The Sun Goes Down”

Internal relaxation is a solution to lifestyle stress that will eliminate overactivity of the adrenal glands, which will in turn, eliminate these red semi-circles permanently. In some cases it is necessary to “teach” the nervous system to learn to relax properly at the end of every day particularly after sundown, when our relaxation hormones are released due to diminishing daylight. If we force ourselves to work after sundown, we discourage the natural release of relaxation hormones (dopamine and melatonin) and encourage extended release of adrenaline, which overworks the adrenal glands and disrupts kidney efficiency.

Peace Of Mind and Being Content With What We Have In Life, Influences Our Perfection's In Health

The emotions of being discontent or worrying, keeps the autonomic nerves (life nerves) on edge just the same as being a workaholic, which also causes the adrenal glands to be overworked. Just as it is important to relax our mind “well” after

sundown, we must also communicate over our difficulties, organize our daily routine and discipline our feelings to maintain inner contentment.

Maintaining Healthy Adrenal Glands

The only way to maintain healthy adrenal glands is to work properly when it is time to work and relaxing properly after sundown. Consuming three meals a day at mealtime and relaxing for ten minutes before eating will also assist the adrenal glands and the pancreas in the assimilation of nutrient.

In the case of a high stress career such as a company executive or the police force, I always suggest a hot bath immediately after arriving home from work and a fifteen minute inner tension release relaxation, to cut off properly from daily activities. It also helps to actually speak to the body and tell it the working day is finished and release the stress accumulated throughout the day. I believe regularly practicing this method along with several other natural health approaches, could enable us to live for hundreds of years.

A Need To "TEACH" The Lungs To Breathe Deeper

I have often noticed a path of blue color along the full width of the middle finger bone area only, (middle phalanges) which indicates a lack of oxygen. Whenever there is a threatening lack of oxygen, the lips, fingers and toes are the first to turn blue, therefore it is easy to assume this blue track at the middle finger bone is a progressive warning that oxygen levels are very low. I have found this blue tinge on patients experiencing a range of disorders from chronic fatigue to cancer.

I have also observed this blueness fades away after exercising the lungs twice a day for one week, however I suggest continuation of these exercises until good sleep and peace of mind are also achieved. Breathing exercises should encourage full breaths maximize expansion capabilities.

Inflamed Stomach and Or Bacterial Infection

An extreme temperature difference between the hand and forearm only inches away can indicate bacterial infection, inflammation and aggravated nerves. Sometimes the stomach organs can become inflamed as a result of an allergy to medication etc, or reaction to bacterial infection. I believe the most common to be, bacterial infection, however some vitamins and herbs can solve the problem.

A prescribed dose of vitamin C to clean the stomach: Two teaspoons for adults, "on only" will encourage diarrhea and remove certain unfriendly bacteria. Follow by c

4-week course of vitamin C, one teaspoon morning and night and a herb combination such as "Paw D'Arco and wormwood.

Persons already taking vitamin C should stop for two weeks before following this treatment and remember vitamins should never be taken continuously as they can weaken the stomach's ability to draw vitamins and minerals from nature's foods. If the body is suffering from serious parasite infection, I also suggest an enema twice a week until eliminated.

All these signs of the hands are normal during pregnancy as the system is overworking for reproduction. A healthy diet, (no smoking, no coffee or alcohol) regular relaxation, regular meals, breathing exercises and remaining content are very important during pregnancy.

Signs Of The Cheeks

Body Signs That Show The Condition Of The Stomach

The stomach is in two sections. The first is the small intestine and the pancreas which work together to digest and absorb nutrients and the second is the colon. Reactions of the small intestine and the pancreas show on the cheeks, the condition of the small intestine shows on the tip of the tongue and the condition of the three sections of the colon show across the center of the tongue and down both sides. (These areas are outlined on a plan of the tongue P 13 .)

The small red cheek veins indicate yeast-gluten allergies.

(Not pronounced in youth.) Most allergies are caused by excess stomach tension. Retraining the tummy to relax before meals and hot-cold bath treatment before meals and bed can eliminate most allergies. (With allergies it is necessary to "TEACH" the stomach to relax back to normal, the same as I had to teach my lungs to breathe normally to eliminate my epilepsy. Refer chapter 4 .)

In some cases the stomach will give allergic reactions when bombarded with excess levels of yeast or gluten even when the stomach is not abnormally tense. (Eg:- Constant beer consumption.)



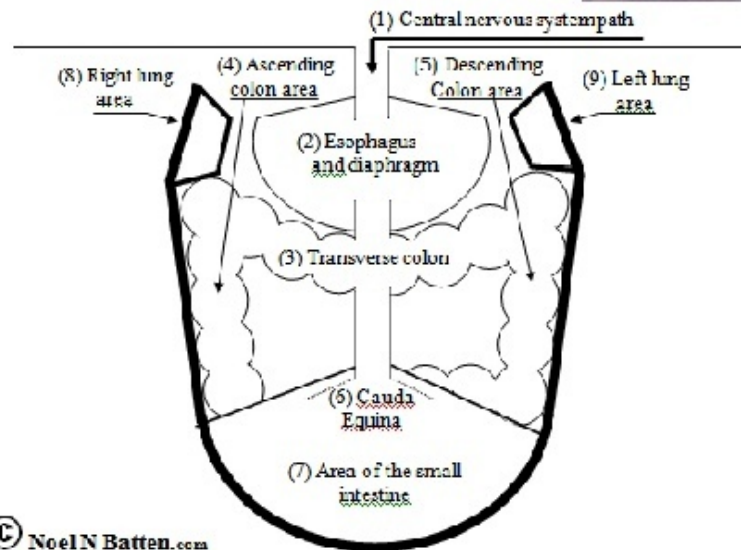
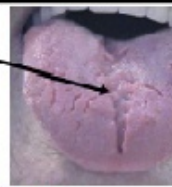
A healthy stomach is encouraged by working properly when it is time to work and relaxing the stomach properly after the sun goes down.

Signs Of The Tongue

This tongue chart below, is a chart that I began to design after noticing that a lung cancer patient I treated, had an unusual mark at the left back corner of his tongue and he told me this mark and an itchy feeling began after he developed a non-stop cough . Twelve months after his coughing and tongue itchiness began, his left lung became sore and as a result of a medical checkup, he was diagnosed with lung cancer. Because I had already read in a book on ayurvedic medicine that the condition of the lungs is reflected at the front of the tongue, which disagreed with my clients comments, I started to collect tongue photos of people I treated who were diagnosed with specific disorders by medical doctors. I created this chart as a result of a two year investigation.

The Nine Basic Areas Of The Tongue

If a long crack (fissure) appears in the center, the central nervous system needs to be relaxed through Inner Release Relaxation as explained in my Practitioners Training Manual. If several cracks appear over the surface of the tongue, the stomach needs to be relaxed through Inner Release Relaxation.



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These Tongue Areas Can Easily Be Confirmed Through Iridology

To confirm these areas, I compared many tongue stress marks with stress marks in the same stomach and diaphragm areas in the eyes through iridology, using patients already medically diagnosed with specific health problems.

The Smokers Tongue

The photo on the right is of the tongue of a chain-smoker who was a very stubborn workaholic who suffered anxiety. The black color indicates excessive toxins throughout the full system. He also had dry skin on the elbows and knees.

After seeing the benefits of oxygen therapies in healing disease, I don't support any form of smoking as any amount of smoke no matter how minimal, will interfere with digestion, breathing, memory and immune strength. The reason people who give up smoking, put on weight, is because their stomach becomes clean and more efficient.

**Tongue Signs Will Tell The Health Of The Stomach
and How Many Cigarettes The Lungs Can Safely Handle**

If a person's system can cope with one or two cigarettes each day, the tongue will not develop brown coloring but as the number of cigarettes is increased to a level the system cannot handle, the tongue will discolor. Alternatively, if a smoker begins to exercise, the body's ability to cope will increase. This means if the tongue is discolored, reduce the number of cigarettes or exercise until the brown color disappears. Whenever the brown is present, the same toxic residue will be collected in the stomach and lungs and will circulate throughout the body.



This black
indicates toxic
accumulation
in the lungs

The photo on the left is of a 30-year-old male who suffers from chronic fatigue. He smokes four to six cigarettes a day. The black tongue photo on the right is of a 75-year-old male who had open heart surgery and had suffered a reversible stroke where he temporarily lost the use of his right arm 2 years prior to his visit to me for sleeplessness and fatigue. He has been a chain smoker but cut back to one pack of cigarettes a day since the stroke.

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Smoking Can Harm The Stomach Just As Much As The Lungs

Smoking to lose weight is the same as preventing the stomach from releasing gastric juices so that food can't be digested. This causes drastic deficiencies that eventually affect the immune system.

How To Overcome Withdrawal Symptoms, While Giving Up Smoking

Vitamin C and green barley combined with fruits and vegetables. (Grapefruit and peaches are good for cleansing .) Blood flow exercising with light weights to help circulation . Stomach bloating exercises in a hot bath followed by a cold shower before bed. Fifteen minutes of tension release meditation before meals and before sleep. Sweating, hot/cold bath treatment and drinking water regularly.

Outer Body Signs That Indicate Autonomic Nerves Need To Be Relaxed

This Group Of Outer Body Signs Indicates The Need For Counseling , Relaxation Of The Autonomic Nerves and Improved R.E.M. Sleep

Many minor health problems are caused by overworking, worrying, poor nutrition and smoking etc, but they usually rectify themselves when the se habits are stopped. There are however, many health problems caused by suppressing grief or crisis and by refusing to talk these situations out and trying to remain positive in our thinking. When we face our problems head on, and try to learn from them, we can often gain wisdom and understanding beyond our usual understanding .

These suppressions called "unfinished business" cause disruption to the unconscious mind and our internal nervous system and organs and the internal tension caused by this disruption can't be completely released until the suppression is confronted and the future positive outcomes are acknowledged.

A suppressed event is an event we try to push to the depths of our mind to forget , because it hurts and threatens our security because we don't understand it. By pushing it deep inside and ignoring it, it affects the organs deep inside , and by trying

hard to ignore it , we end up also ignoring its damage. This is why many people diagnosed with autoimmune disorders are surprised at their diagnosis .

When we suppress grief or stressful events, the conscience part of our brain releases stress hormones that prevent us from relaxing and if we store those experiences as unfinished business , for any length of time, these hormones can create autoimmune disruption . Sometimes all we need to do is to talk out our fears and suppressions or simply acknowledge the good that can come from the misperceived in a positive way .

Reviewing The Positives and Negatives To Improve Perception Of Life, To Overcome Celiac Disease

Celiac Disease Overcome Through Comparing The Opposites

The following case history shows how one of my clients was totally cured of celiac disease after two release therapy sessions where I had her write down all the positive aspects of a car accident she experienced. Writing down the positives of a threatening experience helps the subconscious mind register them to encourage a release of the associated fear.

CASE HISTORY. (Belinda 48 years of age. Celiac disease overcome in four weeks)

Belinda had stomach cramps and diarrhea to the extent she could not go shopping unless she knew exactly where the amenities were along the way. She suffered with this difficulty for two years and in my diagnosis I found she had an iris stress sign that indicated she had experienced a sudden shock that was causing excessive tension in her inner autonomic nerves.

After I questioned her medical history I found she had no surgery or injuries that could have caused shock so I looked into the last five years of her life for emotional trauma. I found Belinda had experienced a car accident 18 months prior to the onset of her stomach difficulty, which nobody suspected as the cause.

The Proof Was In The Treatment

I counseled Belinda for the car accident and explained if the accident was the cause of her cramps and diarrhea, the first counseling session will furnish the proof. Her accident took place at an intersection and a passenger in the other vehicle involved was seriously injured but eventually recovered. The other driver was not intoxicated but had been drinking mildly and was held responsible.

I explained to Belinda when the accident occurred, the sudden shock caused her stomach to tighten and it had never relaxed back to normal as her mind is still carrying the fear. All we had to do was to balance out the negative aspects of the accident with just as many positives, so her unconscious mind could justify the experience. The mind and body will only let something go and relax if we justify a crisis by observing the positive aspects, or perceptions, of the end result.

Positive Perception Therapy Allows The Mind To Justify Certain Events, So That It Can Relax

After questioning Belinda and searching for the positive and negative opposites, I had her relax and I began to go through them with her in a way that helped her mind absorb the positives to justify the event. First I explained, an accident of that magnitude attracts the attention of the accident investigation department.

After Belinda informed me the intersection went through major improvements due to the accident, I used that to her advantage and explained how her accident and the resulting improvements have increased safety for the children walking home from the school only one street away.

I also explained both children and parents crossing at that intersection are much safer now, due to the improved vision established through the upgrading. Another aspect is, both adults and children traveling as passengers in vehicles are safer now due to this vision improvement. Then I explained, the guilt that the other driver would have experienced and the personal improvement that guilt will encourage in his responsibility as a driver, was also a positive result.

Each time I explained positives to oppose her negatives, I had Belinda bloat her stomach out as far as possible to stretch the muscles and then massage them to encourage maximum relaxation. I then had her repeat the following affirmation. “I am so happy all these improvements came about through my accident and I am so glad my neighbors and the local children are now safer as a result.”

Belinda Needed To “Teach” Her Stomach Muscles To Relax Back To Normal

I explained to Belinda, she had to TEACH her stomach muscles to come back to normal by bloating her stomach and massaging the muscles in a hot bath before bed and by repeating this affirmation regularly. I told her to repeat the following affirmation during her bath relaxation, before meals and before bed:- “I am so happy my traumas from the past are over and my stomach is relaxed again”.

Two days after her first session and two bath relaxation treatments, Belinda told me she was experiencing incredible improvement. I only carried out one more session with her, but I explained if she writes down her list of positives before going to bed each night for a week or so, it will help her mind to release her fear. A month later Belinda confirmed her stomach was completely back to normal.

During her diagnosis I noticed the neck muscle on the right side of Belinda's neck was like a tightrope whilst the muscle on the left side of her neck was relaxed as normal. This tension also slowly reduced over the two weeks of her practicing the bath relaxation exercises and the affirmations.

The reason tension was established in one side of her neck only, is that the fear she experienced was to do with her security which is dealt with by the left brain, which effects the right side of the body. It would not surprise me if her stomach was only cramped on the right side also, however during such a severe threat, the full stomach would have been flexed due to physical reaction, whereas the mind effects neck muscles through emotional reaction and mind overactivity.

How "FEAR" Affects Our Small Intestine and Gall Bladder To Prevent Food Absorption

In the late 1770's when the first Australian hospitals were built, many aboriginals attended, suffering malnutrition after being cursed in a tribal ritual called, "the boy pointing curse." They suffered their fate for an apparent crime they committed and died simply from "the fear" of the curse.

What surprised doctors was the discovery they made in relation to treatment. At first patients were fed juices and soups nasogastrically but they continued to die. When the treatment was changed to give them nutrient intravenously, they lived. The only difference being, intravenous feeding bypasses "absorption" of food after digestion takes place which depends on hormonal reactions and an interaction between protein carriers, ATP cell energy and sodium ions etc. This process being a joint venture between the small intestine and the gall bladder.

It was concluded their complete belief in their impending death stopped the small intestine and gall bladder from absorbing juices and soups. Their thoughts had complete control over whether they lived or died. The strength of our enjoyment to take part in life influences many stomach functions including food allergies.

**Loving Life, Encourages Our System To Absorb The Foods That
Support Life, So That We Can Continue Loving it, As Our Reward**

(Proverbs 15:17) “ Better is a dinner of herbs where love is,
than a stalled ox and hatred therewith.”

Findings in Science

Being content in life, eliminates stomach inefficiencies

From my experience I believe if we can control emotions such as anger, shyness, gu and depression and regularly encourage our stomach to remain relaxed, we promot perfect nutritional absorption and raise our ability to cope with stress.

The following medical journal excerpts confirm my beliefs

If you link the information in these journals together you can understand how suppressed anger, insecurity and depression predispose the system to develop food intolerance, allergies and breathing problems which lead to other complications.

Journal Psychosomatic research 1977 Vol 21 P395 . “Suppression of Anger ”
disrupts serum IgA, which is needed for absorption of gluten and milk.

Lancet Medical Journal July 1969 P129 .

IgA & IgM are needed for digestion and absorption of gluten and milk.

Scandinavian Journal of Health 1997 V23 S3 P75 .

Shyness, depression and defensiveness are associated with abnormal levels of IgE, which is associated with food allergies.

Life Extensions, Scientists Pearson and Shaw P303.

Serum IgE is related to Asthma and food allergies.

European Respiratory Journal V12 S1 1998 P 71-74

Excessive levels of IgE are associated with breathing restrictions.

The Main Cause Of Organ Dysfunction Is Poor Nerve S ignals

The main cause of organ dysfunction is strangulation of nerves through excessive muscle tension and or vertebral misalignment. Vertebral misalignment in particular causes pressure against nerves coming out of the spine , which in turn, weakens ner signals and inhibits the function efficiency of the organs being serviced by those

nerves. Peace of mind, exercise that encourages blood flow and “inner” relaxation are the most essential requirements of skeletal efficiency, youthfulness and perfect health.

Vertebral misalignment can also be encouraged by repeated movements such as looking over the same shoulder every day to reverse a vehicle. This reaction as well as the emotional stress response can be minimized by exercising muscles on both sides of the neck or playing a sport that works both shoulder muscles evenly eg:- rowing or gym exercises such as shrugs or standing rowing. Symptoms caused by misaligned neck vertebra: Headache, itchy eyes, memory loss, tingly fingers, fatigued neck muscles, stomach problems including nausea.

An Overactive Mind During Sleep Causes Uneven Body Tension

An overactive mind can also cause stomach bloating and digestive difficulties which leads to fatigue and restless sleep. Two signs of this mind overactivity are excessive tension in the lateral border of the neck muscle (trapezius) and swelling on the same side of the tongue, as the following case history outlines.

Seven Steps To Follow To Overcome Stomach Complaints

Rectify any misaligned vertebra particularly at the neck and lower back.

As all stomach complaints are caused by excess tension, it is helpful to do stomach exercises twice a week to encourage blood and oxygen into the area. (Squats, knee raises and side bends.)

A course of acidophilus to improve stomach fauna and flora.

Three meals a day without eating between meals.

Follow a blood cleansing diet to clean the blood as excessive stomach tension causes poorly digested nutrient, waste and toxins to accumulate in the blood stream to encourage food allergies and impair the immune system.

The stomach is affected by all emotion therefore it is important to stay positive and try to learn from all circumstances to remain peaceful to help the stomach relax. Bloating, massaging and relaxing the stomach in a hot bath after work, before meals and before bed helps to overcome all stomach problems.

A therapy session to help overcome a suppressed crisis, while bloating and relaxing the stomach will also help stomach nerve relaxation.

Sayings and Scriptures That Refer To Stress, Chiropractic and Food Absorption

(An aboriginal saying) “A poor mind creates a poor stomach”

(A Chinese saying) “He who has a troubled mind also has a troubled stomach”

(Proverbs 23:7) “For as he thinketh in his heart, so is he –“

(Colossians 2:19) “ And not holding the Head, from which all the body by joints a bands having nourishment ministered, and knit together, increaseth with the increa. of God.” (God’s main objective is to give us peace of mind which this scripture say keeps our bones in place.)

One Tight Neck Muscle Indicates Lack Of R.E.M. S leep,
Due To An Overactive M ind -- CASE HISTORY Betty.

Abnormal swelling and tightness at the outer edge on one side of the trapezius muscle in the back of the neck and swelling on the same side of the tongue indicates long-term lack of R.E.M. sleep and stress relating to a male security issue . In this case it not unusual to find misaligned vertebra in the neck area. The right side of Betty’s neck was far more tense than the left, and the right side of her tongue was swollen, indicating her full right side was under stress.



Neck Muscles Are Supposed To Be Relaxed When We Sleep

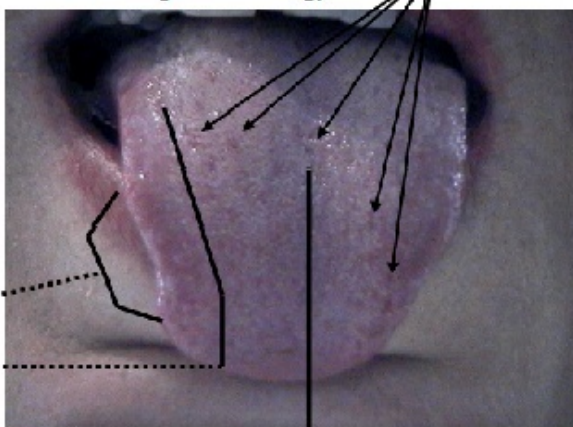
As we prepare for sleep, our neck muscles will only relax if mind activity slows down as this indicates a definite end to the day and no further need to actively support the head to move around. This is an automation that ensures, when the mind wants the body to get out of bed, the neck muscles will be tense enough to support the head. This is also why, when we wake up from a deep sleep suddenly and get out of bed to go to the fridge or the toilet etc, our head wants to drop forward and we tend to lose balance until we wake up enough to move freely.

The Right Side Of Betty's Tongue Was Also Swollen

Pin Dots On The Tongue Also Indicates Lack Of R.E.M. Sleep.

When you see these dots in the morning, expect to run out of energy early in the afternoon. These dots are caused by a stressful overactive mind preventing R.E.M. sleep for several nights in a row resulting in these dots. A short Inner Release Relaxation will replenish energy.

This recess and redness indicates tension in the ascending colon area.



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Right Side Swollen

Left Side Normal

When the left side of the neck and the left side of the tongue are both swollen and there are numerous pin dots over the tongue it is safe to assume this person's mind is stressfully overactive during sleep. This suggests the mind is working overtime to solve a problem that is difficult to solve or lifestyle circumstances are threatening to happiness and quality of life.

**All Health Problems Are Encouraged
By An Overactive Mind and Neck Tension**

Over the years I have noticed, every client with thyroid difficulties also had excessive neck tension in one or both neck muscles at the back of the neck. I believe, every autoimmune disorder is encouraged by neck tension interfering with thyroid output. To my way of thinking, it is really important for us to encourage our mind to relax properly after the sun goes down, particularly when involved in a constantly demanding career or under constant stress.

Neck Muscle Nerves, Interact With Facial Nerves

As the nerves that operate the trapezius muscles in the neck interact with nerves that operate the eyes and facial functions, long-term tension in the neck can cause a myriad of complaints in the face, brain and body.

Pressure On A Nerve In The Neck Can Even Cause Nausea

A nauseous feeling down in the stomach can be caused by an odor picked up by the nose or the sight of such things as blood etc. Even simply an emotional thought of a repulsive substance can send a stress signal along nerves to the stomach to cause nausea which is a reaction triggered by the anterior insula of the brain. Alternatively, a vertebral misalignment pressing on the same nerve in the neck that carries this message can also cause a nauseous feeling.

Nerves Which Are Pinched Cannot Supply Healthy Signals

Every function of our body relies on nerve activity to maintain energy and health and when the nerves are pinched, they can no longer perpetuate healthy function of the organs. Therefore if nerves are strangled by extremely tense surrounding muscles or

misaligned vertebra, the only real solution is to keep realigning the vertebra until the muscles are relaxed enough to allow them to remain in place.

The proof that all these cases were caused by excessive uneven neck tension, is the sensation experienced from the pressure placed on the nerves responsible which is a very simple procedure that anybody can learn.

**Peace Of Mind and Relaxation Before Bed
Is Absolutely Essential To Good Health**

Possibly the best therapeutic treatment we could give each member of our family before bed at night is a neck massage, a hug and a positive bright idea to fall asleep on. On numerous occasions I have discovered uneven tensions and or vertebral misalignments in the neck which can be blamed for a huge variety of mental and physical ailments.

Many elderly people who experience difficulty with memory, balance, headache and itchy eyes etc, often put these symptoms down to old age when in fact they are sometimes caused by neck tension or vertebral misalignments.

Often these excessive tensions and misalignments are caused by carrying worry, grief, anxiety and fear into sleep, which prevents the mind from relaxing properly which in turn prevents the body from relaxing properly to heal. By exercising the neck we can greatly reduce the effects of emotional stress and actually heighten our mind potential.

A Neck Exercise That Will Help Keep Cervical Vertebra In Position

One exercise is to hold both hands behind the head while the head is in the dropped position and force the head backwards while keeping resistance against the head with the hands. Another is to hold both heels of the hands against the forehead while the head is in the back position and force the head forward while keeping resistance against the forehead.

Both these exercises will firm up the muscles at the back and the front of the neck and keep both sides of the neck even in tension, which will support the cervical vertebra. Do this exercise in two sets of 12 repetitions four nights a week before bed and it will do wonders for your well being.

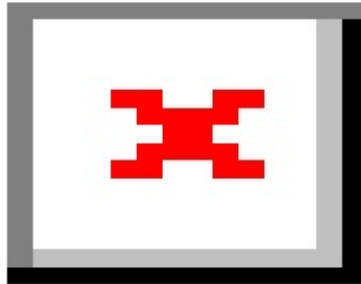


Photo On Left

Both sides of this cracked tongue have a pale color indicating poor blood circulation in the ascending and descending colon and the center has a blue color indicating

lack of oxygen in the small intestine. The cracks indicate excess tension in the stomach lining and the whitish semi-circle at the back indicates rising levels of toxins affecting the esophagus diaphragm areas.

These signs are not caused by poor dietary habits, smoking or basic work stress. They are caused by suppression, grief, lack of self-expression and an inability to focus on the positive outcomes of crisis and future potential.

Before and After Photos That Show How The Tongue Improves As The Stomach Improves. --- An Excellent Way To Monitor Progression!

CASE HISTORY. (Norm 45 years old, considered life hopeless. Candida cured.)

I treated Norm three years after a severe financial loss and relationship break up which he blamed for his intestinal stomach cramps, sleeplessness and chronic fatigue. I found a misalignment in his neck, his right neck muscle very tense, the right side of his tongue swollen and small cracks all over his tongue. In Norm's case the side of the body being effected had a lower blood pressure reading. The type of emotion determines the blood pressure reaction. As a general rule, anger seems to raise the pressure and hopelessness seems to lower it.

Due to his hopelessness he was confining himself to home and avoiding life. The main reason for his fatigue and sleeplessness was his harsh self-judgment and negative perception of life. Norm's attitude reminded me of a famous quote.

The philosopher Epictetus declared back in 790AD. "It is not the event that disturbs people's minds, it is how they judge themselves within the event."

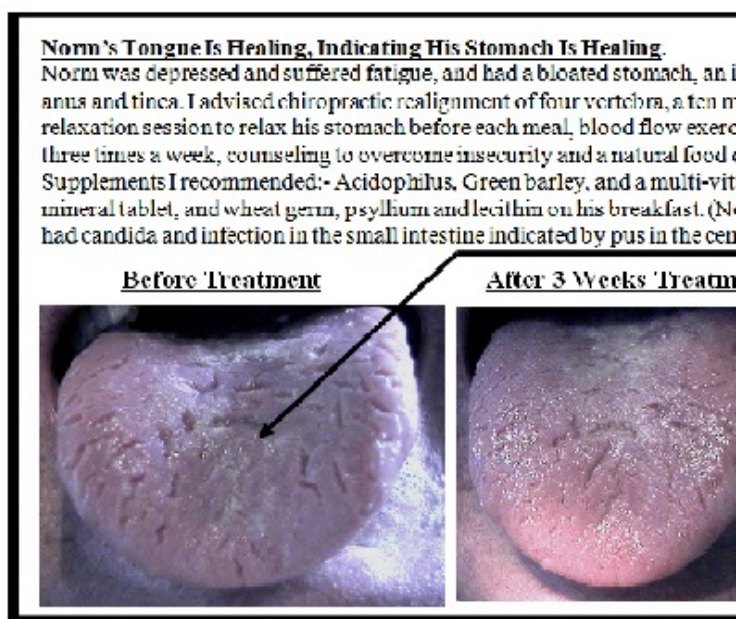
Norm's Blood Pressure

Left arm blood pressure 114 over 72. Right arm 103 over 72. When we focus on loss of security, we will experience loss of blood pressure on the right side of the body, as security is a left brain issue which effects the right side of the body.

Norm felt a twinge, turning his chin to the left shoulder, caused by a misalignment at the C4 vertebra in his neck. Due to this misalignment he experienced a tingling sensation in the little finger of his left hand, memory difficulties, itchy eyes and sinusitis.

On occasion one eye became so itchy he had to wash it with water until the itching stopped. Once his C4 vertebra was realigned, the tingling, memory difficulties, itching

eyes and sinusitis all went. He also had a stress mark in the brain area of his right iris, which also faded after his chiropractic treatment. He also had misalignments at (T3, T4 and T7) which can have an effect on the heart and lungs.



Tinea Is An Outer Body Sign That Indicates Candida and Excessive Stomach Tension

Norm suffered severe tinea for more than two and a half years inside the small toes both feet, which began three months after his crisis. He treated this with many creams, oils and powders to no avail and at one stage it was so severe it kept him awake at night. The inflammation (pus) seen on the before photo on the tongue indicates his stomach is suffering from serious effects of Candida .

I gave Norm Four Separate Treatments For These C onditions

- 1. Stomach bloating and relaxation exercises every morning and night in a hot bath to “teach” the stomach to relax back to normal and 15 minutes of inner release relaxation and deep breathing before bed. (Refer P104.) Every person who ex periences crisis needs to encourage the mind and body to relax.*
- 2. A teaspoon of olive oil da ily, and 10 drops of Wormwood, 10 drops of Grape S eed E xtract and a teaspoon of calcium ascorbate morning and night. I combined this with a full course of acidophilus powder to strengthen his stomach fauna and flora and a drink of green barley morning and night.*
- 3. I also had him spray his tinea with white vinegar three times a day. Severe tinea can also be treated with Tea Tree Oil to eliminate the infection and Patchouli oil to deaden the pain. I also had him consume banana and a small glass of full cream milk or a small piece of cheese several time a day to give the skin and nails adequate calcium and lack of calcium helps tinea to establish . (Th is also helps overcome toenail wafering.)*

Enemas Are Essential To Overcome Certain Destructive P arasites

- 4. I also had Norm give himself a herbal enema three times in the first week of treatment, for fifteen minutes , to eliminate the harmful bacteria from his bowel. Norm had been on two candida diets, numerous pharmaceutical drugs, a course of combantrum for worms and anti-inflammatory creams to overcome his anal itching. He said nothing helped for any length of time and the itching became so severe when he was depressed, it was unbearable. (Three hundred millimeters of water with twenty drops of wormwo od and one teaspoon of calcium ascorbate . T his procedure must be supervised by a natural therapist. Some enemas can interrupt the ecology of the bowel over time.) After the first week I had Norm change to coffee enemas three times a week for ten weeks ready for his next assessment.*

After three weeks both Norm's tinea and candida were gone and as he is a regular client I observed him free of these conditions two years later, when this book was being written. Norm continues to do blood flow exercises, always relaxes his stomach in a hot bath before bed, drinks soy milk instead of cow's milk, remains on a diet high in fruit and vegetables and regularly drinks ginger tea. Norm gained his results by treating the full body and perpetuates the outcome by continuing to do so.

Our Mind Releases Feel-good Hormones When We Pass Our Wisdom On

My belief is that our mind is a learning mechanism that malfunctions if we don't handle stress wisely and pass our wisdom on to help others when the chance arises. The more efficiently we handle stress, and the more we pass our wisdom on, the more feel-good hormones we release, which helps us to relax, sleep well and vitalize.

Fear Is Often Unjustified

Perfect health requires a combination of factors, which includes a multitude of body functions that evolve around fitness and nutrition and a multitude of mental functions that evolve around contentment, a clear conscience and R.E.M. sleep.

When I first carried out diagnosis on Norm he harbored a great fear of never getting back on his feet and finding happiness. After following Norm's case for three years, I have found he has become a happier and more successful businessman than he had ever been before.

Chapter 2

Comparing Signs Of The Eyes

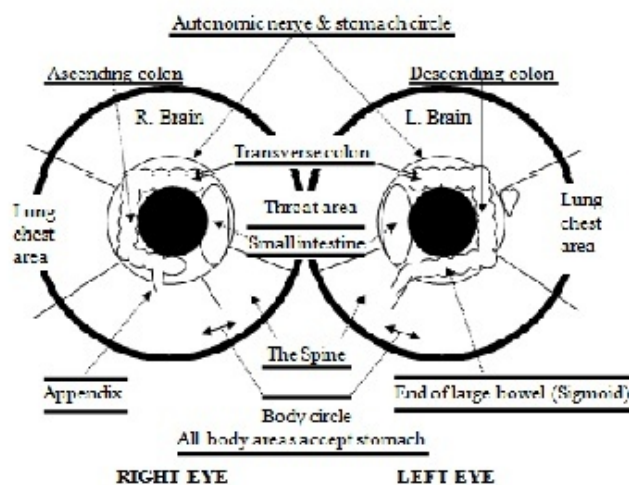
With Signs Of The Tongue

The photos in this chapter are extremely unique and I have used them to teach many people about stress signs of the body. I have seven comparisons to show you and the first, is of two patients diagnosed with irritable bowel syndrome, and this is the most interesting I have seen in my career which exceeds forty five years now.

What The Eyes See, The Body Will Feel, As They Are Both Infinitely Connected

The easiest way to understand iridology is by the sensation experienced when watching a speeding car driving fast, up and down over hills and around corners on television. Even though you are sitting in your lounge room, through the connections from your eyes, your whole body feels as though it is actually in a car speeding through all those hills and corners. This eye to body nerve connection is so infinite and gives such an accurate response throughout the full body that you will even feel like leaning to the left and right in your lounge chair, on the couch and people who are a little squeamish, may even gain a feeling of nausea.

Basic Areas Of The Body That Show In The Eyes



These areas are only the basics however they are areas a beginner can learn to observe, to monitor improvement.

Dark markings indicate stress influenced by nerve tension and clear bright color is a hormonal reaction influenced by contentment and mental freedom

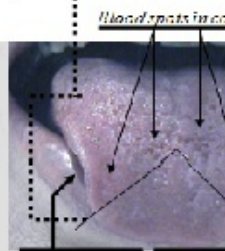
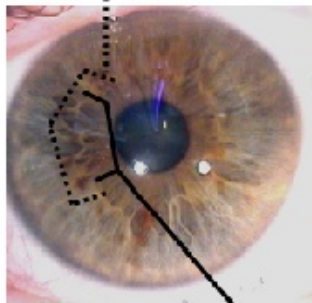
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Two Irritable Bowel Cases Diagnosed After Losing Their Partners

My first example (Nadia) was diagnosed with irritable bowel by her doctor prior to visiting me. I found a distinctive series of irritable bowel stress marks in the ascending colon area in her R. eye as well as an irritable bowel recess in the ascending colon area on the R. side of her tongue. To learn more, I compared another officially diagnosed case of irritable bowel, with the same series of stress marks in the left eye matching with the same irritable bowel tongue recess in the left side of the tongue in the descending colon area. Both cases also had excessive tension and swelling in one neck muscle on the same side of the back of their neck as their tongue and iris stress signs.

Stomach Stress Marks On The Tongue Confirmed By

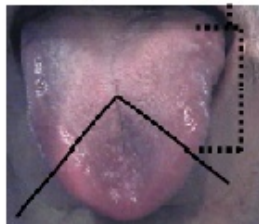
FIRST Irritable bowel CASE HISTORY. 61 year old Nadi
irritable bowel syndrome began 14 months after the loss of his
R. eye "Ascending colon" area. Tongue "Ascending colon" area



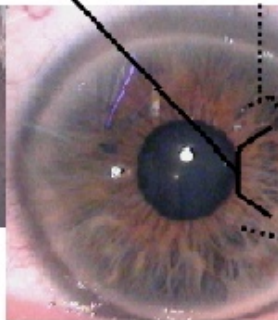
Irritable bowel
Parasite
Left side of tongue also on

In iridology this series of dark stress marks represents irritable bowels

SECOND CASE HISTORY. Tom's irritable bowel began 2 yrs after
Tongue "Descending colon" area. L. eye "Descending colon" area



Slight blue color in center of
intestinal trianyle (L. w. O2)
and redness at the edge of tongue
(Parasite infection in intestine).



Nadia's and Tom's History Compared

After reviewing medical history and lifestyles of both these cases over five years, no cause for stomach problems can be found other than that of suppressed grief. In both cases the irritable bowel symptoms began approximately 12 months after their

loss and once again nobody realized the connection due to this delay of the immune system to manifest a resulting physiological dysfunction.

Their symptoms effected opposite sides of the body as did their loss. In psychology, a female suppressing grief over the loss of a male, (Tom's experience), affects the right side of the body and a male suppressing grief over the loss of a female, (Nadia's experience), affects the left side of the body. Both Nadia and Tom had difficulty talking about their grief and felt the suppression surfacing each night as they tried to sleep.

Blood Pressure Is More Helpful When Taken On Both Sides Of The Body

Whenever I found neck muscle on one side of the neck more tense than the other and the tongue swollen on the same side, I found the systolic pressure on the same side to be different than on the other. (The fear or conscience parts of the brain can cause pressure to be higher or lower, depending on the suppression. Sometimes the difference is insignificant but the fact it is different is the issue.)

Any difference in blood pressure indicates the side of the brain controlling the effected side of the body is overactive preventing R.E.M. sleep and causing negative hormonal reactions.

Nadia's blood pressure :-

Normal blood pressure is 120 over Left arm, 130 over 100.

Right arm, 148 over 100.

Because their suppressions and sleep loss continued for longer than 12 months (past the same season twice) it created a predisposed state that allowed stomach tensions to be programmed by the unconscious mind as a new limit of function.

I Suggested They Both To Have Grief Counseling and Interact With Life

On close inspection of Nadia's tongue photo, very small blood spots can be seen immediately outside the small intestine triangle and following the edge of the triangle indicating the colon is also bleeding slightly. I believe this does not indicate anything serious unless there are a series of deep cracks on the tongue as well. My advice to Nadia and Tom was to change their diet, "**teach**" their stomach to relax back to normal, talk out their grief and interact socially instead of staying at home all the time.

They were both avoiding living life by holding on to their grief.

Brightness Of The Eyes, Reflects Happiness Of The Soul

Blood Pressure and Eye Pressure Can Both Vary, From One Side Of The Body To The Other

Just as emotion (anger, impatience etc,) raises blood pressure, it also raises eye fluid pressure and one eye can have more fluid pressure than the other the same as one side of the body can have higher blood pressure. One pupil will also constrict due to one side of the brain being overactive during sleep.

In one particular case of bacterial infection, I had a client with an infected right foot, which had been weeping pus off and on for five years or so and orthodox treatment was unsuccessful. When I looked at his eyes I could see a very strong bronze color around the nerve wreath in his right iris but no bronze whatsoever around the nerve wreath in his left iris. This indicated the bacterial infection, which had been identified by a local hospital, was only effecting the right side of his body even though it had been with him for several years.

It is my impression, because this client followed a good diet, avoided alcohol and coffee and performed breathing exercises regularly, his immune system was strong enough to prevent the infection from effecting the right side of his body. This was also a person who works during the day but relaxes well with his family every night and placed importance on the development of sound sleep.

To maintain good health it is very important to relax the mind before going to sleep at night and it is essential to face up to and solve the circumstances that have the potential to create disharmony. The saying “never fall asleep on an argument” is where health and happiness really begins.

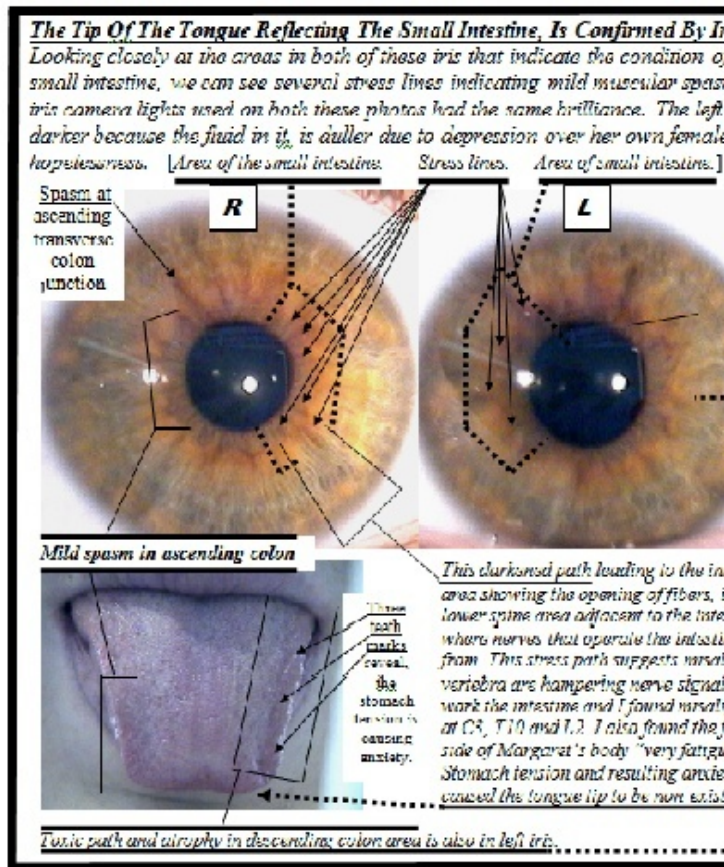
We must learn to communicate and speak up about everything that is disruptive to self-expression and personal development to ensure we encourage contentment, particularly when it comes to children.

The Following Case History “Margaret” Further Confirms, The Stress Areas On The Tongue Are Confirmed By The Stress Areas In The Eyes

The Tip Of A Baby’s Tongue Doesn’t Grow For 3 To 6 Months

Most senior maternity nurses are aware, the tip of a baby’s tongue only grows when the baby’s small intestine is capable of handling solid foods. This is nature’s way of letting a mother know solids can begin “with care.” In adults, the tongue tip will

also flatten to take on the same shape as a newborn baby's tongue, if the small intestine has trouble handling solid foods. (*This indicates it is time for fruit juices, vegetable soups, stomach relaxation, deep breathing, blood flow exercises and freedom of mind through release therapy.*)



The “Full” Stomach Is Very Tense But The Small Intestine Is The Most Effected

The dark area encircling both pupils indicates the various stomach areas as well as the condition of the autonomic nerves and under normal stress-free circumstances this area would be a little wider. In some places, particularly at the top of both pupils, this area is very narrow and this suggests the autonomic nerves are tight all the time, even during sleep. The thick stress lines coming out from the pupils in this stomach-nerve area are also highlighted by a dark bronze color, which is a definite indicator of toxins and destructive parasites in the stomach. It is easy to see from these signs that Margaret's immune system is tiring but easily repairable.

The Shade Of The Iris Will Reflect State Of Emotions

Even though these two photos were taken with exactly the same amount of light it is easy to see the left iris is dull compared with the right which is something I only see in one out of about forty or fifty clients. Whenever I observe this difference I take the photos twice to be sure the client's stance to the camera is correct and I make sure the camera is positioned away from any reflections. I then make other comparisons between the left and right side of the body to confirm this difference. With Margaret I found the right side of her body very tense but the left side was worn out as though it was never relaxing at all. I put these variations down to Margaret's emotional circumstances over the past few years of her life.

CASE HISTORY Stomach Cramps

Margaret was 20 years of age when she came to me suffering morning stomach cramps, sometimes accompanied by headache and neck pain. She explained how her symptoms began two years ago, 12 months after separating from a boyfriend she still loved. She said she fell asleep at night dwelling on his return and some mornings she awoke with stomach cramps in the small intestine, “which came to her the moment she began to speak about the breakup”.

On looking at Margaret's pupils in normal light, away from the lights of my camera, I noticed the right iris was brighter and her right pupil smaller. The lateral border of her right trapezius muscle on the back of her neck was quite tense and the right side of her tongue, slightly swollen. I also noticed her left neck muscle seemed to be a little too relaxed as though it was fatigued.

I Believe Margaret's Emotional Reaction To A Separation, Was The Cause
The "left" side of the body responds to the right side of the brain.

The left side of Margaret's body was responding to how she felt herself, which was sad, or "dull" and the left side of her body is influenced by the right brain which responds to imagination skills. The tiredness and dropping of the muscles of the left side of her body, was a reflection of the tiredness and dropping she felt emotionally, from " imagining " hopelessness. The hopelessness she felt in relation to her boyfriend's return, was the depressing side of her dilemma.

Margaret's Bright Right Eye Reflected Her Hope Of Happiness,
and Her Dull Left Eye Reflected Her Thoughts Of Depression

The entire right side of Margaret's body was responding to the love she had for her boyfriend, which was brightening to her morale and the right side of her body is influenced by the left brain which responds to male security issues. Margaret told me how her boyfriend was good at making her feel secure. The tension in the right side of her body was a reflection of the anticipation she felt emotionally which was a result of her optimism which was the bright side of her dilemma.

In essence, the reason Margaret's right iris was bright was that her left brain was active all night long, " shining a light " in the window waiting for her boyfriend's return. On the other hand, the reason her left iris was dull, was that her right brain was tired due to the hopelessness she suffered because her left brain refused to let go of him and have closure.

The Reason Her Stress Was Directed To The Small Intestine

The intestine is the area that deals with "incoming" nutrient, therefore it will carry stress relating to "incoming" emotional factors. Margaret refused to let go of the positive hope her boyfriend would be "incoming" once again and yet deep down she realized her plight was hopeless.

Margaret had many nights broken sleep and felt very lethargic. She also admitted avoiding opportunities to circulate and participate in excitements previously enjoyed. The small intestine and the tip of the tongue can sometimes return to

normal within three or four weeks of dietary and lifestyle changes “ providing ” peace of mind and contentment are achieved.

Happiness Affecting The Shade Of The Eyes, Is Mentioned In The Bible

The positive or negative thoughts we think with our mind will influence the condition of our eyes and what we think with our mind and watch with our eyes also influences the condition of our body.

(Luke 11: 34) “The light of the body is the eye: therefore when thine eye is single (always positive and true) thy whole body also is full of light, but when the eye is evil, the body is full of darkness”.

(Deuteronomy 34:7) “And Moses was an hundred and twenty years old when he died: his eye was not dim, nor his natural force abated.”

(Job 17:7) “Mine eye also is dim by reason of sorrow, and all my members are as a shadow.”

(Psalms 13:3) “Consider and hear me, O Lord my God: lighten mine eyes, lest I sleep the sleep of death;”

(Matthew 6:22-23) “The lamp of the body is the eye, if therefore the eye of you is healthy, the whole body of you will be shining.”

The “Happiness Glint” Is Caused By Clean Blood and Hormonal Perfection

When the mind is free from frustration and the soul experiences contentment, it stimulates a balance in the nighttime release of health hormones. This hormonal perfection reflects in the fluid of the eyes (aqueous humor) to create that happiness glint most of us are familiar with. This hormonal perfection is influenced by circumstances such as: falling in love, achieving success in a personal goal, living on honesty and developing complete contentment. All these circumstances have an astounding effect on our hormonal patterns, which will in turn, reflect the story outwardly, through the outer body signs.

Even Babies Can Be Monitored Through The Outer Body Signs

CASE HISTORY (Tony’s baby. One pupil smaller and one iris slightly dull .) One Saturday morning while doing a promotion at a health food shop on the Sunshine Coast in Queensland, I was approached by the father of a twelve-month old baby girl. He asked if I could help him figure out what was wrong with his daughter. For the last month she was not eating or sleeping properly and seemed to have erratic mood swings.

After asking the basic questions about her health history and the circumstances of her birth and diet etc, I began to look for dark stress marks in her little eyes. I noticed a jagged outcrop in her descending colon area and her left iris was a little dull and her left pupil was slightly smaller than the right. As her left neck muscle was also abnormally tense I assumed the problem to be emotional. As all her stress indicators were on her left side, I asked if the baby had been separated from her mother and he informed me they were a very close family and were all living together. The sensitivity and warmth I felt from the words of this proud father as he spoke of his family assured me of his dedication to their combined well being.

After explaining how the tension signs all being on the left side of the body may suggest some sort of fretting for a female, Tony finally came up with what we felt was the answer. He explained, they had moved to the Sunshine Coast four months ago from Sydney where his daughter had enjoyed regular visits with her grandmother who she called "Ga Ga". While Tony explained, his daughter sat in his arms with an apparent sadness but the moment she heard him say the words "Ga Ga" she started bouncing around with a happy grin that brought us to the conclusion she was indeed fretting.

It can be very helpful to observe every aspect of the body when health problems arise or when there is an apparent change in character. The natural body signs such as kidney dots on the hands, neck tension, the condition of the tongue and basic eye signs can help immensely even with young children and babies.

How To Clean The Blood With A Blood Detoxification Diet

"The Law Of Blood and Life"

Our blood contains particles of everything that we are made of and the way we are, is the way of our blood and what we feel is what our blood is making us feel due to the hormones our mind releases into it during sleep. If we carry depression, fear, anger, grief or unforgiveness into sleep, our nighttime hormonal release patterns will discourage our return to health during sleep.

Oxygen is the main factor that keeps it clean and oxygen transported by the blood encourages the perfect function of all organs and cells. Excessive tension of the inner autonomic nerves, causes a tightening of organs and glands which prevents blood from flowing into them which predisposes them to disease.

Every person who experiences abundant vitality is being given abundant vitality through energetic blood and the main requirement of this result is to ensure the

blood is clean, flowing well through open arteries and abundantly rich in oxygen. Some chemical sprays such as farm chemicals and pharmaceutical drugs remain in the blood for a lifetime unless a blood cleansing diet and blood flow exercises are used to counteract these problems.

Blood Transfusions Carry Personalities

People who receive a large blood transfusion often report thoughts that don't belong to them and feelings that are foreign due to the hormones present in the ancillary blood. These side effects don't normally last for long, particularly if the recipient exercises regularly and consumes plenty of fruit and vegetables to help the body restore the blood to that body's normality. In some cases where huge amounts of blood are given and the recipient follows poor lifestyle habits, these side effects which can even include depression, can persist for years.

Two Procedures To Follow, To Clean The Blood

Regular exercise will assist the body to clean minor rubbish and toxins from the blood, particularly blood flow exercises with gym equipment. The results of such exercise promotes a mild temporary measurement increase in the muscles exercised showing that general blood flow is being improved. A clean diet, a teaspoon of vinegar daily and consuming some type of herbal cleansing mixture while enjoying such an exercise regime, will complement the result.

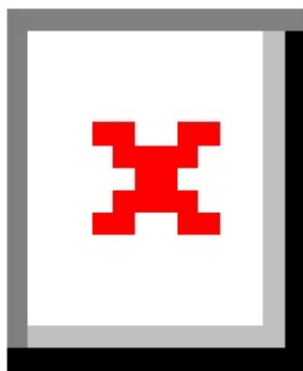
For more advanced cleansing however, it is necessary to follow a fruit and vegetable fast, which should be supervised by a nutritionist or therapist trained in nutritional health procedures. Whilst going through a cleansing diet it is essential to develop contentment as this helps body functions to work efficiently.

Before and After Photos That Show How

A Good Cleansing Diet Will Even Clean The Eyes

As we all know, contentment influences the sparkle of the eyes, but cleaning the blood will also encourage eye appearance as can be seen in these photos of a 21 years old female athlete. The "before" photos show a bronze color inside the navel area just outside the pupil which also indicates the different stomach areas. The dirty bronze color indicates waste build up in the intestine, the colon and blood. The cleansing result seen in the "after" photos came about through five weeks of

blood flow exercising, relaxation, improvement in diet and a colon cleansing supplement. (I use Colon Cleanse or Super Oxy with vitamin C .)



Blood Flow Exercises To Improve Blood Flow In Specific Organs

**The Incredible Healing Power Of Blood Cleansing
Combined With Blood Flow Exercising Is Well Known**

Whenever you do any sort of blood cleaning diet, it will help you immensely if you do blood flow exercises at the same time, because as you encourage your blood to flow throughout your body more efficiently, more of it will be cleaned. If you hold your breath through the full effort stroke of each blood flow exercise you do, that extra circulation of blood caused by the exercising, will carry more oxygen around the body than usual.

**Holding A Breath During The Full Effort Stroke Of Each
Exercise, Is Imperative For Overcoming Health Problems**

It is best to seek advice from a gym instructor for the design of the program however don't under any circumstances allow a gym instructor to talk you out of holding your breath through the complete effort stroke while doing blood flow exercises as this is imperative for healing.

Gym instructors are taught, breathing out during the effort stroke is best for the average person to prevent dizziness, particularly during heavy lifting. The Weider research clinic in America confirmed that holding a breath through the full effort strengthens the immune system and I held a full breath in for the full effort stroke to help me overcome epilepsy. I have also used this method to help many people overcome a huge variety of health problems.

***Straight Arm Pullovers Is The Only Exercise Where
A Full Breath Must Be Held Throughout The Full Exercise***

Straight arm pullovers is an exercise that is used specifically for improving the efficiency of the lungs and it is explained in detail in the “All You Need To Know” health program, “Bronchitis, Asthma, Emphysema and Sarcoidosis”.

Supervision Is Necessary Due To “The Healing Crisis”

I strongly suggest being supervised by a natural therapist if you decide to go through any sort of cleansing diet and doing the blood flow exercises, due to the healing crisis that usually takes place if your diet is stringent. During this time it is possible to experience anxiety, nausea, hot and cold flushes, headache, aching joints, an upset stomach and various other side effects. These effects usually only last for two hours or so but supervision will ensure they are monitored.

Pharmaceutical Medications Need To Be Halved While On This Diet *as the cleaner the blood becomes, the more effect drugs have in the system. This means it is best to inform the necessary practitioner of your cleansing goals and if your doctor is not familiar with the diet outlined, find a modern doctor who is trained in natural therapies, who is familiar.*

Blood Flow Exercising Can Remove Severe Organ Pain

CASE HISTORY (Evelyn 69 years of age. Liver cancer - unsuccessful.)

On one occasion I had a liver cancer patient come to me for a remission program and I gave her blood flow exercises the very day she arrived, as the liver pain she experienced was so severe she could hardly walk up the steps leading into my reception. Her pain was so severe on one occasion she had to be taken to hospital in an ambulance and nothing the doctors gave her would alleviate her pain for very long.

After doing three very light weight blood-flow exercise programs over five days (on rest day between) her liver pain went completely, and never returned. Unfortunately this cancer patient passed away eight months later as the liver and immune system

had suffered irreversible damage during the twelve months prior to commencing her natural therapy program.

Some ill-informed health consultants are not aware of the tremendous potential of this procedure and some actually condone it through ignorance. Consultants unfamiliar with tests carried out in the Weider Research Clinic of America that support blood flow exercising, assume that flushing destructive toxins etc out of a cancerous organ and spreading them throughout the body, causes the problem to spread but it actually has a very curative effect.

When waste bacteria and poisons are flushed away from an organ, it weakens the concentration and allows the immune system to attack and eliminate from other healthy areas of the body. This blood flow improvement also increase the presence of much needed nutrient and oxygen to the organ or organs suffering from the concentration of attacking parasites poisons and waste.

Developing perfect health depends on immune efficiency and each of the three body types (ectomorph, endomorph and mesomorph) have different healing strengths that can be enhanced by blood flow exercising and a cleansing diet.

The more efficiently our nutrient, oxygen, insulin and other healing properties flow through our system and the quicker our carbon dioxide and waste is removed, the more successful our healing stages and the less we will experience feelings of lethargy and depression.

Blood Flow Exercising To Remove Depression

CASE HISTORY (Danielle 19 years of age. Severe depression.)

On one occasion I had a regular client, Danielle, beg me to help remove her depression "NOW" as she couldn't stand being depressed any longer. As I always try to use natural means to bring the mind and body back to perfect health, I asked her to meet me at the local gym for a workout. She responded by explaining she had never been to a gym and had a fear of interacting with strangers. I then asked her how badly she wanted to overcome her depression on a "NOW" basis and she agreed to meet me there twenty minutes later.

Knowing that a percentage of her depression was caused by her own confinement to the house and her duties of motherhood, I realized the best thing for her was to encourage her to interact. I also knew from personal experience, that blood flow exercising removes the feeling of depression immediately. The feeling of depression

is caused by excessive amounts of the hormone cortisol in the blood and blood flow exercising helps to burn it up.

During her workout I introduced her to other women in the gym while I taught her the exercises. This one workout not only removed her depression immediately, “on a temporary basis” but it improved her self-confidence to interact, which was the cause for a large percentage of her depression.

Her depression was triggered by having three bad relationships with men in which the last, left her as a single parent with two children. I explained how it was her lack of self-esteem that allowed her to settle for the first man who came along each time she was alone and if she raises her self-esteem she will develop the strength to be patient and resist the first, to wait for the best.

Blood Flow Exercising Will Assist Memory In Old Age

Over the years I have often had elderly people who train for fitness and flexibility comment on how their memory was improving, which is a by product of increased oxygen and nutrient caused by blood flow exercising.

It is also important for elderly people not to avoid eggs, fish and meat completely as these foods supply the brain with choline, a substance the brain turns into acetylcholine, which is one of the important hormones of memory. Many elderly people avoid these foods completely as they assume they are harmful to cholesterol, but soon after, they develop memory difficulties.

 *Learn more about blood flow exercises in the larger version of this eBook “Miraculous Treatments, Testimonies and Cures” available from www.noelbatten.com*

Chapter 3

Diet and Oxygen , and How Respiratory Stress and Emotional Stress Show In The Eyes and On The Tongue

Consume Fruits and Vegetables As A Foundation For A Healthy Diet

“ The Law of Nutrition” Is Based On Chlorophyll l – Liquid-life-fuel

All things relating to nutrition that nature designed for us to thrive on, are reliant somehow on plant life and the most nutritional form of plant life is chlorophyll l . Chlorophyll l is the liquid substance found in all living plant life and its chemical composition is much the same as human blood. It is produced through a combination of sunlight, water and carbon dioxide which I call the Trinity effect. I have found this effect to influence every aspect of human function. Due to the chlorophyll l -blood similarity, we should always consider our fruits and vegetables to be the foundation of our diet and the closest form of life fuel that we can consume. Another thing to consider is that what we add to this diet base, will either complement it or destroy it to influence our health outcome. Chlorophyll is one of the main influences of our immune system and without it, our immune system can deteriorate completely.

Seasonal Fruits and Vegetables Help Us Produce The Hormones That Protect Us Against The Elements Of Those Seasons

Our natural make-up requires nutrients designed by nature to enhance our immune system. The more we avoid unnatural foods , the more we enhance our sleep and the accumulation of ATP cell energy which is the energy that totally controls our immune efficiency and health outcome.

For example seasonal fruits and vegetables are our personal supplies that give our endocrine system the nutrient to manufacture the hormones etc, that protect us against the temperature, winds, humidity, brightness and damaging organisms common to those seasons.

Fruits and Vegetables Have More Nutrients Than Any Other Food Source

Fruits and vegetables will practically supply our daily requirements of minerals, vitamins, protein, enzymes and carbohydrates for energy and we cannot survive without certain elements supplied by fruits and vegetables. Enzymes in particular are a very important aspect of nutrition needed for food digestion, absorption and assimilation and the manufacture of hormones that control the function of organs and our feelings of well-being. All cooked and processed foods lack enzymes which is where these consumables let us down when it comes to developing true health perfection.

Cooked Foods Need Enzymes To Enable Vitamin and Mineral Combinations

As our many vitamins and minerals need to form complementary combinations to enhance our health outcome, we need to consume a variety of foods at one sitting to perfect our energy outcome. For example, calcium needs magnesium, and phosphorous and vitamins A, C and D to function effectively in the body and enzymes encourage this complementation. People who avoid fruits and vegetables and consume a lot of cooked processed foods often feel lethargic and experience stomach and bowel problems due to the lack of chlorophyll l and natural enzymes.

Chlorophyll l, Enzymes and Minerals Are Our Maintenance Crew

Chlorophyll l, enzymes and minerals clean our blood, stimulate us to experience our R.E.M. healing stage of sleep, help us to heal, help our blood to circulate, encourage the manufacture of hormones that make up our immune system, enable us to breathe efficiently, relax our nerves, help to strengthen our nerve signals and help to develop our most important form of energy, our ATP cell energy. It is for these reasons fruits and vegetables must be considered the very foundation for a health enhancing diet.

Chlorophyll l Is Essential For Dopamine and Calcium Synthesis

The Importance Of Amino Acids For Hormones

There is perhaps no such thing as one hormone that is more important than another as they all signal to each other and rely on combined interaction to keep our body functioning. If there was one hormone that was more important than the others however, I consider it to be dopamine, which I call the hormone of love and light as

it flourishes when we have a love for life and we expose ourselves to the sun on a regular basis.

To manufacture this hormone, the body needs the amino acid phenylalanine which the body converts into tyrosine which is used to manufacture dopamine. This means the very beginning of dopamine production relies entirely on the stomach's ability to digest and absorb the amino acid phenylalanine and the ability of the system to convert it into tyrosine through enzyme, vitamin and mineral interaction.

Phenylalanine Is Well Supplied In Fruits and V egetables

Phenylalanine is found in good supply in apples, apricots, dates, figs, peaches, pears, strawberries, tomatoes, all vegetables except celery, lettuce and radish, all grains, all legumes, all nuts, all seeds, dairy products, eggs, cheese, meat, poultry and fish.

The problem with lack of dopamine and the subsequent onset of dopamine related disease is not usually with inadequate supply of phenylalanine in foods, it is usually with digestion and absorption of phenylalanine foods and the progressive development of phenylalanine into dopamine.

Our Emotional Perceptions Regulate Our Ability To Manufacture D opamine

As explained in my description of how the emotion of fear, created by the aboriginal bone pointing curse can totally interfered with absorption of nutrient, (P15) our emotions also control our assimilation of amino acids used to manufacture hormones. This means all aspects of our health and emotional wellbeing come back to our ability to relax our mind and our stomach to establish a good foundation for the very first process of nutrient supply.

The Importance Of Calcium To The Immune S ystem

Calcium deficiency contributes to all health problems. The human cells are perhaps more reliant on calcium than any other mineral and many viral infections can only occur when calcium is low. The ability of our stomach, small intestine and gall bladder to digest, absorb and distribute calcium and all the enzymes and nutrients that assure it's effectiveness, regulates health just as much as dopamine. Cancer can only become established and spread if the assimilation of calcium is very poor, which once again means, our health outcome is very reliant on our digestive absorption abilities before anything else.

Discoveries in science

Anger and Depression Work Together

To Disrupt Calcium Absorption and Encourage Infection

Suppressed anger or anxiety has also been associated with the incident of suppressed depression in cancer patients as a by-product of their depression and anger has proven to cause excessive release of the immune serum IgA into the system. Science has also proven excessive serum IgA creates a predisposition that “invites” cancer to spread. The earliest medical journal I could find that documents “both” these facts is: (Journal of Psychosomatic research V21 1977 P395-399 .) which makes this a discovery made eighteen years before the printing of my incomplete anatomy book.

Recent medical research has also revealed excessive serum IgA (the anger serum) also encourages respiratory infection, restriction of breathing and diminished oxygen supply to cells and also establishes asthma.

(Journal of Psychosomatic research Vol 43 book 3, 1997 Pages 271-278 .)

Nutritional studies have revealed, lack of calcium encourages cancer to spread and cancer cannot exist in a solution of potassium. (“Laugh with Health” by Manfred Koch) Both these facts are considerations used by actual patients who have achieved remission over a variety of cancers.

Lack of calcium will cause sensitivity to sound, light and emotional factors that create mood swings and a predisposition to depression. In some cases, cleaning up the diet and raising calcium intake can greatly minimize depression and mood swings. (Whenever there is an allergy to calcium, the stomach must be taught to relax, as allergies are only caused by tension .)

How Calcium Is Depleted From The Body

Table salt, coffee, chocolate, alcohol and smoking, eliminate calcium from the body. A continuous consumption of fatty foods and refined sugar also has this effect which is how refined sugar actually causes tooth decay. Every time a child has a sweet it would be best followed by full cream milk or cheese. Long term freezing and heating of foods also destroys calcium and the vitamins and minerals that assist with the absorption of calcium are best obtained from fresh fruits and vegetables.

Consume Three Meals A Day “At Mealtime” Without Eating Between Meals

As mentioned earlier it is essential to refrain from eating between meals to allow the pancreas to build up enzyme reserves and the small intestine to build up digestive acids, to enable efficient digestion and absorption at mealtime.

It is a common response of nature that when we refrain from continuous activity in certain experiences, when we return after the break, we enjoy the experience much more and our system responds more efficiently. This is also why, sleeping during the day when the sun is up, interferes with the natural function of our hormonal release patterns.

We are designed to eat a combination of foods at one sitting, then take a break and eat nothing until the next mealtime. We are designed to work well when the sun is up and rest well when the sun is down. We are designed to be exposed to the heat of summer and the cold of winter to encourage the efficient manufacture and flow of hormones that develop our immune resistance to those conditions. We are designed to express our dislike of the things that prevent us from feeling happy and express our enjoyment of those things that make us happy. The only time our health and happiness is destroyed, is when we avoid these opposites that we are designed to live by.

Drink Small Amounts Of Water Only, Between Meals

Water is as important to our system as the air we breathe. It helps our kidneys keep the whole body clean and gives us another supply of oxygen to help our every function. When we wash in it, it also removes unneeded ions from the nerve heat energy that emanates from our body.

I believe the reason we feel so good when we bathe in water is because it reminds us of when we were in the womb surrounded by warm placenta fluid and experiencing love and security. Our mind simply remembers whenever we laze in a nice warm bath.

Our Body Is Made Up Of Approximately 70% Fluid

Why so many people are attracted to fluids such as coffee and alcohol is beyond me. It is a dead give away when God drops water out of the sky that He wants us to drink more of it than anything else. I have never seen coffee or alcohol dropping from the sky. As our body is approximately 70% fluid, it is imperative we consume water regularly to keep it at fluid clean and oxygenated.

Perform Lung Expansion Exercises To Encourage Lung Efficiency.

Being Inspired About Life, Supports Inspiration.

In the Collins dictionary “ inspiration ” means “ good idea ” or “ bright idea ”.

In a medical dictionary “ inspiration ” means “ breathing in. ”.

Principals of psychology denote, a “ bright idea ” or positive idea, causes us to breathe in more efficiently than a self-destructive idea.

These three meanings all suggest, thought controls physiological function.

Psychosomatics denotes that optimism correlates with positive health outcomes.

Oxygen Is Life and Inspiration Responds To Contentment In Life

Our mind gauges the amount of air we want by the amount of life we want. A

similar emotional reaction also takes place at an unconscious level when it comes

to food intake, which is how the mind regulates eating disorders such as anorexia

and bulimia. Once again this is also the same response as how the fear created

through the aboriginal bone pointing curse prevented absorption of food.

Depression Causes Diminished Breathing and Allows Parasite Increase

The very first reaction that takes place when we experience depression is the

diaphragm reduces its inspiration span to reduce our oxygen intake. Alternatively

the feeling of depression can be instantly reduced by having a bright idea and

breathing deep while doing blood flow exercises and even certain damaging

bacteria can be destroyed by a positive attitude and ten minutes of deep breathing

three times a day. This reduction in breathing caused by depression is how

anaerobic bacteria begin to thrive as destructive anaerobic parasites can only thrive in oxygen low cells.

Lack Of Oxygen and Excessive Cortisol Release Are Two Cancer Factors

Lack of oxygen and depression are two of seven factors that bring about cancer which is why it is important for people who suffer depression to do deep breathing exercises quite regularly, particularly if they are continually depressed.

(Depression causes excessive release of the hormone cortisol.)

The seven factors of cancer are:- excess tension in the autonomic nerves, lack of oxygen, excessive cortisol, insufficient dopamine, insufficient calcium, insufficient potassium and parasite infestation.

When we think negatively or we are down in the doldrums, we look down at the ground, drop our rib cage and inhale less air. When we are excited about life we look up, lift our shoulders and rib cage and inhale more air. (Apart from emotional reactions influencing vertebral misalignments, this poor posture can also provoke vertebra to misalign, which both of these clients experienced.)

Resentment and Unforgiveness Causes Diminished Breathing During Sleep

Depression is not the only form of negativity that will cause restrictions to breathing. Resentment and unforgiveness will also minimize breathing but instead of increasing cortisol release they increase “noradrenaline” release, which is a hormone that reduces breathing and blood flow during sleep. This also reduces dopamine release, which decreases muscle efficiency and causes sleep deprivation . This is actually how Parkinson’s becomes established. When resentment and unforgiveness are overcome breathing and blood flow during sleep is increased and sleep improves. Inner relaxation also helps this outcome.

The following case history has been detailed in several of my books as it clearly shows the need for a spiritual understanding of life and the need to work on our abilities of forgiveness and peace of mind. My heart goes out to those people such as Frank who are affected so greatly by the passing of their loved ones.

CASE HISTORY (Frank 56 years of age. Parkinson’s)

Frank was brought to me by his wife who informed me he was recently diagnosed with Parkinson’s and his shaking right hand and continual tiredness supported this conclusion. During my diagnosis I took blood pressure readings from both the left arm and the right arm and found the reading from the right arm was slightly higher than the left. I also noticed the pupil of the right eye was smaller and the neck muscle on the right side of the neck was extremely tight and swollen.

Through these and several other signs, I concluded he was lacking R.E.M. sleep, his left brain was under extreme tension and his nervous system controlling the right side of his body was in shock, causing the Parkinson’s condition. As he was retired with no financial pressures, I began to search for past trauma capable of causing a shock and discovered what I believed to be the cause.

He was only just diagnosed with Parkinson's but his wife reported his nervousness started approximately two years ago and had gradually progressed to its present severity. After questioning his past, I was told how his son lost his life four years ago while riding a motorcycle home from work.

My client (Frank) attended court proceedings against the driver of the other vehicle who was drunk at the time of the accident. The drunk driver was released of all charges however, Frank was left with the dilemma, the drunk driver drove past his house five evenings a week in the same vehicle that hit his son.

Frank's wife informed me, five evenings a week at a quarter past five, Frank sat on his front patio and waited for the drunk driver to drive past so he could stare at him in anger. He had been doing this for four years while refusing to talk to his wife about his grief and causing his hatred to fester. In psychology, the left brain – right side of the body responds to male and security issues. Frank consumed himself with hatred for a male, over the loss of a male and was suppressing it all. The reason nobody blamed Frank's Parkinson's, on his frustration of the drunk driver, was because he started his vigil two years before his nerve twitches began and he refused to talk about it even to his doctor.

The Parkinson's Shake, Stopped Instantly Without Medication

I told Frank the right side of his body was shaking from tired nerves and lack of oxygen from the right lung, to the nerves of the right side of the body. He refused to accept what I was saying was the cause, so I carried out the same proof test that I did on myself for epilepsy when I was a teenager .

I had him take a series of very deep breaths and hold them in tight, for the count of four, which eventually fills the system with an abundant supply of oxygen. After doing this his shaking stopped "completely", however, as he relaxed back to his normal breathing his shaking gradually returned.

His wife could not believe the positive effect this had on Frank's condition, although Frank still refused to accept it, as he was not willing to let go of the hatred he had been using to help him overcome his grief.

This test will give positive results to most Parkinson's patients, however it is recognized the Parkinson personality is stubborn. There are three hormones lacking in Parkinson's patients from their R.E.M. sleep program. The most important is "dopamine" which controls nearly every function in our body and

along with lack of oxygen, contributes to the inner nervousness, muscle stiffness and fatigue associated with Parkinson's disease and multiple sclerosis.

The second is "oxytocin" which is released from the pituitary gland, a hormone that also responds to love. Oxytocin is often called "the cuddle hormone". The third is growth hormone which is released from the pituitary gland to stimulate growth of our cells and there is a mild interaction between dopamine, oxytocin and growth hormone to create healthy nerves and muscles during R.E.M. sleep.

Discoveries in science

I found literally hundreds of medical survey results that report Parkinson's, Alzheimer's disease and epilepsy are caused by emotional stress that triggers abnormalities in the same areas of the brain.

The prefrontal cortex which in turn influences the substantia nigra.

Journal of the Royal Society of Medicine 1991, vol 84, pages 349-352

QUOTE "The result of a fight between aggression and having to hold back." The self-confidence, love and goal setting areas of the brain are implicated, the same as in epilepsy, asthma, diabetes, arthritis, depression, chronic fatigue etc.

The Psychological Bulletin 1986, volume 99, book 3, pages 375 to 387

QUOTE "Suppressed hostility caused by trauma or loss."

They are all triggered by some type of traumatic stress that damages self-confidence and prevents normal enjoyment of goal setting skills, which reduces the release of immune hormones that respond to feelings of love and contentment.

Frank can experience a miracle by letting it all go according to nature. All we have to do is to be willing to face the fears of our past, and learn from them while we let our instinct guide us through. There are answers for virtually every problem and there are people everywhere who have reversed practically every disease known to man by bringing their system in line with nature.

The lesson this suppression is trying to teach Frank, is how to understand our spiritual existence and how to deal with grief within that spiritual existence. Grief is an aspect of nature that requires us to learn about the natural needs of our

design. Frank didn't believe in God and he had no understanding of spirituality and the laws of nature outlined in Scripture.

***When we go against nature, our mind
and body will no longer act naturally***

NB

***Children Who Learn About God, Life and Death,
Become Adults Who Can Easily Deal With Grief***

The very first thing Frank needs to do is to learn about the spiritual aspects of death so he can grieve properly and let go of his hatred and unforgiveness. As a youngster Frank was never taught about God and the children in his family were kept away from funerals which prevented them from learning about the spiritual aspects of life and death.

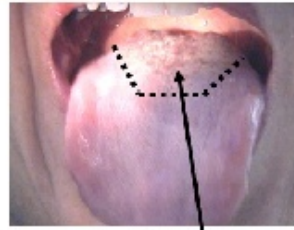
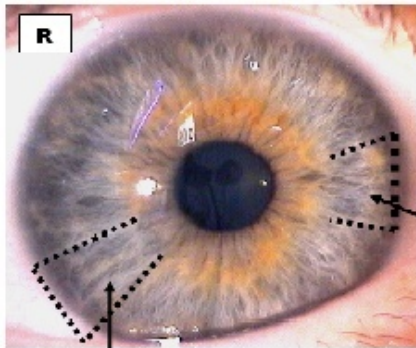
If we have a spiritual understanding and we lose someone we really love, we have the potential to release our grief to God. As Frank was never taught how to handle grief, he is continually trying to send his grief out in the form of hatred to the person who caused it.

The second thing Frank needs to do is to exercise his lungs back to normal and take a vitamin E supplement to assist the assimilation of oxygen. Then he needs to set some sort of personal development goal to stimulate his excitement of life and turn to love and embrace the family members who are still with him, to help them in "their" grieving. Working on these things as a combined approach will encourage his R.E.M. sleep, and his nerve strength and energy will then return.

The following two cases show stress marks at the esophagus diaphragm area of the tongue that match with stress marks in those areas of the eyes, in iridology.

CASE HISTORY (Jenny 48 years of age. Fatigue and chest pain.)

Jenny came to me for sleep deprivation and chest pain, which began two years after the loss of her husband. She had two misaligned vertebrae at C4 and T12 which can both cause an interfere with the esophagus and diaphragm.



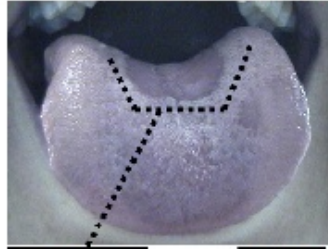
This series of dark stress marks are in the full esophagus throat area, in Iridology.

This rough skin covers the esophagus Diaphragm area of the tongue

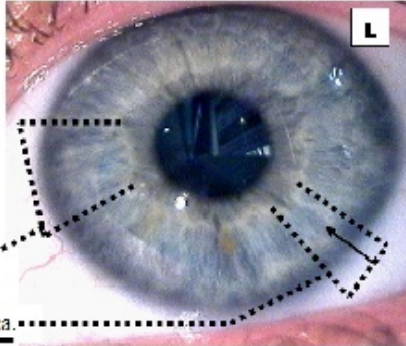
© www.anelhatter

The lower one of these two dark stress marks is on the diaphragm-upper abdomen area and the top stress pathway is on the liver. Her misaligned vertebrae interfered with nerve signals that ensured health function of these organs.

CASE HISTORY. Beverly was 26 years of age when she came to me suffering sleep deprivation due to a relationship break-up that added fuel to her existing low self-esteem and destroyed her enthusiasm for life. In psychosomatics, a lack of love for life will restrict the esophagus and diaphragm as the diaphragm draws oxygen in to support life and the esophagus works food downward by a series of muscle contractions, also to support life.



Diaphragm,
Esophagus area.



Esophagus,
throat area

Diaphragm area.

**Exposure To Regular Early Morning Or Late Afternoon Sunlight
Focus On The Light That Gives Life” In Hormonal Health Meditation**

Medical tests that scan the body and brain can show the quality of blood flow and life in the cells. On a PET scan, healthy areas of the brain that have good blood flow, show up white , and areas lacking life will show up black . Medical tests have also revealed during health meditation a subject can focus on an organ and, imagine it white to stimulate improved nerve activity and blood flow. This “bright” thought directs blood flow hormones to the area to open vessels and dopamine to supply oxygen, and life is encouraged in the area.

*Medical surveys have recorded that suppressed unforgiveness, grief, jealousy, self-denial and a poor perception of life all leads to depression and depression then leads to lack of blood flow to certain body areas which reads darkness on a PET scan and indicates disease. Surveys in natural health have also recorded the gradual progression of this health dysfunction also causes the eyes to go dark authenticating the following scripture: (**Luke 11: 34**) “The light of the body is the eye: therefore when thine eye is single (always positive and true) thy whole body also is full of light, but when the eye is evil, the body is full of darkness”.*

Sunlight and A Positive Life Focus Encourages Our Feelings Of Motivation

Seeing daylight with our eyes has an important influence on our motivation and vitality to achieve in life which in turn effects other immune responses in a positive way. When our retina is exposed to sunlight, it releases dopamine which causes us to feel motivated to become physically active during daylight.

Sunlight On The Eyes Encourages Us To Relax When The Sun Sets

Once we do become physically active and start to concentrate on achieving something, we release the memory concentration hormone acetylcholine. If acetylcholine is present in the blood stream as the sun sets, it encourages an abundant release of melatonin, the sleep hormone, which is why people who work during the day, experience a natural urge to relax as the sun goes down.

Sunlight Helps To Control Our Cholesterol and Calcium Absorption

When sunlight shines on our skin it encourages vitamin D production which interacts with parathyroid hormone and helps regulate cholesterol as well as

absorption of calcium. I believe many elderly people who avoid the sun through fear of skin damage actually cause a depletion of calcium which, when combined with a diet low in dairy products can very easily lead to health problems which include loss of memory.

Discoveries in science

Science Proves A Positive Thought, Love and Daylight, Releases Dopamine

It is well- recorded, a positive attitude triggers the release of dopamine from the substantia nigra in the midbrain along with several other positive effect hormones and neurotransmitters. That is not where it ends however, as the following medical journal excerpt explains.

Psychiatry research, 1984, volume 11, page 111

In relation to the release of dopamine. QUOTE . “artificially lengthening the illuminated fraction of the day may have some therapeutic effects in some severe depressions.” AND “activity during daylight hours, increases dopamine release and improves R.E.M. sleep potential.”

This Medical Report Proves Scripture To Be Correct

It makes me wonder who first phrased a good idea as a “ bright idea .” This scientific observation also made me realize science has proven the Biblical text (John 1:1-14) “ the life of God is the light of man ” runs much deeper than one may think. This medical observation means love, positivity and good morals, all trigger a healthy hormonal reaction the same as light does.

Perform Inner Relaxation At The End Of Each Day To Release Daily Stress

“ The Law Of Inner Relaxation” and The Five Indicators Of Inner Relaxation

Unrealized by many, we have two sets of nerves. One operates our outer major muscles and the other operates the inner smooth muscles and organs and because the inner nerves work by the automation of our biological clock to keep us alive as we sleep, we are not consciously aware when these nerves become excessively tense and cause organ dysfunction. Feeling relaxed on the outside is not an indication we are relaxed on the inside to the extent our organs are working as nature intended. There are five signs that indicate we are relaxed internally: (1) We are sleeping

well every night (2) We are energetic all day. (3) We feel mentally alert. (4) We have a healthy appetite at mealtime. (5) We feel motivated in personal goals. As inner tension is the main cause of every naturally provoked autoimmune disorder, regularly practicing inner relaxation and peace of mind is the best way to ensure physical health and mental vitality and the best way to overcome autoimmune disorders.

Mental Overactivity Causes Nerve Overactivity and Mineral Depletion

Our nerve signals control everything that functions within us and nerves need minerals to function efficiently. Most of all, nerves need calcium to send signals to keep the mind and body functioning effectively and to keep cells adequately supplied with blood, oxygen and nutrient. If we constantly worry or live on fear, negativity and anger or work continuously, we eventually cause the vibration of our nerves to speed up and become faster than normal. This abnormal speed of nerve activity, causes excessive use of calcium and other nerve minerals which can starve the body cells of essential healing nutrient. This faster than normal nerve speed is the primary cause of cell degeneration and the onset of disorders such as autism, ADHD, chronic fatigue, asthma, osteoporosis Parkinson's, epilepsy and cancer.

This process is very straightforward. Fast and continuous thinking, causes fast and continuous nerve impulses which leads to nerve and brain fatigue.

Our mind is designed to enjoy peace and our body is designed to enjoy relaxation as the bonuses that lead to health and vitality. This is why having a peaceful relaxed mind every day after sundown and having one full day of rest every week is so powerful in keeping us healthy and vibrant. A peaceful mind is the precursor to a relaxed body and good health, therefore the real trick to life is to learn the art of maintaining a peaceful mind during all circumstances.

Discoveries in science

Medical Surveys Have Documented, Relaxation Protects Our Brain From Stroke

When we relax we encourage production and release of the hormone melatonin (the sleep-hibernation hormone) which is a neuroprotective antioxidant to the brain that

protects us against stroke and other mental disorders. One medical journal that explains these findings: “ The International Journal of Circumpolar Health ” 2002 vol 61, book 1, P32 to 40.

The Only Stress That Can Harm Us, Is The Stress That C ompounds

As we only heal back to perfection during our R.E.M. stage of deep sleep, and as we can only reach this deep stage of healing sleep if our inner nerves are relaxed, the true secret of youthfulness is to release our stress at the end of each day to prevent it from accumulating.

Remaining Tense All The T i me and Preventing Mind Freedom, P revents Many Of Our Hormones From Being Stored and Released When N eeded

People who work, worry or allow frustration or depression to take over their thinking, take stress into sleep with them and prevent the hormonal glands from storing hormones during R.E.M. sleep. Nerve signals squeeze our hormonal glands to release minute amounts of hormones when needed, much the same as we squeeze an orange to release juice.

If we are always tense or our mind is overactive due to constant worry or emotional stress, our nerves are continually squeezing the hormones out, day “and night”, preventing storage. This and lack of oxygen in the cells are primary factors in all naturally provoked diseases.

To “teach” our hormonal glands to return to storing hormones, we need to develop mental freedom and teach our inner nerves to relax before bedtime. People who suffer from central nervous or autoimmune disorders are stressed internally day and night and bad eating habits further encourage the problem.

This is why children fearing household disharmony, undercover police and combat soldiers most commonly suffer diabetes, arthritis, digestive problems that lead to post traumatic stress disorder, autism, ADD and depression, as they are continually in fear over their lives and continually on edge .

Always Foc us On Your Potential and Communicate Over S uppression

I am personally aware of how suppressing fears and having a poor perception of life caused my epilepsy and I also realize, the same negativities caused my mother to experience cervical cancer. The reason I am convinced of this, is that I saw how we both changed after counselling and talking our emotional suppressions out and I have used the same curative methods to lead many others back to health. I have

also noticed there is a true healing power generated through becoming excited over developing personal goals.

With a willingness to master the art of mental peace during all circumstances, we can all maintain perfect health. We are the only ones who can feel the activity of our mind and body and we are the only ones who can bring them back to perfection with relaxation, good breathing, good eating and exercise.

After my personal victory and my many experiences with leading others into victory over a variety of diseases I sincerely believe every disease is curable and that belief is supported by medical journal reports.

One example is by Dr Paulley who explains autoimmune and central nervous disorders are caused by suppression of loss and past-unfinished events or what he terms “unfinished business”.

Dr Paulley's - “unfinished business”

(Psychotherapy and Psychosomatics Volume 39, 1983 P181-90.)

Dr Paulley's case histories in this medical journal, relate to thyroid difficulties, arthritis and restriction of blood flow in the temporal area of the brain (the prefrontal cortex). The temporal consists of the cortex, amygdala and hippocampus.

P181, QUOTE. “Remorse over “ unfinished business ” increasingly dominates the patients thoughts.”

QUOTE. “pathological mourning is present in all patients with autoimmune disease.”

And P182 QUOTE . “Most psychiatrists do not see many autoimmune disorders because they are dependent on what physicians feel are suitable cases to refer.”

“ BEFORE and “AFTER” Iridology Photos That Show How Contentment Gained Through Release Therapy Improves Health

CASE HISTORY (Dianne 42 years of age. Fear of lung cancer .)

The following before and after photos are from Dianne, a 42 years young at heart woman, who came to me for sleeplessness and an obvious inability to relax. She

suffered tightness in the chest on the right side only and minor stomach cramping on the right side, which indicated her left brain was overactive during sleep.

Her chest tightness gave momentum to her fear of lung cancer, which she assumed to be a hereditary problem common to her family. After checking her health history along with diet etc, I found everything to be normal however, I discovered she experienced a crisis over a male in her family two years before visiting me and refused to talk about it.

As her anxiety and sleeplessness began twelve months after the crisis, nobody suspected she harbored a suppression strong enough to provoke the chest pains she sometimes suffered along with her anxiety and sleeplessness.

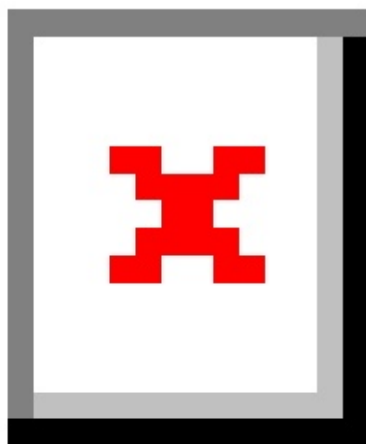
The obvious improvements Dianne experienced after her dietary change s, relaxation class and counseling, included an end to the chest-lung tensions on her right side. Dianne described her family members as very poor communicators who suppressed their stress and most of them smoked, to deal with the anxiety they suffered.

Unfortunately this is the personality profile that predisposes the lungs to lung cancer which is why so many members of her family suffered this terrible condition. I assured her; smoking on its own cannot cause lung cancer otherwise everyone who smoked, would suffer some form of lung disease, however I warned her smoking certainly contributes.

Thickening Of Iris Fibers After “Release Therapy” Counseling

In Dianne’s “before” photo of the right eye, there is a thinning of the iris fibers in the area of the right lung and chest cavity, causing black behind the fibers to show through. This indicates tension in the lung area and unhealthy cells.

As there are no similar signs in the lung area in the left eye and as the client had no vertebral misalignments or health history to cause this one-sided problem, I assumed the stress marks were caused by suppression of her male related crisis.



This may have been a lung predisposed to illness if Dianne had ignored the symptoms and took up smoking to help her cope with the stress. Thickening of fibers seen in the “AFTER” photo of the R. eye shows a reduction to the blackness showing through, indicating the lung is healing.

This took place after two counseling sessions and six weeks of relaxation, which eliminated her chest and stomach tensions and solved her sleep difficulties. The

diminishing bronze color is due to a change in diet and stomach bloating and relaxation exercises with my hot-cold bath technique.

Cancer Is Not Hereditary, But The Discontent Cancer Personality Is!

Fear of lung cancer in a family that has a history of lung cancer is a common scenario even though many surveys have proven cancer is not hereditary. It is more accurate to say that the personality character trait that encourages a disease is the hereditary factor not the disease itself and it is important to remember whilst the P53 gene may contribute to cancer, gene structures are controlled by our personality character reactions.

Discoveries in science

Numerous Surveys Show Lung Cancer Is Caused By Suppressed Frustration, Triggered By Anger and Depression Developed From A Low Self-esteem

Many medical surveys indicate lung cancer is caused by higher than normal levels of the hormone “cortisol” and abnormal defense reactions from the immune serum “IgA” and the P53 gene. Many experts have also confirmed all these factors are associated with lack of R.E.M. sleep, anxiety, depression or suppression.

One such expert is Dr David Kissen, a world renowned lung specialist who revealed survey results of approximately 3,000 lung cancer patients and his findings are well documented in several medical journals.

British Journal of Medical Psychology Volume 37 1964

P213 QUOTE. “the poorer the outlet for emotional discharge, the less the exposure to cigarette smoke required to induce lung cancer.”

There is also an article on sleep and smoking by Kissen in:-

Annals of New York Academy of Sciences 1969 Volume 164 P476

A Large Percentage Of Chain Smokers Don't Experience Lung Cancer and Many People With Lung Cancer Have Never Smoked

Many people who suffer from lung cancer, suffer in one lung only and sometimes have nothing wrong with the other lung if they have never been a smoker. I believe suppression is the key factor and smoking is just an addition. Statistics show just as

many non-smokers suffer lung cancer as do smokers and many of those non-smokers have lived in a country-fresh-air environment all their lives.

While managing a specialized cancer clinic for several years, I found certain character traits common to lung cancer patients which are exactly the same as Kissen outlines. Poor communication skills, anxiety, frustration, suppressed anger or depression and long term sleep difficulties. Most commonly, they suffer an inability to stay asleep.

Over the years I have had tremendous success in helping people achieve remission over cancer and I put that success down to my priority for teaching contentment and improvement of sleep.

To me, these are the areas that every person with any type of disease should focus on and I have supplied a list of subjects to deal with, that interfere with sleep and described the best procedures to follow to minimize their effect, in my book “Beautiful Sleep, Abundant Energy”.

When Our Nerves Are In Shock, We Must
“Teach” Them How To Relax Back To Normal

The autonomic nerves (autonomic meaning self-governing) operate all our organs and the somatic nerves (soma meaning the body) operate our muscle movement which is a voluntary function. I call the autonomic nerves, “the life nerves”, as they keep us alive as we sleep and the somatic nerves, “the action nerves” for obvious reasons.

When either of these systems are constantly tense which prevents normal function and leads to fatigue and atrophy, it shows in the iris of the eyes in two separate sections of the iris. These two signs show that the nerves are in shock and need to be purposely encouraged or “taught” to relax back to normal healthy function.

Learn more about how stress signs of shock show in the eyes in the larger version of this eBook “Miraculous Treatments, Testimonies and Cures” available from www.noelbatten.com

Chapter 4

How Effective Are Iridologists and Chiropractors ?

Sometimes Chiropractic Treatment Is Only A Temporary Fix Until Supportive Muscles Are Retrained and Underlying Emotional Problems Are Settled

It is common knowledge that vertebra misaligned due to a fall or a sudden impact of some sort, will usually remain in place when corrected by a chiropractor or physiotherapist. There are however, vertebral misalignments that keep coming out no matter how many times they are realigned. The reason being, muscles on one side of the body can be far more tense than on the other side and the only way to solve such misalignments is to work on the imbalance in muscle tension through exercise and relaxation.

It is imperative that any person who experiences reoccurring misalignments, maintain weekly visits to the chiropractor to keep encouraging the vertebra to remain in their correct position through exercise and relaxation.

A good chiropractor will check for this imbalance and inform the patient of the need to do blood flow exercises and a fifteen-minute relaxation session morning and night. Uneven muscle tensions are caused by an overactive mind and, by carrying out physical duties that exercise muscles on one side of the body only. For example, carrying a pack with the same arm every day or loading stock on shelves using one particular arm constantly. Under these circumstances it is very important to strengthen the muscles evenly through other means to prepare them for the uneven duty. (For misalignments I recommend chiropractors not physiotherapists, as physiotherapists are only normally trained to work on muscles.)

Neck exercises using a head strap and a light weight will compensate for working on ceilings all day or staring at a computer all day or with any job that strains the neck and shoulder muscles.

The History Of Iridology

Many iridologists believe the first documented reference to iris diagnosis was by the physician Dr Philippus Meyens in his medical book "Chiromatica Medica" published in Dresden Germany in 1670, however I believe it was used back in the years of Hippocrates. The sign that a newborn-baby had a liver problem or had jaundice caused the whites of the eyes to turn yellow, is recorded in those times.

As there are very clear references to the process that is iridology in the Bible, as listed on page 41 in this book, I believe it was used by doctors such as the apostle Paul during biblical times. In those days they needed to refer to as many body stress signs as possible to figure out their diagnosis and treatment.

Many iridologists actually give the credit for the in depth finer discoveries of the patterns of iris fibers and their relationship to organ dysfunction, to the Hungarian physician Ignatz Von Peczely (1826 – 1911). Peczely was trying to feed an owl and accidentally broke its leg and noticed a dark mark appear in the lower section of the owl's eye shortly after. After keeping the owl as a pet, he observed the dark mark in the lower area of the owl's iris began to change to white as the leg healed.

Due to this event, when Peczely began studying medicine and treating patients he inspected the eyes of patients who had specific diseases in order to prove to himself that his experience with the owl was not just a coincidence. His observations led him to conclude, he could actually diagnose many disorders and eventually through iridology he began to solve health problems that baffled his colleagues.

Dr Ignatz Peczely received his medical degree in 1867 after studying at medical colleges in Budapest and Vienna and recorded many cases where his knowledge of iridology enabled him to succeed where orthodox medical procedures fell short.

Medical records dating back to 1670 describe iridology being used by doctors and 100 years were an extension of the Hippocratic era when medicine was so primitive, doctors searched diligently for any signs that would help with diagnosis and treatment.

Iridology Can Only Be Accurate When Combined With Chiropractic Diagnosis

The only problem I have with iridology is, poorly trained iridologists who are not aware of the influence of spinal misalignment have often given a client incorrect diagnosis. A stress mark can appear on a specific iris area that suggests a body organ is dysfunctional when there is absolutely nothing wrong with the organ itself but the nerve feeding the organ is stressed due to a misaligned vertebra.

It is also essential to realize that 50% of misaligned vertebra that are realigned, misalign again within days during times of stress when the mind is overactive during sleep. If you visit an iridologist who cannot check skeletal alignment and is not aware of the nerve areas of the cervical, thoracic and lumbar spine, I suggest you visit a chiropractor immediately after.

Books Of Reference Used **In The Full Version Of This Book**

“ Stress and Breast Cancer ”

Edited by Dr Cary Cooper, Institute of Science, Manchester University.

Written by Dr Lea Baider, oncologist from Hadassah University Hospital Israel. Dr Ursula Brandt, Harvard Medical School USA. Dr David Cella, psychologist, St Luk Medical Center Chicago, USA. Dr Alastair Cunningham, research scientist University of Toronto, Canada. Dr Werner Georg and Dr Florian Hoffman, University of Giessen West Germany.

Even though other hormonal dysfunction is active in cancer, the hormone cortisol is main factor that inhibits immune response in protecting the body. The emotions of helplessness, self-blame and inability to express hostile feelings are implicated.

Published by John Wiley and Sons Ltd. 1988. ISBN 0 471 91744

“ Cancer Stress and Death ”

Edited by Dr Stacey B. Day, M.D., Ph.D., D.Sc. Sloan-Kettering Institute for Cancer Research New York. Hans Selye, C.C., M.D., Ph.D., D.Sc. Institute of Stress, Canada. Jean Tache, D.Sc. Institute of Stress, Canada.

Written by 8 professors of psychiatry, 4 doctors of medicine and 2 scientists.

Emotional stress is a triggering factor in every disease . Grief is the most prominent disease precursor. People suffering cancer were firstly predisposed to immune weakness through life anxiety, hopelessness and depression to allow grief to cause the electrolytic lesion of the hypothalamus curtails tumor growth. Abnormal levels of the hormone cortisol encouraging cancer. The effect of cortisol in anorexia.

(Published by Plenum Medical Book Company New York and London.

ISBN 0-306-40143-6.) Available at most hospital medical libraries .

“ Principals of Surgical Oncology. ”

Edited by Dr Ronald W. Raven, O.B.E., T.D. Consulting surgeon and former member of the council for the Royal College of Surgeons, England.

Written by 19 medical oncologists, 4 professors and 1 research scientist.

The dangers of hormone replacement therapy and the pill. The role of emotional stress on hormones and in disease.

(Published by Plenum Publishing company New York a division of Macmillan Publishing. ISBN 0 7020 0670 X.)

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Edited by Dr Edward J. Sachar, M.D. Professor of psychiatry and Chairman of the department of psychiatry Albert Einstein College of Medicine New York. Published by Grune and Stratton.)

Written by 10 professors of psychiatry and 2 research psychiatrists.

The effect of the hormone cortisol and emotional reactions to stress and grief. The effect of sending negative emotions inward.

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(ProMotion Publishing, San Diego, Cal, USA, ISBN 1-887314-02-4)

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(Health Plus Publishers, Oregon USA, ISBN #0-932090-03-6)

“ The Power is Within You ” by Louise Hay.

(Specialist Publications, Concord, N.S.W. Australia. ISBN 0 9588973 6 0)

“ What Doctors Don't Tell You ” by journalist Lynne McTaggart.

(Publisher Harper Collins, ISBN 0 7225 3024 2)

“ You Can Knock Out Aids With Vitamin C and Immune Nutrients ”

by Dr Ian Brighthorpe M.D. with Peter Fitzgerald

*(Published by Biocentres Australia Pty Ltd The Book Printer 18 Ripon Grove
Elsternwick 3185 ISBN 0 7316 1087 3)*

“ A Cancer Therapy ”

*(50 Cases and the cure of advanced cancer by diet therapy) by Dr Max Gerson.
Explanation of caffeine enemas in this book.
(Published by the Gerson Institute, Bonita California. ISBN 0-939236-00-1)*

“ You Can Conquer Cancer ” by Ian Gauler.

(Hill of Content Publishing, Melbourne Australia.)

“ Iridology, The Science and Practice in the Healing Arts ” Bernard Jensen, D.C,
(ISBN 0-99608360-6-3) 1982.

32 Case Histories Covered In The Full Version Of This ook

P23 Belinda, Celiac disease cured in four weeks .

P27 Betty 29. One tight neck muscle and the same side of the tongue swollen .

P28 Ben 44 years of age. (Carpal tunnel cured by a chiropractor)

P29 Carmel 48 years of age. Arthritis in the pointer finger of the right hand.

P30 Bronwyn 22. (Always feeling sick due to misaligned neck vertebra)

P32 Norm 45 years of age. (Cured of candida and chronic fatigue)

P36 Nadia and Tom. Two cases of irritable bowel.

(Exactly the same stress signs in the iris and on the tongue.)

P38 Margaret 20 years of age. Mysterious morning stomach cramps .

P41 Tony's baby. One pupil smaller and one iris slightly dull.

P42 Jeff 25. Stabbing pain in lower stomach due to poor skiing posture.

P45 Maria 55 years of age. (The health consequences of worrying.)

P45 Carol a 46 year old workaholic. Avoiding a stroke.

P55 Female athlete 21. (Cleaning her blood, cleaned her eyes)

P56 Carl 32 years of age. Remission over HIV

P62 Evelyn 69 years of age. Liver cancer.

(Instant control over liver pain with blood flow exercising)

P63 Danielle 19 years of age. Severe depression.

P74 Janice 37. (A hysterectomy prevented by cleaning the blood)

P76 Bill 56. (Complete remission over bowel cancer in 6 weeks)
P85 Frank 56 yrs of age. Parkinson's. (Shaking stopped without medication)
P90 Ashley 24-year-old. Asthma. (Overcame his attack without ventolin)
P92 Jenny 48 years of age. Fatigue and chest pain.
P92 Beverley 26 years of age. Fatigue and depression .
P105 Ralph 41. (Hypoxia and profuse sweating cured through affirmation)
P114 Pamela 44 years of age. No reason for fatigue.
P116 Tina. 14 years of age. Lymphatic cancer cured in 2 weeks
P118 Tanya 70 years of age. Parkinson's .
P123 Dianne 42 years of age. (Fear of lung cancer unjustified.)
P127 Cindy 28 years of age. Memory problems, tummy cramps, itchy skin.
P130 Trevor 65 years of age. Tumor caused by grudge.
P131 Samuel 54 years of age. Reoccurring chest pain.
P159 Anna O. Remission over paralysis on the right side of her body.
A famous case from the British Journal of Medical Psychology.
P171 Sharon and Sue. Two vastly different recipes of body breakdown
both causing endometriosis.

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The End

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