

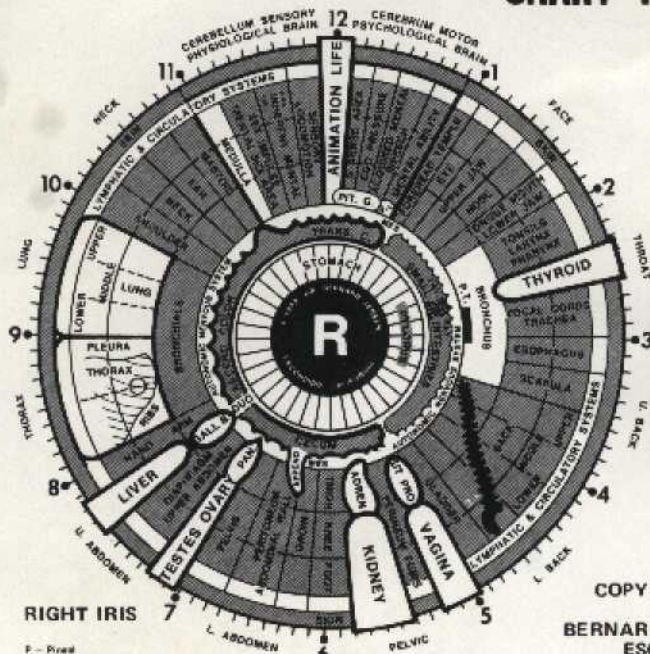
IRIDOLOGY SIMPLIFIED

by BERNARD JENSEN, D.C., NUTRITIONIST



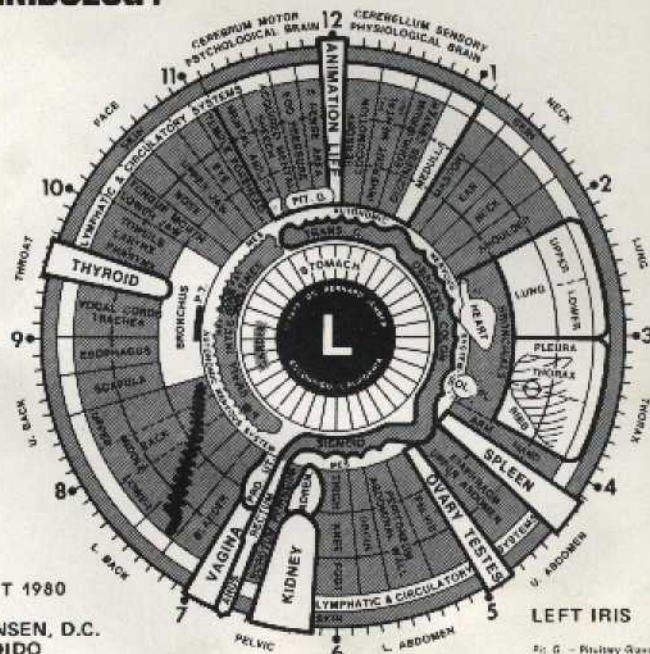
AN INTRODUCTION TO THE SCIENCE OF
IRIDOLOGY AND ITS RELATION TO NUTRITION

CHART TO IRIODOLOGY



RIGHT IRIS

P - Dried
 Pp - Fat - Pearly Patches
 M - Mottled
 Rd - Reddened
 P.T. - Para Thyroid



LEFT IRIS

Pt - Pearly Patches
 Spt Pt - Sore Patches
 M - Mottled
 Rd - Reddened
 AD - Aorta

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 ESCONDIDO

IRIDOLOGY CHART developed by Dr. Bernard Jensen, D.C.

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CO-AUTHORS

I would like to thank Keith Wills for his collaboration in producing this booklet. He has also been of much assistance in helping me with seminars, research and classes in iridology.

I would also like to thank Michael Diogo for his technical and literary assistance in the writing of this booklet.

The information contained herein is a basic outline of the science of iridology as taught by Dr. Bernard Jensen. The reader is cautioned not to attempt an analysis based upon this information for it is an introduction only.

5th Edition

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HOW IT BEGAN

In the early 1800's a young lad named Ignatz von Peczely of Egervar near Budapest, Hungary, caught an owl in his garden. The 11-year-old boy struggled with the frightened bird and met with its fierce claws as the bird instinctively tried to defend itself. In the struggle, the boy accidentally broke the owl's leg. As the youth and the owl glared into one another's eye, the boy observed a black stripe rising in the owl's eye. Von

Peczely bandaged the owl's leg and nursed it back to health and released the bird; but the bird stayed in the garden several years afterward. Von Peczely observed the appearance of white and crooked lines in the owl's eye where the black stripe had originally appeared.

The black stripe eventually became a tiny black spot surrounded by white lines and shading. When von Peczely grew up, he became a physician and never forgot the incident with the owl. Working on the surgical ward of a college hospital afforded him an opportunity to observe the irides of patients after accidents, and preceding and following surgery. A study of the changes in the eye coincided with their



IGNATZ VON PECZELY



THE FIRST CHART TO IRIDOLOGY DEVELOPED AND USED BY IGNATZ VON PECZELY IN THE EARLY 1800s.

injuries, surgery or illnesses, and this convinced von Peczely that there was a reflex relationship between the various markings in the iris and the rest of the body. He was certain that the iris mirrored tissue changes of the various organs. Von Peczely created the first chart of the iris based on his findings.

At a similar point in history, Reverend Nils Liljequist, a Swedish clergyman, discovered a relationship between various drug settlements and specific discolorations in the iris of the eye. Extremely ill as a youth, Liljequist was given massive quantities of quinine. This led to a correlation of the yellow-green discoloration in his eye to the use of quinine.

Iridology has progressed tremendously since the 1800s. Numerous scientists and doctors have researched iridology, revising and improving the iris chart. Iridology is based on scientific observation. It is the kind of science that cannot be related through scientific tests, for it does not provide clinical information. The state of the art in Western medicine cannot reveal all the answers either. It is difficult to test one scientific system against another when two types of data are given.

Dr. Bernard Jensen pioneered the science of iridology in the United States. He developed one of the most comprehensive iris charts showing the location of the organs as they reflex in the iris of the eye. His chart is still the most accurate one available today.

WHAT IS IRIDOLOGY?

Iridology is the science and practice that reveals inflammation, where located and in what stage it is manifesting. The iris reveals body constitution, inherent weaknesses, levels of health and the transitions that take place in a person's body according to the way he lives.

Iridology is the science of analyzing the delicate structures of the iris of the eye. The iris is that portion of the eye that carries the color. Iris was the goddess of the rainbow in Greek mythology; she was also messenger of the gods in the Iliad. Under magnification, the iris reveals itself to be a world of minute detail, a land of many features.

The iris represents a communication system capable of handling an amazing quantity of information.

The code reveals itself in the character of the individual iris fibers. There are uncounted numbers of these fibers present. The combinations of various fiber characters make up an infinite variety.

Presently, as in the past, many primary health care doctors have used this form of analysis along with other diagnostic techniques to facilitate a more complete understanding of their patients' health care needs.

The eyes have been proclaimed throughout the ages as the window of the soul. We now acknowledge them as the mirror of the body. Manifestations in and about the eyes have long been used to gain insight into a person's state of health. Today it is realized that the information revealed in the eyes is greater than was formerly imagined.

A closer inspection with the tools made available by our expanding technology is revealing the iris to be a micro computer readout of bodily function and condition that truly merits every thinking man's honest and fair-minded consideration.

Through the application of iridology, it is possible to observe normal and abnormal reflex signs. It does not compare all people together to create a normal, but rather compares an individual's strengths to their weaknesses; a weak organ in a strong body produces different characteristics, yet it is still a weakness for that person.

HOW IT WORKS

The iris of the eye is the most complex tissue of the body meeting the outside world. It is an extension of the brain, being incredibly endowed with hundreds of thousands of nerve endings, microscopic blood vessels, muscle and other tissues.

The iris is connected to every organ and tissue of the body by way of the brain and nervous system. The nerve fibers receive their impulses by way of their connections to the optic nerve, optic thalami and spinal cord. They are formed embryologically from mesoderm and neuroectoderm tissues. Both sympathetic and parasympathic nervous systems are present in the iris.

In this way, Nature has provided us with a miniature television screen showing the most remote portions of the body by way of nerve reflex responses. We are discovering that the eye works two ways; not only does it enable us to bring images of the outside world within, it also shows images of what is within to the outside.

Nerve fibers in the iris respond to changes in body tissues by manifesting a reflex physiology that corresponds to specific tissue changes and locations.

The scientific explanation of exactly how this process works neurologically is still forthcoming. Much research is being devoted to a clearer understanding of this phenomena.

In the meantime, we can rest confidently in the over 150 years of collected empirical data to know that what we have learned to date is very accurate and reliable for the majority of normally organized human beings.

The iris reveals an individual's strengths and weaknesses and what has been done to the body through incorrect living habits. It also reveals the wonder of one who has lived a good life according to the laws of the universe.

WHAT IS THE CHART?

Over the years, careful observations in clinical environments have allowed us to unravel the mysterious language of the iris. Today we have a map of the iris topography which guides us very accurately over its surface. In this way, it is possible to "read" tissue conditions that relate to the "whole" person being viewed. We are seeing the "whole" body at once.

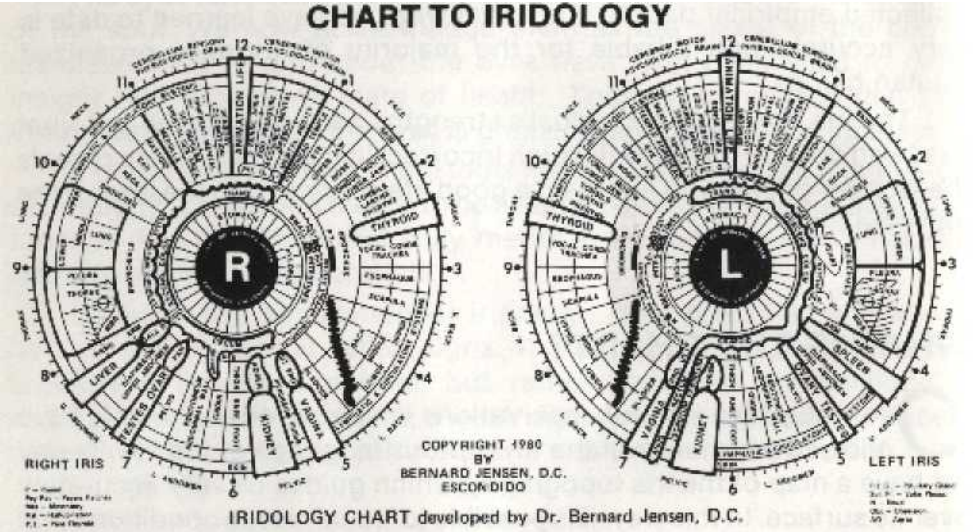
The chart developed by Dr. Bernard Jensen is the fruit of 50 years of research and intense study. Spending many years as a student of past masters of iridology, he has brought forward and incorporated those aspects and details proven to be accurate by verification in clinical practice.

Each organ is identified and those of major importance are outlined so that they are easily located. The chart represents the arrangement of the iris into its corresponding locations as found in a normally organized body. You may find exceptions, realizing that there are individual differences.

Basically, the chart represents the placement of organs and tissues as would a map. There are signs and features in the iris that are inexplicable and unknown at this time.

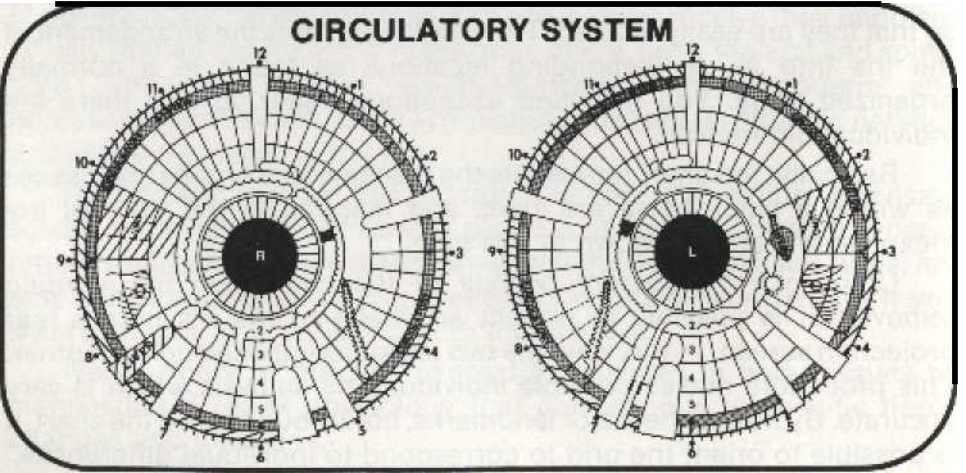
Utilizing a transparent overlay of the chart with the wording removed, it is possible to project an image of the iris onto a rear projection screen. In this way, the two are superimposed on each other. This procedure makes possible individual iris analysis, which is very accurate. By noting the major landmarks, boldly outlined on the chart, it is possible to orient the grid to correspond to individual differences.

The observations gained from much time and expense gathering empirical data have made this the most accurate map of the iris available. It is used by iridologists the world over and is a testimony to its reliability.

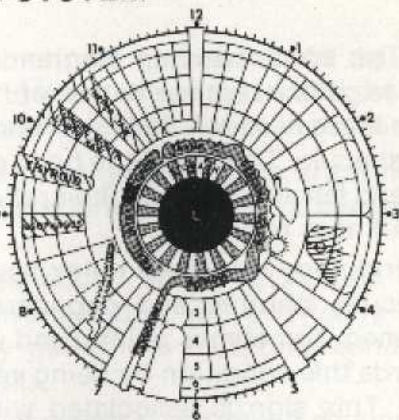
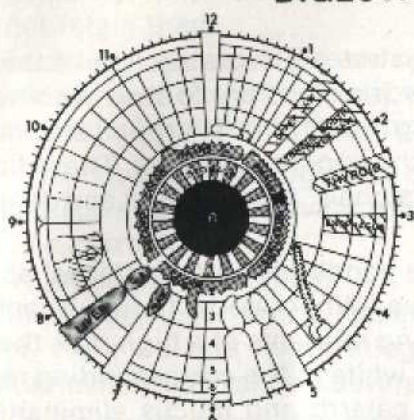


SYSTEMS CHARTS

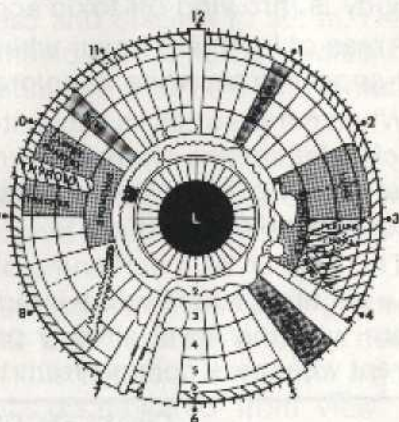
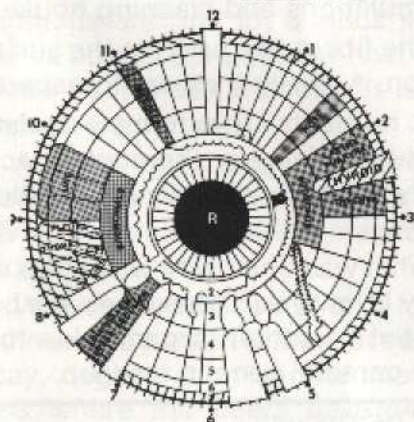
The following illustrations demonstrate one of the ways in which information is obtained from the iris. By localizing specific portions of the iris topography, it is possible to observe the reflex condition of that system. Various systems are compared to one another in order to evaluate interrelated conditions. In this way, iridology reveals useful information concerning the hearth level.



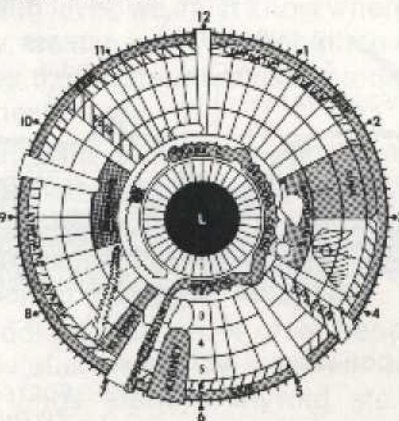
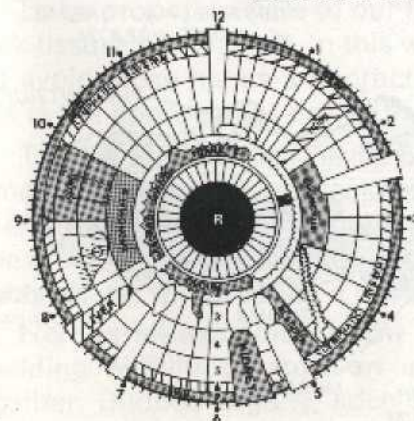
DIGESTIVE SYSTEM



RESPIRATORY SYSTEM



ELIMINATIVE SYSTEM



PHYSIOLOGY OF IRIS SIGNS

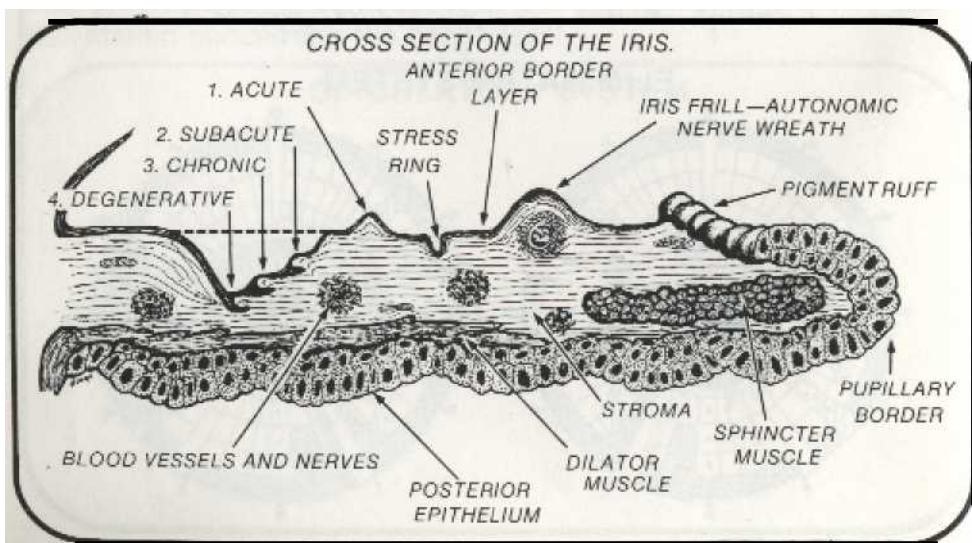
The accompanying diagram illustrates a cross section of the iris tissues. It is a representation of how iris signs are formed within and upon these tissues. The fibers running radially from the pupil are known as trabecula. They form the body of the uppermost layers. These fibers rise and fall according to their reflex signals. Areas of light and degrees of darkness result.

Iridology measures reflex tissue conditions in four stages: acute, subacute, chronic and degenerative. When body tissue is active, inflamed, sometimes painful and using nutrients at a high rate, the iris records this condition by being very white in the corresponding reflex area. This sign is associated with catarrh and mucus eliminations, irritation of tissues, swellings, sensitivity. This is the active stage when the body is throwing off toxic accumulations and cleaning house.

Areas of lightness occur when the fibers rise up from the surface. They appear to be white in coloration. Actually they are transparent.

When nerve supply is exhausted, nutrients are extremely depleted, and circulation has slowed down due to fatigue, the acutely active tissue falls into a state of underactivity which in iridology is called a subacute condition.

This is seen as a darkening of what was once very white. We now have a situation where tissue integrity is lowered. Often times, the body is born with this level already present in certain organs, due to an inherent weakness coming from the parents' genetic makeup.



In the subacute condition, tissue vitality is lower than it should be. Available nutrients are not being absorbed properly, and the tissue cannot retain them.

Iridology and nutrition are symbiotically associated. All disease conditions have a nutritional aspect to them. When the iridologist sees weak tissue, he is also witnessing nutritional imbalance in that tissue.

This is where iridology has one of its greatest uses; showing up weak tissue and revealing where and what kind of nutrition is needed for specific correction.

A subacute condition left unattended in an individual who continues improper and stressful living habits, will eventually drop lower. Here we find tissue integrity going into a chronic condition where malnutrition takes a severe toll.

In a chronic condition, metabolic waste is not being eliminated, cellular activity becomes congested, nerve impulses are deadened and conditions are ripe for serious illness and disease to set in. Here is where a person develops the host of maladies to which an endless list of disease names are attached. It is estimated that 80% of this nation's illnesses are chronic.

Attempting to correct a chronic condition is difficult and takes perseverance and dedication to shift into healthier patterns and habits of living. It is much easier to maintain good health than it is to regain that which is lost.

When a chronic condition is not cared for and devitalizing activities continue, the person is then faced with the final stage of tissue decline: decay, degeneration and necrosis. This appears in the iris as black holes where the fibers have simply disappeared from view. This condition is serious and very difficult to reverse.

To be properly aware of our health level, we must know where our weak tissues are located. In this way, we can work to strengthen them and avoid those habits and practices that undermine tissue integrity. This is the approach of preventive health care.

The perfect Iris has never been seen and all individuals exhibit some degree of tissue weakness whether acquired or genetically determined. Oftentimes combinations of stages within the same organ area are observed. Tissue that is chronically ill, mixed with tissue that is highly *acute*, will produce a net result of functional normalcy.

Here is an example of how iridology can be of great benefit in shedding light upon how an individual's physical problem is put together. Bilobed organs, such as lungs, kidneys, thyroid, etc., can

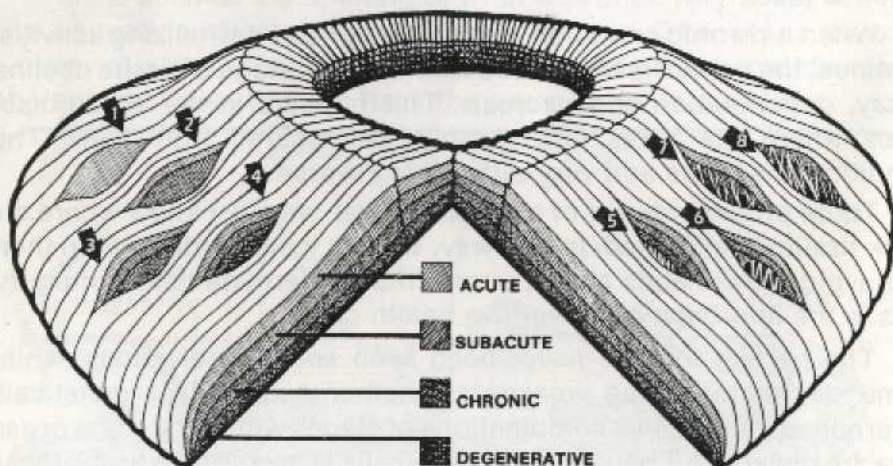
exhibit a hyper condition on one side and a hypo condition on the other, producing a net result of lab-tested normalcy. To the trained observer, iridology will reveal information that can help remove confusion in these matters by indicating the isolated conditions.

Iridology does not name diseases; instead, it reads tissue condition. From that information, predispositions, tendencies and directions toward or away from these conditions are noted. Levels of toxic settlement and accumulation are observable.

In this respect, iridology becomes a powerful tool for health improvement and tissue rejuvenation. Iridology also reveals an individual's constitutional makeup, which is valuable information when trying to determine a person's response to treatment and healing ability. This gives the practitioner an indication of the individual's recuperative quality, how quickly he may proceed with treatment, and in what quantities the body can reasonably utilize these treatments. Iridology's greatest asset is in its ability to forewarn of approaching difficulties. We can see tissue changes occurring before symptoms occur. It is a powerful tool when working for preventive health care.

The illustration shows graphically what the four stages of tissue reflex condition represent. Likewise, as healing ensues, a reversal of the tissue reflex occurs.

DEGENERATIVE & PROGRESSIVE STAGES OF TISSUE REFLEX.



PROGRESSION TOWARD DEGENERATIVE CONDITIONS ARE SHOWN BY (1) ACUTE (2) SUBACUTE (3) CHRONIC (4) DEGENERATIVE. PROGRESSION TOWARD HEALING IS A REVERSAL PROCESS IN WHICH KNITTING FIBERS APPEAR IN 5, 6, 7 AND 8.

BASIC IRIS TOPOGRAPHY

Its helpful for a newcomer to iridology to be able to recognize the major iris features.

Iridology involves study of a very intricate tissue structure. There are over 90 known specific areas mapped on each iris, and they are both different. The right iris responds to the right side of the body and the left responds to the left side. Therefore, there are over 180 divisions to gather information from within the two irides, each smaller than a dime.

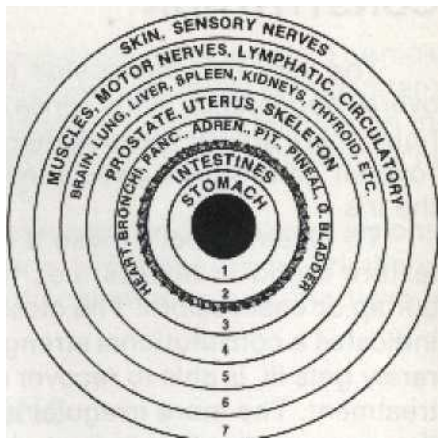
Starting from the pupil outward, the first major feature lies $\frac{1}{3}$ the way out and forms the iris frill or autonomic nerve wreath. (See illustration.) it is often irregular in shape and meanders about.

This feature separates the organs of digestion and assimilation from the rest of the body. On the inside of the wreath is found the stomach, small and large intestines. The wreath itself represents the autonomic nervous system.

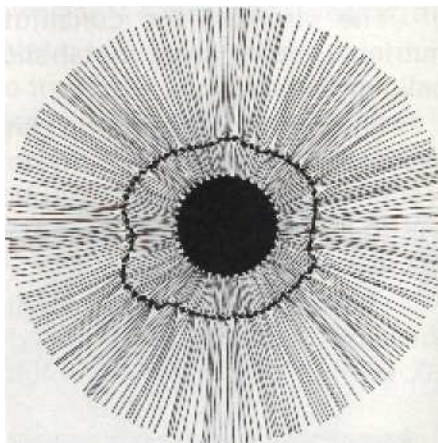
Beyond the wreath are found all other organs and tissues in a manner described on the chart.

You will notice from the illustration that there are seven zones, each with a specific content.

On most individuals, the areas for the lungs, kidneys, bowels and liver stand out as orientation features. From these, you can begin to establish the proximity of other areas that attract your attention.



THE IRIS IS DIVIDED INTO 7 ZONES.



THE AUTONOMIC NERVE WREATH IS A MAJOR LANDMARK.

CONSTITUTION

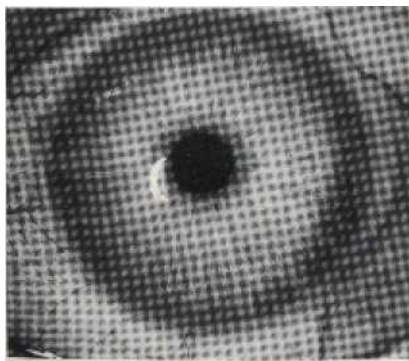
The very first impression received when observing the iris is its overall appearance in the sense of how light or how dark it is, how many holes there are or the lack thereof, lesions, colors and textures. This "overall" impression gives a feeling for the constitutional character of the iris.

To illustrate, let's make a comparison to the varying degrees of texture found in textiles; i.e., that of fine silk, cotton weave, coarse burlap or cheesecloth. The closeness of the fibers and their uniformity indicates a constitutional strength. A person with these characteristics rarely gets ill, is able to recover quickly and responds rapidly to proper treatment. The more irregular and open-spaced the fiber structure is, the more weakness is indicated in that body. Maintaining a high health level is more difficult for this body and greater awareness of those forces and practices that enhance vitality is needed.

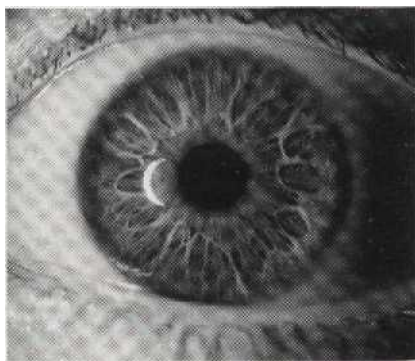
The stronger the constitution, the greater the ability to hold nutrients, carry away metabolic waste and carry on with life-giving cellular activities.

The weaker constitution cannot maintain nutrient levels, metabolic processes are slower, and toxic accumulations are more likely. Nonetheless, a weak constitution properly cared for can have good health and a long life. A strong one not cared for can be rapidly burned out and lost.

Often combinations of constitutional strengths are observed within the same body. Constitutional quality is measured on a scale from 1 to 10, with 5 being average, 1 highest.



GOOD CONSTITUTION



POOR CONSTITUTION

MAJOR IRIS SIGNS AND MARKINGS

There are many details to the features observed in the iris. The most obvious ones are mentioned here so that you can begin to understand the basic meanings, as this is an introductory booklet and not an in-depth commentary. Refer to the Science and Practice of iridology by Dr. Bernard Jensen, for further studies.

Major iris signs and markings are eye color and variations, lesions, lacunae, crypts, the scurf rim, radii solaris, lymphatic rosary, irritations, arcus senilis, nerve rings, cholesterol/sodium ring and the various pupillary configurations.

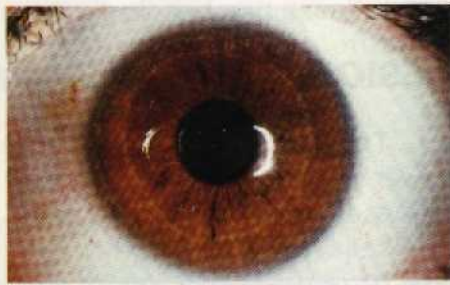
IRIS COLOR AND VARIATIONS

There are only two eye colors in the world today: blue and brown. The structure of the stroma is different in the two. The blue eye is less dense, has its trabecula in the open and reveals itself more clearly. Blue eyes are much easier to study. The brown eye is dense, not revealing the trabecula and is more difficult to analyze.

There are variations between the true blue and true brown eyes. Sometimes people born of blue- and brown-eyed parents have a mixture of both. Genetically, blue eyes are recessive and brown dominant.



BLUE IRIS



BROWN IRIS

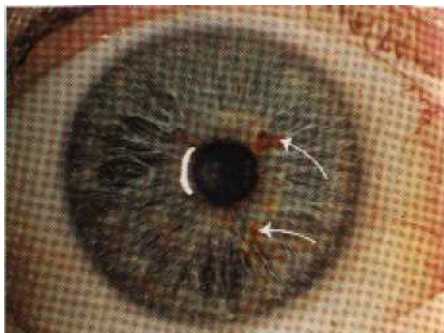


PSORA



DETAIL OF PSORA

Colored spots of various densities are often observed in the iris. These come under two distinctions: psora and drug deposits. Psora, or psoric itch spots, are heavy, dark patches. They are usually inherited chemicals passed on from parents. When a white line encircles these areas, it indicates



an irritation in that tissue.

DRUG DEPOSITS

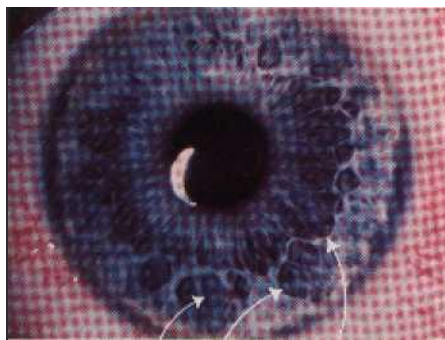
Psora can be distinguished from drug spots and chemical spots in that the latter are usually smaller and different in color. It is very difficult if possible at all, to eliminate these pigments from the iris, but given a change in lifestyle and working for improved health, one can greatly reduce their effects in the next generation.

Chemical deposits, including drugs, show up in the iris as bright yellow, red, orange and other colors. They are usually small and scattered about. Found mostly in the digestive zone and the glandular zone, these deposits are generally acquired from the environment during one's lifetime. When inherited by the next generation, they show up as psora.

LESIONS, LACUNAE AND CRYPTS

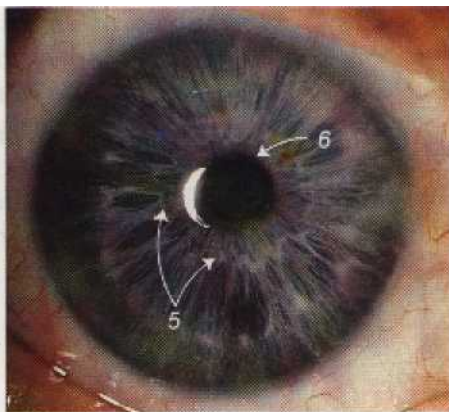
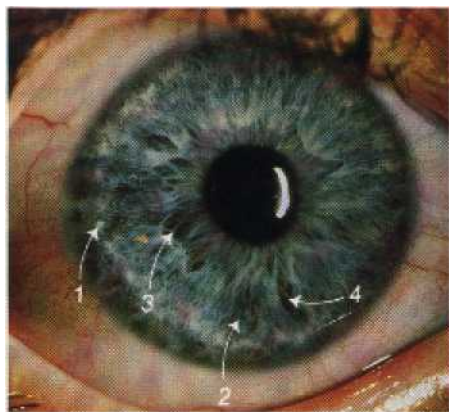
These are the iris signs that lower constitutional quality and represent acquired or inherited weaknesses in the body. They are recognized by their shapes. They vary in size and in degrees of darkness.

An "open" lesion is one that has one end opened up, while the other end is usually "closed." Being "open" indicates to the



LESION. LACUNAE, CRYPT

iridologist that this tissue is active in that nutrients, circulation and metabolic functions are flowing through the tissue, although at a reduced rate.



THE FOUR STAGES AS THEY APPEAR IN THE IRIS. 1-ACUTE, 2-SUBACUTE, 3-CHRONIC, 4-DEGENERATIVE. NUMBER 5 DESIGNATES THE AUTONOMIC NERVE WREATH AND 6 IS THE PUPILLARY MARGIN.

The inherently weak tissues of the body are less likely to hold the body-building minerals. They are not as strong as the rest of the tissues in the body.

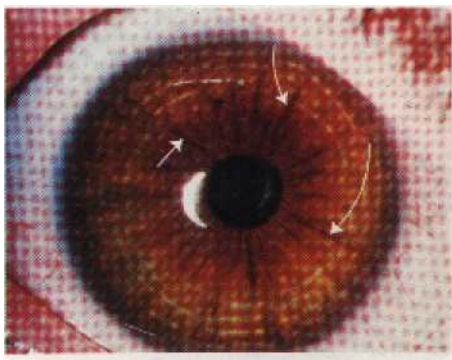
The term lacunae is used to identify those lesions which are closed. With both ends "closed" we find that an encapsulated condition exists.

Iridology is very helpful in identifying 'these conditions. By supplying the appropriate chemical elements to these tissues, we can begin to work our way toward healing and rejuvenation.

Crypts are those lesions which are small, closed and usually very dark. Often times we find a white line around the outside of these markings indicating scar tissue has formed to -fortify the encapsulation.

RADII SOLARIS

These are elongated and darkened lines 'that branch out like spokes on a wheel. Their origins are often at the autonomic nerve wreath. This is a sign of a toxic, slow-moving bowel. They are usually heaviest in the 'transverse colon area and radiate into the upper regions of the iris, the brain area.



SPOKES OR RADII SOLARIS

Think of these spokes as being funnels or -troughs through which toxic material is being channeled to the organ and tissue in which the spoke terminates. These are channels of toxic absorption showing the intensity of this toxic condition by the depth and darkness of the spoke.

Radii solaris indicate that this individual needs to cleanse and detoxify his bowel and body. Often, but not always, radii solaris are an indication of parasitic infestation. Or at least of an internal condition that is conducive to infestations,

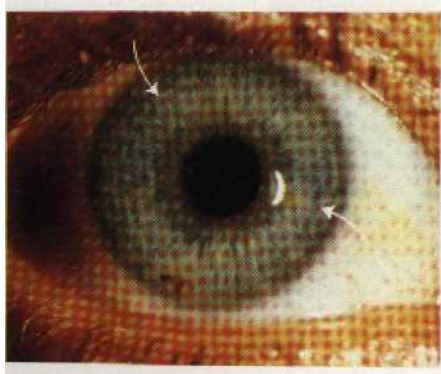
NERVE RINGS

Nerve rings, or neurovascular cramp rings, are indications of excessive nerve tension. They form by a buckling of the iris fibers.

Concentric circles and portions of arcs are formed when the fibers are pinched or cramped. They vary in intensity from acute white through the dark, chronic condition.

Nerve rings indicate that the individual is under nervous stress which is finding its way into the muscular system causing anxiety and a storage of tension there. When found in the stomach, there is the strong possibility of nervous indigestion.

Heavy nerve rings point to a need for relaxation. This may come from removing physical irritations and mental disturbances. It can be determined which tissues are affected most by noting the origins and insertions of the rings.



NERVE RINGS IN BLUE IRIS



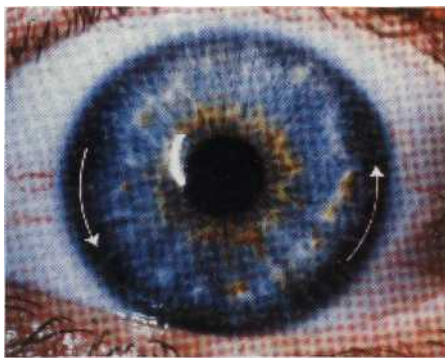
NERVE RINGS IN BROWN IRIS

SCURF RIM

At the periphery of the iris, in zone 7, is found the area for the integument: skin, hair and nails. When a darkened area is observed here, it is called a scurf rim. It may be only in a portion of the periphery or it may encircle it entirely. It may be a thin, wispy area or it can penetrate deep into the interior. When this area shows up dark, it represents an underactive, slowly eliminating skin. Toxic elements and metabolic waste materials are accumulating here.

The skin is a two-way membrane allowing an exchange of moisture and air in and out of the body. Toxic materials can easily penetrate the skin when it is exposed to solvents, fixatives, paints, fertilizers, pollutants and other air, or water borne chemicals.

The skin is a vital organ and must eliminate toxic materials daily just as the bowel and lungs. By wearing heavy, close-fitting clothing, the skin backs up in its ability to eliminate these toxic substances.



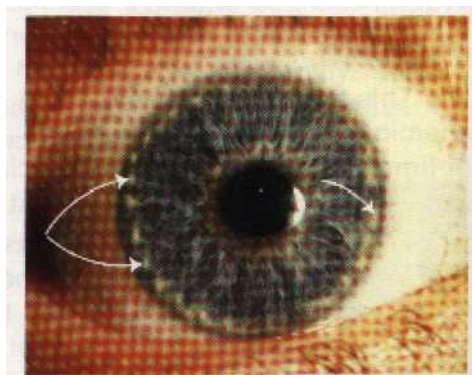
TOXIC SKIN SHOWS AS SCURF RIM.

LYMPHATIC ROSARY

The lymphatic system is found in zone 6. When the lymphatic circulation becomes slow and overburdened with waste materials, a congestion results.

This condition is seen in the iris as small, cloud-like spots. Sometimes these clouds are seen in varying distances into the interior, but generally are found

near the periphery. They resemble a string of pearls or rosary and get their name from



WHITE SPOTS ON THE PERIPHERY
INDICATE LYMPHATIC CONGESTION.

this appearance. The whiteness of these spots indicates that there is an acute activity or inflammation. Sometimes they appear to be yellow or light brown. This indicates that the condition has existed for sometime.

When this system is not functioning properly, there is a build up of catarrh and mucus. The body's resistance to stress and illness is weakened, and it becomes susceptible to disease.

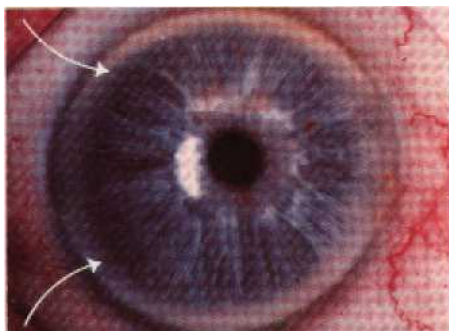
Lymphatic circulation is based on muscular contraction, Therefore, exercise is essential for the prevention of lymphatic congestion.

Tonsils and adenoids are lymphoid tissues. Many individuals have had these removed, a sign that they were overworked and enlarged as a result of excessive toxic material they were unable to eliminate. At that time, a cleansing program was indicated, as well as proper nutrition and exercise. This would have helped prevent lymph congestion in later years.

Other organs relating to the lymphatic system are the appendix and spleen.

SODIUM RING

A solid white ring circling the iris at the periphery in zone 7 is called a sodium ring. it is a deposit which has formed in the tissues of the cornea, producing an opaqueness at the corneal-scleral border. It varies in its width according to the severity of the condition,



This sign is an indication of a chemical imbalance in the body.

In times past, this sign was associated with the heavy use of chemical salt in foods and the environment: salt miners, mariners, etc.

Today, it is also recognized as a sign of excessive cholesterol and triglycerides in the body and therefore it is often referred to as a cholesterol ring. Involved with this condition is a faulty calcium metabolism causing it to come out of solution and settle in the joints. It is also associated with the deposition of inorganic salt compounds in the body causing similar problems.

In addition to these conditions. hardening of the arteries and high blood pressure are highly associated with the sodium ring. Through nutritional counseling and modification of the diet, this situation can be brought back to a normal balance.

SOLID WHITE PERIPHERY INDICATES METABOLIC IMBALANCE.

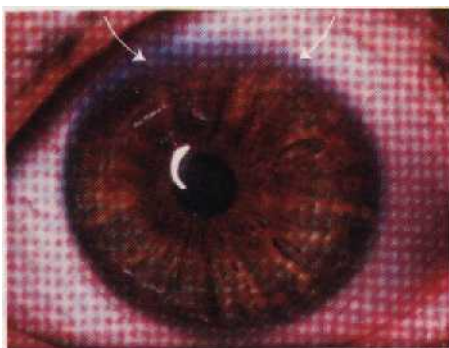
ARCUS SENILIS

The mark of old age is usually found in the uppermost portion of the iris, in zone 7, in the brain area and on the periphery. It has the appearance of being a portion of a sodium ring. Anatomically, it is a portion of the sclera coming over the edge of the cornea. This sign is an indication of cerebral anemia. It appears as an arc, white and

often fuzzy at the edges. It makes the iris look almond shaped or oval.

When blood oxygenation and circulation are poor, the brain tissues are not getting what they need in nutrition. Metabolic waste is not being removed as quickly as it should. Often times there is an associated dulling of the cerebral abilities and functions; things aren't as clear as they should be.

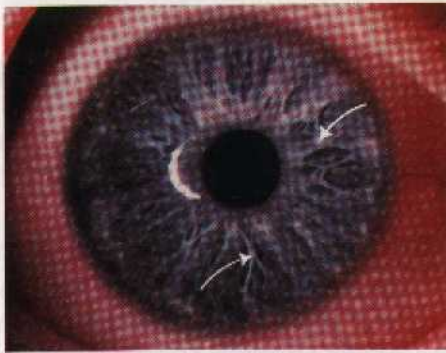
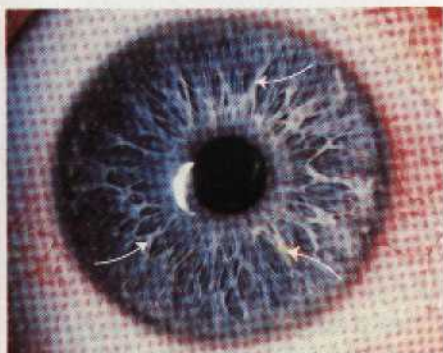
This condition is being found more and more in young people. Proper and vigorous exercise are needed to get the blood moving and to give the brain the oxygen it needs.



THIN WHITE ARC AT TOP OF IRIS INDICATES BRAIN ANEMIA.

IRRITATIONS

We live in a world today that has many irritating qualities about it. These irritations are reflected in the iris by white, acute, very active, inflamed fibers. They are areas of heavy whiteness usually radiating along the trabecular length. From thin wispy lines to heavy masses, they show nerve energy being consumed at high rates.



THICK WHITE LINES AND MASSES RADIATING FROM THE PUPIL INDICATE EXTREME NERVE IRRITATION. USUALLY ACCOMPANIED BY PAIN, SENSITIVITY AND DISCHARGE.

The organs they pass over are sites of acid buildup, pains and discharges. Often times a fever is associated or a low-grade infection is involved. It is a sign of nutritional crisis. The chemical balance is upset and proper nutrients are needed.

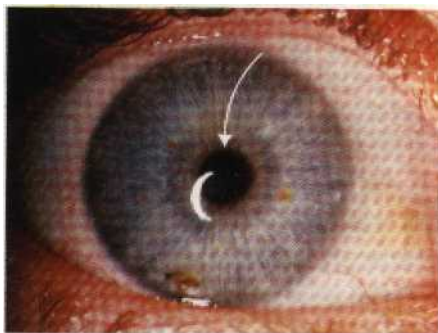
A line running across the fibers in a transverse manner is called a "transversal." It indicates a situation in which an unusual amount of activity and stress is involved. Sometimes it will appear to be red in color and is a vascularization of the upper iris fibers.

PUPIL CONFIGURATIONS

By observing the shape of the pupil and its size, it is possible to learn a great deal about where major stresses are occurring in the body.

The pupil is not located in the center of the iris. It is placed nasalward and slightly down from the geometric center.

If it is small and pinched



SMALL, TIGHT PUPIL INDICATES
EXTREME NERVOUS TENSION.

down, a condition of extreme nervous tension is indicated. Often times the use of certain drugs will give this effect. When the pupil is wide and open beyond normal, a condition of nerve depletion and exhaustion is present. The response to light is also an indication of tension or stress; therefore, the rate at which the pupil responds to light intensities is important.

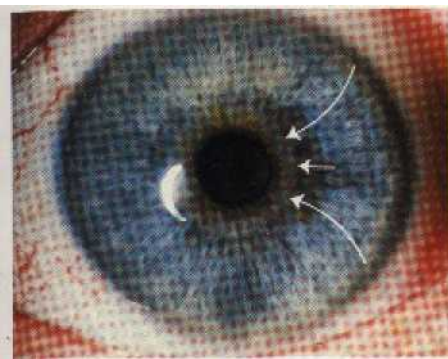
Rarely is the pupil evenly round in shape. It is usually flat on one side, elliptical or oval. These aberrations in pupil tonus indicate specific conditions in the body.

THE DIGESTIVE SYSTEM: STOMACH & INTESTINES

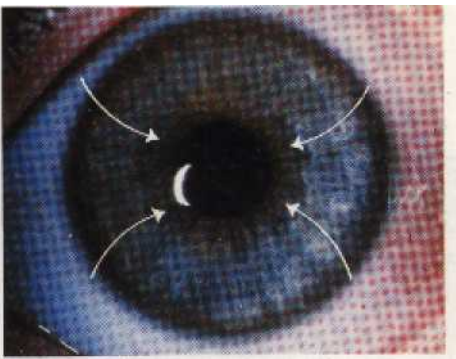
The digestive system is the hub of the body. Nutrients that sustain body tissues are obtained from it.

Notice that the stomach is located in the middle of the iris immediately surrounding the pupil, in zone 1.

Coming out toward the nerve wreath, you will see a round halo or circle that is light in coloration. This indicates an acidic condition in the stomach. There is an imbalance in the hydrochloric acid and digestive enzyme level. Protein digestion is being impaired.



OVERACID STOMACH IS INDICATED BY EXTREME WHITE IN STOMACH AREA.

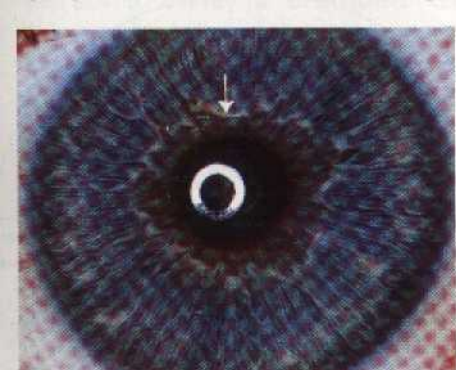


UNDERACID STOMACH IS INDICATED BY LIGHT HALO IN STOMACH AREA.

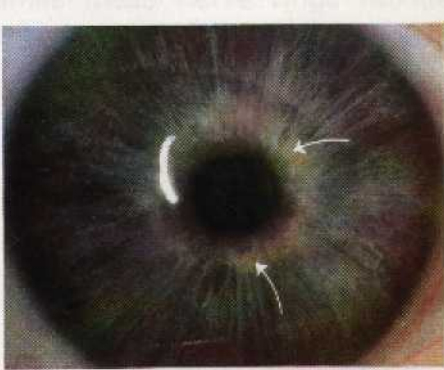
Little black furrows or lines radiating around this zone, indicate a situation that has been present for a long time.
 In zone 2, the small and large intestines are found. They are usually darker than any other part of the iris. This is where the greatest amount of toxic accumulations are often found.

By following the path of the wreath, it is possible to determine useful information about the tone, structure and quality of the bowel. The blood which feeds the body tissues is only as clean as the bowel from which it picks up its nutrient supply. A slow-moving, toxic bowel spreads its toxic-laden contents to all body tissues.

It has been demonstrated that there is a direct relationship between parts of the large colon and corresponding reflex areas of the body. (See chart.) Therefore, a problem in the colon produces a reflex symptom in the corresponding organ or tissue.



AUTONOMIC NERVE WREATH DROPPED DOWN INDICATING TRANSVERSE COLON PROLAPSUS.



THICK WHITE NERVE WREATH INDICATING NERVE SPASM AND SPASTIC COLON.

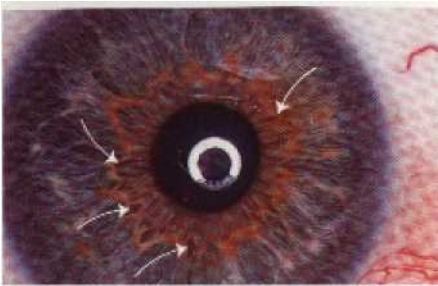
This is usually indicated by dark areas in the colon just inside the wreath. These dark areas are called "bowel pockets." These pockets are portions of the colon that do not move waste materials very well. These pockets usually contain conditions for low-grade infections to get started and hold out.

These areas of darkness can represent diverticula or pouches that have protruded out from the colonic wall. They also represent an area of colon muscle weakness where peristaltic action is lessened or absent. Correcting the diet and nutrition will greatly relieve the effects of these signs.

Another sign seen in The colon area is a spastic and a stricture condition. A nerve spasm in the colonic muscle wall shows up as a very white, irritated, acute area of the autonomic wreath. A bowel stricture is indicated when the wreath pinches in toward the pupil.

Oftentimes that portion of the wreath which goes across the top of the stomach is dropped down toward the pupil. This indicates a prolapsus in the colon, The colon has dropped down and is weak.

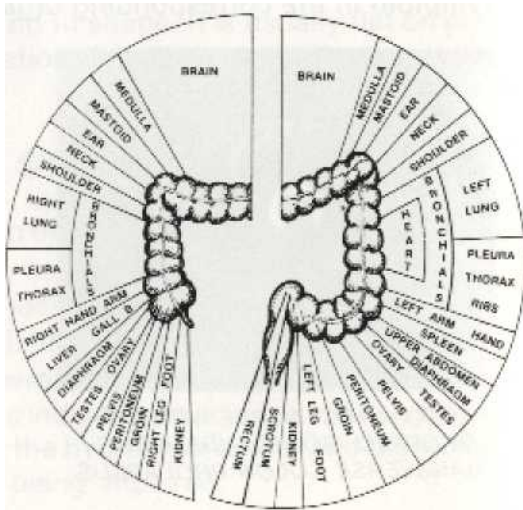
Prolapsus can cause pressure symptoms on the pelvic organs. This causes them to be short of needed blood and nerve supplies. It also causes distortions and dislocations.



BOWEL POCKETS AND DIVERTICULA ARE INDICATED BY DARK CRYPTS AND LESIONS INSIDE OF NERVE WREATH,

THE COLON

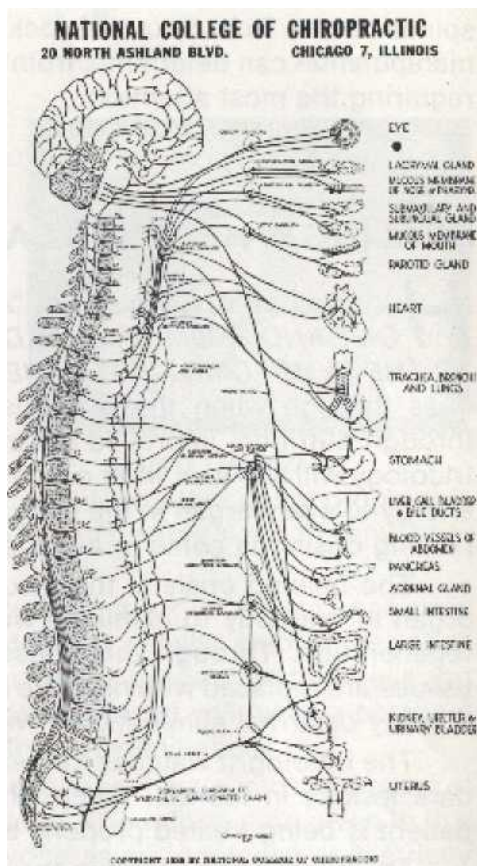
The colon is a reflex organ. Toxicity in it can affect the various organs as they correlate in the illustration. Organ tissues are as healthy as the blood that feeds them, The blood is only as clean as the bowel from which nutrients are supplied.



THE NERVES

People are a source of stress and tension. Life holds many fears and dreads; resistance, dissention and unhappiness often prevail. Peace, joy, harmony and contentment are lacking for the most part, in people of today. The eye shows the unnaturalness of this stress on the body and how it is affecting us. Every organ and cell in the body relates to each other through the nervous system. The nervous system is a very important part of health care.

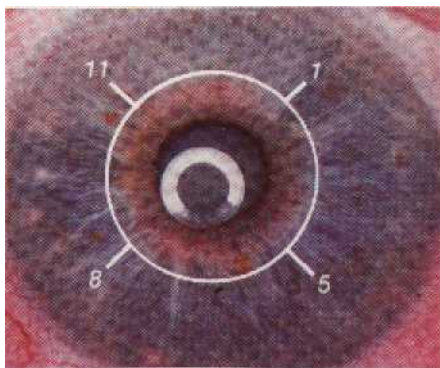
The chart of the spinal nerves illustrates the channels of nerve force as they originate in the brain, which is our source of electrical energy, and travel throughout the system. The chiropractor works to keep these channels open to allow for a free flow of nerve force in the body.



The photographs on page 15 show nerve rings or cramp rings. This person's style is cramped. Sometimes these nerve rings radiate throughout the entire body showing a nerve stress in the entire system. The more rings, the more stress in the body.

This photograph shows spinal nerves and their location in the body. The cervical nerves are the area at the autonomic nerve wreath from 11 to 10 o'clock. The white in this area indicates an inflammation of these nerves.

We see the thoracic area of the spinal cord in the areas from 11 to 8 o'clock, and from 1 to 5 o'clock. The lumbar area of the



spinal cord is from 5 to 8 o'clock. With study, those who use spinal manipulation can determine, from the iris of the eye, parts of the spine requiring the most attention.

HEALING & HERING'S LAW OF CURE

Hering's Law of Cure states, "ALL CURE STARTS FROM WITHIN OUT AND FROM THE HEAD DOWN AND IN REVERSE ORDER AS THE SYMPTOMS FIRST APPEARED. This is the process the body goes through when the blood is cleaned and chemically restored through nutrition, improved circulation, rest and proper nerve force. Iridology will show us what needs to be cleaned. It shows us the nerve energy to every organ in the body. By proper exercise, diet and rest, a healing crisis will come in a matter of weeks.

The healing crisis is the result of an industrious effort by every organ in the body to eliminate waste products and set the stage for regeneration. Through this constructive process toward health, old tissues are replaced with new. We recognize this crisis usually through a heavy catarrhal elimination in various parts of the body.

The iridologist watches for healing signs to come up in the various dark lesions in the iris. When white lines come forth, he knows the patient is being treated properly and is doing the right thing.

The experience of going through a healing crisis will seem very much like going through a disease, because the symptoms will be the same, with one very important distinction-elimination. In the healing crisis, the eliminative processes have become more active because the body has built up energy to eliminate the toxic wastes that have caused its past troubles. Whatever catarrh and other forms of waste have been stored in the body are now in a dissolved, free-flowing state, and a cleansing, purifying process is underway. When healing lines appear in the intestinal tract area of the iris, every organ begins to show improvement. These healing lines may be likened to strong pillars used to bolster up a house which probably has been falling apart for some time. By putting in new timber, a stronger foundation is provided. And so it is with the body, new tissue is replacing the old.

The crisis usually comes without warning, after nature has shown us how good we can feel. In iridology we are interested in replacing old tissue for a new, higher evolved tissue that will work to the highest potential possible. (Refer to Illustration on page 9.)

MAKING AN ANALYSIS

Today the accuracy of an iris analysis is greatly enhanced through the use of advanced instrumentation. Photographic equipment to record the iris is now of a quality never before available. The Jensen 110 Iriscope is the latest model in high-quality efficiency.

A photograph is taken of each iris. These serve as a record



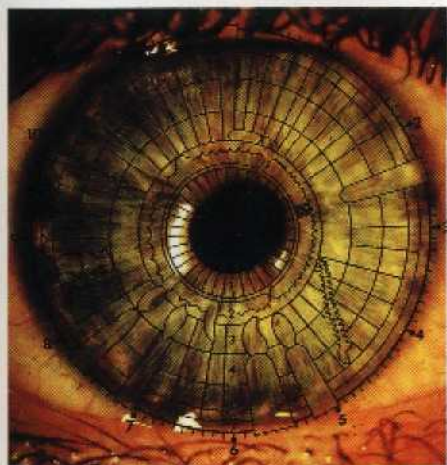
USING THE CHART

to compare with in the future.

This way the iridologist is able to determine whether or not progress is being made in tissue strength, the extent of healing signs and any other changes.

By using the transparent grid overlay, a very accurate analysis is possible. In addition to these, the iridologist will also employ the use of simple hand-held tools. Holding a magnifying lens close to the eye and bringing up a light from the side, the iridologist will make a personal observation of the irides to complete the examination.

Many years of patient study and experience goes into the making of a qualified and reliable skill in iridology. The information given in this booklet is insufficient to qualify anyone as an iridologist. It is strictly information relating the very basics of the science.

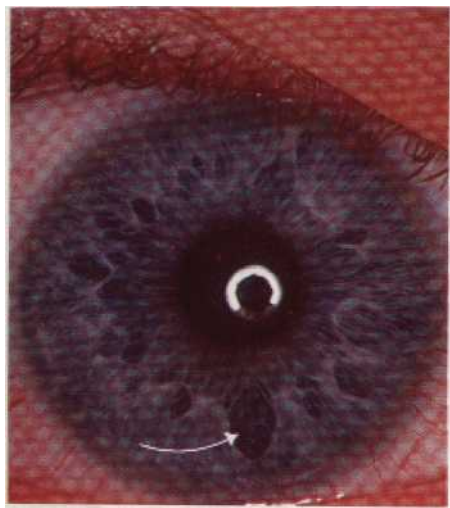


A FEW CASE HISTORIES

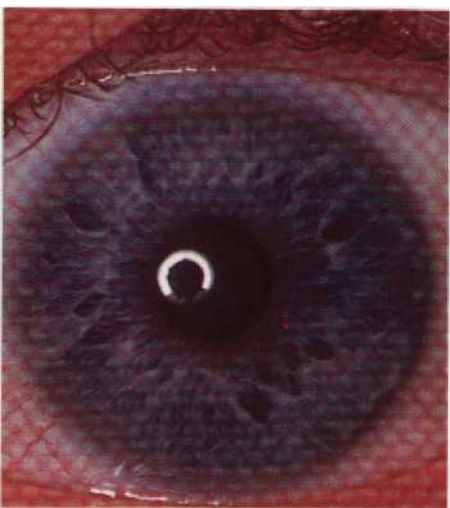
CASE 1: LEG AREAS

The following pictures demonstrate clearly the way in which a weakness in the iris correlates with an observable physical weakness.

Notice the major lesion in the right iris at 6 o'clock. This is in the leg/foot area. Observe the right leg and the severe varicose veins. Now compare the left iris and left leg. They are both free of weaknesses of this kind.



RIGHT IRIS



LEFT IRIS



RIGHT LEG



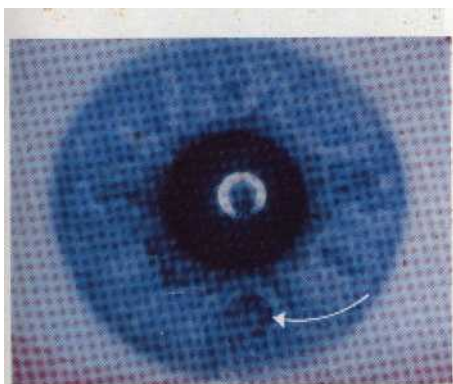
LEFT LEG

CASE 2: KIDNEY DISEASE

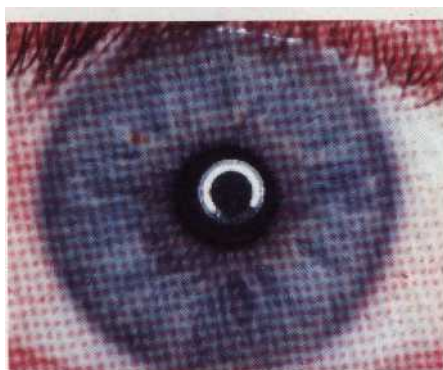
We knew this patient had a kidney problem when he came to the Ranch. He had been tested at a hospital and found to have glomerulo-nephritis. We can see from his slides that one kidney had an inherent weakness, while the other had less weakness. He was unable to pass the fluids from his body properly. In this serious condition, he was given only a short time to live.

The kidney weakness was recognized immediately in the iridiagnosis. The intestinal tract was very dark, indicating a heavy toxic bowel. This was cared for first, and took the strain off the kidney.

The patient was 52 pounds overweight in fluid, which the kidney could not handle. In one month, he lost 30 pounds and he developed a crisis which allowed him to lose 12 pounds more in a 3-day period. Through proper nutrition and healthful living, this patient has regained his health. After 2-1/2 years, he is of normal weight, able to return to work, and is a new person. While the inherent weakness still exists, the weak organ was built up enough to take care of his body functions.



RIGHT IRIS BEFORE



RIGHT IRIS AFTER



BEFORE

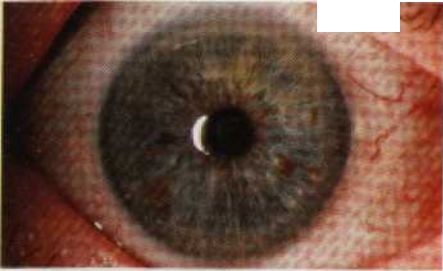


AFTER

CASE 3: PSORIASIS WITH KIDNEY DYSFUNCTION

In looking at the irides of this patient, we see a kidney weakness. We also see that most of the chronic areas in the body require silicon as one of their main minerals. This is a case of psoriasis which had defied treatment for a period of time. Taking care of the kidney and providing the proper nutritional values his body needed, mostly a high silicon diet, we can see what a four-month difference made in this patient's condition.

We find that the weakest organ shows up as a dark area in the iris. When elimination is used and the proper biochemicals are replaced in the body, when the needed nerve force, circulation and rest are provided, the black areas diminish and white healing lines appear.



RIGHT IRIS



LEFT IRIS



ARM BEFORE



ARM AFTER



LEG BEFORE



LEG AFTER

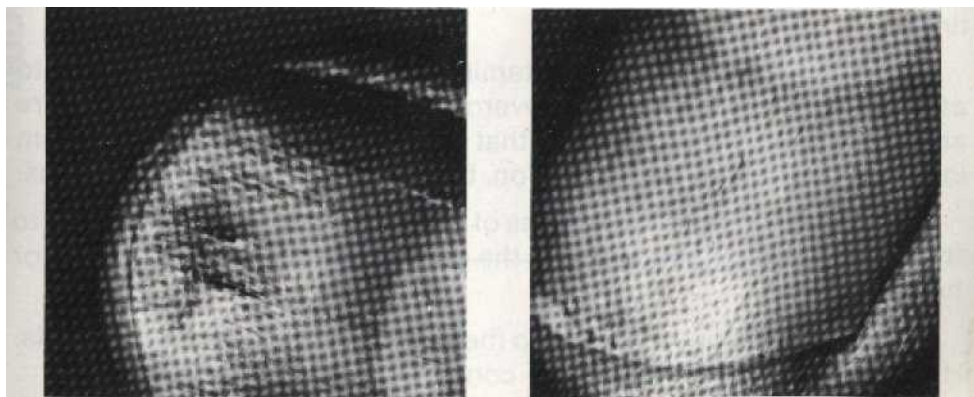
IRIDOLOGY AND NUTRITION

Every cell, tissue and organ of the body has its nutritional requirements. They require specific nutrients in correct combinations to work at their best. When the body is not fed properly, certain elements become depleted and the body begins to suffer illness and disease. The iris reflects these needs and the skilled iridologist can see them.

All tissues change according to the nutritional program applied and the living habits a person practices. Improper living habits undermine the body until it is unable to hold up under stress. Iridology notes tissue changes as reflected in the iris. Therefore, it is possible to watch for a correct or incorrect response to nutritional changes, living habits and one's state of health.

Iridology points out where the inherent weaknesses are: what the current, chronic and degenerative weaknesses are; and what is needed nutritionally to strengthen them. When the organs and tissues are given the correct minerals, vitamins, nerve strength and rest, healing takes place.

The iris analysis is intended to coordinate information necessary to start a path of living in the pursuit of vibrant health. It is good to receive competent nutritional advice from your doctor or a qualified nutritional consultant



CHEMISTRY RULES THE BODY WHEN IT COMES TO TISSUE CHANGES. HERE'S WHAT TAKES PLACE TO EVEN THE FINGERNAILS AFTER 4 MONTH'S TIME WITH PROPER NUTRITION. WHAT CAN BE DONE FOR THE *REST* OF THE BODY TISSUES WITH THE RIGHT NUTRITIONAL PROGRAM?

CHEMICAL AND NUTRITION CHARTS

The following charts are the result of many years of study and experimentation in a clinical environment, Nutritional research has proven that the body needs sustenance in correct quality, quantity and combination. By knowing in advance one's weak tissues and organs, as can be revealed by iridology, it is possible to supply needed nutrients and thereby prevent unnecessary illness and disease from occurring.

When rebuilding a broken-down body, it is important to know what the correct building elements are for particular tissues. The following charts list the major body tissues and organs. Corresponding to each are those vitamins, minerals and herbs that are known to be essential for good health.

Herbs strengthen and support weak tissues. They are naturally occurring sources of nutrition in the form of vitamins, minerals, enzymes and important intrinsic factors, combined in such a way that they are balanced and respond rapidly in the body.

Vitamins act like gasoline in a car engine; they make it go and need to be replenished often. Minerals are the building blocks and make up the foundation and structure of the body. The body needs them all in a correct balance to have and hold on to good health.

It is often said that it's easier to maintain good health and keep it than to try and regain that which has been lost. A fool can take a good body and good health and ruin it quickly through improper living while a wise man can take a poor body and treat it well and make it last a long time.

By supplying the needed vitamins, minerals, eta, it is possible to assist the body in its struggle to overcome imbalance. In this way we are able to prevent a strong tissue that is working hard to recover, from losing out to fatigue and starvation, thus becoming another weakness.

After determining those areas of the iris which show a need, refer to the charts for a reference giving the corresponding vitamin, mineral or herb.

Once this is done, proceed to the chart giving the mineral analysis. Here you will find greater detail concerning the desired elements.

The Mineral Deficiency Symptoms chart will assist in making a correct nutritional choice for problems that are listed. Likewise, refer to the Mineral Analysis chart for a detailed description of needed minerals,

IRIDOLOGY NUTRITION CHART

ADRENALS	C,E,F,Pantothenic acid	Calcium. Sodium, Fluorine, Iodine. Iron. Magnesium, Manganese, Silicon, Sulphur, Tin, Zinc	Juniper, Licorice Root, Blood RootGota Kola Borage, Ginseng, Kelp. Parsley
BLADDER	A.D	Manganese. Potassium	Comfrey, Cornsilk, Golden Seal. Oat Straw, Uva ursi, Yarrow
BONES/JOINTS	A,B1,C,D, Folic Acid	Calcium, Phosphorus, Fluorine, Potassium, Silicon. SodiumSulphur	DandelionRoot
BRAIN	B Complex, B12,C,D,E,G	Calcium. Copper. Fluorine, Iodine, Iron, Magnesium, Manganese, Phosphorus. Silicon, Sulphur	Gola Kola, Oat Straw. Red Clover, Valerian, Orange Blossom. Ginseng Rosemary. Rue Sage. St. Johnswort, Walnuts
CIRCULATION/BLOOD VESSEL	A,B,B1,C,D.G.Niacin	Magnesium, Phosphorus, Silicon, Fluorine. Iodine, Iron, Manganese, Sulphur	Hawthorne berrytea, Oat Straw lea, Sprouts, Prickly Nettle, Cayenne
COLON	A,C,D,F	Sodium. Potassium, Magnesium, Iron	Flaxseed, Psyllium seed, Slippery Elm, Alfalfa. Comfrey Root. Chlorophyll
EARS	A,B,C,D	Potassium, Calcium, Phosphorus	Garlic, Hyssop/Sage combination, Malva flowers. Mullein, Shavegrass, Yellow dock
EYES	A,B2,C	Calcium, Silicon, Sodium, Fluorine, Manganese, Sulphur	Eyebright, Oat Straw, Dandelion Root, Camomile. Golden Seal. Marshmallow. Raspberry. Rose petals
GALL BLADDER	A,C,E	Iodine, Sulphur, Chlorine, Iron, Potassium, Sodium	Dandelion, Boldo. Cascara sagrada. Chicory. Golden Seal, Marigold. Rosemary. Yellow Dock,Comfrey
HEART	A,B,B1,C,D,E	Calcium, Iron. Magnesium, Manganese, Nitrogen, Phosphorus, Potassium, Silicon	Hawthorn berry,Anise Seed. Cayenne. Garlic, Horehound, Mistletoe

KIDNEYS	A,B12 ,C,E	Potassium, Chlorine, Iron, Manganese, Magnesium	Alfalfa, Uva ursi Blood Root, Buchu. Comfrey. Juniper, Oat Straw, Parsley, Scurvygrass. Shavegrass
LIVER	A,B12,C,E, Niacin	Iron, Potassium, Chlorine, Copper, Iodine Magnesium, Sodium	Yellowdock, Alfalfa seeds, Archangelica, Artichoke, Blue violet, Boldo, Cascara sagrada, Dandelion Golden Seal, Marigold, Mullein, Nettle, Oat Straw, Saw palmetto, White oak bark
LUNGS/BRONCHIALS	A,B,C,D	Calcium, Copper, Fluorine. Iron, Oxygen. Silicon	Comfrey. Lungwort, Angelica, Elecampane, Eucalyptus, Fenugreek, Licorice, Marshmallow, Mullein, Sage, Thyme
LYMPH SYSTEM	B Complex, E	Potassium, Sodium, Chlorine	Pokeweed, Dandelion Root, Golden Seal, Cascara sagrada, Blue violet tea
MAMMARY GLAND	A,B1	Chlorine, Sodium, Potassium	Anise seed, Black Cohosh, Fennel, Mullein
MEDULLA	C.B Complex	Phosphorus, Silicon, Sulphur	Sage,Rue
MOUTH/THROAT	A,B,C,D	Iodine	Comfrey, Fenugreek, Golden Seal, Licorice, Raspberry, Sage
MUSCLES	A,B1,B6,C,D,E,G	Nitrogen, Potassium, Chlorine, Iron. Sodium	Rye, Bananas
NAILS	AD	Calcium, Silicon, Phosphorus, Potassium, Sodium, Sulphur	Oat Straw
NERVES	A, B Complex,B1,B2,B6, Niacin, C,D,G	Phosphorus, Calcium, Sulphur, Iodine, Magnesium. Manganese	Oat Straw, Valerian,Bairn, Lavender, Orange blossoms, Passion flower, Peppermint
NOSE/SINUS	A,C,D	Calcium, Chlorine, Silicon	Licorice, Comfrey, Eucalyptus, Fenugreek, Golden Seal, Mint, Sage

OVARIES/GONADS	A,B,B12,C,E,F	Calcium, Zinc, Fluorine, Iodine, Iron, Phosphorus. Silicon	Elderberry, Raspberry, Black Cohosh (ovaries), Catnip, Damiana (testes)
PANCREAS	B Complex, B1, B12	Sodium, Chlorine, Copper. Iron, Magnesium, Potassium, Silicon, Zinc	Dandelion, Alfalfa, Beanpods, Eucalyptus, Goldenrod, Juniperberry
PINEAL/PITUITARY	B Complex, E	Bromine, Iodine, Manganese, Phosphorus, Silicon. Sulphur	Mistletoe, Sage, Veronica
PROSTATE	C,B,B12,E,F	Zinc, Calcium, Fluorine, Iron, Potassium, Silicon, Sulphur	Golden Seal, Juniperberry, Buchu, Gota, Kola, Kelp, Uva ursi
SPLEEN	C,B Complex	Copper, Iron, Chlorine, Fluorine, Magnesium, Potassium, Sodium	Dandelion Root, Cascara sagrada, Chaparral, Pokeweed
SPINE	A,B,C,D	Calcium, Sodium, Silicon,	Comfrey, Barley, Dandelion
SKIN	A,B1,B2,C,Niacin, PABA	Silicon, Copper, Iron, Manganese, Potassium, Sodium, Sulphur	Oat Straw, Alfalfa, Bay leaf, Burdock, Chickweed, Elderflower, Sarsaparilla, Yarrow
STOMACH	A,B1,B2,C,D,G, Folic Acid. Niacin	Chlorine, Iron, Magnesium, Potassium, Sodium, Sulphur	Comfrey, Fenugreek, Peppermint, Archangelica, Ginger, Papaya Raspberry Slippery Elm, Alfalfa
THYMUS	B	Calcium, Fluorine, Iron, Silicon	Dandelion Root
THYROID	A,B6,B12,C,D,E	Iodine. Chlorine, Magnesium, Potassium. Sodium	Dulse, Horseradish, Parsley, Pokeweed (black), Radish, Kelp
TEETH/GUMS	A,B2,C,D	Calcium, Sodium, Silicon, Fluorine, Phosphorus, Sulphur	Ginger, Myrrh, Shephord's Purse, Tormentilla, Walnut leaves
UTERUS	B Complex. B12, C, E, F	Calcium, Silicon, Zinc	Black Cohosh, Red Raspberry, Rue

MINERAL DEFICIENCY SYMPTOMS

ACIDOSIS: Depletion of the alkali reserves of the body. Need Sodium Potassium, Calcium, Magnesium.

ACNE: Eczema, muddy skin, pimples. Need Chlorine, Sulphur, Iodine, Iron and Copper, Hydrogen, Silicon,

ANEMIA: Malnutrition, underweight. Need Nitrogen, Calcium, Phosphorus, Iron, Copper, Manganese.

ARTHRITIS: Rheumatism, gout. Need Sodium, Iodine, Magnesium, Hydrogen and Sulphur.

ASTHMA: Needs Iron, Copper and Manganese, Oxygen, Hydrogen,

AUTO-INTOXICATION: (Absorption of impurities) Chlorine, Potassium, Sodium, Iodine, Calcium, Silicon.

BILIOUSNESS: Need Sodium, Chlorine, Potassium, Silicon,

BLOOD PRESSURE: {High} Need Sodium, Hydrogen, Magnesium and Potassium,

ROILS: Need Silicon, Chlorine, Sulphur.

BRIGHT'S DISEASE: Need Sodium, Hydrogen, Potassium, Magnesium and Oxygen,

BRONCHITIS: Colds, sinus trouble, catarrh, Need Iron, Copper, Manganese, Oxygen. Hydrogen, Calcium, Silicon,

COLITIS: Mucous, hyperacidity, ulcer of digestive organs, gastric and duodenal enteritis, gastritis.

CONSTIPATION: Needs Sodium, Magnesium, Chlorine, Hydrogen,

DIABETIC PEOPLE: Need Sodium.

EYESIGHT FAILING: Cataract. Need Fluorine, Silicon, Phosphorus.

FALLING HAIR: Need Sulphur, Silicon, Fluorine, Calcium, Phosphorus, Iodine,

FINGERNAILS: Thin, hard, brittle. Need Calcium, Manganese, Fluorine.

GALL BLADDER DISORDERS, GALL STONES: Jaundice. Need Sodium, Chlorine, Magnesium, Hydrogen.

GOITER: Simple, Need Iodine, Iron, Manganese, Calcium, Sodium, Phosphorus, Chlorine,

HARDENING OF THE ARTERIES; Need Potassium, Hydrogen, Magnesium.

HAY FEVER: Need Calcium and Phosphorus. .

JOINTS; Stiffness, Need Sodium, Potassium, Phosphorus.

LEUCORRHEA: Need Calcium, Phosphorus.

LOW VITALITY: No endurance, "lack of pep." Need Nitrogen, Sodium. Potassium,

NERVOUSNESS: Neuralgia, nerve exhaustion. Calcium, Phosphorus, Nitrogen, Iron, Copper, Manganese,

OBESITY: Reducing. Need Silicon, Chlorine, Iodine, Potassium,

PROSTATE GLAND ENLARGEMENT: Need Iron, Copper. Manganese and Calcium,

POOR CIRCULATION: Need Calcium, Phosphorus, iron, Magnesium.

SEX INDIFFERENCE: Need Phosphorus, Iron, Copper, Sulphur, Manganese, Nitrogen.

TEETH AND GUMS: Teeth decay, spongy and bleeding gums. Need Calcium, Phosphorus, Silicon, Fluorine, Nitrogen,

TUBERCULOSIS: Need Nitrogen, Calcium, Phosphorus. Silicon, Oxygen, Fluorine, Iron, Copper and Manganese.

UNDERNOURISHED CHILDREN: Need Calcium, Phosphorus, Iodine, Iron and Magnesium.

MINERAL AND CHEMICAL ELEMENT ANALYSIS CHART

T-Destroyed or injured by high temperatures
W-Dissolves In water
0-Oxidizes rapidly

Essential Mineral Salt	Mineral Salt Activity in the Body	Principal Sources
CALCIUM: Found and needed mostly in structural system. Tooth and bone mineral. (W.T.O)	Tone building in the body. Builds and maintains bone structure. Gives vitality and endurance. Heals wounds. Counteracts acid.	Milk. cheese. raw egg yolk, apricots, figs, prunes, cranberries. Gooseberries, cabbage spinach, parsnips, lettuce. onions, dates. bran, tops of vegetables.
CHLORINE: Found and needed mostly in digestive system and secretions. (T)	Cleanser in the body. Expels waste. Freshens, purifies, disinfects.	Goat and cow milk, salt, fish. cheese, coconut, beets. radishes.
COPPER: Found in central nervous system, liver.	Aids in iron absorption, synthesis of hemoglobin, myelin sheath of nerves, metabolism of ascorbic acid.	Seafood, molasses, nuts, legumes, whole-grain cereals.
FLUORINE: Found and needed mostly in the structural system. Tooth enamel. Preserves bones.	Disease resister and beautifier. Strengthens tendons. Knits bones,	Cauliflower, cabbage, cheese, raw goat milk raw egg yolk, cod liver oil, brussels sprouts. Spinach, tomatoes, watercress,
IODINE: Found and needed mostly in nervous system. Gland and brain mineral. (T)	Metabolism normalizer in the body, Prevents goiter, normalizes gland and cell action. Ejects and counteracts poisons.	Powdered Nova Scotia dulse and sea lettuce (very high), seafoods. Carrots, pears, onions, tomatoes. pineapple, potato skins, cod liver oil, kelp, garlic, watercress, safflower oil.
IRON: Found in blood. Stored in liver. (O.W)	Essential in blood as oxygen carrier, Promotes vitality and ambition. Prevents anemia.	All green leafy vegetables. blackberries, black cherries, egg yolk, liver, oysters, potato peelings, whole wheat.

MAGNESIUM: Found and needed mostly in the digestive system. Nerve mineral. Nature's laxative. (W,T)	New cell promoter in the body. Relaxes, Refreshens system. Prevents and relieves constipation and auto-intoxication-	Grapefruit. Oranges, figs, whole barley, yellow corn, wheat, coconut, goat's milk, raw egg yolk.
MANGANESE: Found and needed mostly in the nervous system. Tissue strengthener. Memory mineral. (W)	Controlling nerves in the body. Increases resistance. Coordinates thought and action. Improves memory.	Nasturtium leaves, raw egg yolk, almonds. walnuts. watercress. mint, parsley, winter-green, endive, pignolia nuts.
PHOSPHORUS: Found and needed mostly in nervous system. Brain and bone mineral, (T,W)	Body and nerve builder. Nourishes brain and nerves. Builds power of thought. Stimulates growth of hair and bone.	Seafoods, milk, raw egg yolk, parsnips, whole wheat, barley, yellow corn, nuts, peas. beans lentils.
POTASSIUM: Found and needed mostly in digestive system. Tissue and secretion mineral. (W)	Healer in the body. Liver activator. Strongly alkaline. Makes tissues elastic, muscles supple, creates grace, beauty, good disposition.	Potato skin, dandelion, dill. sage, cress, dried olives, parsley, blueberries, poaches, prunes coconut, gooseberries, Cabbage. figs, almonds.
SILICON: Found and needed mostly in structural system, Nails, skin, teeth and hair. (W)	Surgeon in the body. Gives keen hearing, sparkling eyes. hard teeth, glossy hair. Tones system and gives resistance to the body.	Cats, barley, spinach, asparagus, lettuce, tomatoes, cabbage, figs, strawberries.
SODIUM: Found and needed mostly in digestive system. Gland, ligament and blood builder, (W)	Youth maintainer in the body. Aids digestion. Counteracts acidosis. Halts fermentation. Purifies the blood,	Okra, celery, carrots, beets, cucumbers, string beans. asparagus, turnips, strawberries, oatmeal, cheese, raw egg yolk. coconut. black figs.
SULPHUR: Found and needed mostly in the nervous system. Brain and tissue mineral. (O,T)	purifies. and activates the body. Purifies and tones the system. intensifies feelings and emotion.	Cabbage, cauliflower, onions. asparagus, carrots, horseradish, shrimp, chestnuts, mustard greens.
ZINC: Found in liver, muscles, bones, organs, seminal fluid, insulin.	Enzyme metabolism, aids digestion, phosphorus, metabolism.	Wheat germ. yeast, sunflower seeds. seafood mushrooms, soybean.

WHAT CAN YOU EXPECT FROM IRIDOLOGY?

Because of seeming simplicity and easy access, iridology has been the study of many minds, from the devoted truth seeker to the casually curious.

There have always been those who have abused a good thing by taking advantage of it for personal gain, and iridology has been no exception to this aspect of human behavior. There are those who have fathomed the great truths in iridology and endeavor to upgrade and make respectable the practice, and much progress has been made. Likewise, there are those who, having had a single course or none at all, and having read a book or two, have gone out to "practice" iridology, doing themselves and the science a disfavor.

Many have made claims about iridology that are ridiculous and untrue.

We owe it to ourselves and those who seek self health care to keep iridology clean and useful for everyone.

We believe that iris analysis should be used with all other forms of analytical and diagnostic procedures to make as complete a diagnosis as possible.

This is a partial list of what you can and cannot expect from iridology, and some questions it can answer,

1. Reveals constitutional strength. Are we built strongly or weakly? How well does the body endure stress?
2. Reveals the health level. What is the health potential?
3. Reveals inherent strengths and weaknesses. What and where are they'?
4. Reveals nutritional and chemical needs. What elements are lacking and where?
5. Reveals the location of environmentally obtained toxic accumulations.
5. Reveals the quality of nerve force in the body. What is the condition of the nervous system?
7. Reveals response to treatment; how well the body is healing itself and at what rate.
8. Reveals the acid/catarrh level in the body. Where are the accumulations?
9. Reveals the "whole" body as a unified structure. What is the "overall" health level?

IRIDOLOGY DOES NOT...

1. Iridology does not name diseases. Often we see situations and conditions developing long before there are symptoms to which disease names are attached. Instead, we see tissue strengths and weaknesses with which we work to bring about a higher quality of health,

2. It does not reveal operations performed under anesthesia. Nerve impulses are short circuited under these conditions.

3. It does not reveal pregnancy, because such a condition is normal for the female body.

4. It does not reveal the presence of gallstones,

5. Iridology is not a psychic analysis.

6. Iridology cannot tell you what accident has occurred but can see damaged tissue.

7. Iridology cannot tell specific pathology in the body, As individuals vary greatly in their ability to endure stress, what appears to be a pathology in one may not be a bother to another.

8, Iridology cannot pinpoint the location of parasites, germlife or bacterial invasions that may exist in any part of the body. It does show, however, the condition of the tissue and the development of a host situation that may allow for these things to manifest.

Iridology is a whole new branch of science. It is a speciality that works well with any other science that is open minded enough to see the information it has to offer and work with it. Iridology is a "wholistic" tool in that it does not deal specifically with one segment of the body, but realizes the trinity of body, mind and spirit as having interrelated functions.

IN CONCLUSION

Methods should be investigated for improving the performance of the body. Although a perfectly well individual may not exist, one is afforded the opportunity to prevent illness through a more healthy way of living.

The body is a servant to our mental leadership, discipline and discernment: it knows so little without a good leader. Truly, the body needs a good path on which to travel; and the body molds to that good path. A more natural life is the means of obtaining a cleaner body. One who has earned a clean body, has a zest for living.

Life is a challenge, Greater contributions may be made to society and to the family unit by an individual who's reaching his natural health potential. Happiness and harmony are a wonderful reflection, and an example to friends, family and professional associates.

Good health allows the person to become the individual he wants to be, and to obtain the highest goals in life. Of all the earthly treasures, vibrant health is the most precious.

Iridology helps us to obtain our maximum health level, It brings an awareness of how to prevent disease. It helps us to understand our weaknesses, so we can try to strengthen them for future generations. It tells us what foods we need to strengthen our bodies.


Iridology is now coming of age. The need for more effective health care services has ushered in a host of alternative disciplines in an effort to stem the tide of ever-increasing disease and physical malfunctioning. The test of time will determine the truth and usefulness of all things. Those which are shown to be of lasting value will prosper while those which do not will fall away,

For 150 years now, iridology has been in the gestation stage, awaiting its moment of birth and usefulness. Those who have studied the science and given it an open and unprejudiced consideration have discovered a wonderful gift of the Creator which has stood before us for all time yet remained hidden from our understanding.

The true appreciation of iridology awaits those who are not tightly fastened to traditional and dogmatic views of the body and its functioning, for iridology demonstrates very well the wholism of man.

He is not merely a body, but a complex combination of body, mind and spirit, each of which requires its proper amount of nutrition, exercise and rest.

Interpreting iris signs into terms of meaningful information takes skill, patience, knowledge of the body in respect to its anatomy, physiology and biochemical activities, and mostly, wisdom; wisdom to decide which information is immediately useful and fits the individual from the standpoint of where they are at the present moment.

Used correctly, iridology gives an individual information concerning his health level that is not available in any other way. An iridologist's services are an important element in a total, wholistic health care program. 

ABOUT DR. JENSEN

Dr. Bernard Jensen's lifetime dedication to his work has brought him world-wide acclaim as an author, lecturer, teacher, nutritionist, iridologist, longevity philosopher, world traveler and humanities researcher. His honors have been many, including the International Iridology Gold Medal Award in 1973 at a convention of doctors in San Remo, Italy.

In 1929, Dr. Jensen graduated from West Coast Chiropractic College of Oakland, California, and in 1932, graduated from the International School of Professional Arts & Sciences in San Francisco, receiving his diploma in the Science of Iridiagnosis. He continued his studies with some of the world's most renowned doctors and teachers of the Healing Sciences. Dr. Jensen has worked with over 300,000 patients and students, many of them doctors and professionals, and continues his unceasing work and contributions to the nature cure sciences.

Dr. Jensen has retired from public practice and is now devoting his tireless energies to teaching the art and science of iridology to the profession, and publishing the accumulated wisdom of a lifetime devoted to the natural healing art. He teaches a rejuvenation class to a select group of students one week each month, believing the informed person is the one who can keep himself well.

Dr. Jensen conducts iridology seminars and internships at his home in Escondido, California, and at locations throughout the world. As president of Iridologists International, he publishes an instructor's manual and other literature on iridology.

Dr. Jensen has completed 50 years of practice with the inclusion of iridology throughout these years, and he truly believes that nutrition and iridology are two inseparable partners.



FOR YOUR GOOD HEALTH.. .

Start a Library of Right Living-Look for Dr. Jensen's many books explaining the natural ways of happy, healthy living, if they are not available in your local store, you may order them from the address below.

below.



The Iridology Worksheet is a combination iris analysis workbook showing the findings of the analysis, and a detailed explanation of those findings to be given to the patient. The worksheet portion is printed on NCR paper so that a copy is made automatically for your records. 15 pages, 8-1/2" x 11"

Dr. Jensen's latest book is Nature Has A Remedy. This is Dr. Jensen's practical remedies from his 50 years of sanitarium practice treating all types of ailments.

OTHER BOOKS BY DR. JENSEN:

Science & Practice of Iridology (English & Spanish)
Blending Magic
Creating a Magic Kitchen
Doctor-Patient Handbook
Joy of Living & How to Attain It
Overcoming Arthritis/Rheumatism
Tissue Cleansing Thru Bowel Management

Vital Foods for Total Health
You Can Feel Wonderful You Can Master Disease
Health Magic Through Chlorophyll
Survive This Day
World Keys to Health & Long Life
Iridology: Science & Practice in the Healing Arts, Vol. II

SOON TO BE RELEASED:

Arise & Shine
The Chemical Story

Please write for current book prices and iridology supplies, seminar/internship information to;

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