

Beginning Iridology Guide

Introduction to the Course

Welcome to the Herb'n Home Online Iridology Course! I have taught this same course for the past four years to many people including mothers, teachers, alternative practitioners, doctors and nurses. The response has been so overwhelming that many of my students asked me to put this same course online so they could share it with their friends. My goal in doing this is twofold – to make the information itself available to you but also to make myself available to you as well. I have been practicing Iridology professionally for the past four years and have been involved in natural healing for many years. I have found over the years that practitioners have their own unique experience and wisdom and I hope to share what I have learned with you as well as all the “book information”.

The following is an outline of the course. The teaching method I use in my online course is to send the student the course one chapter at a time. When they are finished with that chapter they write to me to request the quiz and I send it to them. As you finish each quiz please send it back and I will send you the next chapter. I find that this encourages interaction between the students and myself. It also creates more of a “live” atmosphere for the student. Included in this e-mail are the first two chapters, which I have combined for the first quiz since they are both short chapters. Please read them and when you finish, please write to me to request the quiz.

Working Online: Challenges and Joys

It is such a joy to work online! Vast amounts of information can be sent for “free” without postage, having to purchase books or even go to the post office to ship a package! In addition, students can work on their own time and at their own pace. It is also very easy to update a course and provide links for students that are constantly being updated. Last, but not least, the Internet can connect students with courses that they would never be able to attend otherwise. However, there are also challenges to working on the Internet and one must be aware of those too.

From your end: Please follow general safety rules when doing the course. When you download materials always scan the attachments first. In addition, when you do the quiz, it is a good idea to save your work frequently so you do not lose it. It is also a good idea to save all messages you send to me so that if one gets lost you can re-send it easily.

From my end: Keep in mind that part of the year I am overseas and thus my time zone is about 9 hours ahead of the USA time zone. Additionally, I am sometimes away from my computer for two-three days at a time to attend seminars or to give courses. This means that in a normal week it may take me up to three days to answer your e-mail. This is usually not an issue for most students but if you DO have an urgent request please call me at 011-966-3-878-2903.

General Internet: I have also found, with my many years of Internet experience that delayed and deleted mail is sometimes a problem due to sender, receiver or even Internet provider error. One time I received a Yahoo message in my box that was dated a month before. It arrived a month later as if nothing strange had ever

happened! Keeping this in mind...Consider that if I do not respond to you within a week you should assume I might never have received your message. Please re-send it.

Outline of the Course

Unit One: Iridology 1 Introduction

Unit Two: Iridology 2 Charts & Color

Unit Three: Iridology 3 Body Systems

Unit Four: Iridology 4 The Brain

Unit Five: Iridology 5 Advanced Markings

Unit Six: Iridology 6 Practicum

After each unit there is a quiz. The quiz is attached to the file. To get credit for the course you must send back the quiz questions. After I have corrected all your quizzes and papers and accepted them I will send you your certificate.

Unit One: Introduction to Iridology

What is Iridology?

Iridology is a science. It can reveal disturbance in the body, can locate the disturbance and tell the iridologist at what stage the disturbance is progressing or manifesting. The science of iridology is the science of analyzing the fibers colors and signs in the eye to glean this information about imbalances in the body, where they are and how severe they are.

How Did Iridology Begin?

Iris was the goddess of the rainbow in Greek mythology and the messenger of the gods in the Iliad. Iridology has actually been used since the beginning of time. Use of iridology is depicted in the temples of ancient Egypt and referred to in ancient Chinese texts as well. Additionally, farmers have been using iridology on their sheep and other animals for as long as anyone can remember. So, iridology, as a craft, is not a new, or invented science. It is also not a Western discovery. However, it was the modern Western world that took this magnificent craft and made it into a more accessible and more accurate science.

Many people who teach iridology teach that iridology started in the early 1800's by a man called Ignatz von Peczely. However, this is only partially true. Ignatz von Peczely was simply responsible for re-discovering iridology in animals, making very direct research with humans and bringing this information together in charts accessible by anyone who wanted to learn them. Since this first modern chart, many scientists have refined his work and done further research to the point where modern iridology has become a science in its own right. It was even taught at Harvard medical school until 1985, when it was discarded only because the school needed more room for the more "modern" classes such as radiology and pharmacy.

However, since Mr. Von Peczely is such an important symbol to iridology and marks such an important turning point in the history of iridology I will tell his story, but will not credit him with the “discovery” of iridology as many people do:

Von Peczely was a young boy of eleven whom, like a typical boy was very active and curious. He especially liked to play with animals like frogs and birds. However, some birds don't appreciate being played with and one day his playmate, an owl, instinctively clawed at him, wishing to be released. This scared the young boy and he immediately tensed up and froze in fright. This had the result of breaking the bird's leg.

As von Peczely considered what he would do next with the poor bird, he noticed that a black line suddenly appeared at the six o'clock position in the bird's eye. He bandaged the bird's leg and released it but for several years after that the owl stayed in his garden and von Peczely noticed that over time white lines took over where the black line had been and eventually the eye almost appeared normal again.

When von Peczely grew up he became a doctor and never forgot the owl incident. During his internship at a college hospital he was further able to observe how the human iris responded to accidents and noticed the same phenomena. He eventually started to record these observations using data from patients who went through surgery, data from accident victims and even data from patients diagnosed with various diseases. From this he formed one of the first modern iris charts.

I encourage people to learn more about the history of iridology. However, in doing so keep in mind that iridology has three stages: the first stage was before 1800 when many people, including farmers, practiced iridology as a craft. Some charts were probably used at this time. After the 1800's iridology continued to be practiced as a craft among farmers and monks. However, it became more of a science in the company of doctors and other people. It was usually practiced from this time with the use of charts and special equipment. The third stage of iridology is the modern stage. In the past ten years iridology has made leaps in chart development due to high power magnifications and computers as well as the work of people like Bernard Jenson who personally saw thousands of patients and was able to cross-reference and record hundreds of thousands of pieces of data about iris traits.

How Does Iridology Work?

The iris, under a magnifying glass is actually an amazingly detailed structure. At a glance, the eye looks just like a splash of color with some fibers. Any child who draws an eye usually draws something like a wheel with spokes coming out of a dark circular interior. However, when you look closer you can see that the “spokes” are each different lengths, with different shapes and texture and patterns. You can also see that the iris is not a uniform color, and that it also has flaws and various shapes, patterns and other colors and markings in it. All of these markings are actually markers in a communication system that is capable of storing vast amounts of information.

The iris is the receptor and recorder of this communication system. The iris receives and stores information about the body in the same way a computer gleans and stores information during scientific experiments, or in the same way a secretary takes notes

at a meeting. The iris actually receives signals from all areas of the body and responds to these signals by imprinting data in the iris.

Reading these signals is as easy as learning a computer language or shorthand so you can understand data from your computer or secretary. Of course it takes some work to learn the computer language or shorthand and perhaps some practice and experience as well...but in the end, once you know the basics you can build on this knowledge to go far!

The way the iris imprints information is fascinating. The iris is actually part of the nervous system and its intricate highway of hundreds of thousands of nerve endings and nerve impulses. The nerve fibers in the eye receive their impulses from the rest of the body through the optic nerve, optic thalami and spinal cord.

What Does Iridology Do?

Iridology can do many things, but there are also things that iridology cannot do. It is good to know the limitations and the possibilities of iridology so you can use it better as a tool. In my practice I usually use iridology with other tools depending on the client's needs. In some cases clients use iridology to confirm what a doctor has said. Sometimes clients use iridology before they go to the doctor to give them an idea what they may be looking for. Sometimes I will refer people to other practitioners or specialists after reading their iris. In other cases I may cross-reference my work with a reflexology treatment or some questions. However, one thing iridology can NEVER do is stand alone. It may be a nice party-trick to read some information in someone's eyes you don't know and amaze them, however, if you are a responsible iridologist you will realize that you need to ask questions and cross-reference what you see in the eyes to be more accurate.

Having said all this, let's go on to what iridology DOES do! Iridology can reveal constitutional strengths and weaknesses, inherited strengths and weaknesses, general health levels, nutritional and chemical needs, location of toxins in the body, dietary needs and problems, the quality of the nervous system and internal organs, the response a client has to treatment, acid levels in the body. Iridology is also unique in that it can reveal the body as a whole without many different tests. When you look at the eye of a person you are looking at their entire body at once. Through an iris reading you can thus see how different parts of the body are affecting one another. A wonderful example is how in the iris, the colon sign in the iris touches almost every area of the iris. Using this visual aid one can see right away how an unhealthy colon is affecting the body and WHICH part of the body it is affecting. In some cases, people may find that pain in their back is actually colon trouble acting up in that area of the colon! The iris can tell you the location!

What Doesn't Iridology Do?

There are many things that iridology does not do. First and foremost, iridology does not diagnose diseases. Most importantly, this is because doctors are the only people who are legally able to diagnose. But also because the iris can only tell you where problems are and how severe they are it does not always tell you what the problem is. For instance, markings seen in the gallbladder area could be gallstones, cancer in the gallbladder or simply an inherited condition of weakness there or even a drug or toxic

deposit. Thus, seeing a sign in this area you cannot tell your client “Ah! You have gallstones!” You would more likely ask them some more questions to see if you can figure out what is happening in that area of the body.

Iridology also does not reveal information about the body during operations. This is because during anesthesia the nerve impulses are short-circuited. This means that the eye will sometimes freeze on the reading of the body area that was true BEFORE the operation. An example would be someone with a burst appendix. In such a case, even after the operation a person’s eye may register as a severe problem with the appendix – a black dot or mark in that area of the iris. However, this is because the appendix was taken out during the operation and thus did not have a chance to send any renewed information to the iris.

Iridology does not reveal normal conditions of the body either. This usually means pregnancy. You cannot tell a person is pregnant from their iris since this is a “normal” condition of the body. However, I have read one person’s eyes in which their high cholesterol did not register either. After some questioning he revealed that his entire family had high cholesterol, no one had ever suffered any death or disturbance from it and that it was considered a normal condition in their family. Another client I had revealed to me that they were born without one kidney. This also did not “register” in the eye, as it was normal for that person. Rather than a black spot in the missing kidney area (which would show up for a damaged or perhaps even a removed kidney) there was just a wave of normal fibers there indicating that all was well in that area of the body.

Iridology is not psychic. You cannot read anyone’s mind using iridology. However, you can use Rayid iridology to reveal personality challenges and traits and come awfully close to mind-reading! With a little knowledge of Chinese Medicine you can also learn a lot about a person’s personality by their health challenges.

Iridology cannot tell you what accident may have occurred with a person but it can reveal damage from that accident. For example you may see a broken arm in the iris but you will not be able to tell if it was broken on a ski trip or in a car accident.

Iridology cannot show viruses, parasites or germs but it can show the conditions, which may be conducive to these creatures.

How To Do an Eye Reading

How Do You “Read” an Eye?

In the modern world you can read the iris with a magnifying glass and penlight or you can use sophisticated computers and cameras. However, you need to learn the manual method first, before you can venture into using automatic equipment. This is for much the same reason that a photographer must learn how to use a manual camera before they are allowed to use an automatic one. One can only really understand the workings of the automatic tool if they have also performed some of the operations themselves. Once you become skilled at using a magnifying glass and penlight you can feel confident enough to invest in more sophisticated equipment.

However, the equipment you use does not have to be fancy in the beginning. I still use my old Nikon 8008s camera with a simple magnifying lens attached to the regular camera lens. Since a flash freezes the motion at such high speeds I don't even use a tripod. I simply prop my elbow on my knee, frame the person's iris in my lens, and take the photo. I use a manual and photo reading together and have found that this simple method of taking an iris photo is VERY accurate. You must be careful, however, when taking photos, to make sure you hold the camera at the right angle so you know where the top of the iris is. In addition, you must hold the flash at different angles OR invest in a ring flash to get all the information out of all the parts of the iris.

To read an iris manually you need only three tools: A magnifying glass, a penlight or window with strong light, and an iris chart. Sit on a chair of equal height in front of your client and have them sit straight, facing you. Make sure your knees are about six inches apart and you are facing each other. Position their head straight so they are not looking up or to the side and have them look straight into your eyes or at your nose. Gently lean forward and hold the magnifying glass in front of their iris so you can see the fibers. Use the natural window light or a penlight to shine light in the iris and to see better. If you hold the light from the side the topography is sometimes better revealed. Do not shine the light in a person's eyes too long. Look in their eye a couple minutes and then take a break to let them relax and to let you record what you have seen on a photocopy of a chart. Create your own code to record information. A reading for a beginner may take up to a half hour. Try to split this into two sections.

You should also develop a method for reading the iris that you are comfortable with. Some people start with the easiest/ most obvious signs first and then move onto reading the organs. Other people start at the top and work their way around the iris, and other people will read the colon area first and then progress to other areas.

I have found that making a lot of photocopies of an iris chart is the best way to read an iris and record what you see. This way you don't have to refer to the chart and rely on your memory when reading an eye. Keep the chart in front of you, and mark directly on the chart every few minutes, taking note of what area you are marking in. I use colored pencil on a black photocopied chart to make it more visible. In addition I use a series of codes to indicate what I have seen. For example, a solid red circle indicates a severe marking; lighter shading means a light marking in the eye. I also give the markings ratings and will sometimes put a number next to the mark on my record sheet.

In addition I will often number other things such as stress-lines rather than drawing all of them in.

You can buy an iris scope to read your own eye but it is difficult to use and does not work well on other people (the lens is not very strong). You can also buy a professional iris scope that doctor's and ophthalmologists use, however, this is of little use to the beginning iridologist as the markings you will see are the ones you learn about in advanced iridology courses. The best way to get a reading of your own iris is to get someone to take a photo of it. Find any photographer friend or professional and explain to them what you need. They may need to experiment a little but anyone with

a little knowledge of photography will be able to quickly figure out how to do it. In addition, anyone who has ever done medical photography could do this job very easily.

How Do You Use an Eye Reading?

The following is an excerpt from the sheet I pass out to all my clients with their evaluation on it:

A Jensen eye analysis gives you a picture of how your various "body systems" are doing and gives you a history of what has happened to them in the past and how they have been influenced by your parents, diet and lifestyle. The iris is a precise map of our body showing nutritional deficiencies, area's degree of illness, past injuries, healing progress and inherent weaknesses. Each tiny segment of the eye connects via reflexes, nerves and meridians to each body part or organ. The iris thus gives us a "daily printout" of the condition of the body. Iridology can detect the presence of local inflammation., detect inherent strengths and weakness, detect healing signs, detect drug accumulation, analyze health levels, determine the constitution of the body, determine acidity levels of the body and detect differences in bilateral organs. The eye cannot show specific diseases but it can show a "tendency" towards specific diseases.

Steps to using your analysis:

1. Get a general idea of what body systems you need to work on:

Digestive System, Respiratory System, Glandular System, Reproductive System, etc.

2. Chose ways of eating that will support or heal these systems: Fasting, blood type diets, acid balancing diets, vegetarianism, protein diets, veganism, raw foods and whole foods are just some of the choices you have. Chose foods that will support these systems and avoid foods and habits that weaken this system.

3. Chose therapies that will strengthen or weaken these systems: these may include Reiki, massage, aromatherapy, homeopathy, reflexology or many of the hundred other therapies available to you.

4. Chose a program of exercise/ lifestyle changes that will assist you in building these organs.

5. Create an herbal mixture that will support you in making changes, solving problems and assisting these systems.

Cautions for Iridologists

I have found that once an iridology student gets a hold of a chart, magnifying glass and a penlight, that they can't wait to practice on all their friends and relatives. And that is GREAT! However, please follow some general rules when doing this so no one gets hurt, scared or damaged in any way. Used in a responsible way, iridology is a useful tool and is a fun skill to use on your family and friends, which they will enjoy and appreciate. You can even use it occasionally to impress someone. However, used in an irresponsible manner I have seen iridologists ruin people's lives, throw people into depression, scare people, and send people in the wrong direction and all sorts of things. So here is my long list of safety and courtesy guidelines:

1. Don't look only at the iris: You must use iridology WITH another method. This other method can be medical, questions, reflexology – anything – you just need to use something else to double check and confirm your work.
2. Don't read just part of the iris. It IS hard to get all that information out of the iris when you are just starting to get familiar with the "map", but even if you have to read the entire eye in a few five minute sessions, you must read the ENTIRE iris before you reveal any information. This is because the body is so

interrelated and connected that you want to be able to see it as a whole instead of just a part.

3. If you are unsure of a marking tell your client that and/or check with another iridologist.
4. Be sure to use the correct chart and double check you are making your markings in the right iris. Markings are different on each iris so if you record your markings on the wrong chart you will be lost.
5. Ask questions! Don't tell the person they have a problem with their arm. ASK them "What happened to your arm? Did something happen with your arm?" When you become better your questions may even become more refined. After seeing so many various back markings for year I sometimes ask clients, "Do you dance?" and I am usually answered with a "yes". This is because dancing tends to stress the back in a certain way I have become familiar with by looking at many irises.
6. Don't forget to ask the obvious. Ask the client if they have had eye surgery or if they have cataracts. Ask them if they are wearing contacts and if those contacts are colored at all.
7. Do not assume a god-like attitude. You cannot really tell this person anything about themselves through your super power abilities! You need them to confirm with you and work with you in a cooperative way to get a good reading.
8. Try to know as much as you can before you start seriously seeing people. This is because in advanced iridology you will learn that different shapes of markings mean more specific things. In addition, seeing two specific markings in one iris can reveal additional information. Also, the way that markings are positioned can sometimes reveal information as well.
9. Don't exaggerate. I once had a person tell me that nerve rings were such a bad indication of stress that once you went beyond five rings you were probably headed for the graveyard! They went on to say that two rings was OK, but three and four were really bad. I found out later that this is not true. Some people have stress-rings naturally because they are naturally over-active. In addition, people who participate in sports sometimes develop stress rings around the outside area of the iris. However, this does not mean the exercise is bad for them, it is just showing how much they are using their body.
10. Be positive. Never tell a person they have a problem in this or that area. Don't get a frown on your face and say, "hmmmm. Oh no!" in a worried way...don't do anything to worry your client. If you see something urgent, just calmly ask them about that area of their body. If they are not aware of anything there you may want to suggest they check it out. Emphasize that iridology does not show disease and that you are sending them to get a test, not because you are worried, but because you want them to get a more accurate idea of what is happening and that it is always best to be "safe" and learn about things before they become advanced. Emphasize also that some markings are inherited and that although it may appear to be significant that it could just be a general life challenge they have in that area of their body and thus it would be great to have this confirmed so that they can prevent any future health problems.
11. Use the equipment properly! Hold the magnifying glass at the correct distance and don't shine the penlight into an eye directly. Don't bump your client or poke them in the eye.

12. Make sure your hands are clean, your breath is fresh and your fingernails are cut. Make sure you smell nice and are clean and presentable. To do an iridology reading you are almost as close to a person as when you kiss them. So make sure you are clean and fresh.
13. Make an effort to learn anatomy. This will help you use the iridology chart better and to be able to make associations within the chart in a more accurate way.
14. Be patient learning! Iridology takes much study and even more practice. Someday, however, you WILL have the knowledge and confidence to take a professional reading. Until then, however, please be considerate and responsible and make it clear to people that you are only a student.

In the next unit we will start learning about the various iris charts, eye colorings and how to evaluate basic constitution. You will be learning the basic areas of the eye and become more familiar with the topography of the eye to prepare you for the next lesson.

We will also be using Henry Lindlar's classic book on iridology as a guide for this course. Below is his introduction to the theory and usefulness of iridology and natural therapies:

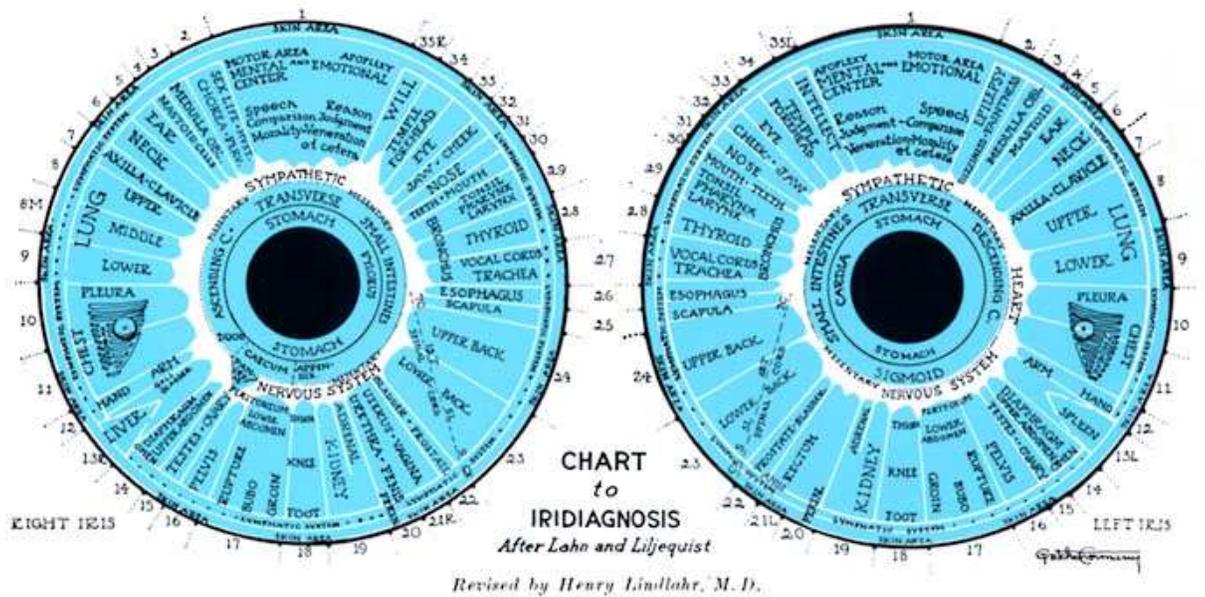
DIAGNOSTIC METHODS

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CHAPTER I IRIDIOLOGY

Correct diagnosis is the first essential to rational treatment. Every honest physician admits that the old school methods of diagnosis are, to say the least, unsatisfactory and uncertain, **especially in ascertaining the underlying causes of disease.**

Therefore we should welcome any and all methods of diagnosis which throw more light on the causes and the nature of disease conditions in the human organism.

Two valuable additions to diagnostic science are now offered to us in **Spinal Analysis** and in the **Diagnosis from the Iris of the Eye.**

Spinal analysis furnishes valuable information concerning the connection between disease conditions and misplacements of vertebrae and other bony structures, contractions or abnormal relaxation of connective tissues, and inflammation of nerves and nerve centers.

Men of high standing in the profession have many times admitted the uncertainty of medical diagnosis, but never has more enlightening information on this subject been furnished than by Dr. Cabot of Harvard University, one of the foremost diagnosticians in this country, and author of a standard work on diagnosis.

In a recent address before the American Medical Association he stated that postmortem examinations of one thousand cases which he had conducted disclosed the fact that the antemortem diagnoses were correct in only fifty-three percent of these cases. The following table compiled by Dr. Cabot gives the nature of the various diseases and the exact percentage of correct diagnoses in each:

Disease	Percent
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Diabetes Mellitus	95
Typhoid	92
Aortic Regurg	84
Cancer of the Colon	74
Lobar Pneumonia	74
Chr. Glomeruloneph	74
Cerebral Tumor	72-4/5
Tb. Meningitis	72
Gastric Cancer	72
Mitral Stenosis	69
Brain Hemorrhage	67
Septic Meningitis	64
Aortic Stenosis	61
Phthisis, acute	59
Miliary Tb.	52
Chronic Interst. Neph.	50
Thoracic Aneurism	50
Hepatic Cirrhosis	39
Acute Endocard	39
Peptic Ulcer	36
Suppurative Neph.	35
Renal Tb;	33-1/3
Bronchopneumonia	33
Vertebral Tb.	23
Chron. Myocarditis	22
Hepatic Abscess	20
Ac. Pericarditis	20
Ac.Nephritis	16

Dr. Cabot's candid report surely gives food for serious thought. If his colleagues on the staff of the Massachusetts General Hospital, with excellent scientific equipment at their command, failed to render a correct diagnosis in about fifty per cent of one thousand cases, what may be expected of the average less skilled physician and surgeon in general practice?

Correct prescription, according to allopathic standards, can be based only on correct diagnosis. The old school of medicine recognizes hundreds of different diseases, each one an entity by itself arising from specific causes--mostly disease germs. From this it follows that each specific disease must be treated by specific drugs, vaccines, serums and antitoxins, or by specially devised operations.

It is evident that the wrong remedy applied in a given case will not only prove useless, but may cause serious injury; yet if fifty per cent of all the diagnoses rendered in our best equipped hospitals are erroneous, how can the doctors apply the right remedy? Will somebody please explain?

Compare with this extremely dangerous guess work the safe and sane methods of Natural Therapeutics. Perfectly harmless in themselves, when applied with a modicum of common sense they tend to correct in any case the three primary manifestations of disease, and must therefore produce satisfactory results no matter what the diagnosis. This, I have fully explained in Chapter XX, Vol. I, of this series. While the allopathic physician must postpone the administration of his specific remedies until he gets ready to make a guess--first at the nature of the disease, and then at the indicated remedy--the practitioner of Natural Therapeutics applies his natural remedies with absolute safety, and assurance of success if that is possible in

the nature of the case, from the first appearance of abnormal symptoms. Thereby he frequently cures the disease before his allopathic colleague would get ready to treat it. In many cases medical indecision and procrastination allows the disease processes to make such headway that they cannot be arrested by any means.

Dr. Cabot is not the only allopathic physician who admits an appalling discrepancy between clinical findings and the revelations of the postmortem examinations. According to a recently published report of a committee appointed to investigate New York hospitals, the autopsies of the famous Bellevue Hospital prove that out of every hundred diagnoses made by the physician in charge 47.7 per cent are absolutely wrong. These figures coincide very closely with those of Dr. Cabot.

This revelation of medical incompetency caused Dr. C. L. Wheeler, editor of the New York Journal of Medicine, to make the following sensational statement: "Every doctor in America is a quack--and he can't help it! This statement is amazing only to the layman. No doctor is surprised at it. Doctors know that all of us are more or less quacks; that many of our diagnoses are only guess work; and we all know what is far worse than this--that . we cannot help it, because our hands are tied. Why is this? Because the public refuses medicine the right to become an exact science by objecting to the performance of an autopsy in every case of death."

Dr. Wheeler evidently has not learned the lesson taught by these autopsies, namely, that the allopathic conception of the nature of disease and its methods of diagnosis and prognosis as well as of treatment, are all wrong in the first place. He might just as well try to prove $100 \times 0 = 1$ as to establish an exact science of diagnosis by multiplying autopsies. The postmortem examination may reveal the final stages of destruction in vital organs, but medical science will continue to fail in diagnosis and prognosis as long as it does not understand and refuses to understand that such destruction is brought about through wrong habits of living and through unnatural methods of treatment.

This is a serious accusation. Why should conscientious physicians refuse to investigate the true nature and causes of disease? The answer is: Because such knowledge comes from "unethical" sources; because from the viewpoint of medical ethics it is better to let a patient die in the "regular" way than to see him cured in the "irregular" way.

Not the opposition of the public to autopsies is responsible for the inadequacy of allopathic diagnosis and prognosis, but the fact that orthodox medicine is not an exact science because it bases its findings on the chaotic and contradictory teachings of medical authorities instead of studying and complying with the laws of Nature governing the processes of health, disease and cure.

This valuable knowledge is freely offered to the medical profession by the School of Natural Therapeutics. As long as they refuse to give fair consideration to this exact philosophy and science of disease and cure, the teachings of which are verified by the experience of millions of intelligent followers all over the earth and in the daily practice of tens of thousands of drugless healers in this country, they must stand convicted of wilful indifference and neglect.

Since prominent members of the medical profession admit the utter inadequacy of allopathic methods of diagnosis and prognosis, why should we hesitate to welcome such valuable aids to diagnostic science as Iridology, Spinal Analysis and Basic Diagnosis, when every one of these helps to elucidate, to correct or confirm the findings of other methods? Is it not a matter of common sense and of personal responsibility toward our patients that we should combine in diagnosis as well as in treatment all that is good and helpful?

In the light of these revelations, what reliance can we place on medical health certificates issued to candidates for marriage? What value can be attached to enforced medical examinations in our public schools? What right have medical practitioners to pronounce chronics and defectives incurable, to sterilize them, or to kill them by the refusal of medical aid or by the practice of euthanasia ?

Is Iridiagnosis Sufficient to Diagnose Disease?

Iridology is as yet a new science, and much remains to be discovered and to be better explained. Many times we do not find a sign in the iris for the lesion or diseased condition which we know to exist in the body. At other times the records in the eyes indicate more serious conditions than can be ascertained by other methods. As regards this point, however, it is well to remember that old school physicians, notwithstanding their up-to-date scientific equipment, only too often see their diagnosis discredited by the postmortem findings.

Those who confine their examinations to the eye or the spine fall as far short of making a reliable diagnosis or prognosis as the old school country doctor with his limited equipment. In our work we do not confine ourselves to Iridiagnosis, but combine with it the diagnostic methods (physical diagnosis) of the allopathic school of medicine, spinal analysis, basic diagnosis, as well as laboratory tests and microscopic examinations.

Thus any one of these methods supplements and verifies all the others. In this way only is it possible to arrive at a thorough and definite understanding of the patient's condition.

The Story of a Great Discovery

Dr. Von Peckzely, of Budapest, Hungary, discovered Nature's records in the eye, quite by accident, when a boy ten years of age.

Playing one day in the garden at his home, he caught an owl. While struggling with the bird, he broke one of its limbs. Gazing straight into the owl's large, bright eyes, **he noticed, at the moment when the bone snapped, the appearance of a black spot in the lower central region of the iris**, which area he later found to correspond to the location of the broken leg.

The boy put a splint on the broken limb and kept the owl as a pet. As the fracture healed, he noticed that the black spot in the iris became overdrawn by a white film and surrounded by a white border (denoting the formation of scar tissues in the broken bone).

This incident made a lasting impression on the mind of the future doctor. It often recurred to him in later years. From further observations he gained the conviction that abnormal physical conditions are portrayed in the eyes.

As a student, Von Peckzely became involved in the revolutionary movement of 1848 and was put in prison as an agitator and ringleader. During his confinement he had plenty of time and leisure to pursue his favorite theory, and he became more and more convinced of the importance of his discovery. After his release he entered upon the study of medicine, in order to develop his important discoveries and to confirm them more fully in the operating and dissecting rooms. He had himself enrolled as an interne in the surgical wards of the college hospital. Here he had ample opportunity to observe the eyes of patients before and after accidents and operations, and in that manner he was enabled to elaborate the first accurate Chart of the Eye.

Since Von Peckzely gave his discoveries to the world, many well known scientists and conscientious observers in Austria, Germany, Sweden and in this country have devoted their lives to the perfection of this wonderful science. Foremost among the followers of Von Peckzely in Europe was the Rev. Niels Liljequist, a Swedish clergyman, who, for many years, has made Iridology his life work. He perfected Peckzely's chart of the iris and was the first one to describe signs of drug poisoning. He had suffered terribly from most of the symptoms of quinin poisoning (chronic cinchonism) ever since he had taken large quantities of the drug in early life. After he became acquainted with iridiagnosis he discovered the connection between the yellow discoloration in his eyes and the chronic quinin poisoning. This led him to study the relationship of other color pigments to various forms of drug poisoning, such as iodism, mercurialism, bromism, arsenical poisoning, etc.

In Germany Dr. Thiel and Pastor Felke made valuable contributions to Iridology, and became famous diagnosticians and Nature Cure physicians.

In this country Henry Lahn, M. D., wrote the first book in the English language on this new and valuable method of diagnosis. Many years of personal acquaintance with this remarkable man and his work impels me to give him credit for being the ablest iridiagnostician now living. Anderchou in England published a few years ago a brief summary of the discoveries and teachings of the pioneers of Iridology.

The "regular" school of medicine, as a body, has ignored and will ignore this science, because it discloses the fallacy of their favorite theories and practices, and because it reveals unmistakably the direful results of chronic drug poisoning and ill advised operations.

Leaving out of consideration everything that is at present speculative and uncertain, we are justified in making the following statements, subject to the qualifications and limitations before described:

- (1) The eye is not only, as the ancients said, "the mirror of the soul", but it also frequently reveals abnormal conditions and changes in every part and organ of the body.

(2) Organs and parts of the body are represented in the iris of the eye in well defined areas.

(3) The iris of the eye contains an immense number of minute nerve filaments, which through the optic nerves, the optic thalami and the spinal cord are connected with and receive impressions from every nerve in the body.

(4) The nerve filaments, muscle fibres and minute blood vessels in the different areas of the iris reproduce the changing conditions in the corresponding parts or organs.

(5) By means of various marks, signs, abnormal colors, or discolorations in the iris, Nature reveals transmitted disease taints and hereditary lesions.

(6) By signs, marks and discolorations, Nature also makes known acute and chronic inflammatory or catarrhal conditions, local lesions, destruction of tissues, various drug poisons, and changes in structures and tissues caused by accidental injury or by surgical mutilations.

(7) The diagnosis from the iris of the eye positively confirms Hahnemann's theory that acute diseases have a constitutional background of hereditary or acquired disease taints or systemic encumbrances.

(8) This science enables the diagnostician to ascertain, from the appearance of the iris, many of the patient's inherited or acquired tendencies toward health and toward disease, his condition in general, and the state of various organs in particular. Reading Nature's records in the eye, he can predict many of the healing crises through which the patient will have to pass on the road to health.

(9) The iris frequently reveals dangerous changes in vital parts and organs from their inception, thus enabling the patient to avert threatening disease by natural living and natural methods of treatment.

(10) Changes in the iris indicate plainly the gradual purification of the system, the elimination of morbid matter and poisons, and the readjustment of the organism to normal conditions under the regenerating influences of natural living and treatment.

How the Signs in the Iris Are Produced

The effects of surgical operations performed under anesthesia either do not show in the eyes at all, or only very faintly, though entire organs or large parts of the body may have been removed by the surgeon's knife. This is due to the fact that under anesthesia the sensory nerves are benumbed and paralyzed; for this reason we do not feel pain. This condition of temporary paralysis prevents the transmission of impulses to the iris and thereby the production of corresponding signs or lesions in the eye. For instance, the loss of a leg amputated under anesthesia may not show in the eyes, while the scar tissue caused by the bite of a dog, a wound received from a bullet, or other injury received in a waking, conscious condition, may show for life in the form of a closed lesion in the iris.

These facts prove that the lesions in the eyes are made through abnormal or pathological nerve impulses, which throw the nerve fibres and other structures in the surface layers of the iris out of their normal arrangement. Inflammatory processes incidental to the healing of wounds show temporarily as white signs.

Discolorations or color signs in the eyes are created by color pigments carried into and deposited in the surface layers of the iris through the capillary circulation.

The dark signs of subacute catarrhal and chronic catarrhal conditions and of loss of substance or death of tissues are created through atrophy and sloughing of nerve and muscle fibres in the surface of the iris, or depressions and holes in the deeper layers.

I have frequently heard the question, "How is it possible that lesions in the body show in the iris on the same side, when all the afferent nerves cross to the opposite brain half? According to this, lesions in one side of the body should show in the opposite iris." The answer is,--the crossing of the optic nerves brings back the signs in the iris to the side of the body in which the corresponding lesion is located.

Exceptions to this are lesions in the brain. They cross over in the optic nerves, and show in the opposite iris. Thus lesions in right brain half show in the left iris and vice versa.

CHAPTER II ANATOMY OF THE IRIS

Since this volume is intended for the use of the layman as well as of the practicing physician, I shall endeavor to make the anatomical description as brief and simple as possible. To go into detail would only serve to confuse the layman and would not be of any special advantage to the trained scientist.

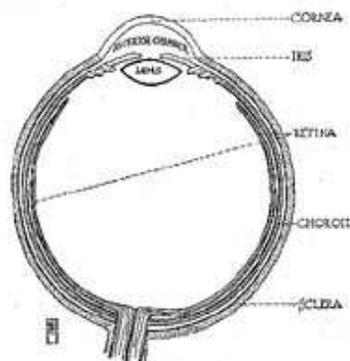


FIG. 1. Cross Section of Eyeball.
Fig. 1. Cross Section of Eyeball.

The eyeball is a hollow, elastic body, about one inch in diameter and nearly spherical in form. The segment of a smaller sphere projects in the front. The larger sphere is made up of three coats--the sclera, choroid and retina.

1. The sclera or sclerotic coat is a tough, opaque fibrous membrane which surrounds about five-sixths of the eyeball. It serves to protect the inner parts from injury and to preserve the spherical shape of the eye.

The cornea is a continuation of the sclera and covers the frontal part of the eye which encloses the anterior chamber containing the aqueous humor. The cornea is as transparent as glass, so as to admit the light unhindered into the interior of the eye.

2. The choroid, or middle coat, is made up of connective tissue, blood vessels and pigment cells. The purpose of the choroid layer and the ciliary body is to supply nutriment to the whole eyeball.

The iris is a forward continuation of the choroid coat. It is a circular, mobile, colored curtain, suspended in the aqueous humor behind the cornea and in front of the crystalline lens. It is perforated a little toward the nasal side of its center by a circular aperture called the pupil. The iris receives its name (iris, irides,--a rainbow) from its varying color effects.

3. An inner coat, called the retina, which is an extension of the optic nerve, serves to receive impressions from the outside world and conveys them through the optic nerve to the center of vision in the occipital lobe of the cerebrum.

Structure of the Iris

A. **Surface endothelium.** This is a single layer of flat endothelial cells continuous with the posterior lining of the cornea.

B. **Stroma,** a closely packed mesh-work of delicate radiating connective tissue fibres, enmeshing numerous nerve filaments, blood vessels, lymph vessels and large, irregularly branched connective tissue cells.



Fig. 2. Cross Section of Iris.

C. In the deeper layers of the stroma a band of involuntary muscle fibres, about 1 mm. in width, encircles the pupillary margin of the iris. Reflex contraction of this sphincter diminishes the size of the pupil.

Some authorities describe also radiating muscle fibres stretching from the border of the sphincter to the circumference of the iris. In all probability, however, these are elastic and not muscle fibres, the dilation of the pupil being accounted for by the relaxation of the sphincter muscle and the resulting automatic contraction of the elastic muscle fibres. The brighter the light, the more contracted the pupil, and vice versa. This mechanism aims to regulate the amount of light to be admitted to the retina.

D. **Basement membrane** consisting of strong connective tissue, which forms the support and innermost layer of the iris.

E. **The pigment layer** consists of two rows of epithelial cells of a **dark purple color**, which rest on the uneven surface of the basement membrane of the iris. This pigment layer serves to prevent the penetration of light through the iris into the inner dark chamber of the eyeball.

The Normal Colors of the Iris

As described in Chapter IV, there are only two normal iris colors,--light azure blue and light hazel brown.

I. The stroma of the blue iris is devoid of pigment, thus allowing the purple pigment layer to shimmer through as a uniform, clear sky blue.

II. In the normal brown iris the connective tissue cells of the stroma contain a brown pigment which totally obscures the purple pigment layer, thus imparting a uniform, clear light brown color to the iris.

The albino iris contains no pigment either in the connective tissue cells of the stroma or in the pigment layer. The resulting transparency renders the blood vessels visible, hence the iris presents a delicate pink appearance.

For the sake of avoiding confusion we will henceforth consider only the Indo-Caucasian iris which is normally of a uniform brilliant azure color.

The Blood Supply of the Iris

The long and short ciliary blood vessels form a complete ring around the peripheral border of the iris.

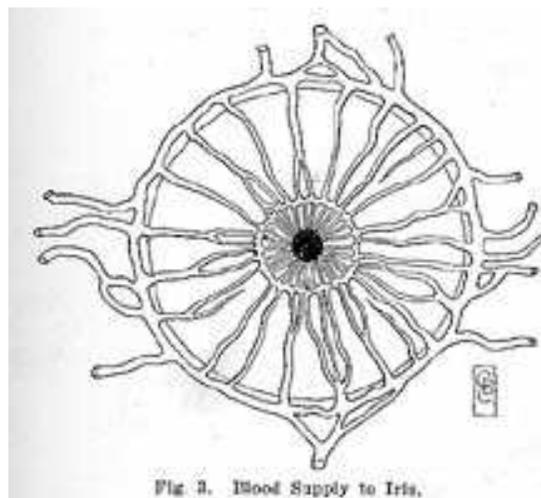


Fig. 3. Blood Supply to Iris.

Fig. 3. Blood Supply to Iris.

From this **major** circle branches are given off which converge toward the pupil.

At a short distance from the outer border of the sphincter muscle they divide and anastomose to form a second ring.

From this minor circle branches continue their course to the pupillary border.

The Nerve Supply of the Iris

The nerve supply of the iris deserves special attention. The circular muscle fibres are supplied by the short ciliary nerve branch of the motor oculi, or third cranial nerve, coming directly from the brain.

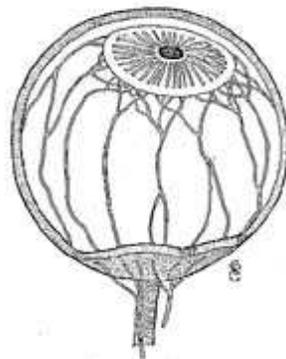


Fig. 4.

Fig. 4.

The other structures are supplied by the **long** ciliary nerve, which is in direct communication with the cervical ganglia of the sympathetic nervous system. These nerves travel forward to the iris through the choroid coat of the eyeball. Along the attached margin of the iris they form a plexus from which nerve filaments are given off to the muscle fibres and other structures of the iris. **Some of these nerve filaments also go to form a complete network on the surface of the iris immediately underneath the surface endothelium.** These are arranged in triangles, the bases of which rest on the outer rim of the iris, and whose apices point toward the pupil. **The sides of these triangles coincide with the blood vessels, these with the sympathetic nerve supply, and these in turn with the borders of the organ areas.**

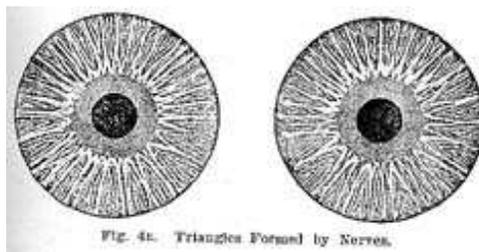


Fig. 4a. Triangles Formed by Nerves.

Fig. 4a. Triangles Formed by Nerves.

The direct connection of the nerve filaments in the surface layers of the iris with the cervical ganglia of the sympathetic nervous system explains how impressions (vasomotor changes) from all over the body may be conveyed to the iris.

CHAPTER III EXPLANATION OF THE KEY TO IRIDOLOGY

Every important part and organ in the body has its corresponding location in the iris in a well defined area, as outlined in the frontispiece.

As long as an organ is in normal condition, the corresponding area in the iris presents the normal color, either light blue or light brown, without any mark, sign or discoloration whatsoever.

When an organ or part of the body undergoes acute or chronic changes as a result of hereditary influences, systemic or drug poisoning, or from mechanical injury, then these pathological changes are recorded in the corresponding area in the iris. Pregnancy, though involving profound changes in the organism, is not indicated in the iris because it is a normal physiological process.

Surgical mutilations of the body performed under anesthesia do not show in the iris, or only very faintly, because anesthesia benumbs and paralyzes the sensory nerves and thereby prevents the transmission of nerve impulses to the iris.

Any substance congenial to the body, i. e., naturally belonging to it, does not show in the iris. All substances not congenial to the body, i. e., those which do not belong to it, such as minerals and earthy elements in the inorganic form, and all poisons, show in the iris in well defined signs and color changes in the areas corresponding to the parts or organs where these substances have accumulated.

The arrangement of the areas in the iris is symmetrical and somewhat in harmony with the location of the various parts and organs in the body. We find the area of the stomach directly around the pupil and the field of the intestines surrounding the region of the stomach. The outer border of the intestinal field, the "sympathetic wreath", corresponds to the sympathetic nervous system, and all other parts and organs of the body radiate from or run into this sympathetic wreath.

All this is in correspondence with conditions in the body. The stomach and intestines are centrally located; they are to the body what the fire-box is to boiler and engine. The entire organism is dependent upon the digestive organs for the elements of nutrition and fuel material.

Every cell and organ in the body depends upon the sympathetic nervous system for its supply of vital energy. All involuntary vital functions and activities are controlled and directed through the sympathetic nervous system. This is indicated in the iris by the fact that the areas of the various parts and organs start or radiate from the sympathetic wreath.

Thus the brain with its divisions, subdivisions and special centers is located in the upper regions of the iris, analogous to the location of the brain in the body. **The distinctly human intellectual faculties, capacities and powers are located, in right-handed people, in the left brain hemisphere, but reflected through crossing of the optic nerves into the right iris. In left-handed people the condition is the reverse. The reason for this has been fully explained in Vol. IV, "Eugenics".**

The area of the leg is located in the center of the lower half of the iris, etc. Those organs which are located on one side of the body appear only in the corresponding iris. The heart and spleen, for instance, are represented in the left iris. The corresponding halves of organs divided by the median line of the body, such as the nose, mouth, bladder and genital organs, appear in both irides.

The symmetry of the divisions of the iris is much more real than is apparent on superficial examination. This becomes more clear as we study closely the interdependence of the various parts of the body.

The relation between the regions of the iris and the corresponding organs and parts of the body is further illustrated in which is constructed by the following procedure:

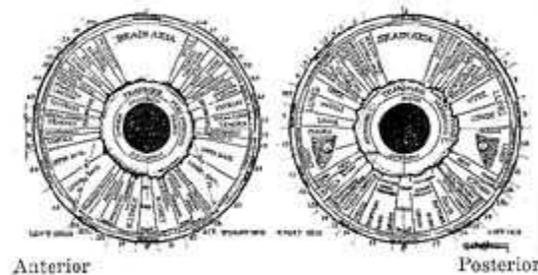


Fig. 5. Split Circles.
Fig. 5. Split Circles.

Divide each iris of the regular key vertically through the center. Put the **outer** halves together and imagine the resulting circle to be as large as the body. Then place the resulting large imaginary circle on the anterior aspect of the body in such a way that the pupil covers the umbilicus.

Similarly, the circle formed by the apposition of the **inner** halves is placed on the **posterior** aspect of the body.

By imagining these maps to be vertically and horizontally enlarged so as to cover the entire anterior and posterior aspects of the body, the areas will be found to correspond closely to the different parts of the body.

This symmetrical correspondence of the organ areas in the iris to the location of the organs in the body is conclusive evidence that this arrangement is not accidental, but is in harmony with Nature's definite design and purpose, and thus amply justifies scientific inquiry into the mysterious cypher language of the iris.

CHAPTER IV

A UNIFORM DIVISION AND CLASSIFICATION OF DISEASE

Students of iridology frequently complain that this interesting science has not been sufficiently systematized for purposes of intelligent study. In order to overcome this difficulty and to facilitate the study, I have divided the successive stages in the development of diseases into four well defined "stages of encumbrance."

Such a uniform division and classification of disease conditions and of the corresponding records in the iris, once established, will greatly facilitate the study of Natural Therapeutics and of the diagnosis from the iris. It will also serve to establish a well defined phraseology intelligent to the layman and especially valuable to students and practitioners.

The Four Stages of Encumbrance

We distinguish in the development of chronic diseases the following four distinct stages of encumbrance:

First, hereditary and congenital stage;

Second, or acute and subacute inflammatory stage;

Third, or chronic stage;

Fourth, or chronic destructive stage, accompanied by loss of substance.

All chronic diseases (not caused by violence or conditions uncongenial to human life) that end fatally, pass through these four successive stages of encumbrance.

Chronic disease never develops suddenly in the human body. Nature always tries to prevent its gradual development by acute and subacute healing efforts. If these, by any means whatever, are checked and suppressed, then they are followed either by fatal complications or chronic after effects, the mysterious "sequelae" of medical science. Thus we find that the unity of disease as to causes and manifestations, applies to chronic as well as to acute diseases.

First, Hereditary and Congenital Stage of Disease

Iridiagnosis settles forever in the affirmative the question as to whether or not tendencies to disease are hereditary.

Inherited tendencies are recorded in the iris of the eye in three ways, by color, density and hereditary lesions.

(1) The color of the iris indicates whether the vital fluids and tissues are pure and normal or affected by disease taints and foreign substances.

(2) The density, that is, the woof or grain of the structures composing the iris, gives us information about the firmness, vitality and general tone of the tissues of the body.

(3) Hereditary and congenital lesions in the form of shady, grey, usually ovoid or spindle form spots in the iris of the offspring indicate weakness or disease in corresponding organs or parts of the bodies of the parents.

For instance, if the lungs of the mother were affected by tuberculosis during pregnancy this may show in the iris of the child in the form of grey or shady signs or lesions in the areas of the lungs. I say, may show, because heredity is subject to many modifying influences. This we shall study more fully in the fourth volume of this series, entitled "Eugenics, or Man-Building on the Physical, Mental and Moral Planes of Being."

Under natural management certain organs or entire bodies, no matter how badly affected by abnormal heredity, may outgrow entirely the tendency to weakness and disease.

This is the message of great promise of Natural Therapeutics to those who fear to assume the responsibility of parenthood on account of weakness and ill health; provided, of course, that the parents properly prepare themselves, and that the offspring be treated prenatally and postnatally in accordance with the teachings of Natural Eugenics.

On Comparing Alcoholism to Disease

Henry Lindlar is not the first physician to notice that the body ferments certain foods into an alcohol-like substance. Two of these items is white bread and sugar. There are those who say it is ridiculous that white bread and sugar can turn into alcohol in the body. However, the symptoms of sugar and bread addiction are very similar to those of alcohol addiction and consuming great quantities of sugar give many people an "alcohol high" whereas consuming great quantities of bread (great quantities depends on the person – it could be two pieces of cake for some sensitive people) can evoke anger and/or violence in some people. Lindlar takes us into the science behind this interesting theory...

COMPARISON OF FERMENTATION TO INFLAMMATION

There is a remarkable similarity between alcoholic fermentation and the processes of feverish and inflammatory diseases. Both are processes of oxidation or combustion, accompanied by increased chemical activity and temperature. Both run a natural, orderly course and when properly managed bring about certain normal, beneficial results. When not controlled or when suddenly arrested and suppressed, both may result in permanently abnormal and undesirable conditions.

Both processes depend on three essential factors:

Alcoholic Fermentation depends on--

- (1) A watery solution corresponding to
- (2) Sugar, corresponding to
- (3) Yeast, corresponding to

Feverish and Inflammatory Diseases depend on--

- (1) Living blood and tissues.
- (2) Waste and morbid matter in the blood.
- (3) Microzyma, bacteria and parasites in blood and tissues.

The following may serve as an explanation of the preceding diagram. Modern allopathic materia medica is founded largely on the assumption that bacteria and parasites of their own accord create disease conditions. From this they draw the natural conclusion that to kill the germs is equivalent to curing the disease. Almost their entire therapeutic efforts are directed to discovering, killing and eliminating by poisonous drugs, serums, antitoxins and by the surgeon's knife, the bacteria and parasites of disease.

The following demonstrations, however, will prove that the primary assumption of allopathy, as well as its resulting conclusions, are fallacious and that a practice built on these false foundations must of necessity be pregnant with disastrous results.

First or Hereditary Stage of Disease

Fermentation

Water plus a sugar solution (grape juice) corresponds to

Inflammation

A body plus hereditary and acquired morbid matter.

Second or Acute Inflammatory Stage of Disease

Fermentation

Yeast lives on sugar plus some proteid. While feeding on these, the yeast germ digests or splits up the sugar into alcohol and carbonic acid gas.

Disintegration of the sugar molecules is accompanied by the liberation of heat and by accelerated atomic motion. The temperature rises perceptibly, bubbles of carbonic acid gas and a scum consisting of dead and live yeast germs and of other debris rises to the surface. Processes of fermentation are in many respects identical with processes of digestion, combustion or oxidation. The entire fermenting fluid is in violent commotion.

If fermentation is allowed to run its natural course, within certain limitations of temperature, until all sugar in the fluid is consumed, the process ceases of its own accord, chemical activity and temperature subside, and the resulting product is a wine-like fluid of crystal clearness.

Alcohol, while itself the product of fermentation, as it accumulates in the fluid, checks fermentation.

Inflammation

Microzyma, while feeding on morbid matter, develop into bacteria or germs of putrefaction, and these in turn while feeding on pathogenic materials decompose them into simpler compounds suitable for neutralization and elimination. The resulting ashes or debris (see yeast scum) are eliminated through the natural channels of depuration and in the forms of pus, catarrhal and other morbid discharges. These processes of combustion and elimination of disease matter are usually termed fevers, inflammations, boils, abscesses, etc. Like fermentation they are accompanied by rise in temperature, accelerated (motion) pulse, elimination of effete matter, etc.

If the acute inflammatory processes in the body are allowed to run their natural course, within certain limitations of temperature until all morbid matter is consumed and eliminated, the result is a cleaner, healthier body. (Fever can be easily controlled within safe limits by cold water applications, fasting, etc.)

The products of bacterial activity tend to check bacterial growth and development.

From this it, will be perceived that, the processes of fermentation as well as of acute diseases are to a certain extent self-limited by their own effete products.

If the acute activities in the body run their natural course and terminate in normal conditions, then the whitish signs of inflammation in the iris gradually disappear and give way to the normal blue or brown.

Third or Chronic Stage of Disease

Fermentation

Yeast fermentation in a sugar solution may be promptly prevented or arrested by the addition of salicylic acid, formaldehyde or some other powerful antiseptic or germicide. Antiseptics are protoplasmic poisons, that is, they paralyze and destroy the protoplasm of living cells and inhibit their activity. Fermentation, suppressed by antiseptics, results in a turbid fluid containing unfermented sugar, dead yeast germs and poisonous antiseptics.

Prof. Béchamp proved that yeast fermentation thus arrested by antiseptics results in decomposition of the yeast cells and the appearance of bacteria in their stead. These experiments were conducted under conditions which made the invasion of bacteria from without an impossibility.

Inflammation

Acute inflammatory conditions in the body may be subdued or suppressed by protoplasmic poisons, such as antiseptics, antipyretics, opiates, sedatives, alteratives, or any other class of poisons which paralyze or destroy cell protoplasm and inhibit vital functions. All of these poisons not only paralyze and destroy bacteria and parasites of disease, but also paralyze and kill the healthy cells and tissues of the body. If the acute, feverish and inflammatory reactions of the second stage of encumbrance are suppressed by antiseptics and germicides, the combustion and elimination of morbid matter is hindered and suppressed, and drug poisons, which are much more harmful than disease poisons, are super-added to the old encumbrances of morbid matter.

These accumulations of effete and foreign matter become a source of continual irritation and obstruction, and form a luxuriant soil for the production or invasion of bacteria and parasites. In other words, Nature's acute cleansing and healing efforts are changed into chronic catarrhal diseases.

Fourth or Chronic Destructive Stage of Disease (Loss of Substance)

Fermentation

If the turbid fluid, created by the suppression of alcoholic fermentation, be exposed to air and warmth, its microzyma will develop into spurious germs and ferments and various forms of wild fermentation.

These spurious fermentations, in their turn, may be suppressed by more antiseptics and germicides, but as a result the fluid becomes totally unfit as a beverage and finally poisonous to human life.

Inflammation

The human organism, when it has reached the third stage of encumbrance, will arouse itself occasionally to feeble (chronic) efforts of elimination, but ever increasing accumulation of morbid matter, continual additions of drug poisons, surgical mutilations of vital parts and organs, all conspire to lower the vitality and to prevent the possibility of any decisive, acute reactions or healing crises.

The natural resistance and powers of reaction of

the organism are in this manner slowly but surely undermined and weakened. Decay and destruction gradually proceed into the advanced stages of tuberculosis, malignant tumors, paralysis agitans, locomotor ataxia, paresis, pernicious anemia, chronic rheumatism, etc.

The Making of a "Chronic"

In order to illustrate the foregoing theoretical expositions of the development of acute and chronic diseases by a living example from every day experience, I shall describe a typical case of consumption, tracing it from its incipiency in an hereditary scrofulous constitution through its various progressive stages to the fully developed tuberculosis, and thence to **health** under the regenerating influences of natural living and natural methods of cure.

"John" was born with eyes of dark violet blue, indicating that "the sins of the fathers," that is, unnatural modes of living and of healing for many generations past, had endowed him with the undesirable inheritance of a psoric or scrofulous constitution.

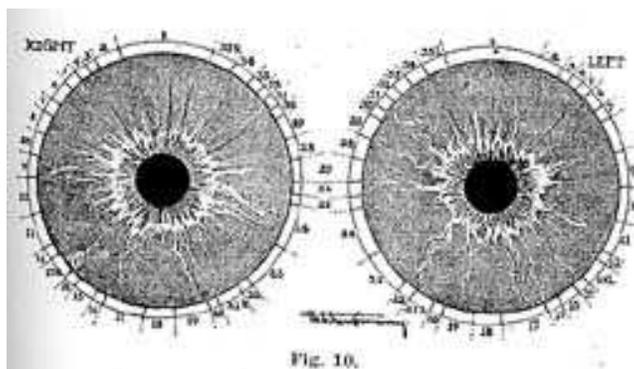
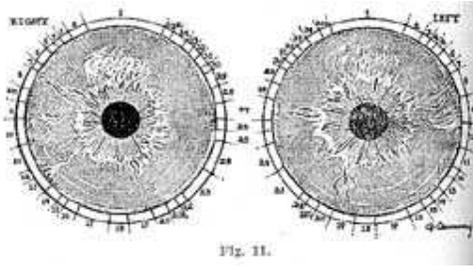


Fig. 10.

Nature, ever seeking to establish the perfect normal type, almost at birth began to eliminate the morbid inheritance through the skin and the mucous membrane of the digestive and respiratory tracts. ([Fig. 10.](#))

But these well meant cleansing and healing efforts of Nature were misunderstood by John's parents and the family doctor. When the scalp took up the work of scrofulous elimination in the form of milk scurf and eczematous eruptions, it was smothered in oils, unsalted butter, cream, or mercurial ointments, in order to suppress as quickly as possible the "dreadful looking scabs".

If mother, after this "successful cure", had looked closely into baby's eyes she would have noticed in the outer rim of the iris the appearance of a dark, broad ring--the "scurf rim"--and also a slight darkening of the iris color in general. ([Fig. 11](#), page 96)

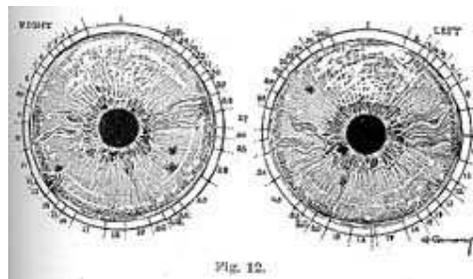


[Fig. 11.](#)

Mother Nature, however, does not give up the fight so easily. Thwarted in one quarter she tries in another. Liver, kidneys, stomach and bowels next took up the work of purification. Johnny had attacks of gastritis, vomiting, colic and constipation alternating with diarrhea. The scrofulous poisons eliminating through the membranes of the intestinal tract bred worms of various descriptions.

But doctor, grandma, auntie and the entire female neighborhood within a radius of several miles, contributed advice, teas, drugs and salves of all possible descriptions to "cure" the pains, colics, worms, constipation and diarrhea as fast as Mother Nature developed them. If mother had examined Johnny's eyes as he passed through these periods of strenuous doctoring, she would have noticed around the pupil in the regions of stomach and bowels the development of a peculiar wreath full of black spokes and spots, denoting the localities in stomach and intestines where drugs and suppressed disease poisons had accomplished their work of destruction. (Fig. 11.) She would also have noticed various color marks indicating the locations in which drug poisons had gradually accumulated. Fine, whitish nerve rings indicated that Johnny's nervous system, irritated and over-stimulated by disease and drug poisons, was badly out of balance.

As the encumbrances of Johnny's system grew more serious and more complicated, Nature's efforts at elimination became more drastic and severe. He was going to school now and mother was very indignant because "he was catching from the dirty children" every "infectious" disease within hailing distance. Now he would be down with the measles, then with scarlet fever, another time he was infected with lice and itch and, to cap the climax, he was taken with smallpox.



[Fig. 12.](#)

Mother and doctor failed to see that these "infectious diseases" were various forms of psoric elimination. These "dreadful" diseases were also promptly "cured" by poisonous drugs and serums. That is, they were checked and suppressed before they had run their full and natural courses, and were thus made permanent in the form of

defective hearing, liver and kidney diseases, indigestion and malnutrition. (Figs. 11- Fig.12)

Though John, in his numerous tussels with allopathic and home made remedies, did not contract and carry off all the defects and blemishes mentioned above, he entered upon young manhood sufficiently handicapped to make life a burden. Suppression of psoric diseases left "itch spots" in his eyes in the regions of the liver, kidneys and intestines, indicating where the psoric poisons had concentrated. (Fig. 12- Fig 13)

The eyes revealed in many places the color marks of quinin, phenacetin, strychnin, iodin, arsenic and mercury, showing that these poisons had accumulated in the parts and organs indicated in the iris and were now interfering with the normal functions of assimilation and elimination. (Fig. 12 - Fig.13.) As a consequence, elimination through the natural channels was seriously impeded, but waste matter and poisons had to be disposed of somehow. The mucous membranes of throat, bronchi and lungs undertook this work of vicarious elimination for kidneys and bowels, and it is not to be wondered that John was "catching cold" with every passing draft.

Doctor Pills, who had "cured" so many of his childhood ills, now furnished the cheerful information that the catarrh and cough were becoming chronic. John continued to lose ground little by little. One day he walked into Dr. P.'s office and remarked: "Well, Doctor, my feet got wet the other day and I caught another bad cold. I am coughing and expectorating terribly--it keeps me awake."

"All right, John," answered Dr. P., "here is some quinin sulph. that will down the fever; and here is some codein (opium) that will make you sleep and dry up that cough. Come back in a few days and let me know how you are getting on."

After a few weeks John came again. "Well, Doctor, your medicine worked like a charm. The fever was gone in twenty-four hours and the coughing and spitting has almost stopped now. Only I feel so weak in my limbs and my back aches and I have such a depressing headache and then my bowels won't move at all." (Depressing effects of quinin and opium.)

"All right, John, we'll fix that up for you. Here is some phenacetin that will stop your aches, and here is a nice tonic (arsenic, strychnia and iron) that will give you a fine appetite. And then you eat a good big beefsteak twice a day, eggs and chicken, soups and beef tea. A little beer or good old brandy won't hurt you either."

"All right, Doctor, but what about the bowels?"

"Oh yes, I forgot about them--here are some pills. Take a few after each meal. They will keep you going like clockwork."

One month later; "Good morning, Doctor."

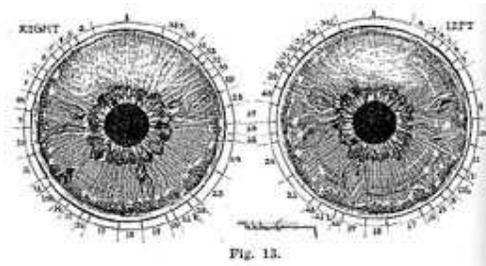
"Good morning, John, how are you?"

"Well, Doctor, it might be better. That cough you stopped seems to be getting a little worse again, and I eat and eat and eat, but I don't seem to grow any stronger --it feels

like a big stone in my stomach. My bowels worked a little better for a while, but now they won't move at all. Then sometimes I have a bad pain in my chest, and I am growing quite short winded."

"All right, John, I see we have to give it to you a little stronger. Here are some calomel pills (mercury)--take a few every night and follow it up in the morning with a good dose of salts. That is bound to do the work. Your appetite will be better, you will eat more and that will give you more strength. I notice your heart and pulse are getting a little weak. I'll give you some digitalis, that will strengthen the heart. And here is some ipecac to loosen the mucus in your lungs and help to bring it up."

Another month went by and poor John was not quite well yet. Once in a while he had a time of feeling well, and then the doctor told him the medicine was doing splendidly; again, John was worse, and the doctor said he must give him something stronger. By and by John became impatient. He thought "all that medicine" should have benefited him in some way. he did not like to leave his doctor, since Dr. P. now "knew his 'system' so well", He imagined that if he went to another doctor now, the latter would have to "study his system" for a year or so before understanding his multitudinous ailments.



[Fig. 13.](#)

Dr. P. himself grew somewhat tired of the case. It grated on his nerves to see poor John come again and again with the same old "tale of woe". He knew that the patient could not last much longer and advised him to consult a celebrated lung and throat specialist. John's vitality had been more and more lowered by the long continued effects of stimulants and virulent poisons. Poisonous tonics had worn out his stomach and cathartics his bowels. Quinin, iodine, arsenic, etc., were racking his flesh and bones with neuralgic pains. Degeneration of the lungs had progressed far enough to form a luxuriant soil for the tubercle bacilli. The celebrated lung specialist examined the sputum and found the T. B.'s in great numbers. He then proceeded to kill the germs with coal tar products. ([Fig. 13.](#))

But these poisons did not stop to pick out just the T.B.'s. On their way through the body they also destroyed red blood corpuscles and delicate tissues of vital organs.

So, between the germs and the germ killers, the tonics and the over feeding, the mercury, salts and other good old orthodox pills and potions, John in spite of (?) all that money and science could do for him, went rapidly from bad to worse.

The Resurrection

Finally the great lung specialist, recognizing the futility of his efforts, ordered John to pack his trunk as quickly as possible for El Paso or Phoenix, the paradise of "one lungers". Finding himself (thanks to long continued illness and expensive doctoring) short of the necessary funds required for an extended sojourn in the southern mecca of consumptives, John decided as a last and forlorn hope to obtain my opinion of his case.

Evidently having been informed about our way of doing things, he asked me to examine his eyes and give him a correct inventory and an estimate of his remaining anatomy. While I found some parts missing and others badly damaged, I did not consider his case entirely hopeless.

From the records in the iris I proceeded to unravel his history as outlined in the preceding sketch. When the diagnosis was finished he asked me whether I "got it" psychometrically or mediumistically. I assured him that I did not have to draw on any supernatural powers; that, on the contrary, my "reading" from the iris was based on very simple and strictly scientific facts and principles. By means of a magnifying mirror and a chart of the iris he was himself able to locate and to recognize the principal landmarks. He had to admit that the record in his eyes exactly tallied with his past history and present symptoms, and he felt convinced there was "something in it".

I assured him that though his case was somewhat complicated and advanced, I by no means considered him incurable since he possessed youth, some hundred and thirty pounds of flesh and the odds and ends of an originally good constitution. Only an actual trial could determine the possibility of cure. If there was left in his organism sufficient vitality and if his kidneys, intestines and lungs were not damaged beyond repair, his system would soon respond to the purifying and invigorating influences of natural treatment.

Furthermore, it was explained to him that when properly assisted Nature always works her cures in a perfectly orderly manner, in harmony with certain well defined laws of crisis and periodicity. In conformity with these laws there would be about six weeks of general improvement especially noticeable in the digestive organs. First of all the bowels, which, "in spite" of laxatives and cathartics, had been sluggish and constipated for a lifetime, would begin to act normally and freely. Then, as his system became purified and invigorated, Nature would commence in earnest her work of elimination and repair. The latent chronic conditions would then become acute. Febrile diseases and skin eruptions long ago suppressed, as shown in the iris, would reappear and this time run their course in regular, natural order.

I also informed him that during these crisis periods he would experience various symptoms of acute poisoning such as are commonly produced by quinin, coal tar products, mercury, iodine, etc., because these drug poisons accumulated in the course of many years would be stirred up in their lairs and would be eliminated in due season each under its own peculiar symptom.

When I had proceeded thus far in my prognosis John arose somewhat abruptly, grabbed his hat and started for the door, saying he would come back some other time—that he must now hasten to keep another important appointment.

Reading his thoughts, I assured him there was no cause for alarm; that healing crises come in mild form only, because they cannot materialize until the system is properly prepared, and in a healing crisis Nature always has the best of the fight. I also called his attention to the fact that he was rapidly wasting away in destructive disease crises and unless a speedy change was wrought in his condition he would soon be beyond the possibility of healing crises.

Reassured and encouraged by my explanation he decided to give Natural Therapeutics a fair trial.

I then proceeded to inquire into his daily habits and to offer suggestions for their correction. He was instructed that if he wished to eliminate old accumulations of disease and drug poisons he must stop taking in new ones in the form of meat, alcohol, tobacco, drugs, coffee or tea. The patient was put on a vegetarian, but withal positive, diet; everything in impure food and harmful drinks was promptly eliminated from his dietary. This greatly relieved his organs of elimination and gave them a chance to remove old encumbrances of morbid matter and poisons.

Cold water treatments, massage, spinal manipulation, simple health gymnastics, normal suggestion and the indicated homeopathic remedies, all contributed to increase in a natural and harmless manner the activity of skin, bowels, kidneys, mucous membranes and in fact of every cell in the body, and this increase of activity was brought about without introducing into his system any poisons whatsoever.

No condition can be called incurable until a combination of all these natural healing factors has been tried and has failed. If there be vitality enough to react properly under such treatment and if the destruction of vital parts be not too great the system will soon respond. John's case, fortunately, was of this description. Under our treatment the worst symptoms of the patient rapidly abated, his appetite improved wonderfully, the bowels moved more freely than for many years past; he grew in strength physically and mentally.

He continued thus to improve for about two months, all the while watching with us for the predicted manifestations. Then he came to us and said: "Doctor, I do not believe your crises are going to materialize in my case--I suppose I was not sick enough to have any. Don't you think I might go home now?"

I smilingly answered: "Just wait a bit and see--you will whistle a different tune by and by."

A few days later our erstwhile too confident patient came to me in a different frame of mind--the picture of fright and despair. "Oh my, Doctor! I must have caught a terrible cold, but I cannot imagine where, unless it was that last cold water treatment. I told the attendant he was putting it on too long and too cold, but he only laughed at me,--and now I've got it. And those nuts I ate did not agree with me, either--I am always a little afraid of them. Oh, my stomach and bowels are in a terrible condition! I'm just as constipated and nauseated as I was six weeks ago. I have chills and fever and the cough and catarrh are worse than ever. I feel it is all up with me now. It's too bad, after having been so hopeful and confident of recovery. I suppose I was too far

gone and my friend Jack was right. He told me this kind of cure was all right for rheumatism, but starvation diet and cold water would surely kill me."

Without wasting any sympathy on him I congratulated him on his good fortune, jokingly saying--"Well, well, such a beautiful crisis! And just on time, too. Oh, these crises! They are so pleasant to talk and read about and they are really interesting when it's on the other fellow, but when they strike us we wish the doctor and his Natural Therapeutics in a warmer clime and feel like making a short cut for the drug store 'to have something done quickly'. Isn't that the way you feel, old man? Oh, yes, you thought you were not going to have any crisis; well, without any doubt it has you now. No, you will not die; don't worry--you are doing gloriously. If you don't feel like eating, fast until you are hungry. If you feel hot and feverish, take a cold sponge or a foot bath; or if you have the chills and cannot get warm, take a wet pack and a hot drink. This together with our regular treatment will be fully sufficient for any emergency, and Nature will do the rest."

My good humor and confidence, inspired by absolute knowledge of the law, were more effective than the pills and blisters of Dr. P. John had it out with his fever, coughed, expectorated, perspired and had a pretty tough time of it generally. Notwithstanding the seeming severity of the symptoms he was able to attend to his usual duties with remarkable ease and endurance. Nature had the best of it--she never undertakes a healing crisis unless the organism is in condition to conduct it to a successful termination.

After a few weeks of crises our patient began to improve, growing stronger day by day. He realized he had actually "gotten rid of something"--he felt remarkably light and energetic, in fact better than for many years. I warned him, however, not to be over elated and not to mistake the first period of real improvement for a permanent cure. For, while the eyes showed greatly improved conditions in lungs, bronchi and digestive organs, they still revealed plenty of work ahead for Nature's healing forces. And subsequent events again confirmed the records in the iris.

After periods of "building up" and of splendid improvement, there would suddenly develop an inflammation of the kidneys, a "bilious spell", symptoms of acute quinin, iodine or mercurial poisoning. But the climax was capped by an acute attack of pneumonia.

His friends expected this to be the beginning of the end, but the inflammation in the lungs ran its course in less than two weeks and the patient began to improve, at first slowly and then more rapidly.

Today, three years after the great crisis, he is in good health and enjoying life in Europe.

The Moral of It

What lessons are to be learned from this remarkable and authentic case?

The diagnostic signs in the eyes of this patient were verified--(1) by his previous history; (2) by his "symptoms" which exactly correspond with the signs in the iris; (3)

by his subsequent healing crises; (4) by the gradual disappearance of the signs and color marks in the iris after the occurrence of healing and cleansing crises.

The diagnosis from the iris as illustrated and confirmed by this and other cases, absolutely and conclusively proves the cumulative effect of drug poisons in the body. It demonstrates that everything which is foreign, uncongenial or injurious to life reveals its presence in the body by certain well defined color marks in the iris of the eye. It furthermore proves conclusively that certain elements which in the organic form are normally present in the human organism, will become abnormal and injurious to health when taken in large doses in the inorganic mineral form.

For instance, iron, sulphur, sodium, lime, phosphorus, magnesium and manganese, in the live, organic form in fruits and vegetables may be taken continuously in large amounts without "showing" in the iris. The same elements, however, when taken in much smaller quantities in the inorganic form, soon accumulate in those parts of the body for which they exhibit a special affinity. These accumulations of foreign matter reveal their presence and location by well defined color marks in the corresponding areas in the iris of the eye.

Why is inorganic matter so injurious to living organisms? Nature never intended coarse inorganic minerals to serve as foods and medicines for human bodies. Evolution consists in ever accelerated vibratory activity, accompanied by an increasing refinement of matter and by greater complexity of structure. In accordance with this law of evolutionary development, each lower kingdom refines and prepares food materials for the next higher one.

The vegetable life principle draws, refines and organizes minerals of the soil into the living protoplasm of the vegetable cell and thus prepares them for animal and human" food. The animal life principle refines and elaborates vegetable matter into the highly refined and complicated molecular structures of the animal cell. The vegetable lives on the mineral, and the animal on the vegetable. To introduce the coarse, inorganic forms of the mineral kingdom into the animal organism is contrary to Nature's plan.

This explains why Nature did not prepare animal and human organs of assimilation and elimination to cope with the coarse, heavy aggregations of the mineral kingdom; why animal and human organisms cannot mould these uncongenial elements into normal living tissues; and why the organs of depuration cannot eliminate them completely.

As a consequence, such foreign materials accumulate in parts of the organism for which they possess a special affinity, and ever afterwards, unless eliminated by powerful, natural methods of treatment, act as irritants and poisons, thus causing a large percentage of chronic diseases.

What does diagnosis from the iris teach with regard to the dogmas of Christian Science? If there is no disease, why does God, or Nature, with marvelous exactitude, portray in the iris of the eye every passing or permanent condition which we are in the habit of calling disease? "Scientists" claim that diseases are only "errors of mortal mind". Mortal mind, however, until a few years ago never suspected the existence of

these records in the eyes. How then could it be instrumental in producing them? **If the teachings of Christian Science be true, we must necessarily conclude that the great Universal Intelligence which creates these wonderful records in the eyes is afflicted with a badly "erring mortal mind".**

About a year ago I attended a gentleman, who, in addition to natural treatment, desired also the assistance of a Christian healer. One day at the bedside of our mutual patient I met the healer, a grand old man with the venerable head and features of a patriarch. In the course of our conversation he related to me the circumstances of his conversion and development as a faith healer. Twenty years before, while living in a small Texas town, he was stricken with typhoid fever. The local country doctors fed him as usual on calomel (mercury), quinin and salts. But, in spite (?) of their faithful services he did not improve and they finally pronounced his inevitable doom. In his last extremity he had recourse to the Bible. The promises and assurances of spiritual healing therein aroused new hope and confidence, he "threw physic to the dogs" and put his sole and entire reliance in the healing power of the Spirit. A powerful therapeutic faith, thus aroused, greatly invigorated and harmonized his mental vibrations and these in turn, by continuity, acted as a powerful tonic on the waning forces of the physical organism. Unhindered by poisonous drugs and stimulated by therapeutic faith, Nature's healing forces now gained the ascendancy and the disease crisis was transformed into a healing crisis. But, Brother C., as he assured me, attributed his marvelous recovery to a special intervention of the Lord.

Through twenty years he had undoubtedly done a great deal of good in fighting the darkness and despair of crass materialism by a living faith in a higher spiritual healing power. But through all these years he had failed to understand the modus operandi of this healing power of Nature and could not appreciate its limitations. Looking into his big blue eyes I saw the yellow color marks of chronic quinin poisoning and as a concomitant the signs of chronic catarrh in the regions of head, bronchi and lungs. After he finished his story I asked him the question: "Is it not a fact that you suffer from time to time with ringing in the ears, frontal headaches and nasal and bronchial catarrh?" To which he answered: "Yes, brother, that is true; though prayer has helped me these twenty years in every other ailment, the Lord has never cured me of this chronic catarrh."

Confessions like these I hear continually from the lips of healers and Scientists. If Brother C. had understood the laws of cure as explained in these writings, he would have seen nothing remarkable in his spontaneous recovery from typhoid or from any other acute ailment, because they are in themselves healing and cleansing efforts of Nature.

He would also have understood that even the Lord could not cure him of his chronic catarrh so long as quinin, the primary cause and excitant of it, was not removed from his system; he would have known that it takes more than the buoyant and stimulating effect of therapeutic faith to eliminate such poisons from the system. With all due respect for the holiness and effectiveness of prayer, it is still true that a four months' thorough course of water cure, manipulative, dietetic and homeopathic treatment would have accomplished a great deal more in diminishing the signs in the iris and the catarrh in the body than his twenty years of faithful prayer. After all, God helps those

9. Name four ways you can use a Jensen iris reading.
10. As you were looking at the irises of your family and friends list four “warnings to iridologists that YOU used” and why. For example, some people tend to concentrate intensely and thus may have been reminded to let their subject rest by the rule of not looking in anyone’s eyes too long. What “rules” do you think will help you be a better iridologist?
11. As you looked at the irises of your friends you may have noticed many markings. What markings stood out in these people’s eyes? Please list the first names (or assumed names) of four of these people. After that list the following under their name:
 - a. Color of their iris
 - b. Main characteristic you noticed in their iris
 - c. Three things you told them
 - d. What was their response

Chapter 2: Charts & Color in the Iris

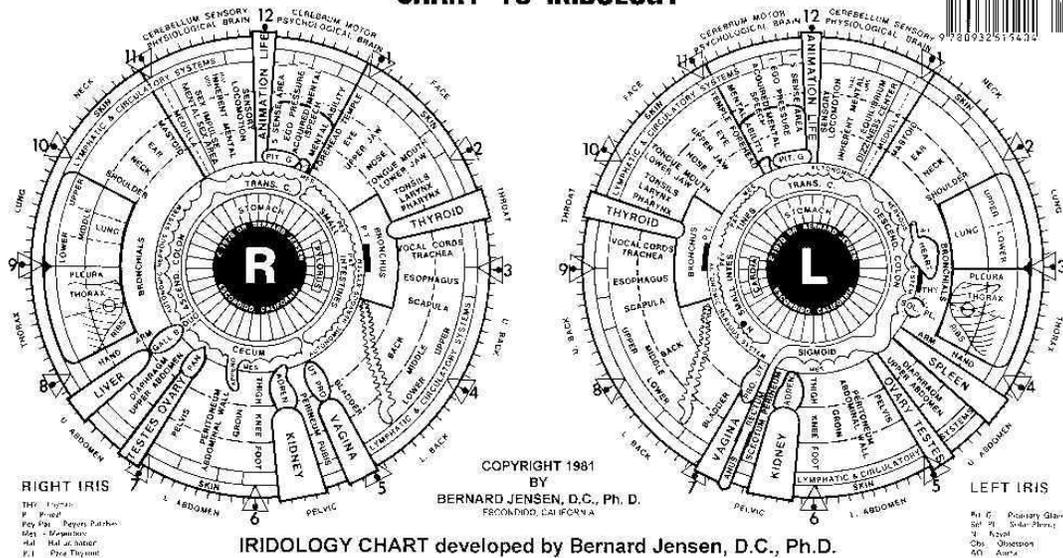
These next two chapters are a combination of my writings and some excerpts from a book by Henry Lindlahr, published in 1919. His book is still applicable today and I use it as an illustration of how timeless iridology is. I also use excerpts from his book to present a more detailed look at some aspects of iridology. I have highlighted his book in blue. Another thing I hope my students learn from his book is that we are never free from deception or poisons. Today many people are convinced that all these “problems of old” are gone and that poisonous food additives are a thing of the past, etc..However, that will probably never be so. There will always be new drugs and new additives and instead of believing that we are safe, we must develop the habit of being aware.

Charts and Methods in Iridology

Iridology has been used since the beginning of time but historically charts have changed and been more refined in modern times. At the same time different charts have been in use around the world and even today there are slight differences in iridology charts that are in use. In addition, a new kind of chart is being developed that is based on a field called “eyeology”. This chart combines the personality analysis skills of the Rayid chart with the physical analysis information of the Jensen chart and much more to provide an even more holistic view of the iris being viewed.

However, one must always have a grasp on what has happened in history and what other charts are available. In this course I will be using mostly the Jensen chart. However, when I do consulting myself I also use the British chart, especially when what I see in the person’s eyes does not make sense according to what they have told me.

CHART TO IRIDOLGY



Iris Chart by Bernard Jensen, American iridologist

There is a source where you can download integrative iridology charts if you are very interested in this advanced art:

http://www.cnri.edu/Integrative_Iridology_Chart.htm

A Good source for many beautiful charts:

<http://www.theherbdoc.com/Products/Iridology/charts.htm>

Constitution and Color in Iridology

The first two things you will see in the iris quite easily are the constitution and the color of the eye. These are two readings that almost anyone can make and sometimes even without the aid of a lens or light. To make these readings you need only to glance at the iris and note three things:

1. Look at the “spokes” or fibers in the “wheel” of the iris. Where and how are they situated?
2. What color is the iris overall?
3. Are there any secondary colors? If so, where are they located?
4. Are the iris’s different colors?

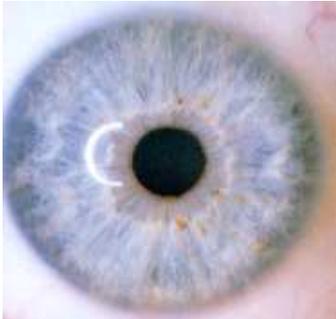
Just by noting these three things you can tell the following about a person:

1. Acidity levels in the body
2. Existence of Candida

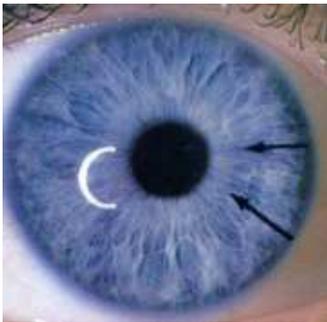
3. Their physical constitution
4. Their basic physiological type
5. Their health challenges in life
6. Existence of any toxins and where they are
7. Perhaps even WHAT those toxins may be

To tell this information from the iris take notes using the four steps above and use the guide below to glean as much information as you can from the iris:

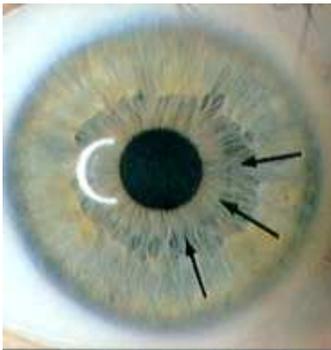
1. Acidity levels in the body



Acidic Body State



Overacid Stomach



Underacid Stomach

Acidity levels in the body are clear in two ways. If the iris fibers are white or the iris seems overall white in color then this indicates that the person has high acidity levels in their body. If there is a white ring around the pupil itself, then this indicates and

underacid stomach. If there is a darker ring around the pupil then this indicates an overacid stomach.

What does all this mean?

Overacid stomach can come from Eating too many acidic foods such as meat, grains and milk products or sugar and not enough vegetables and fruits.

And underacid stomach can come from an imbalance in stomach chemistry in which protein digesting hydrochloric acid is insufficient. Indicates a lack of organic sodium and a potential for protein anemia. This can come from ingestion of devalued foods or many drugs (OTC or recreational or prescription).

High acidity levels in the body in general can come from over consumption of acid creating foods such as meat products, milk products, sugar and packaged foods, and some grains. High acidity levels can also come from negative thinking, lack of exercise or too much exercise. The book, "Your Health, Your Choice" speaks of this problem in great detail and also shows you how to solve this problem. I have included some information from the book in the following paragraphs. If you are interested in finding out more, you can find a copy of the book at the library or a bookstore.

The order and combination of foods is also very important in how they affect the health. Deciding which foods to combine in which order may seem difficult, but there are actually only a few basic rules to follow. The first rule is that fresh fruit must not be eaten with any other food, even dried fruit. Fruit is classified as a pre-digested food, which moves straight through the stomach and into the intestines. When it combines with any other food in the stomach it will ferment itself and anything else in the stomach.¹ This is perhaps the easiest rule to remember because traditionally fresh fruit is always eaten alone as a snack or desert item (Without whip cream or cobbler crust). However, the easiest way to remember proper food combination is to know *why* certain combinations work and why others do not work. When a person understands why some combinations don't work, then they will not have trouble remembering the rules.

The second rule of food combining is to start each meal off with something raw.² The reason is because raw foods contain the enzymes that help us to digest our food. Furthermore, just like the first rule, this is also a traditional practice in most cultures. Traditionally and formally the salads and hors d'oeuvres (that often contain other raw items) are eaten before a meal. So the answer to, "Why do we eat salads first and deserts last?" lies in the laws of proper food order and combining.

The third rule of food combining is to not mix protein and starches. One may eat starches with vegetables and vegetables with meat, but should try to avoid combining starches and proteins.³ The reason is that proteins and starches require completely different environments for digestion. If a person combines them, neither will end up having the ideal environment. This will not make a person sick, but will simply mean that what they are eating is not being digested and utilized to the most of its ability which means they are not getting the benefit from the food they are eating which means they will need to eat more food and to have more nutrients as well. Proteins need a more acidic environment for digestion while carbohydrates and starches can be prepared for digestion at a much quicker rate.⁴

Furthermore, a protein meal takes up to five hours to be digested so it should be the last meal of the day since your body needs to concentrate on digesting it. Excess protein consumption leads to an over acid environment in the body. This environment does not allow the normal cellular functions of the body to perform correctly and causes leaching of minerals from the organs. In fact, as little as forty-seven grams of protein a day can cause your body to lose more calcium than you take in with your food.⁵ It is difficult to see protein as a culprit, though, since a plump fried chicken can taste so good and keep one

¹ Frahm, Anne E. and David J., *A Cancer Battle Plan*. Tarcher & Putnam Press, 1992. Page 79.

² Morter, Dr. Ted M. Jr., MA, *Your Health...Your Choice*. Lifetime Books Inc., 1995. Page 225.

³ Morter, Dr. Ted M. Jr., MA, *Your Health...Your Choice*. Lifetime Books Inc., 1995. Page 225.

⁴ Morter, Dr. Ted M. Jr., MA, *Your Health...Your Choice*. Lifetime Books Inc., 1995. Page 221.

⁵ Morter, Dr. Ted M. Jr., MA, *Your Health...Your Choice*. Lifetime Books Inc., 1995. Page 119.

full for so long. It seems that something that tastes good and gives us so much energy cannot be “bad”. However, the fact that we are full for so long is not necessarily good news for our digestive system. It may be annoying to feel hungry every two or three hours, but it is even more annoying to the body to have the heavy protein load of meat sitting in the intestines for five hours or more.

The more a food sits in the body, the more chance the body has of soaking up toxins from that substance and if one eats non-organic meats, their body is soaking up even more than toxins. It is soaking up hormones and antibiotics as well. In fact, the higher people eat up the food chain, from grains to fruits to leafy vegetables and all the way up to milk, eggs and animal meats, the higher the concentration of pesticides and other chemical pollutants are in the food. Dairy products alone have a 250% increase in toxins over leafy vegetables and a 1500% increase over root vegetables.

Another deceptive thing about protein is that it gives us so much energy. We usually eat food to give us energy so this seems like a good thing. However, protein does not increase energy - it stimulates *nervous* energy. In fact protein is second only to drugs as a major stimulant. Even coffee, cola drinks and tea are weak stimulants compared to protein.⁶

Sugar is another deceptive food that raises acidity levels of the body as well as doing many other damaging things. Sugar tastes good and enhances the taste of many other substances. However, sugar increases appetite, interferes with digestion of foods, and leaches vitamins and minerals out of the system (especially calcium and sodium). Basically, sugar harms us by stimulating the physiological activity of the body into action, but then not providing any enzymes, vitamins or minerals to process it. So it then must take the nutrients it needs from the body to process itself in the body. This leaves us with a shortage of nutrients, which causes us to feel hungrier, and in the long run may cause visible nutrient deficiencies.⁷ Many people, believing that only white sugar is bad, use honey or other sweeteners as a substitute, but *all* sugars and sweeteners (even honey) ultimately have similar effects on the body even if some substances show these effects stronger than others.

Nancy Appleton, MD, who wrote Lick the Sugar Habit lists the following things that sugar can do to our body: Suppress the immune system (three soft drinks will wipe out the immune system for the day); upset the minerals in the body; cause hyperactivity, anxiety, and difficulty concentrating; produce a significant rise in triglycerides, cause reduction in defense against bacterial infection, cause kidney damage, reduce high density lipoproteins, lead to chromium deficiency, lead to breast, ovarian or prostate cancer; increase fasting levels of glucose and insulin, cause copper deficiency, interfere with absorption of calcium and magnesium, weaken eyesight, raise the levels of neurotransmitters called serotonin, cause hypoglycemia, produce acidic stomach, cause aging, arthritis, asthma, candida, gallstones, appendicitis, heart disease, varicose veins, and periodontal disease; increase cholesterol and migraine headaches; interfere with the absorption of protein, cause toxemia during pregnancy, impair the structure of DNA, cause cataracts; and cause hunger pangs and overeating.

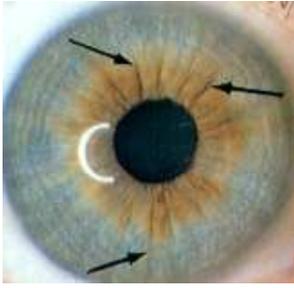
Artificial sweeteners are even more dangerous. Aspartame, long considered a “safe” sugar substitute and the one people turn to try to avoid all the sugar problems listed above actually may cause more problems than the sugar people are trying to avoid. This is not surprising considering that Aspartame breaks all the rules of a healthy food. It is not raw, it is not whole, and it is a fake food. Aspartame is made of phenylalanine, aspartic acid (two amino acids) and methanol (commonly known as methyl alcohol or wood alcohol). Consumption of Aspartame can cause a flooding of amino acids in the bloodstream, blindness, brain swelling, and inflammation of the pancreas and heart. Aspartame has also been reported to cause headaches, mood swings, changes in vision, nausea and diarrhea, sleep disorders, memory loss and confusion and convulsions. It is especially unsafe for children.⁸

2. Existence of Candida

⁶ Morter, Dr. Ted M. Jr., MA, *Your Health...Your Choice*. Lifetime Books Inc., 1995. Page 119.

⁷ Morter, Dr. Ted M. Jr., MA, *Your Health...Your Choice*. Lifetime Books Inc., 1995. Page 83.

⁸ Balch, James F., MD and Phyllis A., CNC, *Prescription for Nutritional Healing Second Edition*. Avery Press, 1997. Page 9.

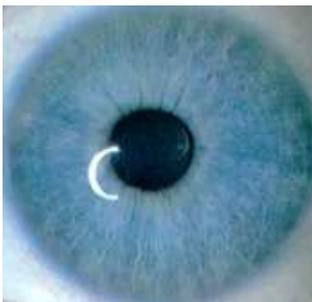


Brownish red in colon area shows either candida OR perhaps even iron deposits. Although the sign of iron is usually a little darker red and sometimes splotchy and not so uniform.

Candida is a yeast, which is normally present in the bowel. It feeds on sugars, simple carbohydrates and fermented products like alcohol and cheese. Everyone has candida in the gut but the problem with it only occurs when the numbers gets out of control. Causes for this can be: too many antibiotics, a hormone imbalance (the pill is a major factor in this) stress and poor nutrition. These affect the balance of organisms in the gut and allow the bad ones to multiply. It is not hard to see why candida has increased during the twentieth century. The use of medicines, steroids, alcohol, sweet products has increased tremendously, even hormones are now fed to cattle and chicken. Unfortunately the presence of candida in the body weakens the immune system, which has to try and cope with the toxins produced by the yeast. The yeast takes over and turns into a nasty mycelial form, which sends out mycelia or roots, which invade the rest of the body. This is where the long-term problems start as unpleasant symptoms are produced in the part of the body that the yeast takes control of. Candida has also been linked to: mercury (amalgum) poisoning, diabetes, ME., Post Viral Fatigue syndrome, AIDS and Cancer. Like candida all these are linked with an inability of the immune system to cope. In my online course about nutrition and herbs I offer diets for candida and acid conditions as well as herbs that help with these conditions.

3. Physical constitution

The pictures below show the two extreme degrees of density. Dr. Lindlahr does a very good job of describing the other levels below. Keep in mind, also that a strong constitution does not mean one is immune to disease or harm! Sometimes it can mean the opposite. A person who is very strong may take advantage of their body and abuse their health more. So this sign in the iris is just a general informational sign and usually not in any way conclusive about a person's health condition. I use it more to help me know how the person will respond to the herbs and how long it perhaps took them to get into their condition.



Strong Constitution



Weak Constitution

DENSITY OF THE IRIS

(Fig. 6, p. 42)

While color of the iris is indicative of hereditary traits and of the degree of purity or impurity of blood and tissues, density is a measure of that which we call vitality, tone, power of resistance, recuperative power, etc.

Normal Density

Before proceeding with the study of this subject let me explain what is meant by density. When the structures composing the stroma and surface layer of the iris are normally developed and arranged in an orderly manner so that they lie in smooth, even layers, like the fibres in a perfectly woven fabric, and when the layer of endothelial cells covering the surface of the stroma is intact, then the iris is of normal density and presents a surface of crystalline clearness with the beautiful, glossy appearance of topaz or mother-of-pearl.

While such an iris is the rule among animals living in freedom, it is nowadays very rarely found in human beings.* It is sometimes seen in cats' eyes, but never in dogs', probably because the cat stubbornly adheres to its natural modes of living, while the dog readily adapts himself to the unnatural habits of living of his master and is, therefore, more prone to disease than any other animal excepting man and the hog. Burton Hendricks, the cancer expert, claims that the lap dogs of Fifth Avenue are afflicted with cancer as frequently as are their luxury loving owners.

*"The surface endothelium is very perishable, being demonstrable only in fresh specimens obtained from young individuals, and usually with much greater difficulty in the human than in the animal iris." (From a standard work on anatomy.)

Defective Density

In an iris of defective density the nerve and muscle fibres in the surface layer and stroma are unevenly developed and arranged--some swollen, others shrunken or entirely obliterated, all crooked, warped and intermingled. In some areas the fibres are massed into bundles; in others, entirely displaced so that the darker underlying layers become revealed, giving the appearance of dark shadings and black spots.



Fig. 6. The Four Densities.

Fig. 6. The Four Densities.

In some instances the displacement is so deep that actual holes are formed exposing the dark pigment layer. This is often the case after serious wounds and fractures entailing great loss of tissues. Such a hole in the iris was the dark spot in the owl's eye, which led the boy Peckzely to the discovery of this wonderful science of Iridology.

An iris of defective density presents in color, as well as in grain and texture, an uneven, mottled appearance. As every sign, mark or discoloration in the iris stands for some abnormal condition in the body, it is clear why defective density indicates lowered vitality and weakened resistance.

We judge the firmness and textile strength of a piece of wood, metal or woven fabric by the fineness and smoothness of grain and fibre. Correspondingly, we recognize in coarseness, looseness and irregular arrangement of fibre the unmistakable marks of inferiority and lack of textile strength and stamina.

Oak and mahogany have a finer grain than poplar or willow; steel is finer and denser in texture than iron.

Similarly, a fine, dense iris indicates density and firmness of tissues in the body, and vice versa. In other words, the degree of density of the iris corresponds to the degree of vitality and to the general tone of the system. Since density refers only to the woof of the iris, the scurf rim, medicine signs, lymphatic rosary and itch spots are not taken into consideration in determining the degree of density.

Significance of Density

Since abnormal color pigments in the iris represent encumbrances of morbid and foreign matter in the system, and since density denotes the degree of integrity and tone of the tissues, color and density combined indicate the degree of--

- (a) Stamina and endurance;
- (b) Vital resistance to disease;
- (c) Recuperative power and response to treatment;
- (d) Expectancy of life.

We judge the quality of the constitution of an individual according to the absence or presence in the iris of the various hereditary and acquired taints, encumbrances and defects.

The life expectancy of an individual can be estimated by the quality of his constitution as revealed in the iris. Frequently, however, individuals with frail constitutions carefully nurse their health and outlive those with vigorous constitutions who recklessly squander their vitality. According to the showing in the iris of color, density and hereditary lesions, we distinguish four types of constitutions. The ideal, as before stated, we do not find in human beings. We therefore have not given it a place in the drawing (Fig. 6) which illustrates the four degrees of density.

Four Degrees of Density

(Fig. 6, p. 42)

Section 1. **Good.** We notice only a few straight, whitish lines. This iris is sometimes found in infants and young children, and in sailors and mountaineers.

Section 2. **Common.** The white lines are increased and more tangled. There are a few hereditary lesions and some dark lines indicating subacute, catarrhal conditions; also some nerve rings. Individuals exhibiting this degree of density may enjoy good health in the usual sense of the term.

Section 3. **Poor.** In this section white lines are more prominent and tangled. It contains several nerve rings. Signs of subacute and chronic conditions are more numerous. There are several closed defects. Individuals of this type are usually trying one "cure" after another.

Section 4. **Very Poor.** In this section signs of chronic and destructive chronic conditions predominate. The nerve rings are partially dark. Closed lesions as in Section 3. Prognosis not promising.

4. Physiological type

The Normal Colors of the Iris

As described in Chapter IV, there are only two normal iris colors,--light azure blue and light hazel brown.

I. The stroma of the blue iris is devoid of pigment, thus allowing the purple pigment layer to shimmer through as a uniform, clear sky blue.

II. In the normal brown iris the connective tissue cells of the stroma contain a brown pigment, which totally obscures the purple pigment layer, thus imparting a uniform, clear light brown color to the iris.

The albino iris contains no pigment either in the connective tissue cells of the stroma or in the pigment layer. The resulting transparency renders the blood vessels visible, hence the iris presents a delicate pink appearance.

For the sake of avoiding confusion we will henceforth consider only the Indo-Caucasian iris which is normally of a uniform brilliant azure color.

There are two normal colors of the iris,--light brown and light blue. These are subject to change through various hereditary and acquired influences. In the previous chapter I have explained how the anatomical structure of the various layers of the iris accounts for the blue and brown color effects.

The influence of race heredity on the color of the hair and eyes is an intensely interesting subject, but I cannot discuss it in the confines of this volume. It will be treated more fully in the fourth volume of this series.

Concerning the subject of racial color I call attention here to only a few interesting facts. There really is no black color of the eyes. As before stated, brown and blue in various shades of lightness and darkness are the only two normal colors of the iris, and these were originally determined by race heredity.

According to esoteric history five great root races have come into existence so far on this planet. The third of these was the Lemurian root race which inhabited the continent of Lemuria or Pan, which occupied a large area of what is now the Pacific Ocean. The similarity of geological formations, flora, fauna, and of ethnological characteristics observed on the many thousands of islands in the Pacific Ocean which are supposed to have been the mountain peaks of ancient Lemuria, offer strong evidence in favor of the existence of such a continent. The remarkable ruins on the Island of Madagascar, built of immense blocks of stone, are remains of the gigantic architecture of the Lemurian giants, who were probably the prototype of the Cyclopes of Greek mythology.

The fourth or Atlantean root race is the first one about which we possess authentic knowledge. Its early sub-races were the yellow--Chinese and Mongolian--the black skinned African, and the red and copper colored Atlantean or Turanian branches. All these offshoots of the fourth or Atlantean root race were brown eyed and black haired.

The fifth or Aryan root race developed from the latest and most perfect offshoots of the Atlantean race. The first three offshoots of the great Aryan race--the Hindoo, Arabian and Iranian or Persian subraces--underwent a gradual change from the copper color of the latest Atlantean races to the dusky brunette of the most highly developed products of the Hindoo, Arabian, Persian, Chaldean and Semitic types.

The last two subraces of the Aryan root race, the Keltic and Indo-Caucasian branches, completed the transition from the Asiatic brunette to the blonde type of the Keltic and Indo-Caucasian branches. The fourth or Keltic sub-race emigrated southwestward from the cradle of the Aryan race in what is now eastern Siberia, conquered the countries around the Mediterranean, and founded the ancient Greek, Latin and Iberian civilizations. From Spain Iberian tribes emigrated into Ireland and Great Britain.

The last or fifth subrace of the Aryan root race took its course along the northern slopes of the Caucasus and tarried there for many thousands of years before it resumed its westward course into what is now called the continent of Europe. The

offshoots of this subrace were the Germanic, Gallic, Gaelic, Anglo-Saxon and Scandinavian tribes, whose outstanding racial characteristics were tall stature, egg-shaped skull, fair skin, yellow hair and azure blue iris.

Iris Color and Mental Characteristics

Ancient history records that only a few thousand years ago, before the era of drug poisoning and hyper-civilization, blue eyes and blond hair were still the rule among nations of Keltic and Indo-Caucasian descent, Homer describes his Hellenic heroes as blue eyed and blond haired. The victors in the Olympian games were often so described. Caesar speaks of his brave foes,--the Gauls, ancestors of the brown eyed French,--as blue eyed and blond haired. The blue eyes and golden hair of the captive northern maidens were the envy of the dark eyed Roman beauties. It became the fashion for wealthy Roman ladies to wear the yellow tresses of the Teuton women, while the "peroxide blonde" was not an uncommon spectacle in the streets of Rome.

Blue eyed Caucasian regiments today form the cream of the Sultan's army. Circassian beauties are admired the world over for their abundant and luxuriant yellow hair and blue eyes. The regiment of giants collected from all over the world at great expense and trouble by Frederick William, the father of Frederick the Great, was composed of blue-eyed men.

Observe closely first class companies of jugglers, circus performers, strong men, prize-fighters, animal trainers, singers and actors, and note how many brown-eyed people you find among them. You will be astonished at the small percentage.

Visit an old people's home and count the brown eyed above 60 years of age; you will not find twenty-five in a hundred.

The following clipping from "Physical Culture" in an article concerning baseball is of especial interest in this connection:

"The reason why the Jew is not more prominent in the greatest of American sports--baseball--is due partly to a physical peculiarity of his race. The first requisite of a good baseball player is that he shall be a strong batsman. One of the methods employed by a manager in selecting his players is an examination of the eyes, for it is a singular fact, though little known, that the best batsmen are men with light-colored eyes. For some reason the dark eyed man has never been able to get his eye on the ball well enough to become a great and consistent batsman. As Jews, with comparatively few exceptions, are dark eyed, they cannot qualify in this important particular. The dark eyed man must have some remarkable special ability outside of batting to recommend him to the consideration of the baseball manager."

Observe school children in cold and stormy weather. You will find the blue eyed outside at play in spite of cold, rain, or storm, but the brown eyed will be in the house hugging the warm stove.

Note here: Dr. Lindlahr is not making this statements as a bigot or to mean any racial slur of any sort. However, be careful. For in some iridology literature you will find that people have used iridology in this way over the years! I take observations such as these "with a grain of salt". I think they are useful in my detective work on the iris,

but I do not hold people back by sharing observations such as these. For instance you would never want to tell a client “don’t try to go out for this sport because your eye color will not make you good at it.” Information such as this is observational and informational and not meant to be used as a life rule.

Also take some of his theories with a “grain of salt”. I have read many “theories” such as his about the history of the iris and I usually find them greatly influenced by the prevailing thoughts of “race” at that time. I do, however, find it interesting to read. Do not take it too seriously, use this chapter as a historical reference and as a way to get ideas for your own notes.

Our brown-eyed patients, as a rule, shun the cold water treatment,--they have a perfect horror of it. Many would rather die than be cured by cold water, while the blue eyed usually take to it like ducks. Homeopathy says, " Sulphur patients shun the water." Now sulphur patients are usually psoric patients, and psoric individuals are usually brown eyed.

Let me conclude my discussion of iris color with a few quotations from the writings of Major Woodruff, M. D., of the United States Army, who spent many years in the tropics and devoted much effort to ethnological research,--the study of racial customs and characteristics.

As indicated in the following excerpts from his writings, he fully recognizes the superiority of the blond type. He says:

"The blond Aryan type must have flowed south and asserted its supremacy early, for all traditions from pre-history show the aristocracy and royalty to be of this type, even in lands densely brunette.

"Most of Poland's great men, such as Kosciusko, have been of this type, but the mass of Poles are too inert for Aryan independencies. Louis Kossuth, the Hungarian patriot, was a blue-eyed Aryan of the ruling aristocrats. His father was a lawyer 'of noble lineage and patriotic antecedents.' His struggle for Hungarian independence was typically Aryan--'equal rights for every class, freedom for religious belief, trial by jury, free public instruction, and the annual meeting of the diet.'

"Investigations show the general tendency to the blond, tall, long headed type among the upper classes of Russia and Poland."

Royalty and nobility of Russia, capitalists and captains of industry, if not Jewish, are of the blond type and of Aryan descent.

Major Woodruff believes that the first men were undoubtedly brunettes from whom blonds have gradually evolved with the acquirement of their higher characters. This coincides with my history of the descent of the races in "Eugenics". The third and fourth race people and the early offshoots of the fifth root race were dark colored and brunette. The Keltic, Germanic and Scandinavian races were normally blue eyed and blond haired.

Major Woodruff further says:

"The blue eyed and rufous (reddish haired) type was chosen in the early centuries for pictures of Jesus Christ.

"Brunettes live in cities, **blonds live on the waters**. The brunette is a landlubber. The blond is now and always has been the best sailor. He takes to water like a duck, even after several generations have lived on land. He is the yachtsman of the world, the boat-builder, and rules the sea. For centuries the Mediterranean man has been building fleets for the Baltic man's pleasure to destroy. Moreover, Havelock Ellis' studies in the National Portrait gallery lead him to suppose that England's power rests in great part on her blond sons. He says that the small group of prominent people springing from the working classes is among the darkest of the group. He says it is clear that a high index of blondness or an excess of fairness prevails among the men of restless and ambitious temperament,--the sanguine, energetic men, the men who easily dominate their fellows, and who get on in life; the men who recruit the aristocracy and who doubtless spring largely from the plutocracy. It is significant, he further notes, that the group of low class men, artisans, peasants, and the men of religion, whose mission in life is to practice and preach resignation to a higher will, are both notably dark. While the men of action tend to be fair, the men of thought show some tendency to be dark. (Author's note: Those with negative, psychic tendencies.)

"Blond Symbol of Aristocracy"

"In the royal family Mr. Ellis found an early tendency toward fairness, but by later Tudor times there was a tendency toward darkness, while the light mixed type of eye, usually blue-yellow, has remained persistent. It is from the fair elements he observes that the aristocracy is chiefly recruited, though in the course of a few generations there is a tendency to brunetness in these families, probably from the tendency of the blond men to marry brunette women."

Major Woodruff Becomes "Mixed"

After thus acknowledging the physical and mental superiority of the blue-eyed type, Major Woodruff becomes twisted in his deductions through not understanding how color of the eyes is influenced by mongrelization and by unnatural habits of living. He says "Blonds, despite their prowess, are a vanishing race," and he finds that Great Britain's brunettes are absorbing the blonds, that the blond type is less resistant and that there are fewer instances of long life among the blonds; also "they form an undue proportion of England's invalids and are prone to certain mortal maladies which are withstood by the brunettes."

He reasons from the increase of brunettes in the cities that they are the stronger and more resistant type. If he understood the laws as revealed by the diagnosis from the eye he would perceive that exactly the reverse is true, that the increase in the number of brunettes is due to the degenerating influences of city life, **that the rapidly increasing numbers of brunettes are blue eyed people, or their descendants, turned dark eyed under the weakening, degenerating influences of mongrelization, food poisoning foul air, confinement, over-strain, over-stimulation, luetic diseases, drugging, vaccination, lymph, serum, and antitoxin therapy**. He would also understand that the preponderance of blue eyed invalids is due to the fact that they are the more resistant race and that they will survive adverse

influences, such as dissipation, surgical operations, drug poisoning, etc., under which brown eyed people quickly succumb and die.

One reason why brown-eyed persons sometimes outlive the blue eyed is because the latter are apt to squander their exuberant vital resources in dissipation and overwork. They feel and act as though there were no limit to their powers of endurance, while the brown-eyed folk are usually well aware of their limited resistance and weakened powers of endurance and therefore instinctively husband their strength.

This explains why blond athletes and prize-fighters frequently fall victims to wasting diseases early in life. A recent example of this self-destruction of a splendid Saxon specimen through overwork and dissipation is our genial, virile Jack London. In many of his novels he rhapsodizes over the excellent qualities of the blond superman. He was very well aware of the superiority of the type and portrays it in many of his characters.

We constantly find in our practice that as a rule the recuperative powers of the blond are much better than those of the brunette. The great men of history of Aryan descent, almost without exception, no matter to what nation they belong, have been and are now blue eyed. Statistics are being collected which confirm this fact in a surprising manner. As before stated, Columbus was a blue-eyed Italian and Napoleon was a blue-eyed Corsican.

Look at a map of Europe and note how, traveling from north to south, the size and strength of body as well as physical and mental vigor, positive ness and aggressiveness decrease with the increase of color in the eye. Compare, for instance, the vigorous, blue eyed Canadian and North American with the languid Southerner, the brown eyed, lazy Mexican; and still lower in the scale, the dark eyed natives of the Brazilian tropics.

From this evidence, is it not clear that the blue eyed type of humanity, as a rule racially as well as individually, represents physically and mentally the vigorous, energetic, aggressive, sanguine, positive qualities of human nature, while the brown eyed exhibit in a marked degree the weaker, negative, subjective, sensitive and emotional characteristics?

However, do not despair, ye brown eyed folk, for in spite of the color of your eyes you may be better off physically and mentally than a great many of your blue eyed brothers and sisters, for as previously stated, three factors in the diagnosis from the eye determine health, strength and expectancy of life,--viz., color, density and hereditary lesions. An individual possessing dark eyes of good density may have much better chances for health and long life than a blue-eyed person with an iris of poor density and with many hereditary and acquired lesions and signs of suppression and drug poisoning.

While the observations above are interesting this is the information I use and give to my clients:

The Blue Iris is generally associated with a "Lymphatic" constitution and sometimes referred to as the "lymphatic-rheumatic-tubercular" constitution. Thus the Blue iris often shows a tendency in a person to

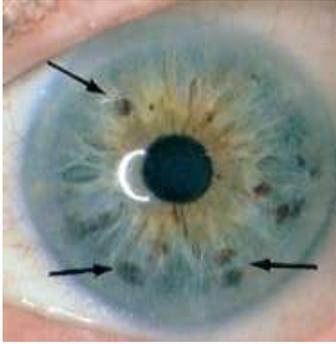
develop lymphatic system problems. The lymph glands in the neck, axilliae and groin's are all vulnerable points for these people. Children with blue eyes are prone to getting Tonsillitis with huge neck glands, and when they get older they may get Glandular Fever with large spleen's. They are also susceptible to adenoidal problems and to nasal polyp's. Additionally, the thyroid gland is associated and they may become hyperthyroidal in later life, with young women developing thyroid goitre's. There is also an inherited predisposition to Tuberculosis weakness of the respiratory system, but whilst T.B is not so common today the pattern still exists within this constitutional type of person. This constitutional type are also prone to dry coughs, haemoptysis (coughing blood), pleurisy, dry bronchitis, a hoarse voice, and they are also prone to Rheumatic pains, which are common problems to this constitutional type, as are sharp neuralgic pains. They may also accumulate acid crystals giving rise to a risk of gout. Further to this is a tendency to develop arteriosclerosis producing high blood pressure and affecting the heart and the kidney in later life. Cataract formation may also occur in these people.

The Grey Iris by way of constitution is very similar to that of the Blue Iris, but it has more marked predisposition to develop rheumatic and arthritic conditions. It is sometimes referred to as the "rheumatic-catarrhal" constitution. This individual may well be prone to both rheumatoid arthritis and osteoarthritis and the sero-negative arthropathies such as Psoriatic arthropathy. The Skin therefore, is very often affected, seeing the emergence in the individual of skin disorders such as eczema, psoriasis, septic skin conditions and acne. Catarrh is also a big problem in these constitutional types of people, and this may manifest in upper respiratory catarrh, which will in the main affect the sinuses, the ears or the nose. There may also be a troublesome tendency toward the susceptibility to chest infections which linger and produce a thick tenacious mucus. Catarrh can also be troublesome in other forms for these people. The mucus secreting cells of the bowels may produce much catarrh to predispose the individual to the irritable bowel syndrome and colitis.

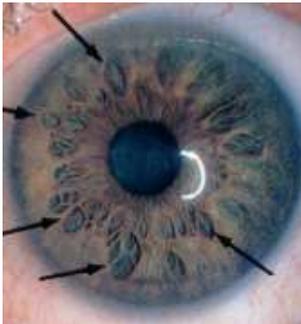
The brown iris is indicative of an accumulation of pigment and an overall congestion pattern. it is sometimes referred to as the "gastric-bilious-carcinomatous" constitution. This would make the individual prone to all manner of digestive problems and liver system disorders. The failure of shifting of vital bodily fluids causes congestion within the cells of the system. This causes defective functioning, swelling of the cells and ultimately damage as an end result, if the condition goes unrelieved. This will see problems such as gastric ulceration, dyspepsia, heartburn, nausea, gall stones, colic, diverticular disease affecting these people in later life with lifelong problems such as constipation being another possibility. There is also a tendency to put on weight and retain fluid, and have heavy and painful menstrual periods (Women). Premenstrual syndrome is also common for the women of this constitutional type, as is premenstrual migraine. Due to the tendency toward not being able to shift bodily fluids, there may also be a tendency to develop neoplasms or growths, of the benign and the malignant types. Note that green irises often have the same constitutional characteristics.

Keep in mind that you will acquire a set of notes yourself on personality and eye color as you look at more and more people. Keep notes! I, for instance have found that nearly all people with a cholesterol ring (you will learn about later) have very willful and stubborn personalities. Years later I read this obscure observation in another iridologists notes and later I discovered that this same ring is used in Rayid iridology to mean exactly that!

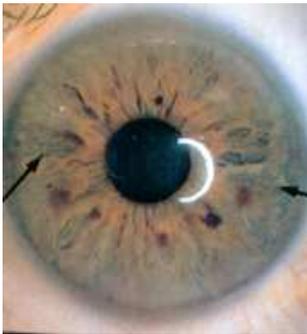
5. Health Challenges in life



Psora Spots



Lesion (Closed)



Lesion (Open)

I have included the three pictures above to give you a better impression of the psora spot and how it differs from a lesion spot or a toxin spot. There are a few different theories on psora. Some see them as inherited physical or mental challenges. Some see them as purely developed by the person themselves. Read the information below and keep it all in your mind as you observe your client. You will use it all from time to time. There is no one truth in iridology, I find. Instead, you must use iridology as a tool in exploring more about the person in front of you.

Dr. Bernard Jensen describes psora spots as “learning spots”.

Psoric Spots are another common sign and often called “inefficiency producers” or “learning spots” (as they often provide challenging situations that one must learn from). You do not need a magnifying glass to see these. They are the freckles upon the iris. Psoric Spots are sepia or black in color. When you do look at them through a magnifying glass, however, you will see that they appear to float above the surface of the iris fibres. They seem to have definite edges, as opposed to a wispy haze of

discoloration that might represent toxin accumulation. Psoric Spots are usually there from birth and accompany the individual throughout life. Having said this, if the individual receives appropriate treatment the Psoric Spots may disappear or fade. Psoric Spots represent inherited miasm-s. Dr Samuel Hahnemann, the founder of Homeopathy, was the first to produce a complete theory about Miasm-s. These are inherited after-effects of previous illnesses suffered by ancestors. They are not genetic susceptibilities as such, but seem to reflect problem areas, which ancestors had, which we were then handed onto the familial tree. Not all branches get the problems, however, sometimes a generation is spared. This may sound like a genetic phenomenon, but it is not so straightforward (which is not to suggest that genetics is straightforward!) An individual might have had syphilis, for example, and been adequately treated, yet still hands over a weakness to a son, daughter, grandson, as if the ghost of the original problem is still present.

The Psoric Spot is indicative of there being an area of the body, which could become troublesome if their lifestyle chooses. This means if they adopt particular lifestyles, then the brunt of their lifestyle may affect that organ. It seems as if the Psoric Spot has a much more ephemeral effect upon the individual than a marker of potential physical weakness, like a lacuna.

I have found that any zone under a psoric spot may function as if it is under a “cloud”. The function of the organ may be clouded as well as the “vision” of the organ. An example is the spleen. If a person has a psoric spot over their spleen their spleen and lymph may become congested and cause toxicity in the body or easy weight gain. On top of that the “vision” of the spleen may be congested. Since the spleen is the organ of anger this may mean a person does not get angry or react when they should because their “anger” reaction is impaired. They may also find they react too quickly in anger. Faded or fading psora spots can also indicate PAST weaknesses in the body or psyche. Such as childhood problems with anger or the spleen (given the example above). Of course the same example applies to all other areas of the eye.

ITCH OR PSORA SPOTS IN THE IRIS

(Fig. 9, p. 75, Color plate, [a](#) and [b](#), page 116)

In civilized countries, especially in those bordering on the Mediterranean Sea, where suppression of itch and other skin eruptions is commonly practiced, about ten per cent of all eyes show in the iris sharply defined dark brown spots ranging in size from that of a pinhead to that of a buckshot. (Fig. 8, also Fig. 9, and Color plate, [a](#)) These spots Iridology designates as itch or psora spots, because they appear after the suppression of itchy eruptions or eczematata and of psoric parasites (pediculi capitis and pubis).

I have observed in many instances that suppression of psoric eruptions resulted in formation or enlargement of the scurf rim instead of in the appearance of itch spots. This is probably due to the weakening of the skin by suppressive agents, such as mercurial or other poisonous salves, etc.

The word "psora" was adopted by Hahnemann, the father of Homeopathy, from a Greek word signifying "itching", and he applied the name to certain skin diseases, which are characterized by intolerable itching.

Probably no other question in medical science has given rise to so much controversy as Hahnemann's much disputed theory of psora. It is therefore very interesting to observe in how far the eye confirms this theory of hereditary and chronic disease and in how far it contradicts the same.

The Theory of Psora

For one hundred years "Similia similibus curatur", the fundamental law of homeopathy, has been the only fixed point in the chaos of constantly changing medical theories, and in a perverted form under the guise of vaccination, antitoxin, serum and organ therapy, this great law of cure has been adopted even by the allopathic school of medicine.

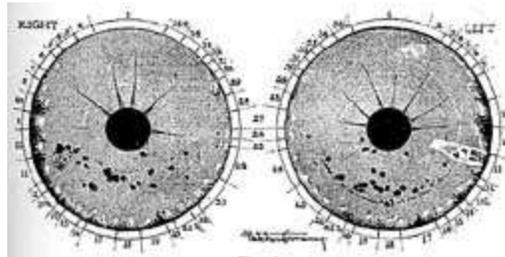


Fig. 9.

Comparatively few of his closest friends and followers accepted Hahnemann's theory of psora. This part of his teachings was unmercifully ridiculed by his opponents and silently ignored even by those who were believers in and exponents of the law of "Similia".

Briefly stated, the psoric theory claims that age long persistent suppression of itchy, parasitic skin eruptions and of gonorrhoeal and syphilitic diseases has encumbered "civilized" humanity with three well defined hereditary taints or miasms. These were named by Hahnemann psora or itch, sycosis or gonorrhoea, and syphilis. He further claimed that the greater part of chronic diseases had their origin in these hereditary miasms and that many acute diseases are merely external palliative manifestations of these internal latent, chronic taints.

Scurf Rim and Hereditary Psora

(Fig. 8A, page 66, scurf rim)

(Fig. 8C, psora or itch spots)

Darkening of the iris color and the scurf rim stand for those conditions which Hahnemann called "hereditary psora" and which are usually spoken of as hereditary scrofula. The name psora covers also those disease conditions which result later in life from the suppression of itchy eczema, hives, shingles, scabies (itch) and of other psoric parasites. The itch or psora spots are never seen in the eyes of the new born, but only later in life when psoric eruptions and parasites have been suppressed by means of sulphur, zinc or mercurial ointments, by hot water, steam or hot air bathing, or by any other agent or combination of methods.

To recapitulate: Darkening of the iris color and scurf rim stand for the long list of hereditary ailments which Hahnemann calls hereditary psora, commonly known as "scrofulous diathesis". The dark brown itch or psora spots and the scurf rim stand for the effects of suppressed itch and psoric parasites. I have observed that blue eyed parents suffering from suppressed itch, as shown by the itch spots in their eyes, usually have brown eyed or "scurf rimmed" children. These revelations of the iris

confirm Hahnemann's statement that suppression of acute itch or scabies creates hereditary psora and chronic constitutional psora in the offspring.

Before we proceed in our study of the itch spots in the eye it will be instructive and interesting to quote a few passages from Hahnemann's "Chronic Diseases" and to learn just what he means by psora and suppression of psora. Our esteem and admiration for this wonderful man will be greatly increased when we reflect that he discovered, by keenness of intuition and by marvelous powers of concentration and observation, what we today see so easily and plainly revealed by iridiagnosis.

QUOTATIONS FROM HAHNEMANN'S "CHRONIC DISEASES"

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"Thus this eruption, externally reduced in cultivated countries to a common itch, could be much more easily removed from the skin through various means, so that with the medical external treatment since introduced, especially in the middle and higher classes, through baths, washes and ointments of sulphur and lead, and by preparations of copper, zinc and mercury, the external manifestations of *Psora* on the skin were often so quickly suppressed, and are so now, that in most cases, either of children or of grown persons, the history of itch infection may remain undiscovered.

"But the state of mankind was not improved thereby; in many respects it grew far worse. For, although in ancient times the eruption of Psora appearing as leprosy was very troublesome to those suffering from it, owing to the lancinating pains in and the violent itching all around the tumors and scabs, the rest of the body enjoyed a fair share of general health. This was owing to the obstinately persistent eruption on the skin, which served as a substitute for the internal Psora.

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PSORA has thus become the *most infectious* and *most general* of all the chronic miasmas. For the miasm has usually been communicated to others before the one from whom it emanates has asked for or received any external repressive remedy against his itching eruption (lead-water, ointment of the white precipitate of mercury), and without confessing that he had an eruption of itch, often even without knowing it himself; yea, without even the physician's or surgeon's knowing the exact nature of the eruption, which has been repressed by the lotion of lead, etc. . . .

"Mankind, therefore, is worse off from the change in the external form of the *Psora*--from leprosy down to the eruption of itch--not only because this is less visible and more secret and therefore more frequently infectious, but also especially because the Psora, now mitigated externally into a mere itch and on that account more generally spread, nevertheless still retains unchanged its original dreadful nature. Now, after being more easily repressed, the disease grows all the more unperceived within, and so, in the last three centuries, after the destruction of its chief symptom (the external skin eruption) it plays the sad rôle of causing innumerable secondary symptoms, i. e., it originates a legion of chronic diseases, the source of which physicians neither surmise nor unravel.

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"So great a flood of numberless nervous troubles, painful ailments, spasms, ulcers (cancers), adventitious formations, dyscrasias, paralyses, consumptions and crippling of soul, mind and body were never seen in ancient times when the Psora

mostly confined itself to its dreadful cutaneous symptom, leprosy. Only during the last few centuries has mankind been flooded with these infirmities, owing to the causes just mentioned.

"It was thus that PSORA became the *most universal* mother of chronic diseases.

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"It is incredible to what an extent modern physicians of the common school have sinned against the welfare of humanity, since, with scarcely an exception, teachers of medicine and the more prominent modern physicians and medical writers have laid down the rule and taught it as an infallible theorem that: 'Every eruption of itch is merely a local ailment of the skin, in which ailment the remaining organism takes no part at all, so that it may and must be driven away from the skin at any time and without any scruple, through local applications of sulphur ointment or of the yet more active ointment of Jasser, through sulphur fumigations, by solutions of lead and zinc, but most quickly by the precipitates of mercury. If the eruption is once removed from the skin everything is well and the person is restored and the whole disease removed. Of course, if the eruption is neglected and allowed to spread upon the skin, then it may eventually turn out that the malignant matter may find opportunity to insinuate itself through the absorbent vessels into the mass of humors and thus corrupt the blood, the humors and the health. Then, indeed, man may finally be afflicted with ailments from these maglignant humors, though these might soon again be removed from the body by purgatives and abluents; but through prompt removal of the eruption from the skin all sequelæ are prevented and the internal body remains entirely healthy.'"

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"These horrible untruths have not only been, and are still being taught, but they are also being carried out in practice. The consequence is that at the present day the patients in all the most celebrated hospitals, even in those countries and cities that seem most enlightened, as well as the private itch patients of the lower and higher classes, the patients in all the penitentiaries and orphan asylums, in other civil and military hospitals, wherever such eruptions are found--in short, the innumerable multitude of patients, without exception, are treated, not only by physicians unknown to fame, but by all, even those *most celebrated*, with the above mentioned external remedies, using perhaps at the same time large doses of flowers of sulphur, and strong purgatives (to cleanse the body, as they say). These physicians think that the more quickly these eruptions are driven from the skin the better. Then they dismiss the patients from their treatment as cured, with brazen assurance and the declaration that everything is now all right, without regarding or being willing to notice the ailments which sooner or later are sure to follow; *i. e.*, the *Psora* which shows itself from within in a thousand different diseases. If the deceived wretches then sooner or later return with the malady following *unavoidably* on such a treatment; *e.g.*, with swellings, obstinate pains in one part or another, with hypochondriac or hysterical troubles, gout, consumption, tubercular phthisis, continual or spasmodic asthma, blindness, deafness, paralysis, caries of the bones, ulcers (cancer), spasms, hemorrhages, diseases of the mind and soul, etc., the physicians imagine that they have before them something entirely new and treat it again and again according to the old routine of their therapeutics in a useless and hurtful manner, directing their medicines against phantom diseases; *i. e.*, against causes invented by them for the ailments as they appear, until the patient, after many years' suffering continually aggravated, is at last freed from their hands by death, the end of all earthly maladies."

Is the Itch Disease Local and of Purely Parasitic Origin or Is It Constitutional?

When the microscope revealed a minute, ugly looking parasite as the apparent cause of itch eruptions, allopathy jubilantly declared that Hahnemann's theory of psora was thereby finally disposed of. The little mite which is blamed for this disagreeable disease has been named by science, the *acarus scabies*, or *sarkoptes hominis*.

Under the microscope the parasite presents a ferocious appearance, having a body somewhat resembling that of a tortoise with the legs of a spider. His body is studded with strong bristles by means of which he braces and supports himself in the flesh of his victim when burrowing his tunnels into the lower layers of the skin. It is the prick of these bristles in the flesh and the work of his voracious maw which causes the intolerable irritation peculiar to the disease. The insect is devoid of eyes and nervous system; it is all mouth, teeth and stomach. The male is the smaller and burrows in the surface layers of the skin, while the female is larger and digs its shafts deep down into the cutis vera, or true skin, where it taps and sucks the minute blood vessels.

Orthodox science says: "Itch is never found without the *acarus scabies*, therefore the latter must be the cause of the disease." Since the discovery of bacteria allopathy has extended this local and parasitic conception of disease so as to embrace almost every known pathological condition. As a natural corollary of this theory, germ killing has become the basis of modern medical science.

Iridology, however, conclusively proves that Hahnemann after all was right and that allopathy is in error when it claims that the killing of the itch microbe and of the vermin which infest head and pubis, effectually terminates these diseases.

For, after the killing of these parasites by means of sulphurous and mercurial ointments and other agents, sharply defined brown spots appear in certain parts of the iris and it has been conclusively proved that the areas in the iris displaying these psora spots correspond to the parts and organs of the body in which, after external suppression, the psoric poisons have concentrated.

We are often asked, "How can you prove that the scurf rim or brown spots in the iris have any relation to suppression of skin eruptions, itch parasites and vermin?"

Our answer to this is: "The diagnosis from the iris of the eye and the progress of chronic cases under natural methods of living and treatment conclusively prove these facts." Instances like the following come under our observation almost daily.

Clinical Proofs

A case of itch has been promptly cured with sulphur ointment and within a year there appears in the iris of this person, close to the pupil (area of the stomach), a sharply defined dark brown spot, and from that time on, the person is greatly troubled with chronic gastritis and later on with ulcers of the stomach.

A mother is horrified to find on the head of her little girl some lice. Within a few days the hair is full of nits and the vermin have increased to an alarming extent. The mother applies coal oil, or mercurial ointments, and the "nasty things" disappear from the surface--but not from the body. The psoric taints which Nature was trying to eliminate, now reinforced by drug poisons and by the deadly miasms contained in the

bodies of the parasites themselves, recede into the interior and in place of being distributed throughout the entire body they now concentrate in some vital part or organ, and chronic headaches, epilepsy, chorea, asthma, nervousness, sexual perversion, etc., are often the result.

Several years ago a lady belonging to a wealthy and refined family came to us for a diagnosis of her case. The left iris displayed in the region of the cerebellum a light brown spot, and I remarked, "You have suffered for many years with chronic headaches, nervousness, twitchings in the limbs and the muscles, and with dizziness." All of this she confirmed and wanted to know the cause of her lifelong suffering.

"As a school girl," I continued, "you were troubled with head vermin and your mother treated them in the usual way."

"Yes," she answered, "I remember distinctly, I was affected that way several times, but what has that to do with my ailments?"

I explained to her that not external filth alone but internal uncleanness as well, favors the development of these parasites; that like bacteria they subsist on constitutional poisons and act as Nature's scavengers which purify the system of scrofulous and psoric miasms. I also informed her that in many instances natural treatment had reproduced the old suppressions and warned her to avoid suppressive treatment, if such a healing crisis should develop in her case.

One day, after three months of Natural Therapeutic treatment, she complained about intolerable itching of the scalp. A look into her eyes revealed that the brown psora spot was surrounded and interlaced by fine white lines, the signs of an approaching acute reaction. "You will have visitors very soon," I remarked.

"What visitors do you mean, doctor?"

"The same kind that your mother killed some 25 years ago."

Within a week after this conversation she entered my office and laughingly exclaimed, "Oh Doctor, not one visitor, but a million! I am just alive with them." "All right," I answered. "Be thankful they have come. This means the cure of your chronic ailments. Do not use anything now but a comb and cold water."

"How lucky, Doctor, that you told me about this in advance. Without your warning I would surely have rushed to a drug store and have done the same thing over again."

Her old friends remained with her about two weeks and then disappeared as they had come. From that time on she was free from the "terrible periodical headaches" and other nervous ailments which had troubled her since childhood. Possibly this psoric crisis prevented the development of insanity in later years.

"Catching" in this case was absolutely out of the question, for she lived in the most refined surroundings and for three months cold water sprays and douches had been applied almost daily to head and body.

We are often asked the question: "Where do they come from--you do not believe that they come from the body itself?" We do not know, but we do know by frequent experience that when the body begins to eliminate scrofulous poisons we need not worry whence germs and microbes are to come. As carrion attracts vultures so the chronic miasms attract bacteria and parasites.

This was written ten years ago for the "Nature Cure Magazine," but I allow it to stand in order to show how I anticipated the solution of the problem furnished by the microzyma, as outlined in Volume I.

Occurrences like the one related answer the oft repeated question, "Why stir up these disease miasms--why not leave them where they are, if their elimination causes so much trouble?"

If allowed to remain their presence means much greater trouble in the future. Better a brief healing crisis than paresis, cancer or tuberculosis.

6. Physical conditions

This is perhaps the hardest part! There are so many colors of the iris and you must keep in mind that the colors vary according to the original iris color to. So if a person has "yellow" toxins in a blue eye it may appear slightly green, whereas "yellow" toxins in a brown iris may appear more golden. On top of this confusing problem you will find the colors can be indicative of many things. I have first listed the ORGANS the colors are associated with. However, after that you will see listings by Dr. Lindlahr and myself show that the colors could mean many other different things. Ask questions and use your imagination to find the answer for your client!

General Colors of the eye indicated as related to body organs:

Straw Yellow - Kidney

Orange - Pancreas & Liver

Fluorescent Orange - Gallbladder, Pancreas and Liver

Brown (light, medium, dark, reddish) - Liver

Black/Tar - Pre-cancerous & liver

Brown Pigment - indicates a liver/pancreas problem.

Brown (Tar) Pigment - usually seen in diabetes. This pigment is as a result of either the liver not sufficiently detoxifying or inadequate production of trypsinogen (which breaks down protein) by the pancreas.

Brown/Red Pigment - indicates a pancreas problem.

Fuscin Pigments - yellow brown pigments over the liver/gall bladder area and the pancreatic head. This type of pigment usually indicates dysfunction of the gall bladder. Fuscins are substances, which develop during the break down of hemoglobin and its derivatives in the liver.

Lattice Pigment a net structure with a very large mesh and irregular fringe edge. It is black/brown in color and occurs rarely. It is very large and often covers a part of the iris from the collarette to the ciliary edge. The lattice pigment indicates a disposition to diabetes, chronic liver disease and formation of tumors.

Orange/Yellow Pigment inside the collarette indicates a problem with protein metabolism and shows putrefaction of protein. When seen outside the collarette kidney malfunction is indicated.

Pink/Yellow Pigment - *in the iris outside the collarette indicates a kidney problem.*

Red/Yellow Pigment - *in the iris indicates a pancreas problem.*

Rufin Pigments - *are red pigments and when seen in the liver zone with vascularized liver transversal may indicate carcinoma of the liver.*

Yellow Pigment - *associated with the kidneys and digestion and usually develop in the lymphatic iris type or by a high intake of meat products. Yellow pigment may develop in the kidney zone or the intestinal zone.*

Black Hair Pigment - *clearly seen as a pigment spot with black hair on the surface of the iris. This sign appears mostly in the middle or peripheral part of the ciliary zone. The black hair pigment may indicate cancer of glandular organs.*

Black Pigment - *when seen in isolation indicates cancer of the corresponding zone.*

7. Existence of Toxins

If the color you see is more defined, as in the spot of color or a closed off area of color, or even color that covers a certain organ area, you may be looking at a “drug deposit” or toxin deposit of some sort rather than a psora spot or a general discoloration that could indicate an organ problem. You need to keep this in mind and ask questions to be able to distinguish what you are seeing. For instance, if you see a brownish –red tint in the area surrounding the pupil this most likely indicates the presence of candida. However, occasionally, the tint may be a bit redder and could indicate the toxic deposits of iron in the intestinal area. You can find out more specifically what it may be by asking your client some questions. To find out if it is likely to be candida ask them if they often crave bread or sweets or would have trouble giving these up. To see if it might indicate iron deposits ask them if they are taking any supplements with iron in them and what kind of iron it is.

8. What the Toxins may be

Sometimes you need to use some detective skills and a little imagination to find out what toxins you see in the iris. Start by making a list of all the prescription and over-the-counter drugs your client is using. Add to this list some of the additives in the foods they consume the most, the names of the herbs and vitamins they are taking and information about the environment they live and work in. Do they drink highly chlorinated water or swim frequently? Are they exposed to chemicals at work? Once you have this list you can try to decide according to color, what it is you see in the iris. This is a list of possibilities to get you started:

Mercury or Hydrargyrum - Quicksilver: whitish or silvery gray circular line of a metallic lustre in the circulatory area of the brain region. The brown eye will display a more blue or greenish tint.

Lead or Plumbum :This drug may be seen in the iris as a lead blue, or bluish gray circular discoloration in the stomach - intestines region. Although this drug has an affinity for the intestines, other organ areas may also have settlements in severe cases.

Iodine: No other drug shows up more clearly than iodine although signs will differ according to internal or external absorption. Internal absorption will show up as a bright red, reddish brown, or orange colored spots that sometimes have a white border showing irritation and inflammation, or process of elimination.

Quinine: Depending on certain chemical combinations associated, Quinine shows as a yellowish, cloudy discoloration or sometimes greenish cloudy hue. Quinine has an affinity to settle in the brain

areas, eyes, ears, and digestive systems.

Bromides: Bromides show in the outer-most iris area closest to the sclera as a whitish or yellowish white crescent with the affinity to settle in the brain and nervous system areas. Bromides are used heavily in the pharmaceutical industries.

Arsenic: Early stages of arsenic pigmentation will show as a grayish-white veil like specks over the gastro-intestinal or respiratory areas. Later stages shows up as grayish white flakes and may appear singly or irregular groups in the circulatory area.

Phosphorus: Phosphorus can show up as whitish, grayish, and faded yellow specks and clouds in the gastro-intestinal, brain, limbs, diaphragm, and heart areas. May appear a lighter amber color in brown eyes.

Aluminum: May show up as blue-gray spots in the circulatory area.

Sodium: Sodium will show up as a slight metallic lustre in the circulatory or lymphatic areas. This ring may fully surround the iris or may be found in parts depending on the quantities of inorganic salt not eliminated in certain circulatory areas.

Sulphur: Sulphur shows up in the gastro-intestinal area producing a yellow or dark brown, sulphur like color. When the sulphur sign is seen in the iris, irregular conditions in the autonomic nerve wreath may be seen indicating a sluggish condition in the intestinal tract.

Creosote: Creosote produces a fine grayish or ashen gray veil over the whole iris. Long term cases will show up as sparkling white spots in the stomach or intestinal areas.

Strychnine: Strychnine shows in the iris as a white wheel-like circle in proportion around the pupil in the stomach area. Close inspection may find lines or spokes radiating from the pupil.

Ergot: Ergot shows as a series of bright red, sometimes rust-brown spots in the gastro-intestinal tract and may sometimes be found as bright red spots throughout various organs in the iris. It is also seen at times as a red or rust-brown circle in the stomach area.

Glycerine: Glycerine shows as large white spots or clouds in the skin, kidneys, and lung areas.

Salicylic Acid: Salicylic Acid (famous as aspirin) shows as a whitish gray cloud or veil spreading unevenly over the outer margin of the iris, being more pronounced in the upper part. It is frequently associated with the sodium ring. This drug also has an affinity to the gastro-intestinal tract.

Ferrum or Iron: Ferrum & iron will show up as a rusty-brown discoloration of the entire gastro-intestinal tract. This often comes from the digestion of multi-vitamins or iron pills.

Bismuth: Bismuth ingestion will show as dark-gray irregular circles in the digestive tract.

Vaccine Virus: Vaccine Virus shows as a distinctly superficial black or muddy brown spot. This spot is always surrounded by white indicating that the virus is causing irritation, creating an inflammatory area around it. Vaccine virus has the tendency to darken the entire iris and may also cause white lines to appear in the liver, spleen, and bladder areas for reason of elimination.

Opium: Opium is seen in the iris as pure white straight lines radiating from the pupil or the autonomic nerve wreath outward. This is most noticed in the upper part of the iris.

Morphine: Morphine is similar to opium although appears in the iris as finer white lines which are very superficial.

Cocaine: Cocaine is similar to that of morphine as it appears in the iris.

Nicotine: Nicotine is similar in appearance to that of the vaccine virus in portraying the dark, smoky effect. In heavy smokers, it is common to find a number of nerve rings and some abnormalities in the autonomic nerve wreath (collarete).

The following is an excerpt from Henry Lindlahr's book. Keep in mind that some of the usages that he lists are no longer valid today. However, even more amazing is some of the usages that ARE still valid today! And his view on the importance of the spiritual being of the person is also very important. I have included this section to give you a background of possibilities to help you with ideas when you see colors in people's irises. I remember studying drug colors years ago and I said to myself, "I will never use most of this information because doctors today don't prescribe this stuff and also most people coming to me don't use drugs." I was so wrong! I have since met "healthy" people who tell me of years of Marijuana use that still shows in their eyes, people who were given new drugs by their doctors that are obviously just as deadly as the old ones, and people who have taken medicines in remote countries without knowing what they were.

The Sign of Iron (Fe) Ferrum (Color plate, Page 116, [Fig. a](#))

We find that iron, after it has been taken in considerable quantities in the inorganic form, shows in the areas of stomach and bowels as a rust brown discoloration which

closely resembles the color of iron rust ([Color plate, a](#)). I have verified this sign in hundreds of cases in people who had absorbed iron in inorganic form in medicines or in water strongly impregnated with the mineral. Cases like the following have been of frequent occurrence:

Several years ago a lady came to one of our public clinics for diagnosis from the iris. The area around the pupil corresponding to the region of the stomach and intestines, showed a very heavy iron discoloration. I asked whether she had not taken the mineral in some form of drugs or patent medicines, but this she positively denied. Adroit quizzing finally brought out the fact that for several years she had used water from the iron spring in Lincoln Park. After forming this habit she had suffered much from constipation and indigestion.

I explained to her that these ailments were probably the result of the iron poisoning. Following my advice, she adopted a pure food natural diet and began a course of eliminative natural treatment. Within six months the iron sign had disappeared from her eyes and the digestive organs were in normal condition.

Note from Kristie Burns: I have found the same thing in my practice. Even today, although people claim they are using “natural” forms of iron, many people are still consuming the inorganic iron OR forms of iron that are not natural enough or that are in excess. Multi-vitamins are one of the biggest problems in this area. Iron is mostly used today by people with low energy, in multi-vitamins and for pregnant women (the poor baby!). Keep in mind that multi-vitamins of children are filled with iron and sometimes a newborn baby may get an overdose from a mother who took too many pregnancy vitamins. One must be a detective in some ways when it comes to finding out the source of some things. Also, iron can stay for years in the organs, so a baby who had an overdose before they were born who was also given vitamins as a baby and child might still show signs of it in their eyes as they grow older.

Iron

Allopathic Uses:

1. Externally on mucous membranes and broken skin as constringent and striptic against diffuse hemorrhages, catarrhal discharges and other inflammatory exudates.
2. Internally the non-astringent preparations are used as hematinics together with such drugs as influence the diseased conditions on which the anemia or debility depend, for instance:
3. Iron arsenate in chronic skin affections, particularly lupus, lepra, psoriasis, eczema, scrofula and syphilitic lesions.
4. Iron sulphate in chronic diarrhea, dysentery and passive hemorrhages accompanied by marked relaxation.
5. Iron bromid or iodid as tonic-alterative in atonic amenorrhea and chlorosis in young women.

6. Iron glycerophosphate and iron of manganese during convalescence, asthenic nervous conditions and rickets.
7. Iron valerianate, in hysterical complaints complicated with chlorosis.
8. Iron and quinin in malarial cachixia, cardiac disease and nephritis.
9. Antidote in acute arsenical poisoning, repeatedly administered in form of dialysed iron.

Accidental Poisoning:

1. Mineral waters.
2. Proprietary blood tonics.

Toxicology:

1. Unabsorbed and excreted as iron sulphid, coloring stools black.
2. Dyspepsia. Stubborn constipation.
3. Abdominal pain relieved by pressure.

Sodium (Na) Natrium

Sodium shows in the eyes in the form of a white wreath in the outer margin of the iris. (See Color plate, p. 116, Figs, a and e)

Before I became acquainted with Nature Cure, my eyes were heavily marked with drug signs. Some of these have entirely disappeared. Others are still faintly visible. Fig. 15 is a reproduction of charts of my eyes drawn fourteen years ago by Dr. Henry Lane, author of "Iridology".

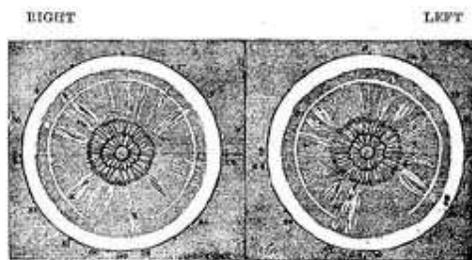


Fig. 15. Dr. Lane's Illustration Showing Appearance of Author's Eyes Sixteen Years Ago.

It will be noticed that there is in the outer rim of the iris a broad white ring and a narrow inner ring. These signs were produced by inorganic sodium which for several years I had taken in large quantities to neutralize a hyperacid condition of the stomach.

Today, as a result of natural living and treatment, these sodium rings as well as many other drug signs and disease signs have almost entirely disappeared, as shown in Fig. 16. The crosses in Fig. 15 indicate large iodine spots in liver and right kidney as they appeared sixteen years ago.

When I was a child our family physician had coated my neck at different times with iodine for the absorption of enlarged lymphatic glands. The poison had been absorbed through the skin and had accumulated in liver and kidney. This, together with decidedly unnatural habits of living, produced chronic ailments that incidentally led me into the work I am now doing.

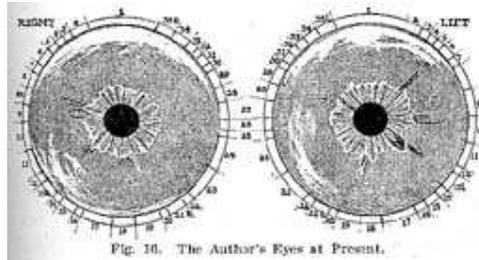


Fig. 16. The Author's Eyes at Present.

Natural living and treatment have eliminated most of the sodium, as indicated in Fig. 16, but today, after forty-five years, the iodine spots are still faintly visible in several places, namely in left kidney, left lung and bronchi, and in right kidney and gall bladder. This proves that sodium and iodine, though congenial to the human body in the organic form, cannot be taken with impunity in the inorganic mineral form.

The history of my own case, as illustrated in these charts of the iris, shows that sodium is much more easily and quickly eliminated from the system than iodine. In this way iridology answers the question, "How long does it take to eliminate foreign matter and poisons from the system?"

We have observed that the symptoms of drug poisoning usually disappear much earlier than do the signs from the iris. This apparent contradiction can be accounted for by the fact that under the influence of natural living and treatment the general constitutional conditions are so improved that, although some of the poison is still present, the stronger organs are now able to compensate for the deficiency on the part of the weaker ones and therefore the effects of the drug poisoning are compensated for to some extent.* It may also be possible that drug poisons are more readily eliminated from vital organs than from the iris, on account of the more active metabolism in the former. (*See Chapter XXIV, entitled "Basic Diagnosis".)

As regards signs of those minerals and earthy substances which are naturally present in the human body, we find that iron, sodium, lime, sulphur and magnesium disappear much more quickly from the iris than iodine and phosphorus, indicating that the latter are more destructive and more difficult to dislodge.

Potassium (Kalium, K), Lime (Calcium, Ca) and Magnesium (Mg)

Inorganic lime, magnesium and potassium show in the outer margin of the iris in the form of a grayish white wreath somewhat similar to sodium. (Color plate, p. 116, Figs, [a](#) and [e](#).)

Only recently I examined a patient who came to us for diagnosis and treatment from far-away New Mexico. His iris exhibited very heavy sodium rings similar to my own as represented in [Fig. 15](#), p. 122. Quizzing at first failed to reveal the source of the mineral accumulation in his system. Finally, however, it became apparent that the sign in the iris must have been produced by drinking for many years the water from the shallow wells of his native plains, strongly impregnated with alkali. These signs gradually disappear from the iris when the patient abstains from the use of mineral waters and adopts eliminative diet and treatment.

In the light of Nature's records in the iris, it is little less than criminal to give inorganic lime water, baking soda, iron, magnesium and table salt to little babes in artificial food mixtures when good cow's milk and fruit juices contain these minerals in great abundance in the live, organic (vitamine) form.

In the organic form in fruit juices and raw vegetable extracts, all these minerals may be taken continually in large quantities and will not show in the iris. An excess is easily eliminated from the system through the excretory organs, and we may safely say that the organism does not contain an excess of these positive mineral elements until a point is reached where the reaction of the urine is natural.

Thus Nature's records in the iris prove conclusively that she does not intend us to use these elements in the inorganic mineral form. The only apparent exception to this rule seems to be sodium chlorid, our common table salt. This might be explained by the fact that sodium chlorid is one of the ordinary products of kidney elimination, while other sodium combinations are not. There is no reason, however, why we should endanger health by using the table salt in such enormous quantities as is customary, since we can supply the demand of the system for sodium chlorid in the organic form by adding a liberal quantity of fruits and vegetables to our diet. There is no doubt whatever that table salt, when taken habitually and in considerable quantities, is very injurious to the system. The reasons for and against the use of salt have been fully discussed in the chapter entitled, "To Salt or Not to Salt", in the Nature Cure Cook Book, Vol. III of this series.

Notes from Kristie: I have seen these signs in people's eyes in Saudi Arabia where even the mineral water and filtered and "desalinated" water all contain a high amount of sodium. You will probably get much chance to see this as well. Perhaps not for the same reasons as I or Dr. Lindlahr. However, you will find this sign. Just use your imagination and a little detective work to find out why!

Sulphur (S)

(Color plate, page 116, [Fig. d](#))

Sulphur, taken in the inorganic form, shows in the iris in the area of stomach and intestines in the yellow sulphur color. After absorption it has at first a stimulating effect upon these organs, but this is gradually followed by a sluggish, atrophic condition. Sometimes it is difficult to distinguish the sulphur color from the yellow

color of quinin or the yellowish color of scrofulous elimination through the digestive organs.

CHAPTER XI SIGNS OF POISONS IN THE EYE

The mineral elements discussed in the previous chapter are normally present in animal and human bodies and therefore are not poisonous in themselves unless ingested in the inorganic mineral form. There are, however, many inorganic and organic substances so inimical to health and life that Nature never designed either animal or human bodies to receive them as foods or medicine. They are always poisonous to the system, even when taken in small quantities, and have a strong tendency to accumulate in parts and organs for which they exhibit particular affinity. Their presence and location is shown in the iris by well defined signs and discolorations as presented in the color plate on page 116. In the following I shall describe some of the best known and most widely used of these poisons, their signs in the iris and their effects upon the system.

Difficulties the Iridologist Must Meet

In the majority of cases the iris plainly displays signs of poisonous substances. However, when the diagnostician describes these poison records in the iris, the patient frequently denies with vehemence ever having taken "anything of the kind". He is unmindful of the following facts:

First, that poisons are absorbed and thereafter remain indefinitely in certain parts of the system unless eliminated by radical methods.

Second, that in the treatment of some "trifling children's disease", frequently enough poisons are given to affect the vital organs and the iris for life.

Third, that poisons may be absorbed not only from patent medicines and remedies prescribed by physicians, but in various other ways, as lead from water pipes and glassware, from paints and printer's type; mercury in mines, smelters, mirror factories and from cosmetics; arsenic from green colors, wall paper, stuffed animals, etc. Almost every known poison is now used extensively in the arts and industries and in the preparation of multitudinous foods and other articles for daily use.

Note from Kristie: Yes! Before you tell your client with self-confidence you KNOW they have sulphur or some other drug in their system ask questions! Some drugs and chemicals are not listed here. I had a client the other day with a strange grayish ring in the sclera as if there was a layer of clouds over her skin. Ironically, the skin elimination showed up as good. A little research and imagination led her to "remember" that she slathered her skin with Petroleum Jelly every time she went swimming. She wanted to protect herself from the sun! She was actually causing herself more trouble by this "protection". Petroleum Jelly is now considered in most circles as toxic to the body.

Also keep in mind that some colors can indicate many things. For instance, reddish-orange or reddish-brown can be candida, iron deposits or even another drug. Ask questions to find out what it is. Don't TELL.

Reports of government chemists in Washington, whose duty it is to examine food products for purity and quality, reveal astonishing conditions. They show that almost every kind of food for sale in grocery and market is contaminated or adulterated with deleterious substances, inorganic minerals, anilin dyes and various sorts of chemicals and poisons.

Note: This is still true today. Many toxins are coming from our food in various manners. Never discount this as a possibility. Always ask about diet.

Comments like the following by Dr. Wiley are common in magazines and the daily press, and are of interest in this connection:

"Professor Wiley's reference was particularly to the anilin dyes, derived from coal tar, which are used for coloring jellies and wines, as well as a great number of other food products and drinkables. Not long ago the Bureau of Chemistry dyed experimentally a number of pieces of white silk with chemical colors obtained from various liquors and articles of diet put up for commercial purposes.

"Preserved cherries, utilized in this manner, furnished a yard of pink silk; currant jam a yard of salmon silk; port wine a yard of purple silk; Burgundy wine a yard of magenta silk; tomato catsup a yard of light red silk, etc. The "rosaline" used for coloring corned beef and sausage gave a dye of a beautiful and brilliant red. But in this line nothing has been found so suggestive of the rainbow as soda water syrups, which, taken in a bunch, are a chemical polychrome.

Surprisingly, the statement above is STILL valid today. People are still using chemical dyes in food and even some of the "natural" ones are not so natural.

"The cheap candies which the children buy are of times most deleterious, containing clay, arsenic, sulphate of copper, and even prussic acid. Also, they are colored with the deadly anilin dyes. Many of the cheaper brands of chocolate on the market are composed mainly of starch and animal fat. They do not taste much like chocolate, but they easily pass for it, with the addition of oxid of iron--that is to say, iron rust--to give the requisite color.

"One plate of cheap ice cream analyzed at the Bureau of Chemistry was found to contain as much fusel oil as five glasses of bad whisky. Of strawberry flavor, or what passed for such, it was in truth a chemical compound.

"A medicinal dose of sulphate of copper is three grains. Eat three small, artificially greened pickles, and you will get an equal quantity of this dangerous chemical. The salts of copper and zinc are commonly employed to give a green color to peas, beans and other vegetables preserved for market in cans or glass jars."

Note: Some of the above are not as extreme in the US nowadays but I still find it true in some other countries like Mexico, Egypt and Africa, where I have traveled (and so may your clients have!) It seems the US dumps their "unwanted" things on other countries.

Reports like the foregoing explain how certain poison signs may appear in the iris, even when the victim is unaware of "ever having taken such things".

Many people believe that the passage of the Pure Food Law has done away with wholesale food poisoning. They are seriously mistaken. **All that the Pure Food Law prohibits is the use of poisonous substances in quantities large enough to injure the human body immediately. The law does not take into consideration the fact that the destructive effects may be cumulative and remote.** In this respect the government falls into the same error as the medical profession. This is not to be wondered at since representatives of the allopathic school of medicine have assisted in framing these laws.

My goodness! This is frightening! The statement he makes above is still true today. It is sad to see we have come such a short distance in those 80 years!

A single dose of a certain drug poison given as medicine or used as a food preservative may not be harmful, but these poisons, as proved by the records in the iris, have a tendency to accumulate in the system in certain parts or organs for which they exhibit a special affinity. Therefore many small consecutive doses of poisonous medicines or food preservatives or adulterants will in time produce the effect of a big dose. This explains the presence of the signs of boric acid salicylates, copper, lead, zinc, coal tar poisons, etc., in the eyes of people who "do not know of ever having taken these things".

CHAPTER XII

MERCURY, HYDRARGYRUM OR QUICKSILVER

(Color plate, Figs. c and f, Page 116)

These are the three names for the only liquid metallic element. It is used as medicine in more than a hundred different forms. The nitrates, oxids, chlorids and iodids are the salts most frequently employed in medicine. Other preparations commonly used are blue mass and calomel, and in syphilis the bichlorid, the yellow iodid and the red iodid. Still other preparations are cyanid, the yellow sub sulphate, mercury and chalk, the plaster and the iodid of mercury and arsenic, yellow wash, black wash, corrosive sublimate, etc.

Effect of Drug from the Viewpoint of Natural Therapeutics

In the first few years, after the mercury has been absorbed by the organism, and while it is "wandering" in the circulation and in the tissues, it shows in the iris, especially in the upper half, as a whitish film. After five or more years it begins to condense into a greenish crescent of metallic luster on the uppermost margin of the brain region in the blue eye and of bluish color in the brown eye. In serious cases this greenish rim may extend all around the outer margin of the iris. The metal, on account of its deteriorating effect upon the skin, also greatly broadens and intensifies the scurf rim. (Color plate, Fig. d, p. 116)

It takes this treacherous, insidious poison from five to fifteen years to create its havoc in the brain and nervous system. "When this commences, unless radical measures are employed, it marks the beginning of the end--the development of locomotor ataxia, paralysis agitans, paresis, etc.

The first and secondary stages of syphilis mark Nature's efforts to expel the syphilitic virus; the tertiary stage is due to the destructive effects of mercury, iodine, potassium, salvarsan (arsenic), etc., on the brain, spinal cord and other vital organs.

"All wrong," exclaims the allopath, "these tertiary symptoms are due to syphilis, not to mercury."

To this we answer, "Not so; we have treated hundreds of cases of luetic diseases but not a single one has ever developed any tertiary symptoms."

Syphilitic cases under favorable circumstances recover under homeopathic or Christian Science treatment. If the highly diluted remedy or the metaphysical formula does not actually cure the disease, it at least does not interfere with Nature's cleansing, healing processes.

Treatment under our system usually lasts from three to six months and after this natural cure the patient's system is purer than before infection because the ulcers, discharges or skin eruptions have acted as fontanelles and the treatment has eliminated not only the venereal virus, but also other hereditary and acquired taints latent in the system.

On the other hand, we have in every case of locomotor ataxia, paralysis agitans or paresis, unraveled a history of some form of alterative treatment and usually found the corresponding signs of these poisons in the iris.

Says the allopath, "This talk does not amount to anything ; it is unorthodox and unscientific ; all our authorities contradict it."

Possibly; but the experience of thousands of patients, for twenty to thirty years slowly tortured to death, verifies it. Not even the fanatical inquisition nor the imaginative brain of a cruel Indian has ever invented tortures more inhuman and devastating than those inflicted by the "alteratives". How much more merciful would it be to give these victims of medical malpractice in the beginning a good big dose of an "alterative" and have done with it!

When you see vigorous, blue eyed manhood succumb in the prime of life to destructive diseases "which have never before been in the family"--think of the alteratives!

When you see a young wife, once the embodiment of health, fading away after marriage, a victim of mysterious ailments--think of the alteratives! Medical authorities claim that over fifty per cent of all men in large cities have been treated for venereal diseases.

When you see the offspring of a healthy mother made defective by scrofula, chronic catarrh, decayed teeth, epilepsy or idiocy--think of the alteratives! Anemia, rachitis and scrofulous constitutions in children are only too often due to the poisoned blood of their progenitors.

With every additional year of practice and observation my conviction is strengthened that drug poisoning is the most fruitful source of chronic and hereditary disease. Nature tries to remedy the effects of wrong living by acute reactions of brief duration, but three fourths of the most dreadful cases of chronic disease coming to us for diagnosis and treatment are caused by the suppression of Nature's acute healing efforts and by the destructive effects of poisonous drugs, vaccines, serums, antitoxins, and of uncalled for surgical operations.

Locomotor ataxia, paralysis agitans and paresis are man made. Nature **never** punishes and curses her children in such a dreadful manner. All such suffering is the result of human ignorance, prejudice and indifference.

Lest these statements appear exaggerated and iconoclastic, I shall quote passages from various allopathic authorities who consciously or unwittingly confirm my position.

A. Ross Diefendorf, M. D., is an authority on mental diseases in this country. He was formerly lecturer on Psychiatry at Yale University and a member of many medical societies.

His book "Clinical Psychiatry" is in common use as a text-book in many American colleges. It is interesting to note how unconsciously he confirms our claims that mercury and not syphilis is to blame for the entire train of so called syphilitic symptoms. On page 276 in the work before mentioned, Dr. Diefendorf says, in Chapter VI on Dementia Paralytica (Paresis) :

"Dementia Paralytica, or general paresis of the insane, is a chronic psychosis of middle age, characterized by progressive mental deterioration with symptoms of excitation of the central nervous system, leading to absolute dementia and paralysis, and pathologically, by a fairly definite series of organic changes in the brain and spinal cord, probably the result of some toxin, in the origin of which syphilis is most often an important factor.

"Etiology.--The disease is unknown among the uncivilized nations and is most prevalent in western Europe and North America, hence, it seems to be a disease of modern civilization. In America, the disease comprises from five to eight per cent of the admissions to insane institutions, but in some European cities, notably Berlin and Munich, the paretics average thirty-six to forty-five per cent of the male admissions. The disease is somewhat more prevalent in large cities and manufacturing centers, while it is relatively rare in farming communities."

Uncivilized nations do not treat syphilis or other diseases with mercury; therefore, we find among them no Dementia Paralytica, locomotor ataxia or paralysis agitans. These diseases are found only in localities of the earth where drug stores flourish.

Therefore, paralytic diseases are more prevalent in large cities and manufacturing centers where syphilitic diseases and consequent mercurial treatment are more prevalent.

"Negresses show a striking tendency to the disease; in Connecticut the negress paretics are ten times more prevalent than the female white paretics."

If negroes are free from the disease in Africa, as medical authorities state, but "show a striking tendency" to it in civilized countries, how can this be explained except on the ground that the disease is the product of unnatural treatment and drug poisoning?

"Our average age of onset in 172 cases is forty two years. Kraepelin in 249 cases finds that it occurs preeminently in middle life, as eighty one per cent of the cases occur between thirty and fifty years, the disease rarely appearing before twentyfive or after fiftyfive years of age."

Syphilitic diseases are usually contracted between the ages of twenty and thirty and it takes from ten to twenty years for mercury to complete its work of destruction in brain and nerve matter.

"Recently a number of cases of juvenile paresis have been reported occurring between the ages of ten to twenty years, in which hereditary paresis, syphilis and alcoholism are prominent factors. Clinically, the juvenile form is characterized by simple deterioration of three to four years' duration with numerous paralytic attacks, choreic disturbances, and paralyses."

Frequently young children are subjected to prolonged mercurial treatment on the mere suspicion that they have hereditary syphilis, or for curing eczemata.

Scenes like the following are of almost daily occurrence in medical clinics. A mother enters the clinic with a child whose body is covered with skin eruptions. One professor says the disease is of a scrofulous nature, another calls it, eczema, another hereditary syphilis. The mother denies that the latter disease has ever been in the family. The professor tells the students: "You can never believe syphilitics, they always lie." "We can easily find out," he continues, "whether this eruption is of a syphilitic nature or not. Put the patient for six months under mercurial treatment and if the eruptions permanently disappear, then the case is syphilitic."

Thus hundreds and thousands of people in civilized countries are innocently subjected to the horrible suffering incidental to mercurial poisoning without ever having contracted venereal diseases.

Another large percentage of paralytic and paretic patients have accumulated the mercury in the guise of liver and bowel tonics (calomel) and antiseptics.

On page 278, Dr. Diefendorf says:

"The disease afflicts chiefly the unmarried, and among the women especially prostitutes; in our experience prostitutes are fortyfive per cent more prone to the disease than other women.

"Among the causes of the disease, **syphilis** is statistically the most prominent. Its prevalence varies, according to various authors, from one and six tenths per cent to ninetythree per cent, but most observers place it between thirtyfour and sixtyfive per cent. In our experience it existed in fiftytwo per cent."

On page 288, he says:

"The character of the toxin and the sources from which it arises are questions still in doubt. Syphilis cannot be the sole cause of paresis, as long as it does not exist in more than thirtyfour to sixtyfive per cent of the cases. Furthermore, paresis, anatomically, **is not a simple syphilitic process**. Again the late manifestations of syphilis arise within a comparatively short time after primary symptoms, while paresis does not develop until ten or more years have elapsed after the initial lesion."

No, syphilis is not the sole cause of paralytic and paretic diseases and the character of the toxin from which they arise is not in doubt--it is mercury or some other alterative.

This is exactly what I have always claimed. Syphilis is an acute infectious disease, which under right treatment runs its natural course within a comparatively short time, never to appear again unless a new infection has taken place.

On the other hand, the history of people who never had syphilis, but who were poisoned by mercury in mine or factory, proves that it takes from ten to fifteen years before the poison exhibits its worst effects.

Professor E. A. Farrington of Philadelphia, one of the most celebrated homeopathic physicians of the nineteenth century, says concerning the destructive after effects of mercury, of which homeopaths have made careful study ("Clinical Materia Medica", third edition, pages 558-559):

"The more remote symptoms of mercurial poisoning are these: You will find that the blood becomes impoverished. The albumin and fibrin of that fluid are affected. They are diminished, and you find in their place a certain fatty substance, the composition of which I do not exactly know. Consequently, as a prominent symptom, the body wastes and emaciates. The patient suffers from fever, which is rather hectic in its character. The periosteum becomes affected, and you then have a characteristic group of mercurial pains, bone pains worse in changes of the weather, worse in the warmth of the bed, and chilliness with and after stool. The skin becomes rather of a brownish hue; ulcers form, particularly on the legs; they are stubborn and will not heal. The patient is troubled with sleeplessness and ebullitions of blood at night; he is hot and cannot sleep; he is thrown quickly into a perspiration, which perspiration gives him no relief.

"The entire system suffers also, and you have here two series of symptoms. At first the patient becomes anxious and restless and cannot remain quiet; he changes his position; he moves about from place to place; he seems to have a great deal of anxiety about the heart, praecordial anguish, as it is termed, particularly at night.

"Then, in another series of symptoms, there are jerkings of the limbs, making the patient appear as though he were attacked by St. Vitus' dance. Or, you may notice what is more common yet, trembling of the hands, this tremor being altogether beyond the control of the patient and gradually spreading over the entire body, giving you a resemblance to paralysis agitans or shaking palsy.

"Finally, the patient becomes paralyzed, cannot move his limbs, his mind becomes lost, and he presents a perfect picture of imbecility. He does all sorts of queer things. He sits in the corner with an idiotic smile on his face, playing with straws; he is forgetful, cannot remember even the most ordinary events. He becomes disgustingly filthy and eats his own excrement. In fact, he is a perfect idiot.

"Be careful how you give mercury; it is a treacherous medicine. It seems often indicated. You give it and relieve; but your patient is worse again in a few weeks, and then you give it again with relief. By and by, it fails you. Now, if I want to make a permanent cure, for instance, in a scrofulous child, I will very seldom give him mercury; should I do so, it will be at least only as an intercurrent remedy."

Dr. Hermann, of Vienna, has written several books in which he proves that syphilis is not a constitutional disease, that under proper hygienic living and treatment it is self limited, that it runs its regular natural course and when properly treated never produces any tertiary symptoms.

This I, myself, have proved in hundreds of cases. It is impossible to quote a better authority for these facts than Dr. Hermann. For thirty years he was superintendent of the syphilitic wards in the Hospital Wieden, near Vienna, one of the greatest institutions in the world for the treatment of luetic ailments.

He claims that during the thirty years of his incumbency he treated sixty thousand cases of syphilitic diseases without the use of mercury and that not in a single case thus treated and cured did he observe a spontaneous recurrence, an exhibition of tertiary symptoms or hereditary transmission. His work was done in a municipal institution to which the doctors and students of Vienna had free access, and thus was constantly under the closest scrutiny of the great medical schools of Vienna.

I take the liberty of translating some interesting passages from his book. "Es giebt keine constitutionelle syphilis"--"Syphilis is not a constitutional disease."

"Syphilis is as old as humanity. Its peculiar symptoms are described in the Third Book of Moses; the disease was well known to Hippocrates and Celsus and is minutely described by Tremelius and Beza as well as by many other writers of subsequent centuries.

"After the discovery of America, diseases of this type were found, in exactly the same form as we know them today, among the Indians. At the end of the fifteenth century they appeared as discharge or ulcer, with or without following figwarts (Condyloma), inflammation of the glands and skin eruptions. These always appear in direct organic connection with one of the original lesions.

"Until then, syphilis was looked upon as a simple local disease which ran its natural course without affecting the organism as a whole. It was thoroughly cured by hygienic, natural methods of treatment. There were no tertiary symptoms nor transmission to offspring. All the old physicians held this opinion; this is proved by the fact that up to the end of the fifteenth century constitutional syphilis is nowhere mentioned or described.

"In 1786 Hunter first spoke of its local and constitutional forms. He described the hard chancre as a symptom of the malignant form and originated the idea of constitutional syphilis.

"Ulcers of the mucous membranes, skin eruptions, inflammations of the iris and of the bones were classed by him as secondary symptoms. The later affections of the

inner organs, of the liver, kidneys, heart, lungs, brain, nerves and blood vessels, hair and nails were looked upon as tertiary and quaternary forms.

"In view of these teachings of the regular school, the question arises: is the syphilis of former centuries another disease than the one we know? Is modern syphilis a new disease, unknown to the ancients, or were they lacking in diagnostic ability, since they did not suspect the existence of the constitutional disease?"

"The ancient physicians were right. Syphilis, originating in the human organism, is undoubtedly the same disease now as then. It has not changed its origin and has always run its natural course without transgressing natural limits.

"The physicians of antiquity observed conscientiously and with understanding the course of the disease and treated it rationally, as a local ailment which never affected the organism as a whole."

These expositions of Dr. Hermann I can fully confirm. Of the hundreds of cases of syphilis and gonorrhoea which have been treated by us from their inception (before any form of suppressive treatment had been applied), not a single one has developed constitutional symptoms or hereditary tendencies. Our natural methods of treatment purify the system from within, allow the disease to run its natural course, unhindered and unchecked. When under such treatment discharges, ulcers, inflammations and eruptions disappear, the organism is as pure as before infection, if not more pure. We say this advisedly; the natural process of elimination removes not only the disease virus but other hereditary and acquired taints as well.

On page 47 of his book, Dr. Hermann continues: "The disease conditions usually diagnosed as constitutional syphilis are the results of mercurial treatment or of other disease taints in the body.

"This I prove, first by clinical observation of the natural course of the disease, and second by the positive chemical proof of the presence of mercury in the system."

We have found the mercury in the ashes of the bones of mercurial patients. A patient is coming to us now who went through a course of mercurial treatment two years ago. The gold rings on his fingers turn black under the effect of the mercury which his system is now eliminating.

Page 48: "Among the thousands ofluetics whom for thirty years I observed in the Hospital Wieden in Vienna and who were treated without mercury, not a single one developed symptoms of constitutional syphilis.

Note: This is even more true today than back then. Oftentimes a person who comes to see you that has been taking medication will have the symptoms from the medication and not from the disease. It is often hard to distinguish which is which. Ask a lot of questions. Find out how they felt in the "beginning of the disease" before treatment started. Find out what they were like as a young adult and what they are like now (to distinguish any mental problems that may be "out of character".)

"Cases of so called constitutional syphilis that came to us suffering with ulcerations of the palate, mouth and nose, with bone pains, gummata of the brain and inflammations of the nerves, all had histories of mercurial treatment. Hundreds of electrolytical analyses of urine, sputum, perspiration, blood and other body materials revealed the presence of mercury, while a comparatively small percentage exhibited scrofulous or tuberculous symptoms.

"Thus it became clear to me that the entire chain of symptoms which are commonly diagnosed as constitutional syphilis are nothing but the effects of mercury in the human body.

"Workers salivated in the mercury mines in Idria, who never suffered with syphilis, exhibit all the symptoms of so called secondary and tertiary syphilis. In the blood and urine of these patients I also found mercury. In fact, the various forms of mercurialism everywhere occur among people who continually come in contact with mercury and thus absorb it; no age, no sex is immune. This is verified by physicians practicing among quick-silver miners, mirror, thermometer and barometer makers, etc.

"For these reasons chronic mercurialism is always prevalent in localities where, by physicians and laymen, syphilis is treated by mercury. Mercurialism is very common on the coast of the Adriatic, the Ost and North Sea and the Mediterranean, because in these countries quicksilver in its various forms is in common use as a universal home remedy.

"In large inland cities and sea ports, chronic mercurialism is much more prevalent than in country districts, because, in the former, syphilis and its mercurial treatment are much more common than in the latter. . . .

"The question naturally arises why, in spite of strictly scientific proof and of extraordinary practical results, these very teachings are not generally accepted and why the regular school has not examined officially my theory and treatment. The answer is evident. Ancient systems of medicine with all their errors, assumptions, superstitions and prejudices, are deeply rooted in medical science. The schools, blindly worshipping authority, have strenuously opposed strictly scientific investigations. The natural treatment of syphilis brings light into the dark labyrinth of the old system, destroys the nimbus of old school wisdom and the idol worship of quicksilver treatment.

"The world resents nothing so deeply and punishes nothing so harshly as the uprooting of dear old superstitions ; therefore the bitter opposition of the regular school to my teaching and my practice.

"What wonder that my enemies, in fanatical zeal, tried to oust me from my stronghold in the Hospital Wieden, when Dr. Hebra, according to his own confession, wished: 'That the hospital might be blown into the air.'

"In 1867, by means of unjust accusations, my enemies succeeded in procuring a government investigation of my work and my institution. In 1868, however, their machinations met with miserable defeat, for Dr. Hebra, the head of the commission appointed to investigate my methods, had to admit in his official report: 'That the

government could sustain no objection against the anti-mercurial treatment of syphilis in the Hospital Wieden.' In justification of their own methods he added: 'Syphilis is curable without mercury but we give it because it cures the disease quicker and because it is harmless.'

On page 83, Dr. Hermann continues: "Finally I retired, firmly hoping that for some time at least my methods of treatment, eminently successful for thirty years, would be maintained. But this last and fervent desire of my declining days was not to be fulfilled. In the holy place where, for a life time, I battled bravely against the abuses of mercurialism are now restored the altars devoted to the fetich quicksilver. . . .

. . . "The quacks and charlatans will again exploit the blind, foolish and superstitious masses and will again endanger and destroy the public health; syphilis will reappear in the horrible forms so common thirty years ago.

"The people themselves, realizing the terrible effects of mercurialism, must energetically oppose the false teachings of the schools, must bear witness to the truth and protect their bodies against contamination with the vile poison. In recognition of the fact that the mercurial treatment practiced by the schools endangers not only the individual but society at large, through its weakening and degenerating influences on our people, and especially on the younger generation, it is the duty of the government, legally to exclude mercury from medical practice."

Thus wrote Dr. Hermann, a graduate of the great medical schools in Vienna, but the work of mercurial poisoning goes merrily on until the insane asylums and homes for incurables can no longer take care of the harvest.

Poisonous drugs destroy brain and nerve matter and alcohol is made the scapegoat. Look closer, gentlemen, and you will find that in many cases alcoholism is an effect rather than a cause.

The diagnosis from the eye fully confirms our estimate of the true nature of the different stages of syphilis.

If syphilis in itself were a chronic constitutional disease, like scrofula or psora, it would exhibit its presence in the body by a special sign, but it appears in the iris only under the common signs of acute and chronic catarrhal conditions.

On the other hand, cases diagnosed and treated by the regular profession as secondary or tertiary syphilis exhibit the signs of mercury, iodine, potassium and arsenic (salvarsan).

A few years ago salvarsan was heralded as a positive cure for syphilis. Now, already (1918), medical authorities admit that the poison is not coming up to expectations, for everywhere they now combine the ancient mercurial and potassium iodide treatment with the salvarsan. The principal difference between salvarsan and mercury is that the former is more quickly destructive. Neither is curative.

A Typical Case

A few years ago a man about forty years of age came to us in a pitiable condition afflicted with locomotor ataxia. Every doctor he had consulted was positive that he was suffering from tertiary syphilis. The Wasserman and Noguchi tests always proved "positive". Still the patient, as well as his mother and wife, denied strenuously that he was ever infected with venereal disease. The doctors of course were convinced that it was another case of "syphilitic liar". (Color plate, [fig. f](#), p. 116.)

On examination I found in the iris well defined signs of mercury and I tried to find where and in what form Mr. K. had absorbed the poison. The mother admitted that she had been in the habit of giving calomel to her children, but I could hardly believe that this alone accounted for his terrible condition. Several months after I had made my first examination the wife of the patient came to me and said:

"Doctor, we know now where my husband got the mercury. When he was fourteen years of age his mother put him to work in the Pullman car shops. He was given employment in the mirror department and there he silvered mirrors for two years."

The "silver" on mirrors consists largely of quicksilver. The lad undoubtedly absorbed the mercury through the skin and through inhalation. The poison began to show its destructive effects when he was about twenty five years of age. At forty he was in the advanced stages of loco-motor ataxia.

This case, like many others, also proves that the Wasserman and Noguchi tests show "positive" in mercurial and other forms of mineral poisoning as well as in syphilis. Many patients are thus wrongly accused of being syphilitics because the doctors do not know how to differentiate between venereal diseases and drug poisoning. Such unjust accusations have frequently caused great humiliation, domestic troubles and divorce proceedings. The unfortunate victim of medical malpractice is thus robbed not only of his health but also of his moral reputation.

The Treatment of Mercurialism

Mercurialism is easily curable while the poison is still diffuse in the system, but its elimination becomes more difficult when it has concentrated in the brain and spinal cord as indicated by the corresponding sign in the iris. (Color plate, [figs. e](#) and [f](#), p. 116.) But many such cases well advanced in locomotor ataxia and paralysis agitans have yielded to our natural treatment. One such patient had had locomotor ataxia fully developed for six years. When he came to us he had to take, according to his own statement; a few dozen doses a day of some powerful narcotic in order to subdue the "lightning" and "girdle" pains. After five months' treatment the pains had disappeared and he felt well enough to quit treatment.

One of my first patients, Mr. S., was also a case of locomotor ataxia, fully developed for seven years. He was past the painful and in the paralytic stage. He could walk only with the aid of a crutch and a stick. The sphincters of the bladder and anus were partially paralyzed so that at times he could not control the movements of the bowels and of the bladder. After seven months' treatment he was able to work at the bench in a violin factory, and after eighteen months he worked as carpenter in the Pullman car shops. When I met him a few years afterward he told me that he continued to work during hot summer weather when most of the employees laid off

on account of the unbearable heat. Such cases of course require thorough systematic natural treatment by all methods at our disposal. The curability of such a case frequently can be determined only by giving these methods a fair trial.

Deception Taught in Medical Schools

In medical schools students are warned not to use the word "calomel" in their prescriptions, "because people are afraid of it". They are instructed to write instead "hydrargyrum", which is the Greek word for mercury.

When the mother pleads, "Doctor, I do not want you to give calomel to baby," she is shown that calomel does not appear on the prescription; she does not suspect that "hydrargyrum"--Hg--is the same thing.

Why this deception? Because people look for instantaneous results. The doctor who cannot produce them loses his bread and butter. Homeopathy and other natural methods of treatment are not popular because they are regarded as "too slow". "Something must be done at once." The one who can most quickly move the liver and the bowels, run down the fever, suppress skin eruptions, ulcers and catarrhal discharges is the best doctor. In their anxiety for the loved one people will insist on "quick results".

Sometimes when sorely pressed in acute crises, even those who thoroughly understand the teachings of Natural Therapeutics succumb to fear and resort once more to drugs in order to produce temporary relief.

"I know you are right, Doctor. I do not doubt in the least the teachings of Natural Therapeutics, but I cannot endure to look any longer on this suffering. We will use the drugs just once more, and then stick to natural methods all the closer in order to eliminate the after effects."

It is the old story--"I will sin just once more, and then I will be good."

But the "once more" is frequently once too often. When Nature, under the influence of natural living and treatment has worked up to a healing crisis, suppression is dangerous and often fatal.

The climax of a healing crisis marks Nature's supreme effort to overcome a diseased condition, and if at this critical moment she is thwarted again, the healing forces of the system are not strong enough to overcome the new suppression, and a relapse into chronic disease or death itself are the usual results.

It is the anxiety for immediate relief which keeps alive the drug curse and which has turned true homeopathy into "mongrelism".

I once attended a clinic presided over by a homeopathic physician. One of the subjects was a young man suffering from a venereal disease. After the diagnosis and usual discussion of the case one of the students was ordered by the professor to give the man a thorough mercurial inunction.

I asked the doctor: "Is this homeopathic treatment?"

Smilingly he replied: "I suppose not; but these people want quick results. If we do not produce them they will go to the man on the next corner." This is also the excuse of the saloon keeper for remaining in his line of business.

Information from Allopathic Sources

The following description of mercury, as well as those of all other drugs in this compilation, their uses and their chronic effects upon the system, were compiled by our Dr. Jean du Plessis from the latest standard works on materia medica in the John Creear Library. These data from allopathic sources prove that the destructive effects of these so called medicines are well known to the medical profession.

Mercury

Allopathic Uses:

1. Caustic against luetic lesions and small skin growths.
2. Antiseptic dressing for wounds and ulcers.
3. Ringworm and other parasitic skin diseases.
4. Lues and chronic internal inflammations.
5. Alterative or intercurrent remedy.
6. Popular purgative in the form of calomel.

Accidental Poisoning:

1. Workmen handling mercury in mines, in the manufacture of thermometers, mirrors, etc.
2. Blue ointment. Grey salve.
3. Blue pills and other patent remedies for costiveness.
4. Amalgam tooth fillings.

Toxicology:

Circulates as oxyalbuminate of mercury, impoverishing both plasma and corpuscles.

Soon leaves blood stream to enter tissues, where it may remain indefinitely.

Symptoms of Hydrargyrism or Chronic Mercurial Poisoning:

1. Salivation. Swelling and tenderness of gums.
2. Loose teeth--extraction followed by ulceration of sockets.
3. Mercurial teeth of Hutchinson found in children suffering from congenital syphilis, or according to Natural Therapeutics, from congenital mercurialism.
4. Dyspepsia. Diarrhea alternating with stubborn constipation--stools contain sulphid of mercury.
5. Mercurial eczema.
6. Ulcerations of mucous membranes and skin.
7. Softening of the bones, and pains in same.
8. Peripheral neuritis--girdle pains radiating down limbs.
9. Anesthetic patches.
10. Descending tremor progressing from intermittent with excitement and exertion, to continuous during waking hours only.
11. Impaired reflexes followed by various forms of paralysis such as locomotor ataxia, paralysis agitans or paresis.

Elimination of Drug in Healing Crises:

Takes place through skin eruptions, furuncles, ulcers, abscesses, various forms of feverish and catarrhal processes, open sores and hemorrhoidal discharges.

Ordinary symptoms of "salivation" and metallic taste in mouth are frequent symptoms.

Dizziness, nervous and mental disturbances are of common occurrence.

Signs in Iris:

While in the circulation it shows especially in the upper half of the iris as a whitish film. This, after five years or more, begins to condense into a greenish crescent of metallic lustre in the blue eye (Color plate, c) and of bluish color in the brown eye (Color plate, f). This greenish or bluish crescent in serious cases may extend all around the outer margin of the iris. The scurf rim becomes broader and darker in color.

How Dentists Contract Mercurial Poisoning

A few days previous to penning these lines I examined the eyes of a patient which revealed the typical "mercurial iris" covered all over with a heavy whitish "felt-like" film. The outer margin of the iris was bordered by a heavy, black scurf rim. The scurf

rim in turn was surrounded by the transparent bluish, greenish mercurial ring which encroaches upon the white (sclera) of the eyeball. The brain region showed the fine white crescent of destruction of brain matter, indicating paresis.

The patient denied having taken mercury in any form. After much quizzing he finally admitted that as a dentist he had for twenty-five years mixed the amalgam for tooth fillings in his bare hands. He is in advanced stages of paresis. This morning he tried to kill his wife.

CHAPTER XIII
CINCHONA--QUININ
(Color plate, Fig. c, Page 116)

Cinchona or Peruvian bark was introduced into Europe as a medicinal remedy about the year 1820. Its best known alkaloid is quinin.

Probably no drug has been more popular, both with the medical profession and the laity, than quinin. In many sections of the country especially those affected by catarrhal diseases or malarial fevers, the drug is taken as freely and regularly as an ordinary condiment. People are surprised when told that it is a powerful poison, and that when taken continuously, even in small doses, it will produce a variety of serious chronic ailments, such as indigestion, constipation, rheumatism and neuralgia, deafness, color blindness and total blindness, irritability, neurasthenia and insanity.

In consultation with the doctor, patients are told that the drug is harmless, while the lecturer in classroom, and materia medica, describe in detail the cumulative effects of this and other poisonous agents. They picture with terrible realism the symptoms of chronic mercurialism, iodism, bromism, cinchonism, the cocaine, chloral and morphin habits, and then continue prescribing these drugs as though they were as innocent as bonbons.

The diagnosis from the iris brings proof positive of the cumulative and destructive effects of these agents. I have previously called attention to the fact that every substance poisonous to the human organism, if taken repeatedly or in sufficient quantity, manifests in the iris by peculiar signs and colors easily recognized by the trained eye. These signs and colors diminish and disappear when the corresponding poisons are eliminated from the system, accompanied by their own peculiar crisis manifestations. This is proof positive that these poisonous drugs are not eliminated as quickly and thoroughly as the allopathic physician tries to make himself believe.

Next to iodine, the presence of quinin in the body is more readily recognized in the iris than that of any other poisonous substance. It shows as a yellowish discoloration, sometimes whitish and sometimes approaching in hue a reddish brown, according to the chemical combinations it has entered into. It shows particularly and most prominently in the brain, eyes, ears, stomach and bowels, indicating that it has a strong affinity for these parts and organs. In old malarial cases it also shows in the areas of liver and spleen. (Color plate, fig. c, page 116.)

When we see the signs of the drug in the iris of a patient we need only take any materia medica and read the typical symptoms of cinchonism or chronic quinin poisoning and the patient will confess to most of them. Let us take, for instance, "The Materia Medica and Therapeutics", by J. Mitchell Bruce, published by W. T. Keener and Co., Chicago.

On page 315 he says:

"The obvious phenomena produced by a full dose (15 to 30 gr.) of quinin are not by any means its most important effects. It acts most strikingly upon the nervous centers, and causes confusion of the mental faculties, noises in the ears and deafness, disorders of vision (color blindness), headache, giddiness, vomiting, and possibly prostration from involvement of the cord and circulation. . . ."

Page 316:

"Quinin appears to reduce the amount of nitrogenous excretions, of urea and uric acid, and probably also of carbonic acid, as determined both in healthy and fevered animals, and in man.

"These two sets of effects, taken together, point to a powerful action of quinin in reducing the metabolism of the body, of which heat and excretions are the two most measurable products. . . . (Author's note: This confirms my claim that all antipyretics and antiseptics are protoplasmic poisons.) . . . We may, therefore, conclude that the effect of quinin in the body is to check metabolism by interfering with the oxidation of protoplasm generally, with oxygenation, and with the associated actions of ferments. Thus the fall of temperature produced by quinin is due to the diminished production of heat in the body, not to increased loss of heat."

Fever heat contracts the surface capillaries, tightly closes the skin and its organs, and thus prevents heat radiation. Therefore we have in fevers a dry, hot surface. The drug, by "reducing the metabolism", which means paralysis of the vital functions, suppresses the heat that is burning up the morbid matter in the system. The cold wet packs and cold ablutions do not interfere with inner heat production. They cool and relax the skin, its pores and capillaries, thereby facilitating heat radiation and the elimination of impurities from the blood. The following quotations from "Essentials of Materia Medica and Therapeutics", by H. Norris, M. D. (Allopath), are very significant, revealing in every paragraph the law of double effect* in the immediate and remote effects of quinin on the human organism. It must be remembered that all drugs taken in small doses accumulate in the system and concentrate in certain part's for which they exhibit a special affinity and then **constantly exert the influence of large doses.** (*See Vol. I, Chapter VII, Laws of Cure--Law of double effect.)

The notes in parenthesis in the following paragraphs are by myself.

"**Locally**, cinchona and its alkaloids are irritant and antiseptic, destroying minute organisms or inhibiting their movements.

"**Internally** it acts on the alimentary canal as a simple bitter, in small doses increasing the appetite and digestion; if long continued, producing indigestion and gastric catarrh. (Note double effect. In ordinary doses cinchona constipates. In large doses cinchona or its alkaloids irritate the mucous membrane and cause vomiting and diarrhea followed by chronic constipation.)

"**Nutrition** is stimulated and the excretion of waste products increased by small doses; large doses, however, diminish the amount of urea and uric and phosphoric acids in the urine. In malarial fever the products of waste tissue are much decreased. (Thus interfering with elimination.)

"**In the blood** it interferes with the oxygen-carrying function of the red corpuscles, and diminishes their number, inhibits the movements and prevents the migration of the white corpuscles, both in health and disease. (If the allopath believes in the theory of phagocytosis, why prevent the migration of the leukocytes?)

"**Circulation:** in small doses the cardiac action is increased; large doses, by acting on the cardiac motor ganglia, depress the heart, sometimes causing it to intermit, and finally arrest it in diastole; the blood pressure is lowered. (This means death.)

"**The temperature** in health is very slightly influenced, if at all; in fevers a rapid decline takes place, due to the depressive action on the blood and circulation.

"**Nervous system:** small doses stimulate the cerebral functions, large doses cause cinchonism, i. e., a constricted feeling in the forehead, giddiness and tinnitus aurium (ringing in the ears), with impairment of hearing and sometimes of vision: after toxic doses these symptoms are aggravated and delirium, weak pulse, coma, sometimes convulsions, and in rare cases, death, supervene. It probably reduces the reflex excitability of the spinal cord.

"**Cutaneous eruptions,** as erythema, urticaria or herpes, are produced in some subjects by even small doses of cinchona or its alkaloids." (These eruptions appear when the drug is eliminated under natural methods, in healing crises.)

From these various quotations it plainly appears that quinin is an antiseptic, germ killer and anti-fever remedy because it is a protoplasmic poison; it benumbs, paralyzes and kills the red corpuscles, depresses the heart and the respiratory centers, and in brief, reduces the fever symptoms because it retards all the vital functions. It "cures" catarrh because it acts as an astringent on the mucous membranes--that is, it contracts and paralyzes the cells and glandular structures of these membranes so that they cannot throw off the morbid matter which Nature is trying to eliminate.

Medical students in our colleges are constantly warned not to give quinin in large or continued doses to railroad men, because it may cause color blindness and deafness. They are told this might cause a misunderstanding of color signals and thereby produce railroad accidents. **Whether or not other people become color blind and deaf does not seem to be a matter of importance to the medical practitioner.**

Not long ago there appeared before our public clinic a woman about forty years of age who asked for a diagnosis from the eye. Both eyes were yellow with the typical quinin color (see color plate, [fig. c](#), p. 116) and the regions of throat, lungs and bronchi displayed the dark signs of chronic and destructive catarrhal conditions.

We told her at once, without a word of information from her, that she was thoroughly poisoned by quinin and that in consequence she was suffering with bad chronic catarrhal conditions, bordering on tuberculosis.

"Yes," she said, "I have been coughing and expectorating for a year and the doctors tell me that I have consumption. Two years ago I was a perfectly well woman and strong as a man. My husband died with consumption and I, after reading some

medical books, began to fear that he had infected me with the disease. The books told me that quinin was a good preventive against catarrhs, coughs and tuberculosis. Although there was nothing the matter with me at the time, I took large doses of it without a doctor's prescription, and kept on taking it until one day I dropped, senseless, on the floor. A doctor was called and after hearing my story told me I had taken too much quinin; that I was suffering from the chronic after effects of the drug. I then began to cough and have grown worse ever since."

In this case, without doubt, the drug which was taken to prevent the disease produced it in its most terrible reality.

The perfection of the microscope and the discovery of microorganisms of disease gave a new and great impetus to allopathic science. In the germ theory of disease was found the solution of all therapeutic riddles, proof positive of the fallacy of the teachings of Hahnemann and a perfect justification of allopathic symptomatic and surgical treatment of disease. One of the favorite bits of evidence always produced in favor of these theories is the specific action of quinin in malarial diseases. "The Plasmodium Malariae is found in the blood of malaria patients, quinin kills the Plasmodium and the fever symptoms abate (temporarily) ; therefore is the Plasmodium the cause of the malaria and quinin the cure for it."

In like manner, other specific germs are supposed to be the causes of the diseases after which they are named; hence the formula, "Find chemicals or serums to kill the bacteria, and cure the disease."

Let us see if this reasoning is true in the case of malaria and quinin. The allopathic theory is supported by the fact that almost all Northerners who go to certain hot and moist lowland districts in tropical countries are affected by this and other tropical fevers. This seems to be sufficient proof that the cause of the disease lies entirely in certain parasitic germs, peculiar to these districts, and in the presence of mosquitoes which convey these germs into human blood.

The diagnosis from the eye, as repeatedly stated, reveals the fact that the majority of human beings are more or less affected and encumbered with inherited and acquired disease taints and morbid matter. These chronic encumbrances are more pronounced in the inhabitants of colder zones, because the colder temperature retards acute elimination and because the greater consumption of meat, pork, coffee, tea and liquors, and the almost entire absence of eliminating fruits from the daily dietary, favor the accumulation of waste and morbid matter, which forms a luxuriant soil for all sorts of disease germs.

When such persons arrive in the hot, moist, malarial lowlands of tropical climates, the malarial parasites and other disease germs find congenial soil in the morbid matter of their systems and produce the peculiar fermentative processes of yellow fever, cholera, malaria, etc.

That these germs grow and thrive in morbid blood only, has been proved by hundreds of European vegetarians who have emigrated to tropical countries. They live in localities known as the worst fever districts in the world, in perfect immunity from tropical disorders, while their meat-eating, liquor-and-coffee-drinking, tobacco-

smoking and quinin-eating countrymen fall an easy prey to all tropical diseases and usually within a few years return to Europe ruined in health physically and mentally.

Viewpoint of Natural Therapeutics Verified by an Allopathic Teacher

When I was a student in medical college Dr. C. was one of our professors on Materia Medica. He was an old, experienced physician and in theory and practice a thorough allopath, but he never employed quinin in the treatment of malaria.

How he learned to prevent and to cure this disease without drugs was one of his favorite stories. "In my younger days," he said, "before I took up the study of medicine, I traveled with a government exploring expedition through some of the worst malarial districts of Old Mexico and South America. One day I befriended a native and in return for some kindness I had shown him, he taught me how to avoid the malaria and other tropical fevers. He told me to keep my bowels open by avoiding meat and by eating plenty of fruit, and to guard against chilling at night by keeping myself well covered with woolen blankets. I followed his advice, ate plenty of fruit, kept myself well covered, so that all through the night my body was in a state of semi-perspiration, and I never contracted the fever or took a single dose of quinin. My companions would lie naked in the heated part of the tropical night, fall asleep and expose their bodies to the early morning chills. This suppressed the excretions of the skin and brought on the ague."

His experience certainly proved that the malaria parasites grow in morbid blood only. As long as he kept skin and bowels active, the germs found nothing to feed on. He always added that since he began the practice of medicine, many of his patients had prevented and cured malaria by following the same simple directions.

After telling his story, however, the same good doctor would turn around and give a baby, two years old, a dose of quinin for a simple cold.

A medical student who heard me repeat this story tried to explain the doctor's experience as follows: "The particular kind of mosquito which carries the malaria germ is active only during the night. Keeping the body covered while asleep prevented infection." This argument does not hold good, because the little pests are awake and busy during the evening hours and in the early morning as well as during the night.

Neurasthenia Caused by Quinin

Some years ago I happened to attend a clinic in a neighboring college. One of the patients was a young man about thirty years of age, a cigar maker by trade. Examination brought, out an imposing array of nervous symptoms. The unanimous verdict of the assembled doctors and students was "neurasthenia". The professor in charge of the clinic asked for a definition of "neurasthenia".

Having listened to a long recital of nervous and mental symptoms he said, "In my last paper before the ----- County Medical Association I described this mysterious modern nervous derangement as follows:

"A patient suffers from a multitude of nervous symptoms: headaches, backaches, neuro-muscular weakness, the feeling of weight on the brain, mental irritability, ringing in the ears, insomnia, etc. You cannot find any local or constitutional diseases to account for the nervous symptoms; in fact you do not know what ails the patient-- **that is neurasthenia.**"

In the meantime I, myself, examined the eyes of our subject and the professor asked me for my diagnosis of the case. I gave it as my opinion that the man was suffering from chronic cinchonism, or quinin poisoning. Asked what made me think so, I replied that the iris showed very prominently the yellow color of quinin in the regions of stomach, intestines, liver and spleen. The two last named organs also showed signs of inflammation and enlargement, which usually go with chronic quinin poisoning. To corroborate the diagnosis I asked the patient if he had suffered from malaria. "Oh, yes," he answered, "I lived in the South and suffered with malaria for four years, and had to come north on account of it."

"Did you take much quinin?"

"Yes, almost daily, for four years."

I then asked him for other symptoms of chronic cinchonism as given in standard materia medica; he admitted that he suffered from practically all of them. Having finished my examination, I remarked to the professor that the history of the patient, as well as his symptoms, seemed to justify my diagnosis.

The professor dismissed the subject with the curt reply: "That was orthodox treatment; it has nothing to do with our diagnosis."

It may seem harsh to "tell tales out of school", but this happened in open clinic, within the hearing of the patient. What about the hundreds and thousands of other patients who must suffer all their lives on account of that sort of diagnosis and treatment?

Paresis Caused by Quinin

Three years ago a lady brought her husband to us for examination. His mind was in a weakened condition so that he could not act for himself. The best physicians in her home city in Wisconsin, and two of the great nerve specialists in Chicago had examined the patient and told her that his mental breakdown was caused by overwork. The Chicago "specialists" had charged her fifty dollars apiece for looking at him and making this profound diagnosis. Nowadays "the strenuous life" is made the scapegoat for a good many troubles that are beyond the ken of the "expert" and "specialist".

On examining the iris I found the yellow color of quinin in the areas of brain, liver and spleen; also to some extent in the stomach and bowels, indicating heavy quinin poisoning. When I informed the lady that her husband was suffering from chronic quinin poisoning, she answered, "This may be possible, because during the last few years he has taken quinin almost daily to cure his hay fever. A doctor gave him a quinin prescription for this purpose and after that he kept on taking it of his own accord." This left no doubt about the correctness of the records in the iris.

The case proved to be beyond redemption. Before death liberated him from his earthly suffering he had to pass for a year through the revolting conditions which characterize the gradual breaking down of the brain tissues, labeled "paresis" by the medical profession. This man came from an exceptionally healthy family. He himself had never been sick in his life until he began to suffer from hay fever. His habits of living had been very temperate and he was known as one of the best all-round college athletes in his state. Surely the work of a cashier in a small town bank was not sufficient to cause physical and mental breakdown in a man of that type.

Quinin

Allopathic Uses:*

(*Europe annually imports 500,000 lbs. of Cinchona bark.)

1. Appetizer and bitter tonic during convalescence, general debility, and while taking depressing remedies like mercury, lead, etc.
2. Against all febrile diseases, especially malaria and all conditions resulting from same. "Of unquestionable value if freely administered."
3. Against splenic leukemia.
4. Local anesthetic, injected with urea hydrochlorid for minor surgical operations--used instead of cocain.
5. Rectal injection against amoebic dysentery.
6. Against painful nervous conditions. "Shows well marked effects, acting as cardiac and central nervous depressant."
7. Menstrual stimulant and abortive.

Accidental Poisoning:

Malarial preventatives.

Patent tonics. Hair tonics.

Toxicology:

"Converted in the stomach into quinin hydrochlorid, a readily diffusible salt which enters the blood stream within a few minutes after ingestion. Decreases functional activity of all forms of protoplasm. Reduces number of leukocytes. (Hence its suppressive action on inflammatory processes.) Binds oxygen more firmly to hemoglobin thus interfering with proper oxygenation and decreasing the nitrogenous output."

Clearly therefore, quinin reduces temperature by suppressing the production and not by facilitating the liberation of heat.

The most important symptoms of Cinchonism (chronic quinin poisoning) are the following:

1. Congested frontal headaches.
2. Sensation of fullness or pressure at top of head.
3. Ringing in ears.
4. Disturbances of vision (dilatation of pupils with imperfect response to accommodative effect). Color-blindness.
5. Gastro-intestinal and renal irritation oft accompanied by hemoglobinuria.
6. Itchy skin eruptions.
7. Restless, unrefreshing sleep, dizziness, drowsiness and debility.
8. Nervousness, neurasthenia and insanity. Note the similarity between cinchonism and neurasthenia.

Elimination of Drug in Healing Crises:

1. Through the skin causing itchy eruptions resembling scarlatina or measles.
2. Through the kidneys as amorphous alkaloid which irritates urinary passages, often causing hematuria.

Elimination of drug in healing crises is frequently accompanied by taste of the drug in the mouth.

3. Through acute catarrhal elimination, purging and hemorrhoidal discharges.

Signs in Iris:

The drug shows most prominently in the brain region in yellow pigments ranging from whitish to reddish tints; variation probably due to chemical admixtures. In severe poisoning the yellowish discolorations show also in stomach, intestines, liver and spleen, in the latter organs especially in cases of chronic malaria. (Color plate, fig. c, page 116.)

CHAPTER XIV

IODIN

(Color plate, Figs. b and c, Page 116)

The most prominent alterative next to mercury is iodine. Judging from the records in the iris, it must be one of the most popular drugs used by the regular school of medicine, for we find the iodine spots in the eyes of about one-fourth of all the subjects

we examine. No other poisonous drug shows more plainly in the iris, but the signs differ according to the mode of absorption. If taken internally, the poison shows in the iris as bright red, reddish brown, pink or orange colored spots or blotches. (Color plate, b and c, p. 116.)

These spots are frequently transparent so that the underlying tissues of the iris can be discovered. Sometimes they are surrounded by white borders indicating that the poison is causing irritation and inflammation or that it is in process of elimination in a healing crisis.

Where the iodine has been applied externally and has been absorbed through the skin, the signs in the iris are of a pinkish hue and appear in the form of streaks, broom-like markings or reddish clouds. It is understood that these signs are visible in the areas of the iris corresponding to those parts of the body in which the poison has accumulated.

The signs of iodine which has been taken internally are often similar to itch spots, still with a little practice they can be distinguished readily enough.

The iodine spots are usually of a brighter red and more diffuse than the itch or psora spots. Sometimes the history of the patient also helps to clear up the doubt.

While other drugs exhibit a well defined affinity for certain portions of the body, we find iodine spots almost everywhere, frequently in the areas of liver, kidneys, stomach and bowels, lungs, pancreas and the brain.

Iodine as Described in Allopathic Materia Medica

Iodine (Iodum) is a solid non-metallic element. It is obtained from native iodides and iodates and from the ashes of sea weeds. Its principal preparations are potassium iodide, sodium iodide, the tincture of iodine, iodine liniment and iodine ointment. Its actions and uses are thus described in "Materia Medica and Therapeutics", by J. Mitchel Bruce, used as a text-book in leading allopathic medical colleges in England and America:

"Externally applied, iodine is a powerful irritant and vesicant, **decomposing organic molecules, and entering into loose chemical combination with the albuminous constituents of the parts.** At the same time it stains the epidermis a deep brown; causes considerable pain; and is absorbed into the blood, partly by the skin and partly by the air of respiration in the form of vapor. It is also a very powerful antiseptic and disinfectant."

This description of the action of the iodine again confirms our claim that all antiseptics, antipyretics, germicides and antitoxins are powerful protoplasmic poisons and that their medicinal action depends upon their life destroying qualities.

"The tincture, strong solution, and ointment of iodine are extensively used as stimulants and disinfectants to foul callous ulcers, much like silver nitrate; as vegetable parasiticides in ringworm; and as counter irritants in subacute or chronic inflammation of joints, periosteum, lymphatic glands, the pleura and the lungs, for which purpose the ointments of lead iodide and of mercuric iodide are also applied. In these instances the chief effect is doubtless stimulation. . . ."

Iodin acts as a counter irritant and stimulant because it is a protoplasmic poison. All poisons have a stimulating and irritating effect on the tissues of the body, because the organism as a whole, its organs, cells and living molecules, and the vital forces animating them, are aroused to intense activity by the effort to repel the hostile invader. Temporary benefit from irritation or stimulation is counterbalanced by the inevitable reaction and "the decomposition of organic molecules".

"But a certain amount of the iodine is absorbed, and acts specifically as will be presently described. Iodine in solution is injected into cysts, goiters, hydroceles, etc., with much success. . . ."

The specific action of iodine referred to, consists in the "drying up" of glandular structures. This may destroy them as effectually as extirpation with the surgeon's knife. I fail to understand how this can be called "a cure". Later, I shall give some instances of the chronic after effects of such "absorbent" treatment.

"Compounds of iodine with creosote and various soothing volatile, substances, such as chloroform and ether, are used as continuous inhalations in the so called 'antiseptic' treatment of phthisis, bronchitis and other forms of chronic pulmonary disease."

It is hard to tell whether these antiseptics will more quickly and effectually destroy the lung tissues or the disease germs. (See first quotation.)

"In the stomach and bowels, although it is gradually converted into sodium iodide, the irritant effects of free iodine are continued, with abdominal pain, sickness and diarrhea as the result. . . . In the blood the element is at first found combined with sodium; but this salt appears to be decomposed and the iodine for a time set free, for some of the red corpuscles are broken down (if the amount of iodine is large), and bloody effusions and bloody urine make their appearance. Such results are to be carefully avoided in practice. . . ."

This, too, indicates the destructive effect of the drug.

"Specific Actions and Uses"

"The *lymphatic glands* are reduced in size by iodine, which is extensively used for scrofulous and other chronic enlargements of the glands, whether applied locally as iodine, or administered internally as the iodides."

Explained above.

"The excretion of iodine by the mucous membrane of the respiratory tract is of most interest to the therapist. In certain subjects and probably when potassium iodide contains free iodine as an impurity, its exhibition produces a series of unpleasant symptoms known as 'iodism', consisting of coryza, the watery discharge from the nose being sometimes profuse; sneezing; severe pain of a bursting character over the frontal sinuses, commonly called 'headache'; swelling and redness of the gums, hard and soft palates and fauces; foulness of the tongue, and increase of the mucus of the mouth; cough and frothy expectoration and a sense of heat and rawness in the trachea and chest. . . ."

"In escaping by the skin the liberated iodine produces in certain individuals peculiar eruptions; papular, acneform, vascular or pustular, rarely purpuric. . . . Potassium iodide is said to be an *antigalactagogue* (milk suppressant).

The symptoms just described frequently manifest during the elimination of the drug in healing crises. The worst effects, because deep seated and obscure, are not mentioned. Here I may briefly state that in many cases we have found iodine to give rise to Bright's disease, diabetes, paresis, ulcers of the stomach and bowels, chronic diseases of pancreas, spleen and lungs. Some specific cases I shall describe later on.

Does Iodine Eliminate Mercury?

"Certain *poisons* which have intimately associated themselves with the albuminous structures, are disengaged from those combinations by iodine. Lead and mercury may be swept out of the tissues with the assistance of potassium iodide, administered for plumbism and hydrargyrisms respectively.

"The principal application, however, of iodine is in the treatment of syphilis. Either the virus of this disease is thus eliminated from the system, or iodine hastens the life and disappearance of the small-celled growth by which syphilis is characterized. It is especially valuable in the tertiary forms of syphilis, when mercury cannot always be given with advantage; and nodes and other superficial enlargements, gummata in the viscera, and certain forms of skin disease may be very successfully treated with the potassium salt. The same precautions must be observed with respect to the general health, and especially the preservation of digestion, in the case of iodine, as are laid down under the head of mercury (page 106)."

Various preparations of iodine are administered to counteract the effects of mercury, which are usually labeled tertiary syphilis. Old school materia medica assumes that iodine neutralizes and eliminates the mercury. "When the latter has been taken to the point of saturation and exudes from the body through ulcers, abscesses, hemorrhoids, etc., iodine arrests the acute activity aroused by the mercury and paralyzes Nature's effort to throw it off. Both poisons recede into the organism and continue their work of destruction. That this is true is proved by the signs of the poisons in the iris and the accompanying symptoms in the organs affected.

It is again Beelzebub against the devil.

The so called tertiary syphilitic usually suffers as much from iodine poisoning as from mercury. It counteracts the mercurial sores and ulcerations because it is a protoplasmic poison. It "dries up" and "absorbs" healthy tissues as well as diseased ones.

Dr. A. Farrington says, in his "Clinical Materia Medica", page 477, of the destructive chronic after effects of iodine:

"*Iodine* is an absorbent; it has the property of causing absorption, particularly of glandular structures. Its absorbent properties extend to other tissues, involving, finally, even nervous structures. We find, for instance, in persons who are poisoned with *iodine*, great emaciation. With the female, the mammary glands become atrophied and the ovaries, too, no doubt. With the male, the testicles suffer inevitable progressive loss of sexual power. The skin becomes dark yellow and tawny, dry from deficient action, the sclerotics (of the eyes) become yellow, yellow spots appear on the face and also on the body. There is excessive appetite; he is anxious and faint if he does not get his food. He is relieved while eating and yet he emaciates despite the amount of food he eats. Sooner or later the nervous system becomes involved and he is afflicted with tremor. He becomes nervous and excitable; every little annoyance which would be unnoticed in his normal condition causes trembling. He has a

longing for the open air, as if the cold, fresh air gave him more breath. This gives a fair idea of the condition to which the patient is reduced by the overuse of *iodin*".

In the following I shall describe several cases of iodism explained by the diagnosis from the iris.

A lady was sent to us by a physician for diagnosis. After looking into her eyes, I at once laid my hand on her right temple and said, "There is serious trouble here; you must suffer from chronic headaches."

This she at once admitted, saying, "It is that which brought me here. No one has been able to detect the cause of the trouble. Since you have discovered the locality, can you also tell me the cause?"

"Certainly," I replied. "It is iodin, applied externally and absorbed through the skin. The left frontal brain area in the iris displays a large reddish streak. Do you remember when and for what the iodin was applied?"

After some effort she remembered that when she was about six years of age, her neck had been repeatedly painted with iodin for "swollen glands". On further inquiry she admitted that soon afterwards the headaches had made their appearance and had never left her, as far as she knew, for a single waking hour. In order to "cure" the headache, she took quantities of bromids, coal tar preparations and other brain and nerve paralyzers which, of course, aggravated and complicated her chronic ailments.

My Own Experience with Iodin

Iodin was the cause of my undertaking the study and practice of Natural Therapeutics. About twenty years ago I was in very poor health. After giving up all hope of being cured by drugs. I went to Europe seeking relief in Nature Cure sanitariums. I was greatly surprised when one of the physicians in charge, after looking at my eyes, immediately told me the cause of all my troubles. He said, "Your right kidney and liver are ruined by iodin."

I remembered that our family physician had swabbed my throat internally with iodin and painted it externally when I was a lad, twelve years old. But I never suspected that those long forgotten applications of this drug could have anything to do with the tendency to diabetes. In my case the elimination of these and other poisons took the form of furuncles. There were at one time over twenty on my body. I allowed them to run their course without being lanced or treated with antiseptics. This proved to be the great healing crisis in my case for, after that vigorous housecleaning, I felt like one new-born. I seemed to be in perfect health and since that time have not been sick in bed for one day. Most of the spots disappeared, but some are still faintly visible, as shown in [Fig. 16](#), p. 123.

A patient asked me if I could explain why she had an abundance of milk for her first baby, while she was unable to nurse any one of the three following. I examined the iris and found in the region of the right chest and breast a broad yellowish-red streak of iodin. There were also closed lesions in the pleura and the lower lobe of the lung. I said to her, "After the birth of your first child and before the next was born, you had a

severe attack of pneumonia and pleurisy and your breast was painted with iodine". This she confirmed. When her first child was sixteen months old she contracted pneumonia and pleurisy and the entire right side was painted heavily with iodine.

Undoubtedly, the drug had been absorbed and had dried up the mammary glands. **This accounted for her inability to nurse the other children.**

In several cases I have traced sexual impotence to the action of iodine on the sex organs.

Iodine

Allopathic Uses:*

(*The world annually produces 11,000 tons of iodine for medicinal purposes. Is it any wonder that we find it so frequently in the iris?)

1. Antiseptic dressing for wounds.
2. Stimulant and disinfectant on foul ulcers.
3. Injected into cysts, goiters, hydroceles, etc., "with much success".
4. Counter irritant in chronic inflammations of joints, periosteum, pleura, lungs and tubercular lymph nodes.
5. Metabolic stimulant for disintegrating and eliminating drugs such as mercury, lead, etc., which have intimately combined with the albuminous constituents of the body.
6. Stimulating expectorant in bronchial catarrh and pneumonia if consolidation threatens to persist.
7. Antispasmodic in asthma and emphysema.
8. Antilactagogue. Dries up mammary glands.
9. For aneurisms as K. I. (Potassium lowers blood pressure while iodine stimulates metabolism and coagulates the tissues.)
10. Used chiefly against tertiary syphilis--either causes the elimination of the spirocheta or hastens the life and disappearance of the small-celled growth characterizing the disease.

Accidental Poisoning:

Workmen handling iodine.

Patent "goiter cures".

Toxicology:

Iodin is freely absorbed into the circulation where it resolves the red corpuscles.

It rapidly passes to all tissues especially the excretory organs and lymph nodes.

Symptoms of Iodism:

1. Inflamed gums, palates and fauces.
2. Coryza with bursting pain over frontal sinuses.
3. Cough and frothy expectoration.
4. Acneform eruptions.
5. Abdominal pain, nausea, diarrhea.
6. Glandular atrophy, especially testes, ovaries and mammae.
7. Anemia, emaciation and general debility.

Elimination of Drug in Healing Crises:

Catarrhal discharges from nose, sneezing, severe pain over the frontal sinuses; intense headaches; swelling and redness of the gums, hard and soft palates; foulness of the tongue; increase of mucus in the mouth; cough and frothy expectorations; papular, acneform, vascular or pustular eruptions; open sores, hemorrhoidal discharges and other symptoms according to location of the poison in the system.

Signs in Iris:

Have been described in introductory paragraph of this chapter.

CHAPTER XV

LEAD

(Color plate, [Fig. b](#), Page 116)

The drug shows in the iris in the form of lead blue or bluish grey discoloration in the region of stomach and bowels. I have found the dark blue or bluish grey sign of lead many times in the eyes of painters, printers, plumbers and other workers in lead, suffering from lead poisoning or lead colic. The sign in the iris indicates that the drug has a strong affinity for the stomach, but it also affects the nerves in the upper region of the spinal cord, causing the symptoms of wrist-drop and shaking palsy or paralysis agitans. (Mercury shows a stronger affinity for the lower sections of the spinal cord, more frequently giving rise to the symptoms of locomotor ataxia.) One of the plainest diagnostic symptoms of lead poison is a blue line along the edge of the gums.

I have met with many cases of lead poisoning caused through drug taking or accidental absorption of the metal.

Several years ago a patient came to me for consultation who suffered intensely from ulcers of the stomach. The eyes revealed plainly the sign of lead in the stomach area. I was unable to locate the source of the lead poisoning until I learned from the patient that for several years he had been employed in a carriage factory and that his work consisted in scraping old varnish and paint from vehicles. In this way he had inhaled and swallowed large quantities of the metal contained in the paint scrapings. Under natural treatment he made a perfect recovery.

Another patient who had suffered for years with severe indigestion, neuralgia and "rheumatic pains" also showed plainly the lead sign in the region of the stomach. In this case it developed that the patient several years before had worked on the ore wharves in Cleveland, Ohio. He had been in the habit of drinking water from a spring which trickled out from under a large pile of metal bearing rocks. He became violently ill, and was taken to a hospital where the doctors diagnosed his case as metallic poisoning. While he recovered from the acute attack, he was never well afterward and was treated for several years for indigestion, muscular rheumatism and neuralgia. The eyes revealed the true nature of his acute and chronic ailments. He also made a perfect recovery under natural treatment.

Lead and mercury produce the most stubborn forms of chronic constipation. The intestinal tract in the iris of such patients frequently has a black appearance. (Color plate, e and f, p. 116) Many such cases we have had to treat for six months or longer before the first white lines appeared in the black area of the stomach and intestines indicating the return of life into the paralyzed organs.

Lead

Allopathic Uses:

1. Externally as astringent and sedative in bruises, itches, ulcers and inflamed surfaces in general.
2. As injection against chronic inflammatory discharges from vagina, urethra, ear, etc.
3. Sprains (lead water and opium).
4. Hemostat for internal hemorrhage.
5. Powerful ecboic. (Producing abortion.)

Accidental Poisoning:

1. Workmen handling lead, type, paint, tinfoil, etc.
2. Lead water pipes.
3. Action of acid preservers on solder in canned goods.
4. Lead coated pottery.

5. Candy and cake colors (chromate).

6. Hair dyes (sulphid).

7. Glassware.

Toxicology:

Enters through skin, respiratory and alimentary tracts. Circulates as albuminate of lead, reducing red corpuscles and salts.

Is soon taken up by tissues and obstinately retained.

Symptoms of Plumbism:

1. Blue line along edge of gums.

2. Malnutrition.

3. Profound anemia. Icterus saturday.

4. Lead colic. Stubborn constipation.

5. Neuromuscular pain and rigidity often mistaken for rheumatism.

6. Paralysis saturday (lead palsy, wrist-drop, ankle-drop). Symmetrical, starting as feebleness and stiffness. Paralysis agitants.

7. Retinitis secondary to arteriosclerosis and interstitial nephritis.

8. Vertigo and delirium in severe cases.

Elimination of the Drug in Healing Crises:

Severe gastritis, hemorrhages from stomach, hemorrhoidal discharges; skin eruptions and ulcers (similar to mercury), sores in the mouth; bleeding of gums; severe nervous symptoms.

Signs in Iris:

Have been described in introductory paragraph in this chapter.

CHAPTER XVI

ARSENIC

(Color plate, [Fig. b](#), Page 116)

Several cases of accidental arsenical poisoning have already been cited on page 130. Another similar case was that of a farmer who came to us suffering from great enlargement of the spleen and from pernicious leukemia. His eyes showed the signs of arsenic very plainly, but for several weeks we were unable to trace the source of the

poisoning, until I mentioned paris green. He then told me that for many years he had sprayed his potato vines with a preparation containing large amounts of paris green. He remembered that frequently the wind had driven the spray into his face. This solved the mystery. He came too late, however, and succumbed to the effects of the arsenical poisoning.

Several years ago it was discovered that arsenical poisoning was frequently due to the inhalation of poisonous emanations from wall paper that owed its green color to paris green. Since then the use of paris green in the manufacture of wall paper has been prohibited by law. If arsenical poisoning can occur by inhaling the poisonous emanations from wall paper, what about taking arsenic in large quantities in Fowler's solution, salvarsan and other medical preparations? While the first effect of the drug seems to be tonic and stimulating, this is soon followed by greater weakness and collapse.

A well known trick of dishonest horse dealers consists in giving to more or less decrepit horses large doses of arsenic. This acts as a powerful stimulant on the animal. His coat becomes glossy, the eyes sparkle with the fire of youth and he prances about in high spirits. But the unwary purchaser finds to his astonishment within a few days that the animal has lost its youthful vigor and fine appearance.

The effect of the poison on human beings suffering from anemia is not one whit better. Whenever the drug is discontinued, the anemic symptoms reappear in worse form than before. Many people contract a habit for the drug which is very difficult to overcome.

Some of the worst cases of chronic multiple or peripheral neuritis that have come under my observation were caused by prolonged medication with arsenical preparations.

The notorious salvarsan is a powerful preparation of arsenicum. The formula is $C_{12}H_{12}O_2N_2As_2$. This concoction has never cured a single case of blood poisoning. At the best it has only temporarily suppressed symptoms. Many patients have come under our care and treatment who were completely ruined by it. A year ago we had under our care two cases who were made blind by its use. One of these patients had enjoyed good eyesight until he received four salvarsan injections. After each treatment his eyesight became weaker. After the fourth he could only dimly distinguish objects. Too late it dawned upon him that salvarsan was destroying his eyesight.

The other patient had a similar experience. Her eyesight improved greatly under natural treatment. The man, a Bohemian saloon-keeper, had not the necessary intelligence to understand Nature Cure, and went back to poison treatment. I do not know what became of him, but I am certain that he has not regained his eyesight.

Another case treated with salvarsan in one of the large Chicago hospitals, went insane. The doctors in charge of his case said it was paresis, due to syphilis in early life.

They pronounced the case incurable and sent him to the State Asylum for the Insane at Elgin. Later his friends consulted me about the case and on my advice had him paroled and brought to our institution for treatment. He improved rapidly, as the "606" was eliminated from his system, and three months after coming to us he failed to return from his daily walk. One of our attendants went to his house to see if he was there and found him working at his jeweler's bench. He has never had a relapse since.

I could relate dozens of instances where the "606" worked similar havoc in different ways, but space does not permit. On the other hand I have never come across a single case of so called chronic blood poisoning that has been permanently cured by this concoction. It was sprung on humanity and immediately accepted by the medical profession and the laity in all civilized countries simply on account of the reputation of Dr. Ehrlich as a great light of science.

November 21, 1917, the following news item appeared in the Chicago Daily Tribune:

"Doctors Cheer at Discovery of New Cures"

"Announcement of two discoveries of world wide importance in the cure of tetanus and syphilis were made today at the annual fall meeting of the National Academy of Science, held at the University of Pennsylvania. "Discovery of the new drug, known as A-189, was made at the Rockefeller institute after experiments dating from the outbreak of the world war. It means virtually the medical independence of America from Germany.

"The new drug, an organic arsenical compound, can be prepared in this country at a nominal cost of five cents a dose wholesale, whereas the wholesale price of salvarsan is now \$3.50 a dose.

"But the most important feature of the new invention is the fact that it develops greater resistance for the spirochaetal infections without doing as much damage to the cells of the body."

In the last paragraph of this report it is admitted that the old preparation of salvarsan did much damage to the system. New preparations of old poisons are usually introduced to the profession with similar phrases, i. e., "The old preparations of this drug were known to have very serious effects upon the system, but this new product of our laboratory produces all the good effects of the drug without any of its destructive after effects." (This announcement holds good until a new preparation is discovered.--Author.)

Arsenic

Allopathic Uses:

1. Externally as caustic (with iodine) against lupus, keratosis and new growth of skin (does not act until absorbed).
2. Internally against chronic skin eruptions (with sulphur).
3. Lues as salvarsan (606) neosalvarsan (914) and sodium cacodylate.

4. Hay fever, asthma.

5. Popular tonic hematinic used with iron for leukemia, pernicious anemia and symptomatic anemia resulting from tuberculosis, malaria, gout, rheumatism, etc.

6. General tonic and alterative in all cases of perverted metabolism. "5 gtt. Fowler's Solution t. i. d. Increase 1 gtt. daily until eyelids become oedematous or until faint darting pains are felt in abdomen. Reduce dose and continue until the above symptoms reappear. Reduce again and repeat."

Accidental Poisoning:

1. Paris green, "Rough on Rats," naphthalein and other insect and vermin exterminators.

2. Cloth dyes. Wool in manufacture is treated with arsenic as a preservative. Glazed and wall papers.

3. "Cancer cures." Condition powders.

4. Taxidermists and furriers.

5. Sprays for parasites and insects on vegetables and trees.

6. Cosmetics.

Toxicology:

Readily diffusible, producing excessive oxidation and combustion.

Toxic only to organisms with a central nervous system.

Symptoms of Chronic Arsenical Poisoning:

1. Waxy complexion with loose, brittle hair and nails.

2. Arsenical eczema.

3. Puffed eyelids. Conjunctival injection. Photophobia. Lachrymation.

4. Catarrhal discharges from all mucous surfaces.

5. Cold drizzling sensation over back.

6. Numbness and tingling in extremities.

7. Neuralgia and peripheral neuritis.

8. Progressive muscular atrophy.

9. Engorgement of liver, spleen and lymphatic glands.

Elimination of Drug in Healing Crises:

1. Kidneys, bowels, liver.
2. Skin, in form of arsenical eczema, boils, running sores, dandruff and shedding of hair.
3. Catarrhal discharges from all mucous surfaces. Retained longest in bones, ligaments and other hard tissues.

Signs in the Iris:

Arsenic, the third drug in the group of alteratives, shows in the outer margin of the iris in white flakes resembling snowflakes or beaten white of egg. We find these signs in the eyes of many people who have taken the poison in medicines and tonics or who have absorbed it accidentally. (Color plate, b, page 116.)

CHAPTER XVII

BROMIDS

(Color plate, Figs, a, e, Page 116)

The salts of bromin most commonly used are potassium, ammonium and sodium bromid. These salts act as depressants and narcotics, particularly to the brain and nervous system. They lessen the sensitiveness of the nerves and their conductivity and are also powerful depressants on the heart and sex organs, often causing loss of sex power.

Bromids show in the iris as white or yellowish white discolorations. They appear in the form of a crescent in the upper regions of the iris, indicating that the drug exhibits a special affinity for the brain and sympathetic nervous system. (Color plate, a-e, p. 116.) The more strongly marked this sign in the iris the more symptoms of chronic bromism will be exhibited by the patient. A very noticeable symptom of chronic bromid poisoning is a peculiar acne form rash.

The eruptions on the face and neck may turn into abscesses and ulcers. Frequently the victims of bromism exhibit erythema and copper colored blotches. They also suffer from digestive disturbances. Mental symptoms are very prominent, there being a distinct action on the blood vessels of the brain, these blood vessels contract causing anemia and atrophy of tissues, weakening and loss of memory, defective coordination of muscular activity, difficulty in walking and tremor of the limbs.

J. Mitchell Bruce, M. D., in his "Materia Medica and Therapeutics", says:

"The great vital centers of the medulla are depressed by bromids; respiration becomes weaker and slower, whence, possibly, part of the value of the drug in whooping cough. The heart is also slowed and weakened in its action. . . . The spinal centers, nerves and muscles are all depressed by bromids, the latter so much so that the convulsions of strychnin poisoning cannot be induced." This confirms my

assertion that all sedatives, hypnotics and narcotics are merely brain and nerve paralyzers.

The salts of bromin, in addition to serving as painkillers and sleep producers, are the great epileptic remedy of the old school of medicine. It matters not where the epileptic seeks relief from his terrible malady--whether he consults the doctor on the next corner or the high priced "specialist"; whether he buys nostrums of an advertising quack or visits the great sanitariums for epileptics in Europe; the treatment is the same--bromids in some form or other. This treatment may be varied sometimes by the use of other brain paralyzing agents, such as chloral, cannabis indica, etc., but these, like the bromids, merely give temporary, fictitious relief; they never cure the disease. Professors in medical colleges acknowledge this freely to their students.

The bromids are given primarily to suppress the epileptic convulsions. Unfortunately, however, they benumb and paralyze not only the centers of the brain affected by the convulsions, but the entire organ, some parts suffering more than others. This explains the gradual loss of memory, mental decline, progressive paralysis and final idiocy of the victims of bromism. These chronic complications are due not to the disease itself, but to the paralyzing effect of the drug.

Medical science has failed to discover the "epileptic center", that is, the locality of the brain especially affected in the epileptic convulsions. The discovery was made through the diagnosis from the iris, in the following way, by Rev. N. Liljequist, a Swedish clergyman, who has devoted his life to the study of this interesting science and who has written a most instructive book on the subject.

Liljequist one day examined a man suffering from epilepsy. The disease had been caused by an accident in a saw-mill. A saw burst, a piece of it striking the man behind the left ear, burying itself deeply in the bones of the skull. The epileptic convulsions dated from that time. Evidently the condition was due to pressure on the brain, caused by the piece of steel, which had penetrated the skull. Liljequist looked into the iris for a sign of the wound in the head and found a well defined open lesion in the left iris. Afterwards, when examining the eyes of epileptics he always looked for signs of the disease in this area of the iris and seldom failed to discover indications of abnormal conditions in that locality.

My experience has been the same. In almost every case of epilepsy I find the signs of drug poisons, of nerve rings, or of acute and chronic lesions in the iris area of the left cerebellum. (See chart, frontispiece, area 3.)

Ten years ago Mr. L. came to me for examination. His left iris showed a marked lesion in area 3. It was apparently the sign of an injury, and when I examined the skull I found behind the left ear deep scars radiating from the depression. The location of the lesion in the iris and the scars behind the ear made me think at once of epilepsy, and I asked him whether he was not affected by the malady.

He answered, "This is the trouble about which I have come to consult you; when I was four years old I had a fall and crushed in the bones of the skull behind the left ear. Immediately following the accident I went into spasms and convulsions and have suffered with epilepsy ever since."

The findings in this case fully confirmed the discovery, of Liljequist. It will be seen that the epileptic area lies in close proximity to the ear.

Physiology teaches us that one of the functions of the internal mechanism of the ear is to aid in the maintenance of equilibrium. These centers, therefore, must be the ones affected in epileptic convulsions, for muscular coordination and the sense of equilibrium are instantly and completely inhibited in such attacks as evidenced by the sudden fall and violent spasms.

Iridology has been of incalculable value, not only in discovering the location of the epileptic center, but also in throwing new light on the causes of the dreadful ailment. Undoubtedly, in the instance of Mr. L., whose skull was injured by a fall, the disease was caused by pressure of the indented bones, and therefore seemed to be a fitting case for a surgical operation. Fortunately for him he was not operated upon. I say fortunately, because trephining of the skull has proved to be anything but a blessing. For a time the operation was popular in the hospitals of Vienna, but it was found that most of these "successful" operations were, in the course of years, followed by serious brain diseases. It has been practically abandoned as a cure for epilepsy except in cases of accidental injury to the bony structure of the skull similar to the one above described.

In many instances the removal of the pieces of bone pressing on the brain has undoubtedly cured cases of epilepsy, insanity and other mental disorders, but the after effects of trephining, on the whole, have not been desirable.

In many cases of this kind adhesions are formed which draw the brain tissues out of their proper alignments and interfere with circulation and nutrition. The developments in Mr. L.'s case proved that, at least in some instances, epilepsy caused by injury to the skull can be cured by natural methods of treatment applied to the organism as a whole. When he came to us for treatment his condition was serious. The attacks displayed especial severity at night. An attendant had to be with him constantly. Aside from the typical brief spasms, he exhibited a peculiar form of convulsions, which I have not observed in any other case.

For hours at a time he would be tossing about in spasms, in a dazed, semi-conscious condition. Within six months, however, the convulsions ceased entirely. He remained with us nine months longer, undergoing the regular regimen without experiencing a recurrence of the old trouble.

In many instances we have, by means of Iridology, traced the exciting cause of the disorder to abnormal conditions in the digestive organs. Several cases resulted from irritation by worms, others from certain forms of indigestion. The latter patients were invariably addicted to voracious over eating.

A certain form of indigestion, due to an abnormal condition of the stomach, and to over eating, affects the solar plexus, and from there the impulse to convulsions is transmitted to the epileptic brain center. In such cases we found fasting to be of great benefit in overcoming the abnormal appetite, as well as in curing the digestive disturbance.

In patients of this type we have observed that the convulsions begin with the undulatory movements in the stomach region and thence travel upward to the brain.

It is a fact that epilepsy often comes and goes with rheumatic conditions and no doubt many cases are due to excess of either phosphoric or uric acid in the organism. These acids are powerful stimulants and irritants of nerve and brain tissues and their activity must be held in check by sodium and sulphur. Protein foods abound in the acid producing elements, phosphorus and nitrogen, but are lacking entirely in the acid binding alkaline elements. "We can readily see why a one sided meat-and-egg-white-bread-potato-coffee-and-pie diet may produce nervous ailments, such as epilepsy, St. Vitus' dance, hysteria, nervous excitability and sexual over stimulation.

Naturally the cure of such abnormal excitability of nerve and brain tissues lies in a reduction of the acid producing proteins and carbohydrates and in an increased use of fruits and vegetables, which are rich in the acid binding and eliminating organic salts.

Years ago, when my professional shingle was adorning one of the old mansions on sooty, gasoline scented Michigan Boulevard, a Southern lady came to me with her son who was about twenty-two years of age. His blue eyes displayed a heavy scurf rim. The dark pigmentation was especially marked in the areas of feet and legs, and it protruded like a "V" into the field of the left cerebellum. In this area were visible also segments of several nerve rings. The upper iris displayed very distinctly the whitish half-moons of bromids.

The stomach and intestines exhibited the light yellowish discoloration peculiar to scrofulous elimination through these organs. (This discoloration of the intestinal field is often mistaken for the yellowish signs of quinin and sulphur.) This data given, the rest was easy.

I addressed the young man as follows: "You have always suffered from poor circulation, cold, clammy, sweaty hands and feet." "Yes, that is so." "You suppressed the foot-sweat."

"Yes, that is so. I was playing with a football team and perspiration of the feet troubled me very much. I used drying powders and cured it."

"Soon after that you had attacks of dizziness and fainting spells and then regular epileptic fits." "Yes, that is true."

"Since then you have taken bromids in large quantities but, instead of curing the disease, it has grown worse. Lately your memory has been very much weakened. There is a lack of concentration and at times a great physical lassitude and mental stupor."

"It is worse than that," answered his mother; "of late he has frequently left home for his office and landed in a different part of the city without knowing how he came there. Once, in that dazed condition, he was nearly killed by a street car. It seems that nothing can be done for him. I have been traveling with him now for three years from one specialist to another, but without avail."

"All this is very plain, Madam," I replied. "As long as you adhere to allopathy, it matters not how many authorities you consult, the treatment is bromids and bromids and nothing but bromids. These so called sedatives are in reality brain paralyzers. They are given with the idea of paralyzing the brain centers in which the epileptic convulsions arise, but unfortunately these agents do not confine their benumbing influence to the left back brain, which is the seat of these disturbances. You notice that these white half-moons in his eyes extend more or less over the entire brain region. (Color plate, a-e, p. 116.) Bromism paralyzes the speech center in one, memory in another, the center for 'locality' in another, according to where the poison happens to concentrate. These signs in the eye also explain why the consumers of these drugs are slowly but surely turned into idiots and paralytics."

"Then you think there is no hope for him," sadly interrupted his mother.

"There is no hope for him, Madam," I replied, "by the bromid route; but under natural treatment his chances of recovery are very good indeed. Suppression of the foot-sweat threw the scrofulous taints, in process of elimination through the feet, into the cerebellum and this causes the periodical irritation of the 'epileptic center'. Natural methods of living and of treatment will eliminate these systemic poisons and thus remove the cause of the trouble."

Deeply impressed by the diagnosis and by my explanation of the natural methods of treatment, she concluded to leave the young man under our care. I then explained the law of crises and told them to look for five or six weeks of steady improvement, then for a temporary return of the old conditions, for convulsions, gastric disturbances, nose bleed, perspiration of hands and feet, nervous depression, homesickness, etc., etc.

After the mother's departure there arrived in due season a letter from the father, which ran as follows:

"Dear Son: Dr. X., our family physician, after listening to your mother's report, informs me that your doctor and his Nature Cure are a humbug and a fake. I want you to return home without delay."

In reply to this Mr. B., Jr., wrote to his father: "So far I have obeyed you in everything, but in this matter, which concerns me so deeply, I am going to follow my own judgment. Our family physician is entirely ignorant of this system, while Dr. L. has studied allopathic medicine in addition to his Natural Therapeutics. Dr. X. does not know what he is talking about and is not competent to judge."

The preliminary improvement made in his case was marked and rapid. The bromid eruptions and the dull, stupid expression of the face cleared and in six weeks the patient looked the picture of health. Convulsions had decreased from two or three daily to about one a week. In the latter part of the sixth week the iris area corresponding to the intestines became covered with a white film. I informed the patient that a bowel crisis was approaching, and within twentyfour hours my prediction was verified by the development of a lively diarrhea. This lasted several days and subsided without interference on our part.

I gave the patient one dose of homeopathic sulphur in a high potency. The convulsions now came thick and fast and with great severity. One morning his pillow was covered with blood from the nose-bleed. At times his hands and feet were dripping wet. The perspiration was of a disagreeable, sweetish odor, peculiar to these epileptic crises.

At this time he felt very much depressed, discouraged and homesick, and if it had not been for my accurate prediction and description of almost every crisis symptom, he would have followed his father's advice and taken the next train home. But by means of a magnifying mirror he himself saw the black patches in the areas of the left cerebellum and feet interwoven with white lines, indicating the active elimination of scrofulous encumbrances.

For about four weeks more these acute manifestations continued and then subsided never to return.

At the end of the fifth month he left for home in perfect, health.

Bromids and Loss of Identity

Frequently we read in the daily papers about people who have wandered away from home and lost all recollection of their identity, their home and former occupation. Some of these patients recover, others remain permanently affected.

The majority of these cases are caused by bromids, coal tar poisons or other brain paralyzing drugs. The only possibility of cure in such cases lies in thorough, systematic natural treatment.

Idiocy and Paralysis Caused by Bromids

Some of the most pitiable wrecks of humanity in early youth are to be found among the victims of bromism. I have known young men and women still in their teens who walked with a tottering gait and presented the aged and withered features of people seventy years old, feeble in body and stunted in mind, the stare of idiocy in their eyes, typical defectives created by the bromids or other brain and nerve paralyzing drugs.

Bromin

Allopathic Uses:

1. Externally, elementary bromin is used occasionally as an escarotic.
2. Internally the bromids are used as sedatives, hypnotics and antispasmodics in acute specific fevers, acute alcoholism, mania, hysteria, infantile convulsions, whooping cough, hypochondriasis, general nervousness, sexual over excitement, gastro-intestinal disorders of reflex origin, and "with great success" in epilepsy.

Toxicology:

Is rapidly absorbed from broken skin and mucous surfaces. Circulates as sodium bromid. Appears in the secretions a few minutes after ingestion, yet its total elimination stretches over a long period of time, so that by repeated doses the patient is kept continuously under its influence.

Its sedative effect is due partly to depression of sensory and motor nerves, but chiefly to reduced activity of nerve centers in brain and cord. (This confirms our claims that bromids and other sedatives and hypnotics benumb and paralyze brain and nerve matter.--Author.)

Symptoms of Bromism:

1. Brom-acne, so common in drugged epileptics--is in turn treated with arsenic.
2. Yellowish discoloration of skin with formation of blisters.
3. Catarrh. Salivation.
4. Headache, dizziness and general depression.
5. Impotence.
6. Diminished reflex excitability.
7. Neuro-muscular weakness, especially of lower extremities.
8. Premature senility, paralysis, insanity, loss of self consciousness.

Elimination of Drug in Healing Crises:

1. Kidneys (mainly). Increased urination.
2. Salivary glands, mucoid accumulations in the mouth.
3. Mucous membranes, acute catarrhal elimination.
4. Skin in form of brom-acne, so familiar in drugged epileptics--in turn treated with arsenic.
5. Abnormal perspiration, nose bleed, diarrhea.

Signs in the Iris:

White crescent in region of brain and white wreath in outer margin of iris. (Color plate, a-e, p. 116.)

Signs in the Iris:

Antikamnia produces in the upper part of the iris a greyish white veil which looks like a thin coat of whitewash. (Color plate, figs, d and f.) Antifebrin, antipyrin and phenacetin produce a pigmentation proceeding from the sympathetic wreath outward, in color ranging from gray to light yellow.

Creosote and guaiacol, which are used extensively as germ killers in tuberculosis and other germ diseases, produce a greyish or ashen veil over the entire iris. (Color plate, Figs, a and b.) In Europe the utter uselessness of these agents and their destructive effects have been fully recognized and they have been practically abandoned. In this country, however, these poisons are still widely used. The same holds true of antitoxin and tuberculin. These serums also have been practically abandoned by the most advanced European physicians, while here they are rather gaining in popularity with the medical profession.

Even "harmless" germ killers, if such there be, will never prove a cure for tuberculosis, because the tubercular bacillus is the product of the disease, not its cause. It grows in morbid and decayed lung tissue only.

The only way to prevent the growth and multiplication of the dreaded bacilli or their microzyma is to remove from the system the morbid and scrofulous soil in which they thrive. Elimination, not "germ killing", is the cure. Every germ killer is a protoplasmic poison, and that which weakens and kills the protoplasm of bacteria and parasites also weakens and kills the protoplasm of the normal cells of the human body.

During the last thirty years coal tar preparations have become very popular as pain-killers and hypnotics. Antipyrin, antifebrin, phenacetin, antikamnia, triazol and dozens of other preparations are obtained by the distillation of coal tar. All of these agents are highly poisonous and have a depressing and paralyzing effect on the brain, heart and respiratory centers. The use of these agents in the form of doctor's prescriptions, headache powders, nerve soothers, and hypnotics accounts for the increase in heart disease and insanity much more than does the "strenuous life". The stimulating and soothing effect of many of the popular soft drinks, such as coca cola and bromo seltzer, is due to poisonous stimulants, hypnotics or narcotics.

A few years ago Dr. Wiley, the government chemist, exhibited at the St. Louis exposition a flag of the United States which had been colored by anilin dyes extracted from canned goods. His investigations and laboratory experiments proved that most of the foods sold in grocery stores were adulterated not only with cheap ingredients, but also with poisonous coloring materials and antiseptics, most of which were found to be coal tar preparations.

In our modern artificial life people absorb poisons in many ways which they never suspect.

Insanity and Paralysis Caused by Antikamnia

Ten years ago a patient called me up on the telephone and asked me to come to her house immediately. On arriving there I was asked to examine a woman who was

sitting in a chair before us. The upper part of the iris in both eyes was covered with a greyish veil looking somewhat like whitewash. (Color plate, Fig. f, page 116.)

I said to Mrs. A., who had summoned me, that the woman must be suffering from coal tar poisoning, probably antikamnia or creosote, and that this must be severe enough to affect her mind. Mrs. A. answered that this was correct--that the patient was mentally unbalanced and also deaf and dumb. Then she explained that the woman had been doing her cleaning and laundry work, but of late had shown signs of mental aberration, and that during the last few days the condition had become acute. A doctor was called to examine the patient. His diagnosis was "insanity from worry over business matters". The friends of the patient had told him that Bessie had lost \$1,400.00 by loaning it to dishonest acquaintances. From this the doctor concluded that worry over money matters was the cause of her insanity. He recommended that she be committed to an insane asylum.

Mrs. A. called on the people with whom Bessie had lived and while searching her room they found a number of empty antikamnia boxes. Then both Mrs. A. and her landlady remembered that Bessie had been in the habit of taking medicine for her headaches and neuralgia. This explained the source of the coal tar sign in the iris.

With the aid of Mrs. A. the patient was placed under our care and treatment. For several months she was at times violently insane. Then she began to improve and after passing through the regular healing crises her mind cleared up to such an extent that in the fifth month we entrusted her with the care of our baby. Speech and hearing, however, while somewhat improved, remain to this day very defective. Ever since her recovery under the natural treatment she has been able to make her own living as domestic servant in private families.

Worry over money matters might have unbalanced her mind but surely would not have caused loss of speech and hearing. This could be caused only by some poisonous paralyzing agent. In this case also the diagnosis from the eye proved more reliable than the testimony of the expert alienist. If she had been committed to an insane asylum it would have been for life.

Coal Tar Products **Acetanilid, Antipyrin, Creosote, Phenacetin,** **Antikamnia, etc.**

Allopathic Uses:

1. Powerful antipyretics acting within one hour.
2. General nervous sedatives, anodyns and hypnotics, "giving complete and prompt relief in nervous headache, neuralgia, ataxia pains, gout, rheumatism, dysmenorrhoea, etc."

Accidental Poisoning:

1. Patent fever remedies, and headache powders.

2. Antikamnia and other proprietary anodyns.

Toxicology:

1. Reduction of blood alkalinity and red corpuscles. (This decrease in the oxygen carrying power of the blood accounts for the antipyretic action.)
2. Depression of all vital functions with a special tendency to cardiac failure (due to anilin).

Symptoms of Coal Tar Poisoning:

1. Undue readiness to fatigue.
2. Despondency and loss of memory.
3. Renal irritation.
4. Nervousness, neurasthenia, paralysis, insanity.

Elimination of Drug in Healing Crises:

1. Excessive perspiration and erythematous eruptions.
2. Catarrhal discharges.
3. Excessive urination.
4. Nervous and mental disturbances.

CHAPTER XIX
MISCELLANEOUS DRUGS
Salicylic Acid

Signs in the Iris:

Salicylic acid shows in the iris as a whitish grey cloud or veil, spreading unevenly over the outer margin of the iris, being more pronounced in the upper region. It resembles a whitewash and if abundant, tends to efface the peripheral border of the iris like glycerin. It is frequently associated with the sodium ring. (Color plate, figs. a and f, page 116.)

The drug has a corroding effect upon the membranous linings of the digestive organs. The continued use of it leaves these structures in an atrophic condition, which results in malassimilation, malnutrition and defective elimination. These conditions show in the iris by a darkening and gradual browning or blackening of the areas of the stomach and intestines. People thus affected suffer from the worst forms of wasting diseases.

Allopathic Uses:

1. Antiseptic surgical dressings.
2. For softening and removing horny skin growths.
3. Perspiring feet and night sweats.
4. Gastric and intestinal fermentation and decomposition.
5. Popular antipyretic but requires larger doses than antipyrin.
6. Chronic cystitis associated with foul alkaline urine and phosphatic deposits.
7. "Specific" against acute inflammatory rheumatism (used in form of salicylate of sodium or lithium; of late administered hypodermically to avoid gastro-intestinal irritation). "Administer large doses until ringing in the ears indicates physiological saturation. Discontinue until this symptom subsides, then repeat."

Accidental Poisoning:

1. Food and drink preservatives (1 percent checks enzyme action).
2. Oil of wintergreen, gaultheria and sweet birch.
3. Aspirin, novaspirin and other "cold remedies": Salol. Salophen. Salipyrin.

Toxicology:

The "specific" action of sodium salicylate against acute inflammatory rheumatism is ascribed to the following factors:

1. "It reduces the painful swelling and inflammation" (by suppressing oxidization like all coal tar products).
2. "It acts as a germicide against possible rheumatism micro organisms" (subsequently causes renal irritation).
3. "It increases the output of such nitrogenous wastes as urea, uric acid, urates, etc." (by creating new nitrogenous wastes through irritation, and not by facilitating the elimination of already existing waste acids through the neutralizing action of sodium, which shows in the iris as a "sodium ring").

Symptoms of Chronic Poisoning:

In addition to the symptoms produced by the other coal tar products, salicylic acid also gives rise to:

1. Dullness of hearing. Dimness of vision.

2. Nausea. Diarrhea alternating with constipation.

Elimination of the Drug in Healing Crises:

1. Severe indigestion--cramps in stomach and bowels, nausea and vomiting.
2. Acne form and pustular skin eruption.
3. Acute catarrhal elimination.

Strychnin

(Color plate. Fig. a. Page 116)

An alkaloid prepared from nux vomica, a white, crystalline, odorless powder of intensely bitter taste.

Allopathic uses: A cardiac and general nervine tonic.

Acute symptoms: Tetanic convulsions; eyeballs prominent, pupils dilated, respiration impeded, pulse feeble and rapid.

Symptoms of chronic strychnin poisoning: Weakness of the heart; sluggish circulation, low blood pressure, various forms of paralysis; indigestion; spastic contraction in the pit of the stomach.

Sign in the Iris: The sign of strychnin is very readily discerned in the iris. It shows as a white wheel of perfect proportions around the pupil in the region of the stomach, indicating that the poison has a special affinity for this organ. On closer inspection it will be seen that this wheel is made up of fine white lines or spokes radiating from the pupil.

With the strychnin sign in the iris we find associated an atonic or atrophic condition of the stomach : hypo-acidity, indigestion, fermentation and gas formation. Like all powerful stimulants, the first tonic effects of the drug on the digestive organs and the heart are followed gradually by weakness and progressive atrophy and paralysis. As a stomachic the drug is given in the form of nux vomica. It is one of the favorite heart stimulants of the old school of medicine.

Phosphorus

(Color plate, Fig. f. Page 116)

Sign in the Iris:

Phosphorus shows in the iris in whitish, greyish and faded yellow flakes and clouds in the areas of stomach, intestines, brain and limbs. (Color plate, f. in lungs and throat.) It was used in allopathic prescriptions more extensively in former years. I have frequently found the sign of phosphorus in people who had been treated with the drug for mumps, for nervous and mental troubles and for sexual weakness. These patients suffered from severe chronic headaches, neuro-muscular pains, variously diagnosed as neuritis, multiple neuritis and chronic rheumatism. They also suffered

from stubborn chronic indigestion. During the first year after absorption of the drug, the patients suffer with chronic diarrhea, which gradually changes into stubborn constipation.

I have frequently seen the sign of phosphorus in the eyes of people who became poisoned with phosphorus in match factories and in chemical laboratories. Next to mercury it is the worst form of vocational poisoning.

Allopathic Uses:

1. Rickets, osteomalacia, ununited fractures.
2. Nervous disorders, like neuralgia, mania, melancholia, sexual exhaustion, etc.
3. Chronic pulmonary diseases.
4. Some skin diseases such as psoriasis, lupus, etc.

Accidental Poisoning:

1. Workmen handling white phosphorus.
2. Vermin poisons, matches, etc.

Toxicology:

Circulates mostly in unchanged form but is partly oxidized at the expense of hemoglobin into phosphoric and phosphorous acid.

Symptoms of "Lucifer Disease" are the following:

1. Ulceration of gums and necrosis of jaws starting as carious teeth.
2. General weakness due to fatty degeneration of all tissues.
3. Hectic fever. Anemia. Purpura.
4. Gastro-intestinal irritation; diarrhea; tenderness over liver.
5. Various forms of paralysis.
6. Death from general nerve exhaustion.

Elimination of Drug in Healing Crises:

1. Deep reaching ulcers, chiefly in month.
2. Itchy eruptions on skin.
3. Hemorrhagic form of jaundice resembling scurvy.

4. Intestinal tract, diarrheas.

Turpentine

(Color plate, [Fig. d](#), Page 116)

It shows in the form of dense, grey clouds, mostly in the areas of the kidneys, sexual organs and bladder.

Glycerin

(Color plate, [Fig. f](#), Page 116)

Large white clouds in the areas of skin, kidneys or lungs. They may efface the peripheral border of the iris. (Color plate, areas 18-20-28.)

Ergot

(Color plate, [Fig. c](#), Page 116)

Ergot is a parasite or "smut" of rye; it was sometimes found in rye flour of poor quality. Improved grain cleaning machinery has made cases of poisoning from this cause of rare occurrence.

This poison is sometimes used by women in attempts to induce criminal abortion. ([Color plate, c](#), areas 14-20)

Acute and Chronic Symptoms of Ergot Poisoning (Ergotism)

The drug causes spasmodic contraction of the arteries and sclerosis of the posterior columns of the spinal cord.

The early symptoms are those of digestive derangement; later symptoms are gangrene of the fingers and toes, or painful spasmodic clinching of the hands and hyperextension of the feet.

Signs in the Iris:

Rust brown spots in various parts of the body. (Color plate, [fig. c](#), areas 14-18)

A few days ago an allopathic physician who is a good friend of mine told me about a lady whom he was treating for a fibroid tumor on the womb. He remarked that he was getting good results by the administration of ergot, that it was "starving the tumor" by constricting the blood vessels and cutting off the blood supply. Since I knew that he was not open to the philosophy of Natural Therapeutics I refrained from disputing his argument. Being a trained scientist, how could he overlook the fact that the ergot surely would not confine its constricting and starving effects to the tumor, but that it would have the same effects upon the normal tissues and organs of the body.

Opiates and Narcotics

Every time these drugs are used they weaken, benumb and paralyze brain and nerve matter and thereby interfere with and suppress Nature's acute healing processes and produce or aggravate chronic conditions. Recovery . in many critical cases is made impossible through the depressive and paralyzing effects of these poisons.

Opium

(Color plate, Figs, b, d and e. Page 116)

Opium is the oldest and most widely used anodyn and hypnotic. It is prepared from the juice of the white poppy. The drug is used in the pure form, and from it are prepared several alkaloids of which the principal ones are morphin and codein. Opium shows in the iris in pure white, straight lines radiating in the form of a star from the pupil, or from the sympathetic wreath, especially to the upper part of the iris. (Color plate, figs, b, d and e.)

In allopathic doses opium acts at first as a stimulant, then as a sedative, diaphoretic (i. e., sweat-producer), anodyn and hypnotic. It belongs to the most popular remedies of the old school of medicine. Therefore we frequently see the sign of the drug in the iris. When taken in sufficient quantities it creates around the pupil, in the area of the stomach and intestines, a grayish white star. The poison seems to have a special and permanent affinity for the stomach and bowels and sympathetic nervous system, and is one of the causes of chronic constipation in children who have been dosed with paregoric. Many cases of lifelong chronic constipation and indigestion we have traced back to paregoric and other baby soothers used in infancy and early childhood.

Laudanum

Laudanum is a tincture of opium. It contains 44 grains of opium per ounce. It shows in the iris similar to opium.

Paregoric

Paregoric is a mixture of opium, camphor, glycerin, annis seed, benzoic acid and alcohol. One half ounce of paregoric contains one grain of opium.* (*A prominent Chicago physician uses this preparation to kill defective babies. He induces the mothers of the babes to administer the deadly poison.)

Morphin

Morphin is the principal alkaloid of opium, and its action is similar to that of the mother drug. It is used frequently as a sedative in heart disease, nervous disorders, asthma, coughs, catarrhs and mental diseases. It acts more promptly when injected subcutaneously.

Helpless indeed would be the modern physician without the morphin syringe. How often must it serve as a deceptive substitute for real relief and cure! How grateful are the patient and his friends for the prompt relief from pain! But they do not realize the destructive after effects. They do not realize that momentary relief has been bought at the expense of the fighting power of the organism and that only too often the seductive and exalting effect of the poison makes a "dope fiend" for life.

Though morphin is closely related to opium, its signs in the iris differ somewhat from those of the latter. It creates in the iris fine white lines, which seem to lie on the surface and radiate from the pupil outward, especially into the upper part of the iris, or brain region. The signs, according to the severity of the chronic poisoning, vary from a few white lines to a thick white covering radiating from the pupil towards the upper rim of the iris. (Color plate, figs, b and e, page 116.)

Cocain

Cocain is an alkaloid obtained from coca leaves. The signs of this drug in the iris are very similar to those of morphin. Cocain produces local anesthesia and anemia by paralyzing the sensory nerves and contracting the blood vessels.

When given internally in allopathic doses, cocain acts at first as a stimulant, tonic and restorative. It enables persons who chew the leaf to undergo great muscular exertion with little or no fatigue. If the use of the drug and its various preparations is continued, it has by the law of action and reaction, a paralyzing effect upon the brain and spinal cord.

I need not dilate further upon the subject of narcotics. Probably everyone of my readers has come in contact with victims of these dreadful poisons, which destroy not only the body but mind and soul as well.

Anodyns and Analgesics (Pain Killers) Sedatives and Hypnotics (Sleep Producers)

Anodyns are medicines that give relief from pain. The chief anodyn is opium, or its alkaloid, morphin. Others are cannabis indica, belladonna, hyoscyamus, stramonium, conium, potassium bromid, chloral hydrate, chloroform, ether, camphor, cocain and coal tar products.

Analgesics are remedies that relieve pain, either by direct depression of the centers of perception and sensation in the cerebrum, or by impairing the conductivity of the sensory nerve fibres. Antipyrin, antifebrin, phenacetin, exalgin and cocain are powerful analgesics.

Hypnotics are medicines which produce sleep. The chief remedies of this group are bromids, paraldehyd, sulphonal, trional, tetranol, chloral hydrate, opium, morphin, cocain, hyoscyamus, hyoscin, ether, chloroform and alcohol.

All of these agents reduce pain and produce sleep because they are poisonous paralyzers. They do not contribute anything toward removing the causes of the pains and insomnia; they merely benumb and paralyze the brain and spinal centers of perception and sensation and reduce the sensitiveness and conductivity of the nerve fibres.

Natural Methods Versus "Dope"

The advocates of poisonous pain killers, nerve soothers and sleep (?) producers have not even the excuse of lessening human suffering. Natural methods, where it is impossible to save life, insure at least an easy decline and painless transition. This we have proved in hundreds of cases that came to us in the last stages of cancer and of other diseases that are usually accompanied by great suffering.

Though we have taken care of a great many cases of cancer of the breast, stomach, liver, intestines, etc., that came as "lost hopes" and passed away under our care, we have administered only a few doses of opiates to such patients within the last seventeen years.

While ordinarily under regular treatment such sufferers are kept constantly under the influence of opiates, and in spite of these have to endure excruciating pain, those whom we have treated passed through the last stages of decline without great suffering. They all reported that their pains were easily bearable, and, with two exceptions, none ever asked for an opiate.

The pain killers only temporarily paralyze the sensory nerves, then the pains return with increased force. We cannot cheat nature in that or any other way. **Pains suppressed are but pains deferred.** This is proved by the reactions that are sure to come after the administration of pain killers and by the terrible tortures of the drug fiend when the "dope" is withheld from him.

Do those who administer these agents realize that they are making drug fiends of their patients before they pass from this life? We have good reason to believe that the destructive effects of these poisons continue after death. Everything in the physical world has its counterpart in the spiritual. Is it not possible that the spiritual counterpart of the drug affects the spiritual counterpart of the physical body--that which St. Paul calls the "spiritual body"? Therefore, the sufferings of the drug fiend may not be ended with physical death. Every physician knows that the "dope" affects not only the physical body, but also the mental, emotional and moral characteristics; they know that the dope fiend is invariably a liar, irresponsible and unmoral.

Why should a patient be exposed to such mental and psychical destruction which may be of infinitely greater detriment to the permanent personality, the spiritual man, than mere physical disease, when the natural methods of treatment render the suffering easily bearable even in the most dreadful forms of chronic, destructive diseases?

In view of the fact that these poisons undoubtedly shorten the course of human life, there is another question of grave import connected with the giving of opiates. In many instances where all available vital force is needed to battle the disease, a dose of morphin or chloral may be sufficient to suppress Nature's healing efforts and to bring about a, fatal termination, thus robbing the patient of his last chance of recovery. Only too often the patient succumbs, not to the disease, but to the morphin syringe and other deadening hypnotics and sedatives, administered through impatience on the part of attendants and sometimes through worse motives.

The last days, or even the last hours of one ready to depart may be the most important of his life. Have we the right to deprive him of his last opportunity for

retrospection and for balancing his account with the higher law? The following incident brought this home to me very forcibly:

Several years ago, in one of the palatial homes of the lake shore front, I treated an old man who had amassed a great fortune, possibly not in ways exactly in harmony with the Golden Rule. He was slowly dying with cancer of the liver. His wife, forty-five years his junior, had been his faithful and sympathetic nurse for several years. When the end was near she consulted a lawyer as to the advisability of having the husband make a will in her favor. She was informed by the legal adviser that she would be better off if no will were made, since she was entitled to a liberal share of the fortune as her widow's dower, and that a will might only cause trouble and complications with the many children of the testator.

From that moment on, her patience and seeming sympathy vanished. Every word and action betrayed eagerness to see him go. When the patient groaned with pain--or seeming pain--she insisted that opiates be administered. Being convinced that under the natural treatment his physical suffering was not great and that an opiate would shorten his life, I informed her that I had entered upon my life work not to take life, but to preserve life, and that if morphin injections were to be given some other physician must do it. The more I objected the more strongly she insisted. The patient in the meantime kept on groaning and calling for help at the top of his voice. For hours he yelled, "I am suffering terribly; something must be done for me".

Finally, at her behest, I called in a physician who professed to be willing to administer the drug. The patient was informed to this effect, and the doctor, ready to apply the needle, remained within call. From that time on until he passed away, twenty-four hours later, the patient never uttered another word of complaint or a groan. He knew it would mean the morphin syringe, and that this would shorten his life. Life was so precious to him, or possibly the dread of the future so great, that he preferred to endure what pain there was rather than take chances on the opiate. His behavior proved, as I had surmised, that his suffering was more of a mental and spiritual than of a physical nature.

Is it not possible that the last twenty-four hours were of greater importance to this man, as far as his spiritual welfare was concerned, than many years of selfish grabbing and hoarding?

Assignment/Quiz

1. Compare the charts I have given you in this lesson. Name the points of difference on the charts. Why do you think the charts are different?
2. What is located at 12:00 in the iris? (Use Bernard Jensen Chart for this and next ones)
3. What is located at 3:00 in the iris?
4. What is located at 6:00 in the iris?
5. What is located at 9:00 in the iris?
6. What are four things you can tell me about a person with blue eyes?

7. What are four things you can tell me about a person with brown eyes?
8. What are four things you can tell me about a person with green eyes?
9. What does a mixed iris color signify?
10. What do very dark, almost black iris signify?
11. How can you tell the condition of over-acidity in the iris?
12. How can you tell the condition of over-acid stomach in the iris?
13. What causes an over-acid stomach?
14. What causes an over-acid body?
15. What is candida?
16. How can it show in the iris?
17. What other sign in the iris is similar in color?
18. What is a psora spot? How can it be distinguished from a lesion?
19. Make a chart of ten drugs and their colors in the iris

Unit Three: Body Systems in the Iris

Top Ten Iris Markings

When I approach the iris the first things I look for are these “top ten” markings. These markings will give you a general overview of the body as well as a lot of the basic information that you need to be able to evaluate your client.

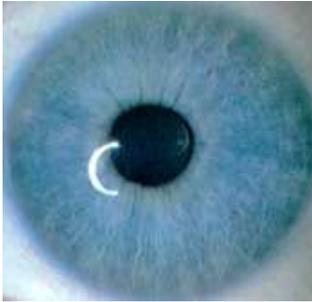
These markings are:

1. Constitution

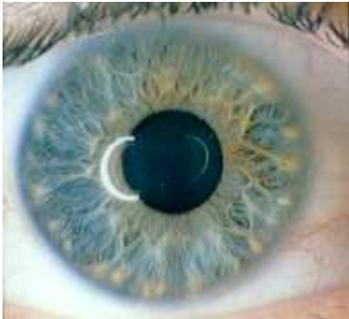
This is how well you are “built” and how well you will resist disease in general

Constitution tells you how the client is going to react to any therapy. If they have a strong constitution they may heal at a faster pace. They may also have had a much longer history of bad health habits before their problem surfaced. People with strong constitutions usually have had years of bad habits before a problem will catch up with them. A person with a weak constitution may need a more gentle therapy. You do not want to give them a hard therapy, which may hurt them. Their body will probably respond more easily to even small doses of herbs.

Here are some examples of a strong constitution and a weak constitution. A person with a strong constitution has the fibers in their iris close together.



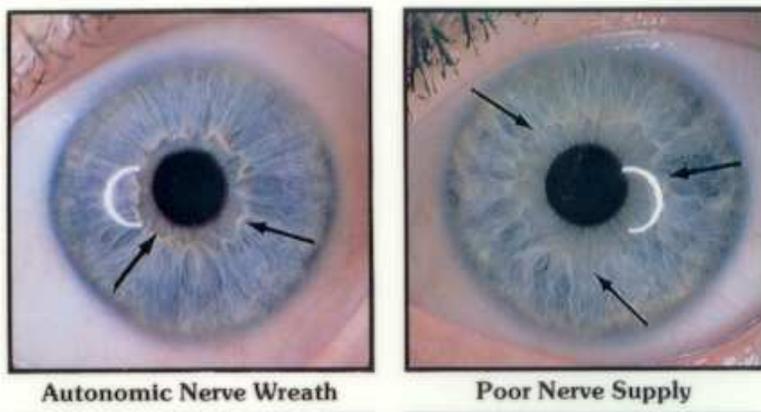
This is a strong constitution



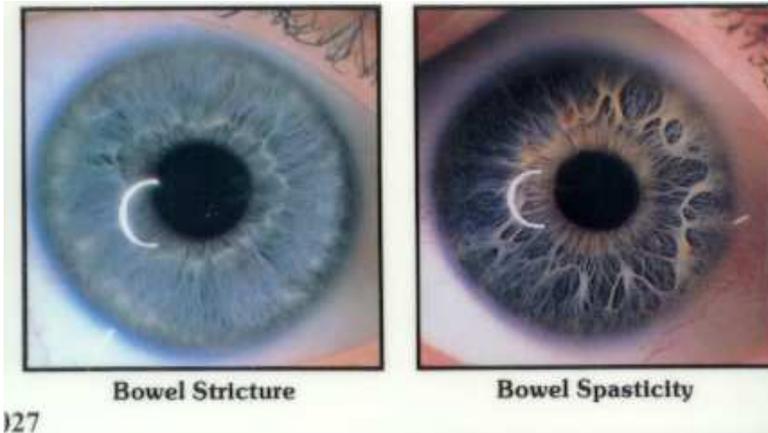
This is a weak constitution

2. Colon Integrity and the Autonomic Nerve Wreath

The next thing I look for is the nerve wreath, which will tell you not only the condition of the nervous system but also the condition of the colon. The ideal nerve wreath should be about 1/3 of the way from the black pupil of the iris and should make a just visible circle around the pupil. It should not be too dark or too white or uneven. This shows you that the nervous system is stressed. It also tells you things about the nervous system.

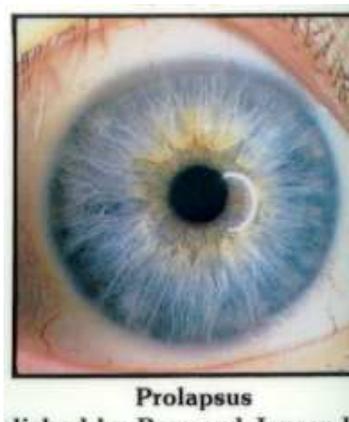


These pictures show the ANW. You want to look for the following signs in the nerve wreath:

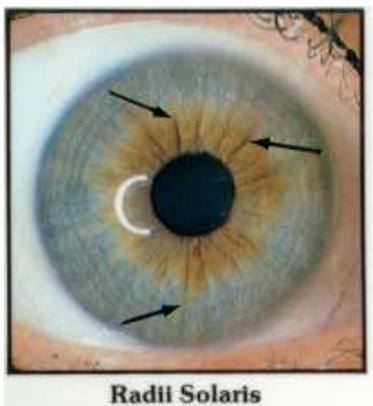


Bowel stricture is obvious when the nerve wreath is pinched into the pupil and is perhaps even touching the pupil in some way. On the other hand, when the nerve wreath is too far from the pupil this shows bowel spasticity.

Pockets in the ANW indicate that there are bowel pockets in the intestines.



Prolapsus is obvious when the nerve wreath is dipped into the pupil at the 12:00 point in the iris.



Radii Solaris, the lines stemming from the bowel area and nerve wreath area indicate a toxicity of the bowel that is leaking toxins into the entire body.

Diverticuli are small pockets like fingers, which are part of the ANW.

These may seem like small problems but they are actually central to the health of the body. Merely consider three facts about the intestines. First, if stretched out to their full length, the large and small intestines together would measure 25 feet long. Second, the total surface area in the intestines (made larger by myriad folds) capable of absorbing nutrients is the size of a tennis court. Third, the intestines can store a vast amount of partially digested, putrefying matter (as well as drugs and other toxic chemicals)—for decades even. Some intestines, when autopsied, have weighed up to 40 pounds and were distended to a diameter of 12 inches with only a pencil-thin channel through which the feces could move. That 40 pounds was due to caked layers of encrusted mucus mixed with fecal matter, bizarrely resembling hardened blackish-green truck tire rubber or an old piece of dried rawhide. I call this mucoid plaque. This mucoid plaque, when it is removed during an intensive colon cleanse, often shows ropelike twists, striations, overlaps, folds, creases—the shape and texture of the intestinal wall. Mucoid plaque may vary considerably, depending on the chemical conditions in a person’s intestines. It may be hard and brittle; it may be firm and thick; tough, wet, and rubbery; soft, thick, and mucoid; or soft, transparent, and thin; it can range in color from light brown, black, or greenish-black to yellow or grey, and sometimes emits an intensely foul odor.

If the color of the intestinal area is dark or reddish brown or discolored in any way this can indicate the person has parasites. Other discoloration marks were covered in Unit two.

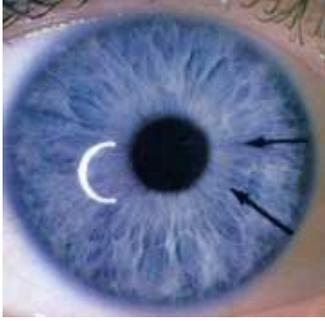
3. Toxic Settlements or Psora Spots

These are hard to tell apart. The general way to distinguish them is that the psora spots tend to “float” on the surface of the iris whereas the toxins within the body tend to appear as part of the integral color of the iris. We have already read about these two items in unit two. However, I wanted to mention that this is the third thing I look for when I evaluate the iris. I look for any discoloration or spots in the iris and I note if it is a toxic settlement or a psora and I note the location.

Toxic settlements are associated with lesions in the various stages, which always indicate that an organ or other body part is not eliminating properly, not cleansing itself. Toxic settlements can come from waste material absorbed in the colon, from the ingestion of poor food and from the ingestion of drugs or chemicals, from breathing foul air or from the skin absorbing toxins from work with dyes, chemical solutions, etc... It is generally thought that toxic settlements often lead to the formation of tumorous growths when they are not eliminated.

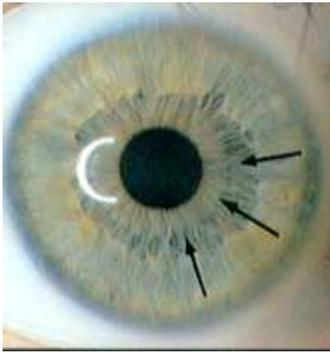
4. The Stomach

The stomach area is located just touching the pupil area of the iris. It makes a ring around the pupil. I look for one of the following signs:



This is the over-acid stomach

Eating too many acidic foods such as meat, grains and milk products or sugar and not enough vegetables and fruits.

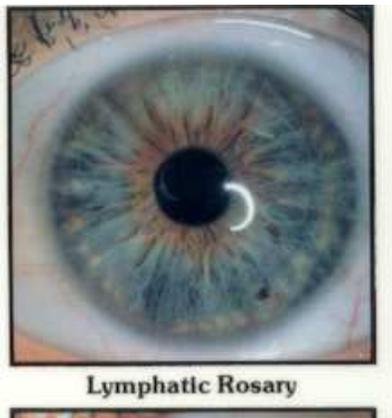


This is the Under-acid stomach

This indicates that there is an imbalance in stomach chemistry in which protein digesting hydrochloric acid is insufficient. Indicates a lack of organic sodium and a potential for protein anemia. This can come from ingestion of devalued foods or many drugs (OTC or recreational or prescription).

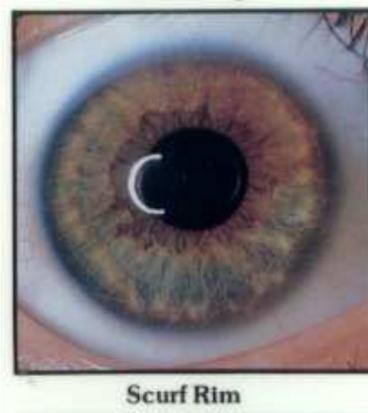
5. The Lymph System

The next thing I look at is the lymph system. It is located within the iris about 1/3 of the way in from the outer rim. If there is congestion in the system there will be whiteness, usually in the shape of little "clouds" in this area. These little puffs will often form a ring or part of a ring, which is called the lymphatic rosary. When lymphatic circulation becomes sluggish and congested with toxic wastes there is a buildup of catarrh and mucus in the system. Organs made primarily of lymph are the tonsils, adenoids, spleen and appendix.



6. Scurf Rim

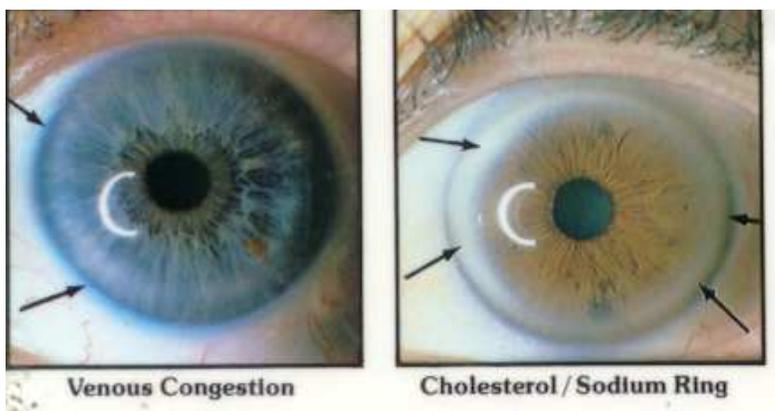
The next thing I look at is the scurf rim. I will go into this in more detail later. I know I am repeating myself in this “top ten” list and you have already or will learn more about these things on the list in previous or later chapters...however, by making this list I am providing you with not only the information but the order in which to view it. It will make your evaluation much easier if you look at these ten things first. The scurf rim can tell you a lot of information about the skin. A congested scurf rim often means bad skin condition and/or allergies.



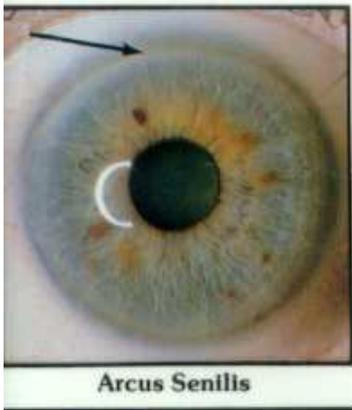
This person has a congested scurf rim, as you can see from the black ring that is JUST within the outside rim of the iris. Any ring that is not touching the outside rim, or that is OUTside the rim within the sclera of the iris is NOT the scurf rim. It is not a good thing to have a scurf rim. Not everyone has one.

7. Circulation Ring

The next thing I look at is the circulation ring. The circulation ring is just touching the outside rim of the iris, but it is in the sclera itself, just OUTside the iris periphery. If this area is blue, it indicates bad circulation. If it is discolored it indicates blood toxins. If the area is white on top it indicates old age and decreased brain function, if the area is all white and cloudy it indicates high cholesterol or calcium and magnesium imbalance. A blue ring can also indicate anemia or low iron circulation.

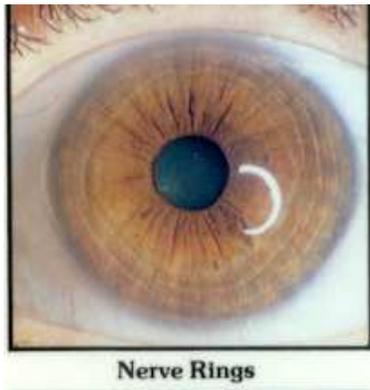


This sign is an indication that there is a chemical imbalance in the body resulting from over-consumption of bicarbonate of soda, salt, or drugs like sodium salicylate. It can also indicate calcium out of solution in the blood. This may be related to calcium deposits, hardening of the arteries, and high cholesterol or high triglycerides in the blood.



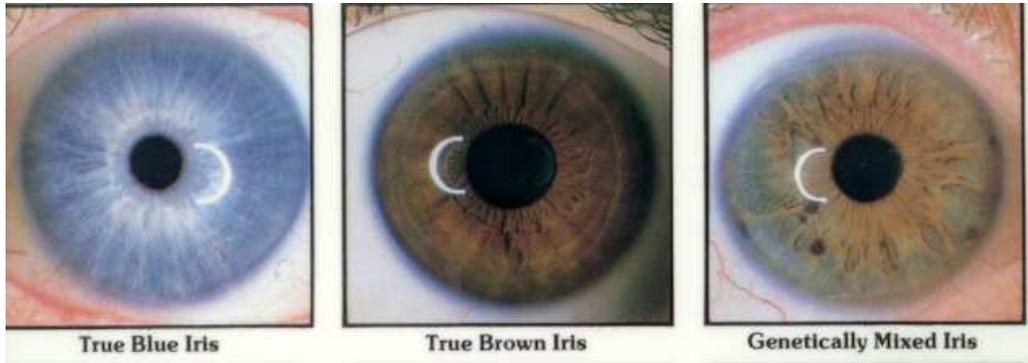
8. Nerve Rings

I know we have already checked the nervous system but there is one more sign I look for that tells a lot about the condition of the nervous system. These are called nerve rings and they are illustrated below. The appearance of these means that either the person is a very over-active person or that they have undergone too many trauma's and stresses in their life or BOTH. Nerve rings closer to the outside of the iris indicate more physical stress. I often see this kind of ring in very athletic people. Rings more in the middle indicate internal and/or emotional stress.



9. Iris color

The next thing I look at is iris color. I need to get a general idea of what this person's health challenges may be according to what color iris they have.



10. Body Acidity or Candida

We spoke about these in Unit two. However, I wanted to mention them again because I always make sure I look for these conditions first before I go into individual analysis of the internal organs.

Here I will speak about some new things and some of these things in more detail...

Nerve Wreath and Colon

The Intestines

Digest and assimilate food, store and eliminate toxic/fecal matter. Consists of the duodenum, small intestine, peyers patches, appendix, large intestine, ascending, transverse and descending colon, sigmoid, rectum and anus. To help heal certain conditions of the colon you can help the client with the following herbs:

- A. *Diverticuli* - pg. 21 - Psyllium
- B. *Prolapsus* -pg. 20 - Bladderwrack, slant board
- C. *Spastic Bowel* - pg. 20 - calcium, magnesium, AGC, epsom salts
- D. *Toxicity* - psyllium, marshmallow, water, chorophyll, alfalfa, bladderwrack
- E. *Ballooning* - Same as above (wc)
- F. *Hemorrhoids* - white oak bark (no pic)
- G. *Illeocal Valve Problems* - slippery elm, comfrey root, plantain

The Collarette or “Autonomic Nerve Wreath”

This is one of the most important landmarks that an Iridologist will analyze. The collarette is exemplified as a vascular analog for the autonomic nervous system. This circular phenomenon is described as a representative for the exchange of nutrients and toxic material between the intestinal tract and the humors of the body. This would also include the collarette serving as an index for the lining of the intestinal tract and autonomic nervous system. Certain indications that are found represent certain tendencies towards the tonus of the gastrointestinal tract. Organs reaction fields are also checked in your analysis to show the reflexive significance between the GI tract and specific organs affected.

- A. **Broken wreath** (wc)= poor nerve function = alfalfa, parsley, sage
- B. **Toxic Color** = Toxic = red clover, burdock (wc)
- C. **Formation** of tells about intestines, etc...(wc)

Now we will see what Henry Lindar has to say about some of these signs in the iris...

CHAPTER XX
**DISEASES OF THE VITAL ORGANS--
 THEIR SIGNS IN THE IRIS**
Stomach and Bowels

The area of the stomach is located directly around the pupil (A), that of the intestines surrounds the stomach (B) and the border of the intestinal field represents the sympathetic nervous system (C). See Chart, Frontispiece.

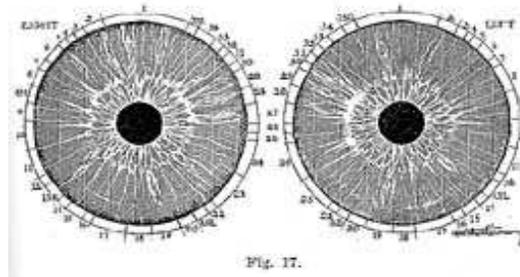


Fig. 17.

Acute conditions of these organs show white in the iris (fig. 17), while chronic conditions, accompanied by gradual atrophy of the membranes of these organs, create dark grey, brown and black discolorations. (Color plate, figs, e and f.)

Acute catarrhal conditions of the stomach are usually accompanied by excessive secretion of hydrochloric acid as well as by systemic accumulations of uric and other acids (Fig. 17), while the chronic condition, accompanied by more or less atrophy of the membranous linings of the stomach, is responsible for deficient secretion of hydrochloric acid and pepsin (Fig. 18).

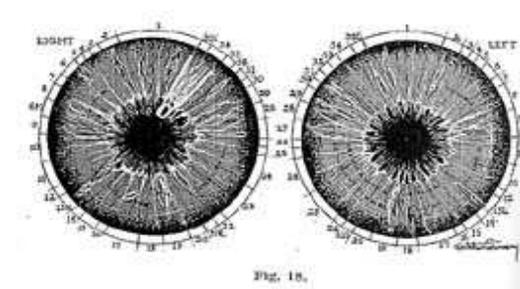


Fig. 18.

In order to find out whether the contents of the stomach are hyperacid or hypoacid, physicians of the regular school introduce rubber tubes into the stomach and take test

samples of its contents for examination in the laboratory. The iridologist does not have to resort to this unpleasant and injurious practice. The showing in the iris reveals whether the subject is suffering from hyperacidity or hypoacidity. If the stomach area in the iris shows white, this is a sign of acute inflammatory and hyperacid condition, while dark discoloration indicates a sluggish, atonic or atrophic condition of the membranous linings and therefore a deficiency of hydrochloric acid and pepsin. As a result of deficient secretion the foods remain undigested, enter into morbid fermentation and create noxious gases and other pathogenic materials.

If the stomach, through long continued destructive processes, is in a condition of chronic inflammation or ulceration, the inner edge around the pupil shows dark and ragged. (Fig. 17, p. 215.)

As the disease processes in the stomach proceed from the acute and subacute to the chronic and destructive stages, we observe in the iris the appearance, first, of greyish or brownish spokes. These gradually darken until in the destructive stages they become quite heavy in appearance and black in color. (Fig. 18, p. 216.)

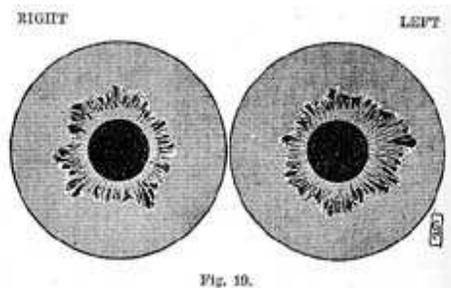


Fig. 10.
Fig. 19

A weakened and relaxed condition of the digestive tract, resulting in enlargement and prolapsus of the organs is indicated in the iris by the distention of the areas of the stomach and bowels (Fig. 19, p. 218). This is true in a more pronounced degree of the intestinal tract, which is frequently greatly distended in the areas of the cecum, ascending colon, descending colon, sigmoid flexure and rectum, these parts of the intestinal tract being frequently enlarged on account of accumulation of food materials and feces.

Drug Poisons in the Digestive Organs

What has been said about signs of acute and chronic conditions in the stomach is also true of the intestines. Frequently the stomach area appears whitish, greyish or light brown, while the intestinal area is enormously distended and shows the black spokes of chronic conditions. In such cases stomach digestion may be fairly active while the intestinal tract is in an atonic condition. (Fig. 19.)

In many cases of mercurial poisoning the intestinal area shows deep black, indicating the paralyzing effect of the poison on the intestinal membranes. The liver in such cases also shows chronic signs. The intestinal area frequently shows the signs of quinin, iron, sulphur, opium and its derivatives. We also find in the intestines the signs of iodine but not of strychnine. (Fig. 26, p. 227.)

Itch spots, the signs of suppression of psoric eruptions, we find quite often in the fields of the stomach and intestines. These always indicate a tendency to ulcers and benign and malignant tumors (Fig. 20). Cancer in these organs shows usually as a small black spot surrounded by white. (Fig. 14, Series IV, c.)

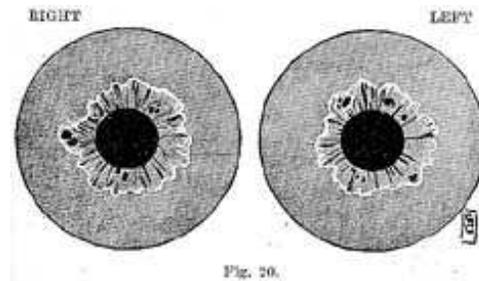


Fig. 20

(Fig. 20, p. 219.) I examined this patient six years ago and found several large itch spots in the intestines. I informed the husband of the lady that these itch spots indicated a strong tendency to cancer, but she did not remain for treatment. Four years afterward he brought his wife to us in the last stages of cancer of the intestines. It was too late for recovery.

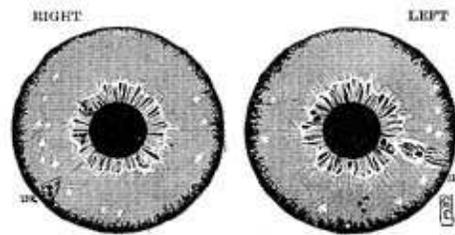


Fig. 21

(Fig. 21, p. 220.) About the same time that I made this diagnosis I examined another lady whose left breast was slightly inflamed around the nipple. Her iris revealed itch spots in the left breast. I warned her also of the possibility of cancer. She took treatment for two months; then her husband, who did not believe in Natural Therapeutics, forced her to abandon the treatment and return to her home in a western city. When he brought her back three years later, the left breast was a solid mass of cancer. This case also had advanced beyond the possibility of improvement. Itch spots showed also in the left groin and liver. Mrs. S. remembered distinctly that in her childhood she had suffered with eczematous eruptions which were treated with "medicine and salves". Undoubtedly these remedies accounted for the heavy scurf rim in her eyes, and for the arsenical flakes.

If these cancer patients and their relatives had understood the nature of psora and its hidden clanger, both lives could have been saved.

Skin & Circulation

The Skin

The skin is our largest eliminative organ and we typically eliminate two pounds of waste materials (perspiration) every day, mostly through the feet.

The skin is one of the most important and most neglected of the eliminative organs. Adults have a skin area estimated from 2-3,000square inches, which eliminates about 2 pounds of waste material per day. The skin has two main layers, called the epidermis or outer layer and dermis, the thick, underlying later. The epidermis of the palms of the hands and feet have five layers while the rest of the body has four. Sweat glands, approximately 3,000 per square inch of the body, help control electrolyte fluid balance in the body and assist in regulating body temperature. The scurf rim around the perimeter of the iris provides information about the condition of the skin and the blood vessels just beneath it. The presence of a rim shows an accumulation of toxic materials due to poor elimination from the skin. Among those with the poorest skin elimination, the scurf rim becomes almost black. Where the scurf rim is the darkest or thickest can also show which organs are being affected the most. To keep the skin functioning properly brush is with a natural bristle brush or loufa. Skin also needs sunlight and fresh air and exercise for the glands to function properly. Foods good for the skin are silicon, iron, potassium and vitamins A, B, niacin and PABA. Supplements such as rice bran syrup, alfalfa sprouts and oat straw tea are good for the skin.

The Circulation of the Body

For problems in this area of the body one can use burdock, red clover, chapparal, buchu, chlorophyl, yellow dock, dandelion., Niacin. chickweed, butcher's broom, lecithin, rose hips, hawthorne berry.

The Internal Organs

The Respiratory System

The lungs and bronchioles function to take in oxygen and remove carbon dioxide from the blood, which exchanges these substances at a cellular level. Oxygen, of course, is necessary for cell metabolism and carbon monoxide is one of the MAIN waste products of cell metabolism. The respiratory system is one of the MAIN channels of elimination in the body (along with the colon and the skin, etc..) . Many people do not realize that the respiratory system has this function. So if your body is laden with toxins some people get it stuck in their lungs instead of their intestines or skin.

Respiratory Organs

(Fig. 27, p. 231)

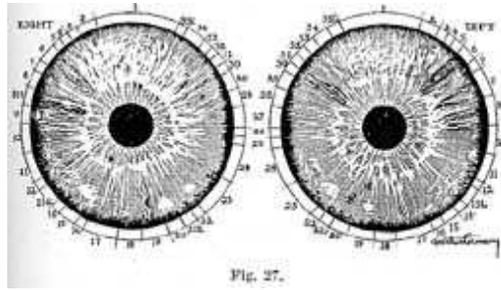


Fig. 27

These are the eyes of a young lady who died from phthisis of the lungs at the age of twentyfour. I examined her eyes three months before her death, when it had become too late to save her life. The eyes showed the following lesions and other abnormalities.

One of the most prominent features is a very heavy dark scurf rim which extends nearly uniformly all around the iris. This type of all-around-the-iris scurf rim has been called by iridologists the hereditary scurf rim because it forms early in childhood in the iris of infants who were heavily encumbered from birth and who were subjected to suppressive treatment for skin eruptions and other acute infantile ailments. The application of mercurial and other metallic ointments also results in the appearance of a broad black scurf rim all around the iris because these metallic poisons effectually deaden the organic structures of the cuticle.

The "acquired" scurf rim is one which forms from infancy on as a result of hot bathing, coddling, dense, heavy clothing, suppressive treatment of skin eruptions. The acquired scurf rim does not appear uniformly all around the iris but shows mainly in the form of half-moons in the outer segments of the iris. (Fig. 13, p. 100.)

The inactive, atrophic condition of the skin indicated by the heavy scurf rim predisposed the child to catarrhal conditions which manifested as whooping cough, frequent colds, profuse catarrhal elimination from the nasal passages, chronic tonsilitis and enlargement of the adenoids. At the age of four the tonsils and adenoids were extirpated.

Suppression of scrofulous elimination through these channels intensified elimination through the nasal passages. The nasal membranes became congested, the turbinated bones soft and swollen, this obstructed the air passages and the child became a mouth breather.

The nasal passages were treated with antiseptic sprays, polypi were removed and the turbinated bones reduced by the knife. This treatment resulted in destroying the nasal membranes, which suppressed the local catarrhal conditions but drove the impurities in process of elimination deeper into the system. Next the lymphatic glands in the neck became engorged with pathogenic materials. Two years after removal of the tonsils the lymphatic glands on both sides of the neck were extirpated.

About the same time the child was vaccinated before entering public school. This was followed by eczematous sores which persisted for several months and were

finally cured (?) by ointments and internal medication. All of this served to intensify the scurf rim.

From that time the child was never well and became pale, anemic, weakly and listless, unable to romp and play like other children--easily tired in school, and always backward in her studies. The treatment for this anemic condition was "good nourishing" food--that is, plenty of meat, soups, eggs and other heavy protein and starchy foods, which only served to increase the pathogenic encumbrances in her system. The principal medical remedies were arsenic (Fowler's solution), strychnin and iron.

Nature next tried to eliminate the pathogenic encumbrances through the bowels, which gave rise to periodic diarrheas. These were suppressed with laudanum and other opiates. In this fashion the child worried through the years of childhood and early youth, the parents in the meantime trying many specialists and "cures". Defective skin action and excess of protein and starchy foods intensified the pathogenic obstruction in the tissues and resulted in carbon dioxide poisoning. This prevented the entrance of oxygen into the tissues, which meant constantly increasing oxygen starvation. This, together with pathogenic obstruction in the lung tissues, brought on constant catarrhal elimination in the form of coughing and copious expectoration. These persisted in spite of suppressive treatment by means of opiates and coal tar products, resulting gradually in the breaking down and caseous degeneration of the lung tissues, which in turn prepared a luxuriant soil for the tubercle bacilli. She was then sent to a tuberculosis camp, but the effects of the outdoor life were spoiled by the stuffing with large amounts of eggs, milk and other pathogen producing foods. Death brought relief from her great suffering in her twenty-fourth year.

The eyes of this patient revealed a complete record of her progressive ailments. The areas of nose and throat showed chronic catarrhal signs and a few small closed lesions which indicated the destructive and suppressive treatment of the acute catarrhal conditions in the nose, throat, tonsils and adenoids. The neck revealed the effects of extirpation of the lymph glands. The fields of stomach and bowels to the last showed white, indicating acute catarrhal activity of these organs characterized by constant, severe diarrhea.

The areas of the lungs also show the white signs of acute and subacute inflammation and several dark spots indicating caverns in the upper lobes of the lungs. It must be remembered that in such cases it is not only the actual destruction of tissues which brings about a fatal termination but also the pathogenic obstruction in the still active parts of the lungs.

The white flakes of arsenic are plainly visible in the outer portions of the iris and in the brain region the heavy grey veil of coal tar products. There are also several iodine spots. This poison had been applied to the throat in a vain endeavor to "dry up" the swollen lymphatic glands. One of these spots was located in the right kidney, which showed signs of subacute inflammation.

CHRONIC DISEASES--THEIR SIGNS IN THE IRIS

A Case of Chronic Asthma

(Fig. 29, p. 237)

Mrs. V. was brought to us five years ago, in a dying condition. She had been troubled for twenty years with asthma, digestive disorders and many other ailments.

When she came to us the mucoid discharges from her throat were so copious and she was so emaciated that she presented the appearance of one laboring in the last stages of consumption.

For several months it seemed that the fatal crisis might come any day. The microscope showed some tubercle bacilli in the sputum, but not enough to make it a tubercular case.

After several months of natural treatment improvement came slowly but steadily. The healing crisis took the form of acute catarrhal elimination accompanied by low fever.

After seven months treatment she left for home in good condition. She felt fairly well for eight months; then overwork brought on another breakdown, and she returned to us for treatment.

The asthmatic attacks were very distressing, and she suffered greatly from an atrophic condition of the intestines--indigestion and malnutrition. For three months she could take very little food--not more than a few spoonfuls of milk or soft boiled egg with juicy fruit and fruit juices a day.

When conditions in the alimentary tract had greatly improved a serious crisis came in the form of an acute attack of pneumonia and pleurisy. In her already weakened condition this developed into a battle royal for life, but, as in all true healing crises, the healing forces came out victorious and from that time on she improved rapidly. After this last inflammatory crisis in the respiratory organs the asthma disappeared entirely.

Mrs. V. told us that her troubles had started in childhood with stubborn constipation, indigestion and malnutrition. For this she had received allopathic treatment. She remembered that she was given considerable calomel for the liver and bowels, and strychnin and arsenic as tonics to aid digestion.

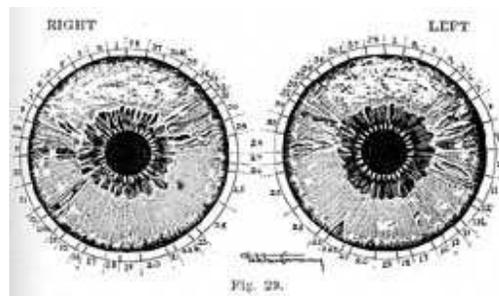


Fig. 29

When I first examined the patient her eyes distinctly showed the strychnin wheel in the stomach and the arsenic flakes in the outer iris, especially in the lungs.

These poisons, together with autointoxication and malnutrition due to her digestive troubles, probably brought on the asthmatic condition which followed in the wake of the medical treatment.

At the beginning of the asthmatic symptoms Nature tried to relieve the respiratory organs from the morbid encumbrances by a vigorous attack of pneumonia and pleurisy. This condition also was treated in the regular way with drugs and ice packs. From that time on the asthmatic attacks increased in frequency and severity.

In spite of, or probably as a result of, the continued medical treatment by the best specialists in Canada and the United States, her condition grew worse from year to year until life became a continual torture.

The sequence of healing crises, as well as her history and the records in the iris, revealed the causal chain in her case. While undergoing regeneration under the natural treatment she had to retrace the old acute diseases--the ailments that had been maltreated and suppressed in the past. The chronic conditions in the digestive organs, lungs and pleura had to become acute and run their natural courses before they could be permanently eradicated. For the last few years she has been practically free from the old complaints.

When I first examined her the areas of stomach and bowels were dark brown with many black spokes indicating an atrophic condition of the membranes and considerable destruction. The stomach revealed the strychnin wheel, while the intestines showed several iodine spots. She had been painted with iodine during the attack of pleurisy.

The bronchi, lungs and pleura showed chronic signs of the third and fourth stages. The brain region displayed the grey, mercurial crescent; the outer margin of the iris, the whitish flakes of arsenic. The entire iris was overspread with the greyish film of coal tar products. The scurf rim was heavy and continuous all around the iris; the lymphatic rosary also was very heavy, indicating the engorged and inactive condition of the lymphatic glands.

The iris pictures on this page show the appearance of her eyes when she first came to us five years ago.

The right iris shows a lesion in the region of the knee. In her girlhood the knee was injured by a fall on the ice. The right liver area shows the sign of subacute inflammation. The chronic signs in anus and rectum, left eye, stand for external and internal hemorrhoids.

At the time of writing this most of the signs just described have disappeared and the iris presents a clear, blue appearance. Of the drug signs only traces of mercury and iodine are visible.

Note that asthma can also be caused by high acidity in the body so do not be surprised if someone with asthma has perfect lungs.

The Sexual Organs

Diseases of the Sexual Organs

The female sex organs are much more complicated and therefore more prone to disease than the male organs. Most of the ordinary diseases of the female sex organs have been described in Chapter XVII, entitled "Woman's Suffering", in Vol. I of this series. In this chapter I shall confine myself to describing those diseases of the sex organs which are directly or indirectly due to venereal or gonorrheal infection.* (*This subject has been treated more fully by the author in a booklet entitled "The Black Stork".)

The allopathic school teaches that these diseases are in themselves of a chronic, destructive nature, and that their progress must be stopped as soon as possible by local and constitutional treatment, by means of drugs, cauterizations, surgical operations, etc. These teachings and practices are erroneous and destructive. We have proved in many hundreds of cases that these diseases are, in themselves, of the acute inflammatory type, that when naturally treated they run a normal course through the five stages of inflammation as described in Vol. I, and then leave the system in a cleaner and more normal condition than it was before the infection.

Not a single one of these cases treated by us (before suppression had taken place) during the last seventeen years has exhibited secondary or tertiary symptoms. As I have explained many times, it is the suppression of these diseases during the acute and subacute stages by the allopathic treatment that creates the chronic stages and loads the system with destructive drug poisons which are responsible for the so called tertiary stages of syphilis and the worst kinds of other chronic destructive diseases.

Allopathy looks upon syphilis as more serious in its after effects than gonorrhea. Practical experience teaches us that the reverse is true. The average gonorrheal case exhibits much more painful symptoms and is more dangerous to the neighboring organs, as well as more destructive in its chronic after effects than syphilis. The only reason why syphilis is followed after a lapse of years by locomotor ataxia, paralysis agitans, paresis, and a multitude of other so called tertiary diseases is, that slow acting but powerful, insidious poisons are used for its suppression.

The gonorrheal acute catarrh of the membranous linings of the urethra and the syphilitic ulcer are slightly differing manifestations of the same venereal disease. This was acknowledged by Dr. Frankel, an allopathic specialist and writer on sexual diseases. He wrote: "The nature of the contagious poison is of minor importance. Everything depends on the more or less favorable soil the poison finds for development in the body."

It happens that a gonorrheal infection causes syphilitic symptoms or what is called a mixed infection of both gonorrheal and syphilitic symptoms and vice versa. Nature Cure physicians claim that persons with good skin action (light scurf rim) are more prone to the gonorrheal form of the disease, while those with low vitality, poor skin

action and of psoric constitution tend to the syphilitic form of the disease. This I have been able to verify in many instances.

In "The Black Stork" I quote at length from the writings of Dr. Joseph Hermann, who has proved, not only theoretically but by thirty years of actual practice in one of the greatest hospitals for venereal diseases in the world, that neither gonorrhoea nor syphilis are constitutional diseases; that they are easily curable in the acute stages by natural methods of living and treatment; and that all chronic and congenital after effects can be wholly avoided.

Fig. 30 illustrates a typical case of gonorrhoea suppressed by injections of metallic poisons and internal medication. Area 20, urethra, and area 22, prostate gland, show the signs of subacute and chronic inflammation. As in many other cases of gonorrhoeal suppression the patient is now suffering from chronic prostatitis, and the urine has to be removed by catheters. His allopathic advisers insisted upon immediate operation. This would have meant greater suffering and the beginning of the end.

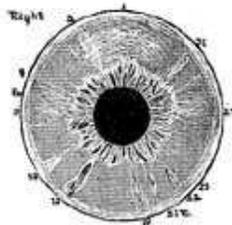


Fig. 30

The suppression drove the disease taints and drug poisons into the bladder and kidneys; as a result the urine shows pus and albumen. Ever since the disease entered upon the subacute and chronic stages the patient has been impotent. This is indicated by the chronic sign in area 15, testes. During the subacute stages the right wrist became affected with gonorrhoeal arthritis; this also was suppressed and left the joint in an ankylosed condition (area 12). It is a peculiarity of gonorrhoeal arthritis that it affects only one joint at a time. The gonorrhoeal taint in the system will aggravate any tendency to rheumatism and make it more malignant. This type we call gonorrhoeal rheumatism.

Suppression of the acute catarrhal elimination from the urethra resulted in chronic catarrh of the nasal passages and the bronchi. This, in turn, was treated and suppressed for years with coal tar poisons. As a result of long continued drug poisoning, especially by salicylates administered for rheumatism and arthritis, the area of stomach and bowels shows chronic catarrhal signs, indicating indigestion, chronic constipation, gas formation and malnutrition. Of special interest in this case is the quinin sign in the brain region especially prominent in area 2, right cerebellum, which is the seat of sex life, the emotional nature, etc. The patient confided to me that from early youth he had suffered with excessive excitation of the sex impulse. Undoubtedly this was caused by quinin taken in considerable quantities for chills and fever during his sixth and seventh years.

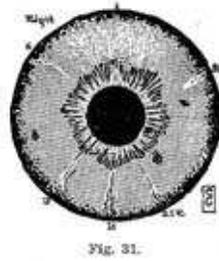


Fig. 31.

Fig. 31 illustrates the right eye of a woman fifty years old, who, at the age of twenty-five, contracted a syphilitic infection from her husband. The doctor who treated her, in order to shield the husband, did not inform her of the true nature of the disease. Not until she studied natural methods of healing and became a drugless healer herself did she find out the true nature of her ailments. When she came to me for treatment she exhibited a hole in the palate as large as a dime, which communicated with the nasal passages. She could not speak, nor could she take solid food because it entered the nasal passages. This lesion did not develop until many years after the syphilitic ulcer had been suppressed with mercury and potassium iodid. The inguinal glands and ovaries had been affected at the time by swellings (bubo) and inflammation. When I examined her, both areas (15, 18) in the iris showed chronic signs and a large iodine spot in the right bladder. The patient informed me that after the suppression of the original acute condition she had lost sexual sensation. The fields of the lower extremities reveal the signs of sub-acute inflammation. This was treated for years as sciatic rheumatism with salicylates and painkillers (narcotics and opiates). Subsequent developments showed that the supposed sciatic rheumatism marked the first stages of locomotor ataxia caused by the action of mercury and potassium iodid on the lower spinal cord. The upper part of the iris shows distinctly the greenish crescent of mercury. Iodine is visible in areas 28, 23, 10. Area 29, neck, shows signs of subacute inflammation due to engorgement and inflammation of the lymphatic glands.

The brain region exhibits acute signs in cerebrum and cerebellum. The accompanying symptoms are frequent headaches and dizziness. The patient under natural treatment experienced great improvement. The hole in the palate healed over perfectly within four months time. Her general condition improved sufficiently within six months that she was able to resume her work as drugless practitioner.

The Adrenal Glands

In Chinese and Islamic medicine the adrenal glands and kidneys are both considered to be part of the sexual organ system (as well as the digestive with the kidneys).

The adrenal glands produce a variety of hormones such as adrenaline and cortisone that are important in controlling your stress and immunity. The twist posture is a powerful stimulant to the adrenal glands, causing them to release extra energy to boost your vitality level.

There are TWO parts of the adrenal gland - the cortex and the medulla. The medulla secretes adreniline and noradrenaline that stimulate the heart, increase the amount of sugar available to the body, and cause blood vessels to dilate and be available, raising

blood pressure. The cortex secretes sex hormones such as progesterone, estrogen and testosterone. It also secretes cortisol which acts to reduce inflammation, cause muscles to burn protein instead of glucose, encourages the breakdown of fat and increases the body's loss of calcium and vitamin D. Aldosterone regulates the mineral salts in the blood and controls the blood volume. They are located above the kidneys.

i. White in the adrenal gland area could mean Cushing's or overproduction of male hormone. White signs in the internal organs usually indicate OVER activity in that organ. This sign could also indicate high blood pressure or blood sugar and male appearance in female.

ii. Black in the adrenal area could mean Addison's Disease - lack of production of cortex, loss of ability to put on weight, loss of appetite, nausea, vomiting, and emotional instability.

iii. A pulsating pupil indicates adrenal stress.

iv. Remedies - licorice root and vitamin B6, etc...

NOTE: Adrenals open aveoli (air sacs) in lungs so they are VERY related to asthma in some people. Note also their role in pregnancy and allergies.

Anatomy and Physiology of the Adrenals

The adrenals are two small glands, one on top of each kidney, with a total weight of about 1/3 of an ounce. Each has a medulla which is related to our sympathetic nervous system. The medulla secretes epinephrine and norepinephrine (commonly known as adrenaline). The adrenals also each have a cortex which secretes three different classes of hormones: mineralocorticoids, glucocorticoids, and androgenic hormones.

The adrenal medulla has many nerves (preganglionic) from the sympathetic nervous system go to it, and end on special cells that secrete epinephrine and norepinephrine whenever stimulated by the nerves. These hormones then travel through our circulatory system to all parts of our body. Some of the most important functions of epinephrine and norepinephrine include:

- 1) Speeding up the rate of metabolism of cells as much as 100%
- 2) Increasing blood pressure
- 3) Dilating the blood vessels to the heart and skeleton while constricting most other vessels
- 4) Increasing blood flow to the muscles while decreasing blood flow to organs not in use at the time
- 5) Causing the liver to release glucose and thus increasing blood glucose levels
- 6) Decreasing kidney function (resorption, etc.) and increasing urine output
- 7) Dilating pupils
- 8) Increasing muscle strength and mental activity (partially due to

increased glucose levels)

9) Dilation of bronchials (this is why epinephrine injections are given during asthmatic attacks)

10) Breaking down glucose in muscles

The two most important hormones released by the adrenal cortex are cortisol and aldosterone. Aldosterone is the chief mineralocorticoid. Aldosterone causes sodium retention and potassium excretion by the kidneys. If we had no aldosterone we would die within two weeks. Our sodium and chloride ions would decrease, and the potassium level in the fluid surrounding our cells would increase. The lack of sodium and chloride would lead to decreased fluid and blood volume and our heart would weaken and eventually we would go into shock. The increased potassium level would also poison the heart.

On the other hand, too much aldosterone leads to increased sodium levels in the extracellular fluids (as a result we become thirsty to dilute the concentration), as well as increased potassium excretion. Over long periods of time this sodium/potassium imbalance would cause high blood pressure, and muscle weakness. Another effect of excessive aldosterone is that the body conserves excess hydrogen ions and they combine with buffer ions and our body becomes overalkaline.

The major glucocorticoids are cortisol (also known as hydrocortisone), corticosterone and cortisone. Since they all have similar effects on the system we will limit our discussion to cortisol (the major glucocorticoid).

Cortisol's main functions include the following:

- 1) Gluconeogenesis (Don't let long words scare you. Gluco means glucose, neo - new, genesis - beginning). Cortisol thus is responsible for the body transporting amino acids (the building blocks of protein) to the liver where they will be converted into "new" sugar.
- 2) It decreases the rate that cells use glucose, and decreases the rate of bringing glucose to the cells.
- 3) Cortisol increases blood glucose levels, and chronic excessive cortisol production or intake (cortisone pills and injections) can lead to a type of adrenal induced diabetes.
- 4) It causes increased breakdown of protein and slows the formation of new protein. Except for the liver and plasma all other protein stored in the cells is decreased.
- 5) Cortisol causes fatty tissue to be broken down and transported into the blood, helping the body to burn fat instead of sugar.

6) Excessive cortisol can depress the function of your immune system by shrinking thymus and lymph tissues and decreasing formation of antibodies and sensitized lymphocytes which are necessary to fight disease.

Adrenal hormone secretion is under control of the pituitary gland (see pituitary chapter for more details).

Almost any type of stress to the body will cause the anterior pituitary to signal the adrenals (via ACTH) to produce more cortisol. These can include:

- 1) Moderate to severe physical pain
- 2) Extremes in temperature
- 3) Surgery
- 4) Traumatic accidents (auto accidents, on the job injuries, etc.)
- 5) Taking epinephrine or norepinephrine (these are often used in asthma, and in the pain killers you get during your visit to the dentist)
- 6) Intense anxiety or emotional trauma (problems at work or home, divorce, death in family, etc.)
- 7) Overwork - mental or physical
- 8) Lack of proper sleep
- 9) Chronic diseases that wear down the body
- 10) Pollutants in our air, water, cleansers, deodorants, hair sprays, etc.
- 11) Pesticide and herbicide exposure
- 12) Refined foods especially carbohydrates
- 13) Exposure to substances you are allergic to

The adrenals also produce male and female sex hormones in small amounts and these can influence your secondary sex characteristics, severity of menstruation etc. The estrogen and progesterone are very important in women approaching menopause. If the adrenals are functioning properly there is evidence that they will slightly step up production of these at menopause. This will slowly transition the body and make menopause fairly symptom free. In the multitudes of women that suffer varying degrees from functional hypoadrenia, the menopause will be more severe with hot flashes, sweats, etc. (see chapter on ovaries for more information on menopause). Most adrenocortical hormones are synthesized from cholesterol, therefore, when these hormones are called for by the body, cholesterol must be formed by the liver. This is one reason why stress increases serum cholesterol.

The Kidneys

The water element organs are the kidneys and bladder. In Chinese physiology, these organs govern water metabolism and control the bladder. In addition the kidneys are seen as the root and foundation of the body. They rule the lower part including the sexual organs and their reproductive functions. They also provide energy and warmth. The concept of “kidneys” goes beyond the Western physiology. To explain why these

additional functions can reasonably be part of kidney function, adrenal gland activity is generally assigned to the Chinese concept of kidney. The adrenals contribute to the energy, warmth, sexuality and other attributes of the body. The kidney-adrenal connection is clear since the adrenals are located directly on top of the kidneys and produce secretion that make kidney activities possible. The water element emotion is fear. Like the kidneys, fear is deeply rooted, and we are often not consciously aware of even major areas of fear and insecurity. A little healthy fear protects us, but unhealthy fear can “injure” the kidneys. On the other hand, weak kidneys can induce fear, which can block loving experiences. Stress-ridden, fear-ridden kidneys fail to remove the excess “water” in the system, which in turn “extinguish” the fire element (the heart) and its normal expressions of love and joy. Many people receive psychotherapy in an attempt to identify and dismantle deep insecurities. Often there is little success because the kidney-adrenal complex has not been renewed. By restoring the kidneys to any significant degree, one typically feels a tremendous amount of elation as the dark cloud of fear lifts. The kidney supports the reproductive organs, the reproductive material and reproduction activity (libido, ejaculation, gestation, etc.). When the kidney is functioning at optimum levels, the sexual and reproductive life is vigorous and lasting. The kidney also supports the structural elements of the body and regulates growth of the spinal cord, brain, hair, and teeth. The kidney also determines our ability to store calcium in our bones. On a strictly functional level, the kidneys filter the blood of waste. The kidneys also nourish the inner ear and so a weak kidney will cause trouble with ear infections, ringing in the ears, etc..

Diseases of the Kidneys

The kidneys are especially prone to disease conditions because they are the filters of the system, whose function it is to eliminate from the blood stream all sorts of waste and morbid materials. As long as the system is in fairly good condition and the kidneys have nothing to cope with but the normal forms of waste matter such as urea and salts, they will remain in a healthy condition, but whenever they are forced to eliminate large amounts of pathogenic materials, earthy matter, uric acid and ptomains, bile salts, etc., the tender tissues of these organs become irritated and inflamed. This leads to morbid changes which in time render them incapable of performing their functions.

When acute and subacute irritation by poisonous excretions continues for too long a time, the tissues of the kidneys undergo degenerative changes. Microscopic examination of the urine then reveals kidney cells, tubules, casts, leukocytes, red blood corpuscles, pus cells and other debris of inflammatory breakdown.

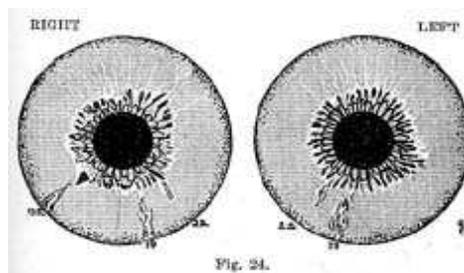


Fig. 24.

[Fig. 24](#)

Fig. 24 shows both kidneys in a subacute condition. That this was not primary disease, is shown by the serious lesions in the pancreas and liver which were associated with diabetes in the advanced stages. There also showed in both eyes the signs of acute inflammation in the bladder. The stomach and bowel region revealed the dark signs of chronic catarrh, indicating an atrophic condition of the membranes of stomach and intestines, which resulted in malnutrition and systemic poisoning.

The history of the patient revealed that he had been suffering since early youth with malnutrition and constipation, which I traced to the use of paregoric and cathartics. The mother of the patient told me that she had been in the habit of giving her children those wonderful "soothing syrups" and "innocent laxatives" so as not to be disturbed at night or when engaged in her household duties. In the meantime the laudanum in the paregoric and the calomel was benumbing and paralyzing the liver and intestinal membranes of her children. At the age of twenty the patient developed diabetes. This was treated with the ordinary allopathic remedies, but instead of curing the disease the poison treatment resulted in chronic inflammation and finally in breakdown of the kidneys, accompanied by the discharge of albumen in addition to sugar. The patient died at the age of thirtythree, shortly after I had made the diagnosis from the iris of the eye.

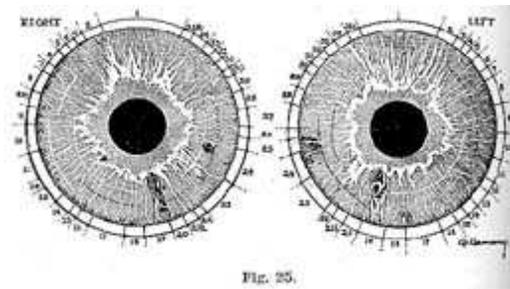


Fig. 25

Fig. 25 shows chronic, destructive **kidney lesions in both eyes**. In the right kidney region as well as in the right back we notice large itch spots. There is a closed lesion in the left kidney and an iodine sign in the pancreas. The brain region shows the signs of acute inflammation.

The patient, when I examined her, was in the last stages of Bright's disease. The cause of the trouble is revealed by the itch spots. She remembered distinctly that she had had the itch several times in her youth and that it was suppressed with the usual remedies--sulphur and molasses and blue ointment (mercury). She had suffered from weakness of the kidneys and bladder ever since. The poison sign in the pancreas accounts for the presence of sugar.

The white lines all through the iris and the heavy nerve rings indicate irritation of the nervous system through uric acid and other pathogenic materials. In this case the concentration of the psoric taint in the kidneys as the result of the suppression of scabies ("seven year itch") was undoubtedly responsible for the gradual breakdown of these organs.

Stones in the Kidneys

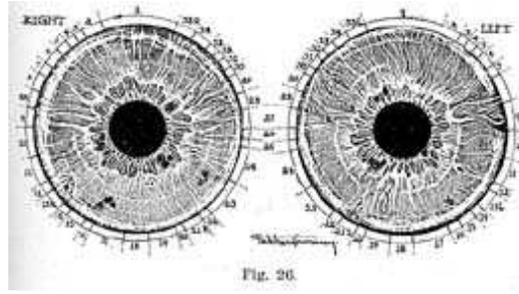


Fig. 26

(Fig. 26.) These eyes indicate plainly a uric acid diathesis. The irritation caused by this systemic poison throughout the entire system is indicated by the white lines all over the iris, giving it a grey appearance. Irritation of the nervous system by uric acid and other systemic poisons is also indicated by the many prominent nerve rings. Uric acid in this case resulted in the forming of a stone in the left kidney. This was removed by a surgical operation four years before the patient came to us for treatment. Two years after the operation another stone had formed in the right kidney. Mr. S. told me that the new stone in the right kidney was giving him much more trouble than the previous one in the left kidney ; that for two years he had traveled from one hospital or sanitarium to another, his ailments growing worse all the time.

When one of a pair of organs is affected by constitutional disease and is removed by the surgeon's knife, the disease soon after manifests in the companion organ. This is of such common occurrence that anyone who runs may read, but the surgeons cannot or do not want to see that constitutional disease is never cured by the mutilation or extirpation of an affected organ. Common sense reasoning would tell us that the only way to meet the problem is to cure the constitutional disease back of the trouble--in the case under discussion, the uric acid diathesis. This can easily be accomplished by the natural methods of living and of treatment.

Before this patient came to us he developed at intervals of two weeks a violent inflammation of the affected kidney. This was accompanied by high fever and excruciating pains. The attacks, which were undoubtedly precipitated by irritation due to the stone in the kidney, would last about a week and then subside, to be followed after another interval of two weeks by another attack.

After he came under our care and treatment he had only one of these violent colicky attacks. After that he experienced only a few slight aggravations and improved rapidly. He left our institution five months after his arrival and, according to last reports, had not experienced another attack of kidney inflammation, but I learned from his friends that since that time he has been troubled a great deal with acute inflammatory rheumatism, which is to be accounted for by the fact that he was not at all strict in his adherence to the natural regimen of living. X-ray pictures which were taken just before his arrival and at the time of his departure showed that the stone had actually diminished one eighth of an inch in diameter in various directions.

The acute inflammatory attacks subsided so quickly because raw food diet and fasting reduced the hyperacidity of his system very rapidly, thus lessening the irritation caused by the stone and the pathogenic condition of the blood. The fact that the stone considerably diminished in size in five months' time proves that these calculi

form only in blood highly charged with acid materials, and that they gradually dissolve under a normal alkaline condition of the vital fluids and eliminative treatment.

The digestive organs reveal a chronic catarrhal condition, also signs of iodine; in the outer margin of the iris, deposits of salts of sodium and magnesium; subacute catarrhal signs in bronchi, throat and nasal passages. The chronic lesion in the rectum stands for hemorrhoids.

Ovaries

One can often see cysts here. Take black walnut for this, go off caffeine, take vitamin E, sage, chickweed and parsley.

Prostate

Herbs that are good for the prostate include Zinc, pumpkin seeds, Gotu Kola, Goldenseal, Don Quai, licorice, black cohosh.

The Glandular System

The Thyroid

The function of this gland is to regulate temperature in the body, energy, body growth and development, emotional and glandular balance.

- i. Black = underactivity
- ii. White = overactivity
- iii. Goiter = enlargement of give iodine, slippery elm, castor oil packs

The Pituitary

Secretes hormone in the body which controls other endocrine glands such as the ovaries, testicles, thyroids and adrenals. Use alfalfa, sage and parsley.

CHAPTER XXII

THE DUCTLESS GLANDS AND THEIR SECRETIONS

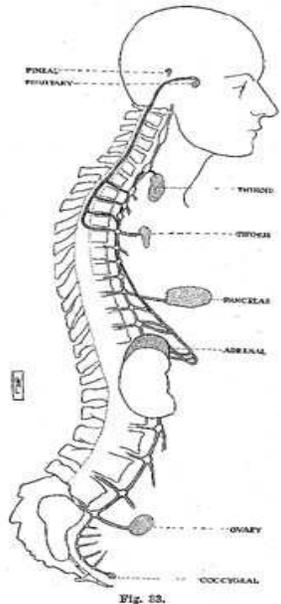
(Fig. 33, p. 252)

The secretions of the ductless glands are called internal secretions because they are not carried to the exterior by an open duct, but are poured directly into the blood or lymph.

Certain glands with ducts have also internal secretions, as for instance, the pancreas. In fact, it is claimed by some authorities that every specialized tissue in the body produces secretions which in some way influence the vital activities. From this it becomes apparent that internal secretion is one of Nature's methods of coordinating the activities of the various parts of a complex organism. The more easily understood coordination, by means of the nervous system, is of later development in the evolutionary process.

In the following paragraphs I shall briefly describe the locations and functions of the ductless glands, and follow this with a summary of the teachings of Dr. Charles E. de Sajous concerning the coordination and function of these interesting organs.

1. Pineal Gland. This is a small body projecting from the roof of the third ventricle at the base of the brain, beneath the corpus callosum. It is glandular in structure, reaching maximum development at about the seventh year. After this period and particularly after puberty it degenerates into fibrous tissue. It contains a few atrophied nerve cells without axons.



[Fig. 33.](#)

Occultists claim that all through life this gland is in active communication with the pituitary glands; that, in fact, the life impulses pass from the pineal gland into the pituitary bodies and from these and the nervous system, all through the organism.

Disease of this gland results in a too rapid development of the reproductive organs, accompanied by mental precocity and excessive growth of the bony structures. From this it appears that the gland has a restraining influence upon the development of the reproductive organs and upon the growth of the skeleton.

The pineal gland is better developed in the hatteria (lizards) and lamprey (fishes) than in man. In these lower animals it is often found in duplicate organs. One of these organs then corresponds to the - gland proper, while the other develops into an eye-like structure connected by nerve fibers to the habenular ganglia. This third eye is situated centrally on the upper surface of the head but is covered with skin. An ancient myth tells about human beings who possessed a third eye at the back of the head.

2. Pituitary Gland. This glandular structure is situated in the sala turcica of the sphenoid bone, at the base of the brain. It consists of three parts which are structurally and functionally different:

- (1) Anterior lobe;
- (2) Pars intermedia. This corresponds to the "test organ" of Sajous;
- (3) Posterior lobe, developed from the floor of the third ventricle. In adults it consists mainly of neuroglia.

Hypertrophy of the anterior lobe results in acromegaly or enlargement of the bones of the face and limbs. Partial removal causes increase of adipose tissue and atrophy of the sexual organs (sex infantilism)

3. Thyroid Gland. This ductless gland consists of two oval lobes lying one on each side of the windpipe, just below the Adam's apple, and connected by an isthmus or middle lobe. Absence or atrophy of the gland in children causes cretinism (idiocy).

Removal or atrophy of the gland in adults causes myxedema. The organ secretes iodothyron which contains 9.3 percent iodine by dry weight. Since perverted nitrogenous metabolism invariably follows complete removal of the thyroid gland, it is evident that this gland must supply the system with some principle which enables it to assimilate nitrogen for repair and to oxidize nitrogenous waste products prior to their elimination.

4. Parathyroids. These structures consist of four oval bodies, two on each side of the thyroid gland, from which they differ in structure and function. Complete removal results in acute toxic symptoms which develop rapidly. The most prominent is muscular tetany.

5. Adrenals. The adrenal glands are situated on top of the kidneys. Adrenalin ($C_9H_{13}NO_3$) is the basic substance in the secretions of these organs. The secretions of these glands are increased in a marked degree by fear, rage or other emotional excitement. The injection of adrenalin produces general vaso-constriction of the blood vessels. Degeneration or atrophy of the adrenals causes Addison's disease, dark pigmentation of the skin, muscular weakness, low blood pressure, mental apathy and general wasting.

6. The Reproductive Glands. These are the testes of the male and the ovaries of the female. In these organs are located, in addition to the sex cells, the cells of Leydig outside of the seminal tubules.

Complete castration in young males arrests development. Transplantation of testes to some other part of the body in animals is followed by normal development in sexual desire and potency. Substitution of ovaries for testes in young males arrests development of male genitals and the animal finally acquires all the instincts and characteristics of the female.

The internal secretions of the sex glands are important not only as regards the so called secondary sexual characteristics, but also have a very marked stimulating effect upon all processes of oxidation in the system.

7. Thymus Glands. This organ is situated behind the upper part of the sternum at the base of the neck. It was formerly supposed to reach maximum development at birth and subsequently to atrophy. Recent observers claim, however, that it continues to increase in size after birth until the appearance of puberty, and that it may persist throughout life.

Castration results in the persistent growth of the thymus gland. Removal of the thymus hastens the development of testes or ovaries. Thymus fed to dogs stimulates the growth of the body but results in mental deterioration. Thymus fed to young tadpoles hastens growth but retards metamorphosis to the frog state, thus producing giant tadpoles. Thyroid gland fed to young tadpoles retards bodily growth but hastens metamorphosis, thereby producing dwarf frogs.

It is claimed that thymus extract prevents excessive accumulation of acids, particularly of the acid of phosphorus, which it neutralizes into unclean compounds.

Thymus, therefore, seems to stimulate physical growth and to retard mental growth.

8. Coccygeal Gland. This small gland lies in front of the tip of the coccyx. Its exact functions are as yet unknown. Its removal is followed by serious nervous disturbance.

9. Carotid Gland. This gland is located at the bifurcation of the common carotid arteries. The exact functions of this gland are also unknown as yet, but both the coccygeal and carotid glands seem to act as neutralizers of systematic poisons.

The Relationship of the Ductless Glands

Until a few years ago little or nothing was known about the functions of the ductless glands in animal and human bodies. Probably physiologists and physicians would still be describing these structures as "atrophied organs", the relics of a previous and now utterly changed anatomy of man during some period of his evolutionary development, had not some surgeons, regarding these organs as atrophied and useless relics of the past, extirpated them and found that people thus deprived of these "useless relics" invariably developed serious chronic diseases of body and mind, or died. Now, certain branches of advanced medical science jump to the other extreme and attribute practically all disease to the abnormal functioning of these small and seemingly insignificant organs.

Sajous has probably done the most advanced work along these lines of physiological and medical research. The substance of his "theory and practice", as presented in the "Internal Secretions and Principles of Medicine", may be summarized as follows:

"The pituitary body or gland ([Fig. 33](#)), acting through the sympathetic and central nervous systems and through the thyroid and adrenal glands, controls all the vital processes of the body."

Thus modern materialistic science meets and corroborates ancient esoteric science, which taught, in what we are pleased to call the "dawn of humanity", that the pineal

gland and pituitary bodies were the organs of the spirit and the soul through which the life forces act upon the body.

Concerning the relationship and various functions of these organs, Sajous says:

"The pituitary body is the general and governing center of the spinal system, which includes the gray substance at the base of the brain, the pons and spinal cord, and the nerves derived from any of these structures, cranial and spinal.

"The pituitary body is the governing center of all vegetable functions, i. e., of the somatic brain.

"The pituitary gland is divided into an anterior and posterior body. The anterior is a lymphoid organ which, through the posterior body and a nerve path in the spinal cord, governs the functional activity of the adrenals.

"Since the secretions of the adrenal glands control all the oxidation processes of the body, this control is exercised originally from and through the anterior pituitary body. In like manner the anterior pituitary body governs, by means of the posterior body and certain nerve tracts, the activity of the thyroid gland.

"The pituitary body, the adrenals and the thyroid gland are thus functionally united, forming the adrenal system. "The posterior pituitary body is the seat of the highly specialized centers which govern all the vegetable or somatic functions of the body, or of each organ individually.

"The posterior pituitary body receives all the sensory impressions belonging to the field of common sensibility; pain, touch, muscular sense, etc., initiated in any organ, including the mucous membrane of skin and brain." (According to this the pituitary bodies must be the organs through which the consciousness receives impressions from without and within.)

"The sympathetic nervous system is also governed by a highly sensitive center likewise located in the posterior pituitary body. The 'sympathetic center' in the posterior pituitary body through the sympathetic system governs the caliber of all arterioles and regulates the volume of blood admitted into the capillaries of any organ, including those of the brain and nervous system. The caliber of the larger blood vessels is governed through the vasomotor center."

The Test Organ

"Between the two lobes of the pituitary body is located an organ which has for its purpose the protection of the individual against morbid and poisonous materials that may be present in the circulation.

"This test organ reacts to the influence of any poison capable of exciting it. It reacts to such morbid and poisonous stimuli by increasing the functional activity of the thyroid and the adrenal glands. By increasing the functions of the adrenals it enhances the antitoxic powers of the blood and of the phagocytes.

"The secretions of the thyroid and parathyroids jointly form the obsonin and glutinin of the blood." (Substances which serve to devitalize disease producing bacteria.)

From the foregoing it follows that the adrenal system, composed of the pituitary body, the adrenals and the thyroid apparatus, constitutes the detoxifying and immunizing mechanism of the body.

Inasmuch as the adrenal system has for its purpose the protection of the body against disease, it is by enhancing the functional activity of the adrenal system that we can overcome disease. The "vis medicatrix naturae" is due to the presence of auto-antitoxin, i. e., obsonin and other antibodies, in the circulation.

As to the normal functions of the adrenals (thyroid and adrenals) during health, Sajous says:

"The adrenals supply an internal secretion which absorbs the oxygen of the air and carries it to the tissues." This secretion of the adrenals he calls "adrenoxidase". On this oxidase depends pulmonary and tissue respiration. The red blood corpuscles are storage cells for adrenoxidase.

The adrenal secretion is the one ferment which imparts to all other body ferments their particular properties.

All these propositions seem to be well proven. Extensive experimentation and clinical experiences seem to prove the main facts herein described. But when Sajous comes to the therapeutic part of his philosophy of disease and cure he cannot get away from the orthodox allopathic idea of poison treatment. All through his therapeutic deductions and suggestions he tries to fit in the allopathic materia medica and artificial antitoxin treatment with the wonderful activities of the pituitary center and the ductless glands.

He endeavors to show that mercury, iodine, quinine and the host of other poisonous drugs exert a curative action by stimulating the pituitary bodies and, through these, the other ductless glands.

He claims that through the stimulating effect of these poisons the secretions of thyroid and adrenals are gradually increased and that thereby the auto-antitoxin in the circulation becomes more abundant and more active.

From this we see that his idea of treatment is still symptomatic. Although he recognizes that the processes of inflammation and fever are constructive, his treatment is symptomatic in so far as he ignores the pathogenic substances in the system which in the first place benumb the adrenal system--the protective mechanism of the body.

If he would concentrate his therapeutic efforts upon preventing the creation of these toxic pathogenic substances and upon their elimination from the system by harmless natural methods, then the protective mechanism of the body--the pituitary and other ductless glands--would revive spontaneously and become more alive and active.

Instead, he has nothing to say about the prevention of pathogenic processes nor about the elimination of disease producing materials through natural methods of treatment. The sum and substance of his treatment, as before stated, consists either in stimulating the ductless glands into greater activity by the most virulent and destructive poisons on earth, or in administering substitutes for the glandular secretions in the form of glandular extracts from animal bodies. What the drug poisons do to the system later on is not his concern. The fact that they create the most destructive chronic diseases has not yet dawned upon his "scientific mind".

These recent discoveries of the importance of the pituitary bodies, which practically reveal them as the seat of the life force which intelligently controls the manifold vital processes, are an interesting corroboration of the teachings of esoteric science, which describes the pineal and pituitary glands as the organs through which the spiritual and psychical forces act upon the body and create the various planes of consciousness in man.

The pineal gland is that which occultists call "Devak-sha", the "Divine Eye". It is the chief organ of spirituality in the human brain, the seat of genius, the mythical sesame for the purifying of the mystic, that which opens all the avenues of truth for him who knows how to use them. According to these teachings, the pineal gland is, during life, connected with the pituitary bodies and through these with the physical material organism.

CHAPTER XXIII
**DISEASES OF THE DUCTLESS GLANDS--
THEIR SIGNS IN THE IRIS
Hyper-Thyroidism or Goiter**
(Fig. 32, p. 264)

The thyroid gland is a double lobed gland, connected by a narrow bridge, situated in front of and on both sides of the trachea at the base of the neck. It is now proved that the secretion from this gland has much to do with the oxidation and absorption of protein food materials. It provides the blood with a substance which enables the body to assimilate nitrogenous food elements and to oxidize and eliminate protein waste and morbid materials.

Goiter is an ailment characterized by permanent enlargement of the thyroid gland. This is usually accompanied by accelerated and irregular heart action and by more or less pronounced and serious nervous symptoms. The secretions of the thyroid are tonic in their action and act as a strong stimulant when present in large quantities. The gland has an abundant blood supply and becomes enlarged very readily when unduly irritated by systemic or drug poisons.

The disease is very common in Switzerland and certain other parts of Europe. It has been attributed to excessive amounts of lime in the drinking water, but this does not hold true in all cases. Heredity and excess of protein in the diet are undoubtedly prominent factors.

Soft Goiter

(Fig. 32, Area 28, right)

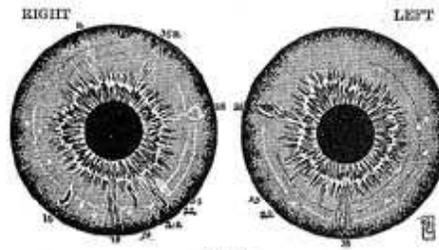


Fig. 32.

In the first stages of this disease the enlargement is soft and spongy, but in time it becomes tough and hardened until it appears to the touch like hard rubber. The enlargement in the soft stages is due to some kind of irritation and over stimulation. When the source of this irritation or over stimulation is removed through natural living and treatment, the enlargement is readily absorbed and disappears entirely within a few months' time.

Hard Goiter

(Fig. 32, Area 28, left)

Long continued irritation, over stimulation, acute and subacute inflammation are always followed in time by atrophy of the affected organs and by the formation of connective or scar tissue. This occurs in the thyroid gland after prolonged irritation and over stimulation. The soft enlargement then gradually turns into hard connective tissue similar to a fibrous tumor. After this has been in existence for some time even strict adherence to natural methods of living and of treatment may not succeed in dissolving and absorbing these hard formations. In such cases, however, natural treatment will result in purifying the body, adjusting mechanical lesions and in improving the vital processes, thus restoring the system as a whole to as good condition as is possible under the circumstances.

Ever since I began to teach the principles of natural healing I have claimed that enlargement of the thyroid gland was caused in most cases through irritation of the organ by systemic or drug poisons. When the circulation becomes overcharged with nitrogenous waste and systemic poisons the gland enlarges and its secretions become more profuse. Excessive secretion over stimulates the nervous system and heart action and causes increased oxidation (destruction) of protein waste and also of protein tissues and food substances. This, in turn, produces loss of flesh and weight.

The succeeding gradual atrophy of the glandular tissues tends to inhibit hyperactivity of the organ and is followed in time by the opposite condition of deficient secretion. While the natural dietetic treatment is very much the same in both extremes of soft and hard goiter, the manipulative treatment must be entirely different. In the first soft and hyperactive stages the nerve and blood supply of the gland should be inhibited. In the atrophic stages the treatment must be stimulative in its effects.

Over stimulation of the thyroid gland frequently occurs through toxins produced by some septic disease, but in such cases the increased secretions from the gland may be

needed to neutralize the toxic materials generated by the inflammatory processes; in other words, the hyperactivity of the thyroid is protective and will diminish as the disease subsides.

Irritation and over stimulation of the gland may also be caused through spinal lesions. Luxated bones, strained muscles or ligaments may irritate the nerves which supply the thyroid and thus cause hyperactivity of the organ. We have cured many soft goiters by removing such mechanical irritation by neurotherapy treatment.

Exophthalmic Goiter or Grave's Disease

(Fig. 32, Area 28, right, p. 264)

This is an aggravated form of goiter, accompanied by increased rate of heartbeat, muscular tremors, etc. It derives its name from a characteristic symptom--protrusion of the eyeballs. This as well as the peculiar stare which it produces is caused by excessive nerve and blood pressure from within.

The disease is more common in women between the ages of fifteen and thirty, and in men between thirty and fortyfive. Nervous shock, grief, fright and over taxation of the nerves are exciting and contributing causes.

The pulse beat is sometimes as high as 200 per minute. The patient is very often anemic, the heart becomes hyper-trophied as a result of its rapid and violent action, which is very often followed by dilatation, inducing leakage through improper closing of the valves. Palpitation of the heart is a frequent symptom, as also is the staring look caused by the protrusion of the eyeballs, which may be accompanied by other ocular disturbances, such as paralysis of the lids, or paralysis of one or more of the nerves controlling action of the eyeballs. The thyroid gland itself is moderately enlarged at first and rather soft and elastic, but it becomes harder and firmer as a result of the proliferation of connective tissue.

Muscular tremor is common and may affect the whole body or only the limbs. Other symptoms may be present, such as digestive disturbances, kidney involvement inducing excessive formation of urine or showing the presence of sugar or albumin in the urine, occasional fever, skin eruptions, mental depression, melancholia or mania.

In all cases of goiter we find that the urine contains excessive amounts of indican, skatol, indol and phenol, and other forms of ptomains and leukomains created through putrefactive changes in the intestines and other parts of the body. This indicates the source of the trouble, namely, excessive production of poisonous acids and alkaloids of putrefaction resulting from unbalanced diet and defective elimination through clogging and atrophy of the skin, bowels and kidneys. Pathogenic materials and drug poisons over stimulate the thyroid and other ductless glands. Continued hyperactivity and increase of secretions from the thyroid and adrenals not only results in excessive oxidation of protein food materials, but also in destruction of fleshy tissues of the body. This, in turn, increases nitrogenous waste and alkaloids of putrefaction, and these will cause complete prostration and death unless the destructive processes are arrested. The toxic condition of the system and increase of thyroid secretion over , stimulates the nervous system and heart action, causing high frequency of pulse.

Treatment.--The individual should be treated upon the appearance of the first symptoms. The increased function of the thyroid gland in this disease may be caused by insufficiency of the internal secretions on the part of the suprarenals, ovaries, testes or pituitary gland. Consequently it requires general treatment for the purpose of toning up the entire body. The cardiac symptoms, when they are severe, can be relieved by careful manipulative treatment of the spine. Fresh air, moderate exercise and rest, are required to make a good recovery. No attempt should be made to suppress the activity of the thyroid gland itself by painting with iodine or by the use of ice bags, X-ray or other powerful suppressive agents. The diet at first should be directed toward increasing elimination and consequently should consist largely of fruits and vegetables, and later may be extended to include a moderate amount of protein (grains, nuts, milk and, occasionally, eggs).

Massage and Swedish movements must make the organs of elimination more active and alive. The spinal lesions must be corrected through neurotherapy treatment; open air exercise, sun and air baths, constructive attitude of mind and soul, all must combine to produce normal conditions, physically and mentally. As this is being accomplished, the thyroid gland as well as all other organs in the body will gradually become normal in structure and function.

Thyroid Deficiency

(Fig. 32, Area 28, left, p. 264)

The opposite of the conditions described under hyper-thyroidism we find in cases where for some reason or another the thyroid gland fails to produce a sufficiency of secretions. Where this condition is caused by defective development of the gland from birth, it results in cretinism. This word is derived from the French word "cretin", meaning "dwarf". Cretinism therefore signifies backward development both physically and mentally.

The child is dwarfed and very ugly. The tongue is too large for the mouth, and the voice is harsh and squeaky. The hair is coarse, the abdomen prominent, hernia is common. The sexual organs remain undeveloped, so do also the mental functions, and the vocabulary is very limited. A few cases reach adult life, but the majority die in childhood. The regular medical treatment consists in the administration of thyroid extract daily throughout life.

Better and more permanent results are obtained by thorough, all round Natural Therapeutic treatment. The diet must be carefully regulated. The little patient must receive a generous supply of the positive mineral elements. Careful massage and neurotherapy treatment, consisting largely in stimulation of the nerve centers which supply the thyroid gland, has a wonderfully vivifying effect in such cases. Magnetic treatment also is very beneficial in this as well as in all other forms of thyroid disease. Cold water treatment, sun and air baths, and the indicated homeopathic remedies all help to make the dormant organ more alive and active. I always find that the plastic, sensitive organisms of children and infants respond much more readily to the natural influences than the coarser and more heavily encumbered bodies of adults.

Thyroid deficiency in adults may result from many different causes. Pathogenic matter may clog or gradually benumb and paralyze the glandular structures.

Poisonous drugs may produce similar results more quickly. The nerve supply of the gland may be greatly interfered with by luxated spinal vertebrae or through pressure on the nerves by contracted or strained muscles, ligaments or connective tissue growth.

While hyperactivity of the gland often results in great emaciation, deficiency of thyroid secretion tends to cause the opposite condition, namely, obesity or excessive flesh and fat formation. This in itself proves that the secretion of the thyroid promotes the processes of oxidation. One of the principal causes of excessive fat formation lies in defective oxidation of protein, starchy and fatty materials. In such cases small doses of thyroid extract, carefully regulated, help to reduce excessive fat formation.

This treatment is at best only palliative, the underlying causes of the ailment must be overcome by natural living and treatment. Natural diet and treatment must bring about greater activity of the organ and improve the processes of digestion and elimination.

Symptoms Peculiar to Diseases of the Thyroid Gland

Many people suffer more or less all their lives from severe headaches which defy all sorts of treatment. A great deal of this lifelong torture is due to either temporary or constant inactivity of the thyroid gland. Deficiency of thyroid elements in the circulation interferes with the oxidation of food materials as well as of systemic poisons, causing, on the one hand, nerve starvation, and on the other hand, brain and nerve poisoning. See nerve rings, [Fig. 32](#), left and right.

We have cured many such cases in individuals who had suffered all their lives either at intervals or continuously with headaches resulting from such causes. The accumulation in the system of nitrogenous waste due to insufficient activity of the thyroid also becomes frequently one of the contributing factors in asthma and in other chronic diseases of the respiratory organs. The pathogenic materials in the circulation are not oxidized and eliminated from the system on account of the deficiency of thyroid and adrenal secretions in the blood. Therefore they accumulate in the circulation and clog and benumb the tiny air passages, capillaries and nerve filaments in the bronchi and lungs. This results in all kinds of acute and chronic diseases of the respiratory organs and intensifies oxygen starvation. Here, as in many similar instances, we observe the see sawing between cause and effect. A disease producing cause sets up a certain ailment. This in turn aggravates and intensifies the primary cause and both together create new troubles, until the entire organism becomes disordered and incapacitated.

Myxodema. This ailment is due to more or less complete inactivity of the thyroid gland. The disease is much more frequent in women than in men, mostly in those women who have borne children. The disease is characterized by the accumulation of colloid materials in the circulation. This causes capillary obstruction and dropsical swelling. Frequently the hair and eyebrows fall out, the nails and teeth loosen and drop out, while the skin takes on a very peculiar texture and appearance resembling leather. After extirpation, or complete inactivity of the gland through other causes, death follows usually within a week from the manifestation of the first symptoms of myxodema.

Chlorosis, eclampsia, eczema, epilepsy, hysteria and other forms of diseases are undoubtedly more or less aggravated by either hyperactivity or inactivity of the thyroid gland. We of the school of Natural Therapeutics have the satisfaction of knowing that even when we do not understand the exact causes and multiform effects and complications of these and other disorders, we can always apply the best treatment possible under the circumstances by overcoming with our natural methods of living and of treatment the three primary manifestations of all physical disease. (Vol. I, Chap. V.)

Addison's Disease. Synonyms: melasma, suprarenalis, "the bronzed skin disease". (Fig. 32, Area 19, right.)

Allopathic definition and description: A constitutional disease characterized by degenerative changes in the suprarenal capsules or semilunar ganglia, accompanied by pigmentation of the skin. Causes unknown. There is said to be some connection between Addison's Disease and tuberculosis. Pathological changes are found also in the semi-lunar ganglia and branches of the sympathetic nerve. The skin assumes a peculiar bronze or blackish pigmentation. The backs of the hands, for instance, look as black as those of a negro, while the inner surface looks pale and white.

Duration about two years. Prognosis, incurable.

The treatment (as in all cases of chronic disease) must be symptomatic.

Natural Therapeutic Description and Treatment. The adrenals are two little bodies situated one above either kidney. Their function is to supply to the blood certain substances which produce, as we have learned (page 258), profound effects upon the vital economy of the body. Extirpation or total inactivity of these tiny organs, as well as of the thyroid gland, is followed by rapid decline and death. The secretions of the adrenals have a powerful effect upon all the processes of oxidation in the body. They are to the body what the igniter is to the automobile. As the latter ignites and explodes the gas in the machine, so the secretions of the adrenals in the circulation make possible the combustion of food materials and of morbid waste in the body.

The symptoms following the sudden or gradual destruction of the adrenal glands have been named Addison's Disease. The onset is gradual and the patient develops a feeling of weakness and languor. This is followed by extreme muscular prostration. The pulse becomes weak and irregular, with feebleness of the heart's action. Lowered blood pressure is due to the depression of the nerve centers which control the compression of the blood vessels and the heart action. There may be gastro-intestinal disturbances resulting in nausea, vomiting and diarrhea. The skin becomes bronzed or blackish in appearance. Temperature subnormal.

This ailment is rather rare and occurs mostly in men between twenty and forty years of age. Pressure upon the semi-lunar ganglia, due to connective tissue adhesions, is a possible cause by creating interference with the blood supply to the suprarenal bodies. Postmortem examinations have shown that frequently the degeneration of the suprarenal bodies is of a tuberculous nature.

When the destructive changes in these ductless glands are too far advanced, even the most thorough natural treatment may fail to arrest the degenerative processes. If, however, the patient is placed under natural treatment during the initial stages of the disease, improvement and cure are sure to follow. We have proved this to be true in many cases. Several patients of this type that came under my observation exhibited drug signs in the iris in the area of the kidneys. The degenerative processes may also be caused or aggravated by interference with the nerve or blood supply through impingement by mechanical lesions or contraction of connective tissues. Thorough systematic natural treatment by all approved methods will meet and overcome the causes of the disease whatever they may be, if this is at all possible in the nature of the case. If systemic toxins or poisonous drugs are paralyzing or destroying the glandular structures, natural diet and all methods which promote elimination of morbid matter and poisons will bring about the desired improvement. Mechanical lesions and interference with blood and nerve supply must be corrected by manipulative treatment.

It will be found in such cases that a diet low in protein and rich in mineral salts is more advisable than fasting, because the disease itself produces great weakness and emaciation.

Signs of Glandular Lesions in the Iris

(Fig. 32, page 264)

The chronic signs in Fig. 32 right, areas 21 and 15, respectively, showed in the eyes of a man forty-five years old. He had contracted several gonorrheal infections, which were suppressed in the usual manner. The sign in 15, right, testes, shows that the disease and drug poisons caused atrophy of the sex glands. This explains why he became impotent within a year after the disease was cured (?). He also has suffered since that time from chronic rheumatism of the arthritic type, especially in the lower extremities. This is indicated by the chronic signs in area 18, right and left.

In many instances of suppressed gonorrhea and syphilis I have noticed that the patients were sterile (unable to produce offspring) while still capable of performing the sex act. Many of these cases showed lesions in area 15, right or left.

The sign of an acute lesion in area 23, right, Fig. 32, I observed in a patient who had sustained a severe fall, striking the end of the spine and bending the coccyx inward. This caused irritation of the coccygeal gland, resulting in inflammation of the tiny sympathetic ganglion. This in turn caused excruciating pains, contraction of the sphincter ani, stubborn constipation and hemorrhoids. Allopathic physicians had recommended surgical removal of the gland. The coccygeal lesion was improved by manipulative treatment and the tension relieved by dilatation of the sphincter ani. This overcame the constipation and cured the hemorrhoids.

The chronic lesion in area 23, left, Fig. 32, was visible in the iris of a patient who had suffered for many years with paralysis agitans, the result of mercurial treatment for syphilis early in life. In this case the sphincters of the anus and the bladder were so relaxed that feces and urine were discharged involuntarily.

The Liver and Spleen

Liver

The liver is the chemical plant of the body. Protein production and storage happen here as well as control of by products from protein metabolism. Glucose formation, oxidation of fatty acids, storage of vitamins A ,D, B12 and iron, detoxification by altering composition of chemicals in the body.

Spleen

Iron metabolism, blood cell storage (during times of stress these cells are discharged into the system. Anemia and enlargement can result from abnormal function. Take Yellow Dock, Zinc, etc... (see charts).

The spleen's function is to filter old and damaged red blood cells, filter bacteria and blood debris, produce anti-bodies, and produce lymph and plasma cells and to store (about 1/3rd of a quart) of blood in case of hemorrhage. The spleen depends on the lymphatic system to function properly.

Diseases of the Liver and Spleen

I prefer to describe these organs together because they are companion organs and we find that when one of them is seriously diseased the other also is more or less affected.

These organs are the refineries of the body. The liver refines the end products of starch and protein metabolism and discharges the waste materials thus extracted, partly in the form of bile, into the gall bladder and from there into the intestines, and partly in the form of urea which is excreted through the kidneys.

It has been known to medical science that, in addition to serving as a burial ground for dead red corpuscles, the spleen has much to do with the purification of the blood, but it was not clear just how this purification took place. Many theories have been advanced which have failed to withstand the tests of scientific research and clinical experience.

The new science of Natural Therapeutics for the first time gives a rational explanation of the true function of the spleen and of the lymph nodes in the lymphatic system. This new theory has been fully explained in Chapter IX, "Inflammation", Vol. 1, and also in connection with the study of various diseases.

According to the new version the spleen and the lymph nodes serve to filter the mucoid pathogenic materials out of the blood stream and to condense them into little compact bodies, the so called leukocytes or phagocytes which have been mistaken for live, germ killing cells.

The purpose of this condensation of pathogen, as elsewhere explained, is to render the blood serum more fluid and thus to facilitate its penetration into the intercellular spaces (osmosis) and thereby the nourishment of the cells by arterial blood and their drainage by way of the lymphatic and venous systems.

One of the principal reasons why Metchnikoff assumed that the leukocytes were germ killers was because they increased in numbers with the beginning of inflammation in any part of the system. He believed that they increased because more germ killers or phagocytes were needed to overcome the inflammation creating bacteria. The new science of healing proves that inflammation takes place on account of the increase in pathogen and leukocytes, which causes obstruction in the capillary circulation.

A number of serious diseases did not confirm the Metchnikoff theory. In miliary tuberculosis, malaria, typhoid fever, influenza and pernicious anemia the leukocytes are greatly reduced in numbers while the spleen and lymph nodes, the capillary circulation and the intercellular spaces are blocked with leukocytes and colloid (pathogenic) materials. (Fig. 12, p. 97, note lymphatic rosary.)

The following explains this phenomenon also: In these diseases the amount of pathogen in the circulation is so great that the trabeculae of the spleen and of the lymph nodes become so engorged with mucoid materials that they cannot any longer continue the pathogen condensing and filtering process. The failure of the spleen and lymph nodes to continue their normal functions explains the decrease of leukocytes in the circulation and the corresponding increase of colloid materials.

The enlarged spleen and swollen lymph glands in quick consumption, malaria, typhoid fever, influenza and pernicious anemia are in the same condition as a sieve that has become so clogged that it cannot any longer sift the solids from the fluids.

This crowding of the lymph nodes in the neck with colloid matter can be frequently observed after the extirpation of the tonsils and adenoids, which means suppression of colloid elimination. When the lymph nodes are thus engorged with pathogenic materials the surgeon knows no better than to cut them out. The practitioner of Natural Therapeutics promotes the elimination of the excess of pathogenic materials from the circulation and thus relieves the engorged spleen and lymph nodules.

The foregoing explains why in serious anemias and in the other diseases before mentioned we always find in the iris the signs of acute and subacute activity in the region of the spleen and usually also in the liver, because most of the diseases of the liver also originate in pathogenic engorgement. (Page 112, Series I.)

When the colloid or mucoid obstruction in these organs continues, the acute and subacute stages are followed by chronic and finally chronic destructive stages, which is readily explained by the fact that constant pathogenic obstruction interferes with nourishment and drainage of the cells and thereby brings about deterioration, degeneration and gradual destruction of the cells and tissues in the affected parts. (Page 112, Series III and IV, also fig. 22-13, right and left.)

Practically all diseases affecting a vital organ, whether it be the liver, spleen, kidneys, lungs, stomach or intestines, run the same course. Pathogenic obstruction first causes reaction by acute inflammatory processes. If these succeed in clearing the tissues of morbid materials, then follows recovery and normal function. (Page 112, Series I, B-E.)

If, however, the pathogenic encumbrances increase and become permanent, then the system is no longer able to remove the obstructions by acute inflammatory effort and the result is chronic degeneration and destruction. (Fig. 14, Series III, IV.) This again confirms the teachings of Natural Therapeutics, according to which acute disease is constructive or curative in tendency while the chronic stages are characterized by atrophy and destruction of tissues.

The color of the lesions in the iris, whether they be white or greyish, brown or black, indicates what stage of pathogenic development the disease has reached.

That the ancients understood the connection between diseases of the liver and spleen and emotional conditions is proved by the fact that the word "melancholia" means "black gall". Obstruction of the gall duct is frequently caused by the accumulation of colloid materials in the form of black, tarry accretions in the gall bladder. This interferes with the flow of the bile through the gall duct into the intestine, which in turn causes the surging back of the bile into the blood stream. The absence of bile in the intestines results in constipation. Bile in the blood stream irritates brain and nerve matter, causing mental depression, melancholia or hysteria. (Fig. 17 R, p. 215.)

I have been told on good authority that in over half the operations for gall stones no stones are found, but in place of them the black tarry substances before described--the "black gall" of the ancients. Such catarrhal obstruction of the gall duct may cause distention, painful symptoms and a bilious condition of the system, similar to that caused by obstruction by stones.

Engorgement of the spleen and of the lymph nodes results in excess of pathogenic materials in the circulation. These benumb brain and nerve matter, causing physical and mental lassitude, melancholia, insanity or, in acute diseases, mental depression, coma and death. (Fig. 18, p. 216.)

Assignment

1. Look at the iris of five people. Take notes on the "top ten" items to look for in their irises. Then make notes below these as to what your feedback was from the client. Were you right in your assessment of them or not? What did you think and what did they say to you? Make a chart if you can. Otherwise, list these items.
2. Look at the iris of 3 people. Find the following organs or organ systems in their iris and tell me three things about each area:
 - a. Circulation
 - b. Colon Area
 - c. Stomach Area

- d. Sexual Organ Area
- e. Thyroid and other glands
- f. Lungs & respiratory system

Unit Four: The Brain

I have included a unit specifically for the brain because if I did not, many people will just briefly read over this small area in the iris and go on to the rest. We tend to see the body as made up of all the internal organs and systems and the brain as a mental organ. Many people, forget, however, that the brain is a physical organ as well. If there are circulation problems in the body, for instance, the brain will not get enough nutrients and mental trouble may start even though there may be nothing wrong with the brain. On the other hand, in some cases of infertility the sexual organs may be completely healthy but the “reproductive” area of the brain is compromised in some way so the person is not able to have children. Although the “brain” area of the iris is small it can actually be read in much more detail than other areas of the iris. Use the readings below as a guide. I have included views from two prominent iridologists, as well as my own views.

The Great Brain

By Dr. W. F. Havard.

The cerebrum is divided into two hemispheres, occupying the greater part of the cranial cavity which is formed by the union of the bones of the skull. Each hemisphere is divided by deep fissures into three separate portions called lobes. They are named according to their location in reference to the bones of the skull which form their outer protection, as follows: the occipito-temporal lobes, the parietal lobes and the frontal lobes. The occipito-temporal lobes are the seat of the material or the physical principle; the parietal lobes are the seat of the psychical or moral principle, and the frontal lobes are the seat of the mental or intellectual functions. The following illustration will serve to show these different areas of the brain.

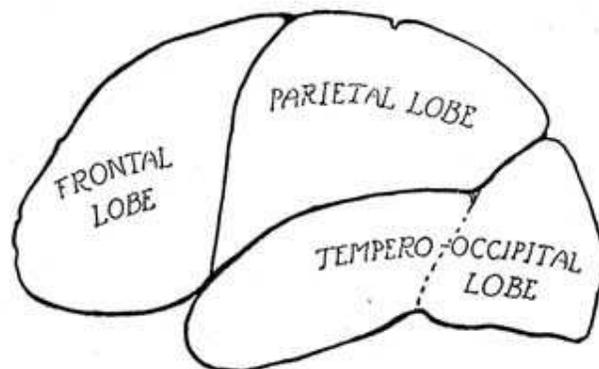


Fig. 1. Side view of cerebrum, showing lobes and fissures.

Fig. 1. Side view of cerebrum, showing lobes and fissures.

The degree of development in the various brain areas will determine the relative strength of the three basic principles in any one individual. For instance, an individual possessing the greatest brain development in the occipito-temporal lobes of the brain is of the physical type, while an individual with a high, straight, prominent forehead with the greatest brain development in the frontal lobes, is placed in the intellectual class. The individual who has his greatest and best brain development in the parietal region, or at the topmost portion of the head, belongs to the moral class.

The classification of individuals in this manner makes it possible to determine the relative strength of the various organ systems. The three main organ systems are the digestive, respiratory and generative, and there is a direct correspondence between the brain development and the strength of the three basic physiological functions.

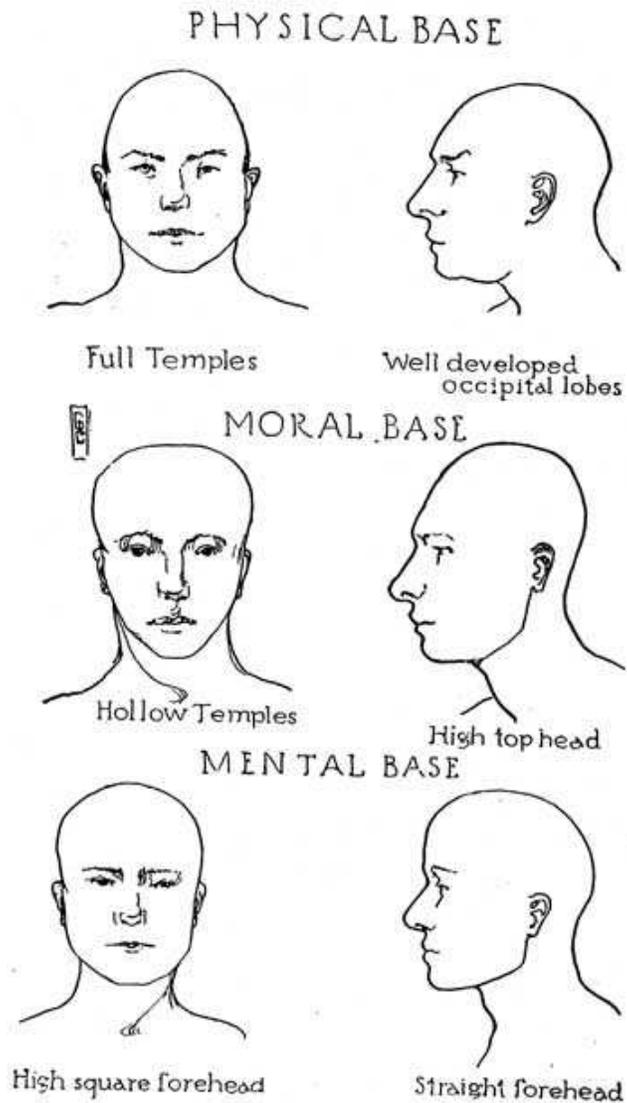


Fig. 2.

Fig. 2

Good development in the physical brain region (occipito-temporal lobes) establishes the fact that the individual possesses strong digestive action. The development of the

moral portion of the brain (parietal lobes) determines the strength of generative action, while the degree of development in the mental portion of the brain (frontal lobes) will determine the strength of the respiratory action.

The ideal human being, of course, would be the one in whom these three principles were balanced; or in other words, in whom the mental, moral and physical portions of the brain were equally developed. Such individuals, however, are of rare occurrence. The more nearly equal these three principles are in development and vitality in any one individual, the more perfect he is--mentally, morally and physically.

No person today could be totally lacking in any one of these principles without being marked as a defective. If the physical principle is very weak he will not survive infancy. If the intellect, or the frontal lobes, are only slightly developed he will be an idiot. If the psychical or moral area is undeveloped the individual lacks intuition and imagination, and is therefore limited in inventive and creative ability. Such an individual is lacking in the intuitive perception of moral, ethical and religious principles. If, on the other hand, the psychical principle greatly predominates over the intellectual the individual tends to emotionalism, is negative and subjective to outside influences and becomes an easy prey to hypnotic and mediumistic control.

Every individual must possess the three basic qualities to some degree, and the proportion of them determines not only the individual's habits and characteristics, his likes and dislikes, and his general temperament, but also his susceptibility to abnormalities and diseases of one form or another.

That portion of the brain which shows the greatest development in any one individual is called the "base", while the other two weaker areas are called the "inclinations", the stronger being the "first" and the weaker the "second" inclination.

The greater the development of the inclinations the more difficult it becomes to determine the base. The base is there, however, and is the foundation on which the individual is built. The base has a definite value, and the inclinations are relative to it. The latter may both be very weak or they may both be strong, or one may be strong and the other weak. All degrees of development occur; no two individuals are exactly alike. Where both inclinations are of a low degree of development, the base is more pronounced by contrast.

As we have shown, each principle has its particular correlated group of organs and functions in the body. These are known as the fundamental organs, and the organ which corresponds to the individual's basic principle becomes his basic organ. For example, if an individual be physically based, his basic organ is the liver, which is the principal organ of the digestive system. The liver in that individual is the strongest organ in his body, and is the one on which he depends to the largest degree for his support.

In a morally based individual the generative organs are the strongest; while in a mentally based individual the lungs are the organs upon which that individual depends for his main support.

There is no limit to the combinations that can be made with these three principles, any more than there is a limit to the number of shades that can be derived through the mixture of the three basic colors, red, blue and yellow. By determining as nearly as possible the base of an individual and the relative strength of his inclinations, we are able to gauge his individual index.

By individual index we mean the relative degree of activity on the part of the three principal organ systems under normal conditions. So, for example, the individual who is **materially based** with a first moral inclination and a second intellectual inclination, is strongest in the digestive organs. His greatest weakness lies in the lungs, while the generative organs are intermediate.

From this it follows that disease processes will manifest first in the weakest organ or group of organs which belong to the second inclination. Next to succumb will be the organs of first inclination. The chances for recovery are good as long as the basic organ and its aids are in fair condition and able to compensate for the weakness and deficiencies of the organs of first and second inclinations. When, however, the organism becomes weakened and diseased at its base or foundation, then the superstructure will soon give way and succumb to nature's destructive processes.

Thus basic diagnosis aids the physician to locate the organs of least resistance and thereby the seat of disease, as well as to estimate the chances for recovery. For instance, as long as a person with a strong physical base is endowed with good digestive power and assimilation, disorders of the respiratory and generative organs will be easily overcome, but when the liver, stomach and intestines of such a person become seriously affected by degenerative processes, then destruction in the lungs or kidneys will soon result in fatal termination.

Thus basic diagnosis enables the physician to express a more accurate opinion as to whether the case will improve, or whether the individual will continue to decline. It also enables him to determine which organ system needs the greatest attention from a therapeutic standpoint.

Application of Basic Diagnosis

Correspondences Between Brain Areas and Organic Functions:

Occipito-temporal lobes (lower portion of cerebrum)-- digestive system.

Parietal lobes (top portion of cerebrum)--generative system.

Frontal lobes (front portion of cerebrum)--respiratory system.

It is only in rare cases and in exceptionally well developed individuals that we find all three brain regions and consequently all three organ systems developed to an equal degree and capable of exercising the same degree of function. In the vast majority of individuals at least one of these organ systems is markedly weaker than the other two. When disease begins to affect such an individual it is this weaker group of organs which first begins to manifest changes in function and ultimately in structure. To describe all the changes as they occur and the manner in which a disease process

progresses, and how and why it is reflected from one part of the organism to another, would require the writing of a special volume on this subject alone. To prove these facts would necessitate the recitation of the life histories of a long list of cases from which these statements have been verified. Enough has been given to enable the physician and the intelligent layman to continue the study of this interesting subject and to profit by its practical application.

To recapitulate: As a disease process develops, the resistance of the weaker organs is broken down first and the condition is then carried to the next stronger group of organs, and finally to the strongest or basic organ. When the disease process reaches the basic organ, the individual has entered upon the last stages of pathological change. If the disease process continues unchecked the individual will finally succumb as disease destroys his stronghold.

In the following illustrations only the general types of individuals will be considered. There are six general types classified according to their base and inclinations. The base represents the strongest system; the first inclination, the system of intermediate strength; the second inclination, the weakest organ system.

The Brain

By Kristie Karima Burns, MH, ND

Using the System Created by Bernard Jensen

Starting at the top of the iris in the left eye (I always start here because this iris is on my right...I guess it is habit) we first have the animation life center, then the sensory/locomotion center and so on. I have put the centers in order as if I was reading a clock from number 1-12 and I am starting with the left iris. I am using the Bernard Jensen chart:

LEFT IRIS

Physiological Brain

Animation/life center

This area corresponds to the cortex, psyche, soma energy center and hypothalamus.

This area controls vitaveness, mirthfulness, agreeableness, hope and amativeness. It controls Psychic, telepathic, intuition, perception, body tone and tension. This center is expressed positively in ecstasy, joy, love, vitality, physical energy, metal energy, enjoyment, liveliness, cheerfulness, and optimism. This is also the spiritual center of the brain and the unity center for body, mind and spirit. Lower levels of expression here are gloom, complaining, depression, fatigue, enervation, forgetfulness, listlessness, hopelessness, pessimism, fearfulness, fussiness, indifference, unsociability, melancholy, sadness, disgust, and discouragement. This area is the great barometer of health in the irides. This is the most magnetic center in the brain and needs silicon. It also needs plenty of oxygen to function properly. Vitamin E and lecithin also benefit this area. You can use slant board exercises and exercise in general. You can get lecithin in the form of choline in fresh egg yolks from organic chickens, fish and organ meats, sardines and mackerel, legumes and soybeans, and wheat germ and brewer's yeast.

Sensory/Locomotion center

This area corresponds to the mid-cortex, the kinesthetic, and sensory motor areas.

The normal function of this area is muscle coordination, magnetism, and sensations of heat, cold, pain, touch, pressure, tension and movement. Normal function creates perception, normal reactions to sounds and lights, physical strength, physical fitness and mental coordination. Abnormal function results in uncoordination, lack of sensation and exhaustion. This area governs dexterity, sparkle in the eyes, insulation, and body tone. Motor impulses are sent from here to the rest of the body. Positive expression of this area is seen in movement, muscle coordination, touch, and somatic memory. Negative expression is awkwardness, imbalance, insensitivity to light, heat and cold or pressure, inactivity and somatic forgetfulness. To strengthen this area sleep on a hard bed, do deep breathing exercises, practice self control. Avoid stressful situation, heavy lifting and great excitement, sexual excess, night work and working when tired. Assure adequate protein in the diet. Use egg yolk, cod roe, goat milk, lecithin and cherry juice.

Inherent mental center

This area corresponds to the brain stem and midbrain area

The normal function of this area governs survival instincts, human nature, friendship, social instinct, stamina, emotions, will, social interaction, hallucinations and obsessions. Positive output from this area would be optimism, courage, will, love, individuality, security, intuition, imagination, initiative, zest for life, confidence, identity, reproduction and understanding. Negative output from this area includes: hallucinations, obsessions, melancholy, submission, self-condemnation, and alienation. suicidal thoughts. The higher levels of expression of this area are: love, aspiration, esteem, virtue, altruism, social instinct, HABITS, creativity, stamina, hope, will power, enthusiasm, faith, belief, liberty, morality, desire, kindness, respect, compassion, psychic center, adventurousness, sentimentality, worship, laughter, ideals, endurance and interest. Negative expressions here show as: hate, laziness, antisociability, gives up easily, destructiveness, sadness, doubt, tragedy, misery, terror, scorn, uneasiness, spitefulness, agony, psychoses, pain sensitivity, timidity, intolerance and forgetfulness. To strengthen this area avoid caffeine drinks, enervation, smoking, damp climates, cold, smoky cities, fits of anger or other emotional outbursts. Take care of the liver, kidneys, stomach and bowel. Get enough rest, lie on the slant board, seek time for quiet, Use nerve foods and foods containing iodine, niacin, tryptophane, choline and lecithin.

Equilibrium/dizziness center

Corresponds to the cerebrum.

The normal function of this area controls equilibrium. autonomic muscle coordination, dynamic energy center and sexual activity. The positive attributes of this center are: discrimination, sense of balance, stability and security. Abnormal functions are: epilepsy, faintness, dizziness, and impaired muscular response.

Hemorrhage, injury and tumors may result in lack of muscle coordination in this area. A hard blow or lack of oxygen can affect this area. This area needs a general alkaline diet, especially if epilepsy is involved. You can use herbs like black cohosh, elder, Peruvian bark, vervain, valerian, skullcap, lady's slipper. Use nerve foods, starches, magnesium foods, and the vitamins B-6 and E. Avoid chills and cold wind, dissipation and staying up late at night. Watch for venous congestion and anemia.

medulla

The medulla is a vital brain center containing the respiratory, cardiac and vasomotor centers.

The medulla controls venous circulation, respiration and heart activity Disturbances here can effect the entire nervous system and sense system as well as cause weakness in the heart and lung (which you have in the lungs and to a small extent in the heart). This weakness could also instigate panic attacks, insomnia and nervous disorders. This area controls the physicalness (amativeness) and physical motive (will exaggeration) of a person. The medulla controls the positive forces of respiration, vasomotor

health, swallowing, and breathing. Defects here can cause ragged respiration, abnormal heart rate, hiccoughing, sneezing, vomiting, coughing and salivating. The best tea for the medulla is Sage tea.

Mental ability

This area corresponds to the frontal and prefrontal cerebral cortex.

This area governs the mental ceiling (depth of thought), comprehension, interest, analytical ability, and concentration, speed of thought, mental stubbornness, individuality, order, calculation, comparison, time, caution, and secretiveness. We organize experience in this part of the brain. This is the way we organize our perceptions and ideas about the world. The positive functions of this area are: thought, reason, intelligence, subjectivity, criticalness, analysis, judgment, reflection, discrimination, inference, deduction, intuition, decisiveness, harmony, time, space, patience, numbers, mathematics, logic, memory, imagination and originality. The lower functions of this area are: irrationality, dullness, stupidity, confusion, uncertainty, doubt, forgetfulness, ambiguity, impatience, feeble-mindedness, triteness, short sightedness, and imitation. Cleansing this area often requires detoxification of the body through tissue cleansing or fasting. IT requires a high phosphorus diet and herbs like cayenne and kelp. Avoid monotony, cultivate pleasing companions. Use heat vapor blankets, Epsom salt baths, adequate exercise, adequate food and drink goats' milk or cheeses.

Speech

This area corresponds to the cerebrum, thalamus, forebrain, and pineal and pituitary glands.

There are hearing centers in both sides of the brain but this unique and important center of speech is found only in the left side. Stuttering or stammering or nervous style of speaking can result from weakness here. This area is not just related to speech. Using this speech area we can plan for the future, learn to write and play music and many other things. The organization of experiences into words and thoughts affects the way we perceive life. So a negative impact toxins in this area can result in a negative view of life. Some functions of this area are: language, speech, hearing, communication, memory, knowledge, concentration, comprehension, tact, interpretation, wisdom, sophistication, subtlety, ingenuity, discretion, honesty, politeness, wit, humor, attitude, music, melody, rhythm, and honor. Some negative functions of this area are: anepia, aphasia, stuttering, confusion, misunderstanding, deafness, distractibility, stubbornness, over seriousness, naiveté, gullibility, clownishness, lying, shallowness, rudeness, apathy, forgetfulness, boredom, lenience, morbidity, and tactlessness. Activities such as swimming, whistling, singing, public speaking and exercises involving the hands are helpful (knitting, cross stitch also included here). Moving air is needed and one needs to get outdoors in fresh breezes. Take care of the thymus, pituitary and pineal glands. Nerve foods and tonics, valerian, other nervine herbs, choline and cod roe and helpful.

Ego pressure

This area corresponds to the cerebrum, the pituitary and the hypothalamus

This area governs the courage, self-esteem, dignity, pride, ego balance (emotional), self-reliance, decision-making, ego growth, mental aspirations, intolerance and pessimism and idealization. This area mainly involves cerebral stress. This is the blood pressure area and signs in this area can be associated with either high or low blood pressure. This center has to do with psychological and physical stress, ambition, decision-making, and anxiety level. This area especially involves the brain stem and medulla, the cerebrum, pituitary and adrenals. Low blood pressure is often found when the radii solaris go through this area. Too much stress, ambition and excess executive responsibility can cause white flares in this area. Ego pressure can be affected by many pressures - even good ones. Markings here can be the result of drive and ambition, over activity, a bad marriage, sexual frustration, poor self-image and even money troubles. Long-term pressure in this area can result in stroke, and cerebral hemorrhage. Some functions of this area are: Success drive, memory, decisiveness, ambition, power hunger, forcefulness, aspiration, determination, pride, discipline, confidence, constructiveness, domination, leadership, courage, strictness, control.

Some negative functions of this area are: harshness, greed, selfishness, vanity, arrogance, cruelty, anxiety, worry, intolerance, laziness, rage, hate, tyranny, impatience, bullying, forgetfulness, restlessness, insomnia, nervousness. Stress reduction exercises are helpful here such as relaxation and meditation. Avoid excessive obligations, crammed schedules, frustration, impatience, family disputes, and money and job anxiety. Take care of defective venous drainage and liver. Develop a more relaxed philosophy on life. Valerian and hops help. Take magnesium foods. **Magnesium foods:** Nuts, pumpkin and sunflower seeds, lentils, soybeans, rye, millet, barley, seafood (canned tuna, salmon, lobster), tofu and green leafy veggies.

Five sense area

This area corresponds to the cerebral cortex, Gnostic area, (near lateral sulcus of left hemisphere)

The five sense area governs the form, size, color, order, tune, amativeness, visual memory, music/sound appreciation, insulation, body tone, esthetics, imagination, and oral memory. This area of the brain is located in the cerebral cortex, Gnostic area (near lateral sulcus of left hemisphere). The function of this area is to control the visual, tactile, auditory, olfactory and gustatory senses. Normal function creates senses of sensuality, materialism, sensory stimulus and normal sensations. Abnormal function creates impaired sensation, sensory handicaps, and over stimulation. The best treatments to strengthen the 5-sense area are: stretching exercises, neck exercises, cold water applications to the head and neck, fresh air, nerve and muscle building foods, proteins combined with sulfur foods such as cauliflower and onions and iron-rich foods.

Pituitary gland

The tissues in the anterior lobe consist of extensive vascular areas interspersed among glandular cells that secrete at least six different hormones. It was formerly believed that a master molecule was stimulated by various enzymes to produce these hormones, but present evidence indicates that each is individually synthesized, probably by a specific type of glandular cell. Three such types of cells exist in the anterior pituitary gland: acidophils, basophils, and chromophobes. The growth hormone, thought to be synthesized by certain acidophils, stimulates all the tissues in the body to grow by effecting protein formation.

The remaining five important hormones influence body functions by stimulating target organs. Adrenocorticotrophic hormone (ACTH) controls the secretion of steroid hormones by the adrenal cortex, which affects glucose, protein, and fat metabolism; thyrotropin controls the rate of thyroxine synthesis by the thyroid gland, which is the principal regulator of body metabolic rate; prolactin, which regulates the formation of milk after the birth of an infant; and three separate gonadotropic hormones (follicle-stimulating hormone, luteinizing hormone, and luteotropic hormone) control the growth and reproductive activity of the gonads.

The release of each of the hormones from the anterior lobe is controlled by a specific substance secreted by nerve cells in the hypothalamus. These substances, called releasing factors, are transmitted by nerve fibers to tiny capillaries in the hypophyseal stalk. They move through blood vessels to the anterior lobe, where each releasing factor is responsible for the release of a specific pituitary hormone.

The two hormones that are produced by the posterior lobe are synthesized by nerve cells in the hypothalamus. They are transported by nerve fibers to nerve endings in the posterior lobe, where they are released. The hormones are antidiuretic hormone (ADH or vasopressin), which alters the permeability of the kidney tubules, permitting more water to be retained by the body; and oxytocin, which aids in the release of milk from

mammary glands and causes uterine contractions. The only hormone that is synthesized by the intermediate lobe is the melanocyte-stimulating hormone, which appears to control skin pigmentation.

Inherent/mental area

This area corresponds to the brain stem and midbrain area

The normal function of this area governs survival instincts, human nature, friendship, social instinct, stamina, emotions, will, social interaction, hallucinations and obsessions. Positive output from this area would be optimism, courage, will, love, individuality, security, intuition, imagination, initiative, zest for life, confidence, identity, reproduction and understanding. Negative output from this area includes: hallucinations, obsessions, melancholy, submission, self condemnation, alienation., suicidal thoughts. The higher levels of expression of this area are: love, aspiration, esteem, virtue, altruism, social instinct, HABITS, creativity, stamina, hope, will power, enthusiasm, faith, belief, liberty, morality, desire, kindness, respect, compassion, psychic center, adventurousness, sentimentality, worship, laughter, ideals, endurance and interest. Negative expressions here show as: hate, laziness, antisociability, gives up easily, destructiveness, sadness, doubt, tragedy, misery, terror, scorn, uneasiness, spitefulness, agony, psychoses, pain sensitivity, timidity, intolerance and forgetfulness. To strengthen this area avoid caffeine drinks, enervation, smoking, damp climates, cold, smoky cities, fits of anger or other emotional outbursts. Take care of the liver, kidneys, stomach and bowel. Get enough rest, lie on the slant board, seek time for quiet, Use nerve foods and foods containing iodine, niacin, tryptophane, choline and lecithin.

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Mental Ability Area

This area corresponds to the frontal and prefrontal cerebral cortex.

This area governs the mental ceiling (depth of thought), comprehension, interest, analytical ability, concentration, speed of thought, mental stubbornness, individuality, order, calculation, comparison, time, caution, secretiveness. We organize experience in this part of the brain. This is the way we organize our perceptions and ideas about the world. The positive functions of this area are: thought, reason, intelligence, subjectivity, criticalness, analysis, judgment, reflection, discrimination, inference, deduction, intuition, decisiveness, harmony, time, space, patience, numbers, mathematics, logic, memory, imagination and originality. The lower functions of this area are: irrationality, dullness, stupidity, confusion, uncertainty, doubt, forgetfulness, ambiguity, impatience, feeble-mindedness, triteness, short sightedness, and imitation. Cleansing this area often requires detoxification of the body through tissue cleansing or fasting. IT requires a high phosphorus diet and herbs like cayenne and kelp. Avoid monotony, cultivate pleasing companions. Use heat vapor blankets, Epsom salt baths, adequate exercise, adequate food and drink goats milk or cheeses.

Acquired mental/speech

This area corresponds to the cerebrum, thalamus, forebrain, pineal and pituitary glands.

There are hearing centers in both sides of the brain but this unique and important center of speech is found only in the left side. Stuttering or stammering or nervous style of speaking can result from weakness here. This area is not just related to speech. Using this speech area we can plan for the future, learn to write and play music and many other things. The organization of experiences into words and thoughts affects the way we perceive life. So a negative impact toxins in this area can result in a negative view of life. Some functions of this area are: language, speech, hearing, communication, memory, knowledge, concentration, comprehension, tact, interpretation, wisdom, sophistication, subtlety, ingenuity, discretion, honesty, politeness, wit, humor, attitude, music, melody, rhythm, and honor. Some negative functions of this area are: anepia, aphasia, stuttering, confusion, misunderstanding, deafness, distractibility, stubbornness, over seriousness, naiveté, gullibility, clownishness, lying, shallowness, rudeness, apathy, forgetfulness, boredom, lenience, morbidity, and tactlessness. Activities such as swimming, whistling, singing, public speaking and exercises involving the hands are helpful (knitting, cross stitch also included here). Moving air is needed and one needs to get outdoors in fresh breezes. Take care of the thymus, pituitary and pineal glands. Nerve foods and tonics, valerian, other nervine herbs, choline and cod roe and helpful.

Reproductive Area

This area corresponds to the cerebrum, hypothalamus, limbic system, and pituitary gland.

This area governs the attraction, sexual responsiveness, and reproduction ability of a person. Positive attributes of this area are: creativity, motivation, excitement, imagination and exhilaration. Abnormal function brings about sexual apathy, perversion, violence, irritation, competitiveness, vanity and self centeredness. This is the primitive center of the brain and its most recognized trait today is sexual drive. However it also includes family instinct, alertness center, “flight or fight” syndrome, competition, imitation, obsessions and hallucinations. Psychoactive drugs, sensory deprivation and lack of sleep effect this are for the worse. Sex drive can be exhibited in other ways other than sex. It can exhibit in passion of music, or a drama performance. Problems in this area are not only sexual then as this area corresponds to the gusto one has for life in general as well. the glanduar system may also be imbalanced. personal magnetism, charm and femininity come from this area. Toxins from the bowel can effect sexuality adversely. Lack of protein and zinc can damage this area. The higher functions of this area are: family instinct, father and motherhood, sexual attraction, excitement, zeal, passion, creativity, confidence, and healing. The lower levels of expression include one or more of the following: envy, jealousy, fear of opposite sex, impotence, sterility, loneliness, frigidity, insanity, rape or other sexual abnormalities, phobias and hate. To nourish this area chose foods rich in fluorine and iodine. Prickly cucumbers and grapes are good. Wild Wheat Grass (couch grass) tea. For underactivity here use foods rich in iron, silicon, zinc, sulfur, calcium, and phosphorus. Treat for possible anemia.

Assignment

1. Make a chart listing the areas of the brain in the Jensen System. Include in your chart a column for the part of the body that is related to this brain section, what positive attributes this brain section can produce, what negative attributes this brain section can produce, what foods & vitamins are good for this part of the brain and finally what herbs are good for this part of the brain.

2. Name four ways in which Dr. Harvard’s view of the brain differs from that of Bernard Jensen.

3. Name two things that you can learn from Dr. Harvard that you could not learn from Dr. Jensen's brain analysis.
4. Name two ways in which the men share views on the brain.
5. Look at the irises of three people and make a detailed (2 paragraph) report of what the brain area of their iris looks like. Do not evaluate any other part of their body. Just the brain area.

Chapter 5:
Advanced Markings in the Iris
This Unit contains:
Advanced color & constitutional markings
Advanced lacunae markings
Equilibrium lines

Iridology & Constitution

We perceive a constitutional iris by its defined shade of color to the degree of its primary shade that is characteristic for that specific constitutional type. Constitution is the whole of an individual's inherited and acquired characteristics. It represents the reactive capacity of an individual in establishing the capability for adaptation.

Constitutions are genotypic and expose specific kinds of pathological processes that may occur in an individual. There is no implication that a specific disease is inherited but only the individual factors that compose a predisposition are inherited.

Constitutional types are perpetually mixed and may be diverse so many sub-types are covered in this book. Subtypes are inborn and exclusively modified through life. Such modifications include certain environmental influences and external factors during the course of life acting on the person including their reactions to such conditions (career, stress, trauma, domestic, nutrition).

The strength of an individual's constitution is proportional to the integrity of the iris fibrous trabeculae network. Fibrous integrity is a measure of anatomic strength in an individual to counteract negative external influences. The greater density found in the iris shows a higher resistance the body has towards such external influences.

A diathesis exposes a genetic pathological condition that is conditioned by the constitution representing a sensitivity and susceptibility to illness. A physiological disease marking represents a diathesis and is expressed by the phenomena of deposition.

The three main categories (Lymphatic, Haematogenic and Biliary/Mixed) are furthermore divided into "sub-types" in order to include commonly observed

variations in behavior. Please observe that certain pathological processes are not entirely limited to only one type of constitution and that any one type of constitution only demonstrates statistical and theoretical disadvantages toward particular disorders.

Constitution gives us a picture of the overall strength in the body. We rate this on 1 being the best, 5 being average and 10 being very poor.

People with a strong constitution tend not to have as many illnesses, and when they do, they seem to recover quite quickly. These are the type of people that usually grow up abusing their health because they can get away with it without no ill consequences. They also tend to be less receptive to someone with a weaker constitution thus showing little consideration to their needs. It is good to note that someone with a very good constitution can only burn their candle for so long!

Those with a weaker constitution have a greater amount of inherent weaknesses in their body. They need to take extra care of their body more than someone with an inherited strong constitution to stay well. They are more sensitive to foods, environment, stress and tend to take longer to recover from illnesses that occur more frequently than someone with a strong constitution.

Iris Constitution according to Joseph Deck
(many sub-classifications of constitutions are not listed)

Lymphatic

Lymphatic is the blue eye due to lack of melanin pigment. This type of constitution have tendency toward excess mucous production with discharges focusing in the respiratory, alimentary, and urogenital tracts. Often found in these types are overactive immune system and allergies, over acidity, and lymphatic congestion with a tendency towards arthritic, rheumatic, eczematic, and psoriatic conditions.

Billiary/Mixed Brown

Seen as a light brown pigment with overlaying visible white/yellowish fibers. Tendency often associated with liver, gallbladder, and associated digestive disturbances often aggravated by dietary disorders.

Hematogenic/True Brown

Seen as a brown pigment "carpet" obscuring iris and fibers. Tendency often associated with blood composition, liver, gastrointestinal, and glandular disturbances.

Constitutional Types & Subtypes

More Information on Constitutions can be obtained from obtaining the book "Constitutional Classification Via the Eye" by Bryan K. Marcia, Ph.D. This particular book contains several more constitutional sub-types, iris images and constitutional therapy.

Pure Lymphatic Constitution

Description

Light blue-gray iris with bright white blood, collarette and lymph region. Fibers are definite, mostly uninterrupted, silk-like or slightly wavy to somewhat spaced or may be openly arranged with distinct radials. Pigmentation layer of the iris in the blue eye is sparse.

The blue iris is inclined to corneal opacity, arteriosclerosis and cardio-renal difficulty. The opacity is produced by the discharge of tiny fat droplets in the Bowman's and Decemet's membranes of the corneal stroma. The question of sodium or calcareous embodiment still remains unanswered.

Corneal opacity contributes to identifying an inclination to atherosclerotic succession and its complications. One may detect a partial arcus in the upper, lower, medial or temporal sections of the cornea thus differentiate risks to certain areas by noting the position of the arcus. A frontal (upper) arcus characterizes cerebro-vascular insufficiency. A medial or temporal arcus is notable in coronary and/or pulmonary artery blockages. A ventral (lower) arcus can reflect insufficiencies of iliac, femoral or distal leg arteries.

The frontal arcus must not be mixed up with the expansion of the sclera over the upper paralimbal border of the cornea. The "arcus ischemia" (Jensen's) sign for "brain Anemia" is hypothesized to reflect deficiency of scalp and cerebral circulation. A comparable effect of corneal opacity is found in the lipaemic Diathesis type despite can exist in any iris color.

When the arcus is displayed, therapies involve attention of liver function and fat metabolism. Blood sugar control and endocrine functions should be strengthened. Often signs for thyroid and adrenal insufficiencies exist in this type.

Inclination and Predisposition

Predisposed to catarrhal (mucus) distress arising from congested lymph. Slight rheumatic tendency with an inclination to acute rheumatism in result of increased reactivity of the lymphatic system. Constitutional tendency in responding to irritations by gradual chronic inflammation with a catarrhal basis.

A predisposition to an overactive immune system, allergies, overacidity and lymphatic congestion are frequently present. Chronic swelling of lymph glands in head and neck area, excess mucous production and discharges with a central point in the upper respiratory, alimentary and urogenital tract can exist in this type.

Prevalent reaction sites involve the upper respiratory tract, lungs, bronchials, ear, sinus, nasal, tonsils, throat, intestinal lining, and uro-genital areas. These are all areas of discharge. In childhood, skin eruptions such as treatment resistant eczema, seborrhea, dermatitis, bronchial asthma may be evident. A youthful lymphatic can advance into an adult rheumatic.

Specific physical dispositions include: allergic reactions, swelling of the lymph

glands, chronic appendicitis, arthritis, rheumatoid & rheumatic disorders, infections of tonsils, spleen, lymphatics, stressed kidneys, eczema, pleuritic and bronchial conditions, tuberculosis, psoriasis, congestive pulmonary states, congestive catarrhal and exudative diathesis (allergies, eczema, asthma, diarrhea).

Tendency towards re-absorption of uric acid with accumulation of body fluids including rheumatic and neuralgic disturbances.

Early suppression regarding the skin and mucous membranes will induce the nature and harshness of pathological reactions in the functional and organic levels.

Neurogenic Sensitive or Neurolymphatic Constitution

Lymphatic constitutional sub-type distinguished by delicately arranged iris stroma with bright white blood and lymph region. Thin, tight, uniform and stretched trabeculae are distinct from the characteristic wavy pattern of the pure lymphatic type. Fiber density is exceptional showing good resistance.

It is possible to experience rarefaction in the lung-pleura-rib and the uro-genital areas. Iris sectors corresponding to the pleura, genitals and bladder also frequently show combed hair-like formed bundles. The “combed hair” appearance (Maubach) affirms a constitutional weakness in those sectors of the body. One must then examine for reflexive signs such as vascularizations and transversals in these areas.

Not characteristic but may occur in this type: small or wide pupils, neurasthenic rings, solar rays, dark skin margin, dark kidney field, circular contraction furrows, light blood and lymph region, transitional forms shading into the lymphatic constitution.

Inclination and predisposition

Sensitivity of central and autonomic nervous systems with inclination toward nervous disposition and other anatomic organ disorders due to autonomic dysfunction.

Afflictions of this constitutional type are produced by a highly sensitive nervous system which under stress, can fall target to critical problems such as neuralgias, nervous breakdown, exhaustion, neuritis, trembling, nerve pains, multiple sclerosis, poliomyelitis, Parkinson’s disease and chorea. The formation of blood is weak resulting in mineral deficiencies.

Physical dispositions include diabetes, liver-kidney disorders, pneumonia, diarrhea, vicarious bleeding, and various inflammations. Subject to headaches, migraine due to vascular spasm, vascular weakness, vascular crisis with particular risk for cerebral vessels (strokes), nervous hypersensitivity, exhaustion, irritability and general weakness of the central nervous system. Inclination towards skin eruptions (herpes, shingles) correlated with the nervous system. Frequency and severity of symptoms diversify according to the degree of resilience.

The pupil border should be examined and any pupillary deformations noted in relation to cerebral circulatory risk, spinal subluxations, nerve root obstruction, and possible psychological disadvantage. If pupil deformation is observed, psychosis may occur. Manic – depressive mood swings are potential in this type.

Immoderate bodily, mental or emotional stress can deteriorate the patient into an over-burdened nervous system. This can influence multiple functional disorders of vital organs such as the stomach, intestine, heart, circulation, thyroid gland, endocrine organs, etc.

Usually thin reactive types that are easily distracted and forgetful. These patients are remarkably sensitive to outside feedback, which can produce an internal uneasiness.

Neurogenic Robust Constitution

Relaxed iris with boisterous radial markings that give the perception that radials are arranged on two levels. Thick bright radials are observed on the upper level being less dense. Finer, more closely massed radials can be seen at the lower level. Additional temperaments not characteristic of this constitution include single and multiple transversals, string frill (light and pigmented) and wavy radials (combed hair, Maubach). Substance signs usually found in lung and kidney sectors.

Inclination and predisposition

Good vitality of the central and autonomic nervous system exists. Transversals suggest a tendency to serous membranes such as TB, pleurisy, chronic lung disease, pericarditis, colds, night sweats, catarrhs and inflammation may occur with increasing frequency. The string frill is characteristic of spastic tendencies in the gastro-intestinal tract. Resistance of the nervous system is in differentiation to the sensitivity of serous membranes. Transitory forms into the lymphatic constitution with tubercular diathesis are furthermore possible.

Hydrogenoid - Hydrogenic Constitution

Lymphatic sub-type constitution characterized by condensed, rounded, well-defined, less converging, white to off-white tophi, with beginnings of pigmentation. These bundles of connective tissue stroma are called tophi. Tophi are also mentioned as the lymphatic rosary but does not fundamentally mean that the lymph system is stagnant. It primarily points to a propensity to this condition.

Tophi are connective tissue bundles detected in the outer ciliary zone. They range in appearances from clear to poorly defined and white to yellow-brown in color. They frequently emerge in the mucous membrane zones of the lung, breast, neck, groin, diaphragm, sinus and nasal areas. Discolored tophi (yellow/ brown toxic inclusions) with unclear borders suggest a strong inclination to chronic lymphatic congestion.

Lacunae and defect signs in the respiratory tract may indicate various inherent disease backgrounds such as allergies and rheumatoid arthritis in the family history. A predominance of ancestral tuberculosis may be present if tophi are distinct in the lung-pleura-rib reaction field. Observe for tophi in the outer areas of the iris, nasally and temporally.

The hydrogenoid subtype is most commonly seen in the lymphatic eyes although it can be occasionally present in mixed biliary type. In this occurrence, digestive errors are the major cause of lymphatic congestion.

Inclination and Predisposition

A medium to strong rheumatic inclination with acute rheumatic illnesses invading the joints is indicated. A disposition to catarrh with an exudative diathesis exists.

This classification exhibits either latent or active antigen-antibody reaction (allergy). The immune system is alert at all times. The appearance of endogenous substances (cellular waste, metabolized exudates) will keep the immune system attentive though not inevitably active. Exogenous substances (foods, pollens, dust, etc.) can irritate this type with exudative responses including eczema, bronchial asthma, diarrhea, arthritis, bronchitis and rhinitis.

Predispositions include faulty elimination, lymph stagnation, metabolic waste accumulation in the kidneys, lymph and intestines although dormant until other target sites become congested from toxins and irritate surrounding tissue. There is a tendency to retain fluids. In detecting sluggish target sites and drainage points, observe for typical texture and shading iris signs.

Tendency towards rheumatic distress most notably in colder weather. More frequently colds, asthma, arthritis, bronchitis, and reactions to dampness may occur in this type. This type never seems to be totally free of complaints although symptom occurrence increases dramatically when topi are distinct and discolored.

Disease pathology may arise from inadequate lymphatic drainage, poor resistance, inadequate kidney detoxification, toxically influenced and functionally diminished mucous membranes, weak digestion, difficult protein assimilation. Dysbiosis may also be present.

Particular physical dispositions involve swollen lymph glands, rhinitis, runny or stuffed nose, food allergies, allergic asthma, coughing up phlegm, wheezing, eczema, skin rashes, weather related rheumatism, cold hands and feet, easily chilled, soft tumors.

Classic Rheumatic Constitution

Known also as the lymphatic over-acid subtype or febrile subtype. White blue iris with increased whiteness in blood and lymph region characterized by transparent topi and wisps. Many partially translucent, fewer defined converging topi that will show up as wisps and plaques. Increased distinctly defined topi are not as frequently present.

The expansion of pigmentation shows central toxic disturbance, which display a minor darker appearance at the point of transformation from the iris to the sclera. Topi and wisps primarily distinguish the rheumatic disposition. Inspect for topi on the edge of the iris and the wisps in the outer third of the iris. The appearance of a dark ring inside the outer edge of the iris (scurf rim) would verify catarrhal disturbances.

Inclination and Predisposition

An exudative diathesis of various catarrhal eliminations including eczema, asthma and diarrhea exist. Diseases of the rheumatic group are occasionally traced back to the effect of streptococci including symptomatic pains in muscles, tendons and joints. Rheumatic tissue damage is the result of an agitation and response to irritation.

Predisposed to acute, exudative conditions. Distinct rheumatic inclination with a tendency towards acute rheumatic illnesses as a consequence of raised reactivity of the lymphatic system (lymph nodes, tonsils, appendix, spleen, peyer's patches).

Tendency toward rheumatism with acute patterns found in the respiratory tract, gastric mucosa, skin, joints and connective tissue systems. Chronic metabolic irregularities of the stomach, intestines, liver and pancreas may exist. Lymphatic system is toxic including inferior lymph drainage with reduced resistance (immune system).

Inadequate renal function (Uric gout), inadequate liver function (Lipoid gout), mesenchyme involving connective tissues, blood, blood vessels, lymphatics, and spleen is vulnerable to toxicity. Dysbiosis (state of living with intestinal flora that has harmful effects) may also play a pathogenic role. Particular physical dispositions involve joint pain, constipation and chronic allergies.

Diseases primarily materialize by way of inadequate lymphatic drainage, poor resistance, insufficient kidney detoxification, toxically stressed mesenchyme, peripheral circulatory disorders including poor adaptation to temperature change.

Haematogenic

Dark brown iris with velvet-like texture and thickly pigmented surface layer. Light patches may be apparent and appear comparable to a sanded down wooden surface. Bright and dark contraction furrows will often exist. Occasionally dispersed cloud like discoloration's can be detected. (Example A)

Heavy pigmentation diminishes the ability to see individual fiber variations such as reflexive fibers and transversals. Radial furrows may be found in circumference to the pupil beginning partially from both the pupil (stomach and intestinal complaints) and collarette (circulatory disorders).

Dark brown to black pigments may be identified. Brown pigment existing in sclera is common for this iris constitution. (Example B)

A saturated brown hue of the iris is referred to as the basic type of the haematogenous constitution (also called a type of dyscrasia). All deviations from a saturated brown tone are considered transitional constitutions or mixed constitutions.

Discolorations or diffuse pigment deposits of a brown iris can be sometimes explained as toxic pigmentation.

In a discolored or pigmented brown iris, one can occasionally accomplish a physiological

breakdown revealing the basic hue of the original constitution.

Inclination and Predisposition

“Haema” means blood (hemoglobin). Individuals with this constitution are predisposed to blood anomalies with an inclination to disturbance of blood serum and composition (dyscrasia).

Pathological disorders include the dyscractic diathesis that is reinforced by metabolic disorders of the digestive organs. This would include blood making components and blood circulation and metabolic disorders of the liver and pancreas with dysbiosis as result. Poor lymphatic drainage, sluggishness and hardening of lymphoid tissue, metabolically modified circulatory disorders, mesenchymal toxic stress with reduced function of the connective tissue, predisposition to colonic tumors, gastrointestinal disorders, thyroid function is often disturbed, inadequacy to store essential minerals and trace elements are potential in this type.

Brightened areas (sandpaper effect) are occasionally found in connection with organic diseases of the heart and kidneys. This phenomenon can be reversed occasionally (Deck).

Particular physical dispositions include arteriosclerosis, dyspepsia, indigestion, gall stones, hemorrhoids, phlebitis, varicose veins, endocrine and exocrine gland disorders, lymphosarcoma. Illness transpires primarily through metabolic function and circulatory organs.

Classic Biliary Constitution or Mixed Iris

(Dyscrasia)

Schimmel refers to this type as Dyscrasia (toxic blood and lymphatic disorder) and included further subtypes relating to rheumatic, uric acid, hepatic and arthrotic diathesis (genetic predisposition towards particular diseases). Deck described this type as a transitional constitution.

Slight to modest dispersed brown pigmentation of the superior iris layers with underlying layers reflecting a light or whitish yellow plaques. Concentrations of darker brown pigments can be found encircling the collarette. Overall appearance tends to be a light brown iris with visible underlying stroma fibers that reflect a blue-green tint. Occasional de-pigmented areas are visible. Tophi can be present.

Frequently the nutritive zone is heavily pigmented with the stomach zone being darkest. This is called central heterochromia. Inclined to pigment changes in mid ciliary zone. Kriege also referred to this iris as the transitory eye.

Occasionally an iris with a brown central heterochromia and brown pigmentation in the outer ciliary zone may have a lymphatic constitution. Fibers in the mid-ciliary zone appear more blue-green.

Inclination and Predisposition

General tendency towards damage of the liver parenchyma, gallbladder and biliary tract with associated disturbances in the gastrointestinal tract. Often aggravated by dietary errors.

If the pupillary zone is more densely pigmented, it is significant to focus examination on the gastrointestinal tract to observe any result of digestive errors in the liver and the gallbladder. Congestive tendencies are recurrently aggravated by digestive errors.

Mixed types often have lymphatic conditions that can indicate potential chronic mucous membrane and lymphatic obstructions, stagnation from the liver, gallbladder and gastrointestinal tract.

Radial furrows are common and display inherent signs of nerve weakness especially towards digestive error. The location of the radials indicates a decreased vitality.

Particular physical dispositions may include constipation, diarrhea, flatulence, blood sugar highs and lows, liver problems, biliary tract and gallbladder problems

Ferrum Chromotosis

Frequently occurring brands of small golden brown or red brown pigmentation that

encircle the collarette and radiate outward through the iris ciliary area. Deck had categorized this sub-type type as the Ferrous-Chromatosis, haemochromatosis and suggested that pigment dynamics are submissive to pathological change in the body.

Tendency and Predisposition

Predisposed to liver insufficiencies, liver and digestive irregularities, damage of the liver parenchyma, potential difficulty with fat metabolism, enlarged liver. Patients feel tired, indisposed to work, skin has unusual pale greyish color.

Serum iron is raised from damage of the liver parenchyma. Hepatic parenchyma abnormality is endogenous in correspondence with the biliary constitution. Particular attention must be considered to any areas where pigments have settled, notably when accompanied by other signs.

Rheumatic – Dyscratic - Hepatic Diathesis

Described by Schimmel as the mixed iris with central heterochromia and distinct pigmentation of tophi and plaques. The dark pigmentation coincides to the liver dysfunction while the lighter pigmentation to internal toxic disorder. Often a temporal arcus is present especially in liver sector.

Inclination and predisposition

Inclination to chronic rheumatism and liver dysfunction with a disposition towards chronic metabolic disorders influencing the stomach and intestines along with chronic degenerative tendencies exists.

Predisposition to Metabolic disorders of liver, pancreas and intestines with subsequent dysbiosis. Toxic blood and lymph, reduced resistance and inadequate kidney detoxification.

Rheumatic - Arthrotic Diathesis

Characteristic mixed iris with central heterochromia and pigmentation of the tophi. Salmonella pigments are seen in the blood tophi and lymph region. The border of the iris is also flecked with snuff pigments.

Inclination and Predisposition

Rheumatic - Arthrotic inclination to chronic rheumatic illness especially in the joints with metabolic irregularity of the liver, gall bladder, bile ducts and kidneys. A dysbiosis may be present. Insufficient lymphatic drainage with a tendency towards chronic degenerative illness, particularly in joint tissues exists.

Other possible dispositions include peripheral circulatory disorders, reduced function of the connective tissue with mesenchymal toxic stress. In result of diminished resistance there is a predisposition to the development of foci (sinuses, teeth, appendicitis, gall bladder, etc)

Glandular Pathological Constitution

This constitutional type is also called polyglandular, glandular iris or endocrine type. Iris structure displays both small and large lacunae in a daisy petal pattern around the collarette. Color Pigmentation in the nutritive zone is often darker than the pure lymphatic constitution although can be found equally distributed among all basic constitution types.

One may see tighter fibers underneath and a more symmetrical pattern than the connective tissue subtype. Frequently there is an overlap in Pluriglandular and Weak Connective Tissue subtypes.

This classification will frequently show a distended collarette, indicating a tendency to prolapsed intestines and atonic constipation. A tendency to abdominal ascites with compensatory water retention resulting in edema may be present in the elderly.

These signs are linked with diabetes and pre-diabetes and shown through remarkable defects in the pancreas, adrenal glands and pituitary gland areas.

The name pluriglandular do not always necessarily show a glandular problem and through a correct lifestyle they may enjoy healthy lives.

Inclination and Predisposition

Constitutional characteristics involve the output of secretory glands of the digestive (pancreas and gallbladder) and hormonal (adrenal, pituitary and thyroid). Inclination towards glandular and pluriglandular endocrine and exocrine weakness including diabetes, diabetes latens, adrenal gland, pituitary gland, thyroid and parathyroid, exocrine division of the pancreas, prostate, testicles and epididymis, ovaries, lymph glands, thymus gland can exist in this type. Most prevalent in short stocky individuals.

Almost all glands work as anatomical components via hormones, enzymes, and other associations. The hormonal or endocrine glandular function can easily decline in this type. Always investigate for signs of intestinal gland and pancreatic insufficiencies. Examine cardiac, liver and kidney signs that identify organ deficiency. Possible weakness in heart, liver and kidneys can also exist. Increased toxin formation with compensatory water retention may result.

Pathological disorders include general glandular defects with inferior function that result in endocrine disorders involving exocrine disorders in the digestive tract. Inclinations include excretory pancreatic deficiency, lack of resistance, adrenal - thyroid gland weakness, endocrine disorders in women with menstrual ailments, endocrine irregularity in men with impotence, prostatic and testicular disorders, hyperlipidaemias, hyperuricaemias, diabetes, premature aging due to arteriosclerosis.

Digestive stool analysis frequently points out to enzyme insufficiencies, while the most pronounced enzyme insufficiency is the pancreatic enzymes. Head congestion is often accompanied by essential hypertension. Anxiety, melancholy and depression may be psychologically present.

Immuno-Pathological Constitution

This constitution is associated to the mesenchymal-pathological and glandular-pathological constitutions. A black and white photo is included to slightly enhance the view of the iris stroma layers. Defect markings can be open or closed can range up to the middle of the ciliary area and as outward to the limbus. It is remarkable by both

grey and black points with lacunae that are result of an extreme wide-meshed upper layer, a diminished second layer and lesser third layer. These layers are also termed connective tissue stroma layers or vessel stroma layers. While the first or second layer is less thick it permits grey details to form.

Tendency and Inclination

Poor resistance (immune system) and inclination to form foci accompanied by irregularity with coexisting mesenchymal and glandular defects. This constitution has fragility in three systems: The immune system, connective tissue and glandular system.

Predisposition's similar to mesenchymal-pathological and glandular-pathological constitution with additional prevalent weakness of resistance including illness such as frequent infections, poor wound healing with tendency to form foci (tonsils, appendix, teeth, sinus, etc.) There is generally poor physical endurance with the inclination to severe stress related conditions, singular organ weakness with serious clinical findings.

Cardio Pathological Diathesis

Characteristic open defect markings at 3 o'clock in the heart region on the frill. The frill zone is interrupted by a dark defect marking with thick whitish trabeculae. The open-heart sign can also appear at 2:30 and 3:30 and is always associated to the frill.

Tendency and Inclination

The inborn inclination towards cardiac problems, particularly left-sided myocardial insufficiencies exists. Heart defects and irregularities can also appear together. A prominent temporal artery may be present along with congestion in the head.

Individuals with this iris marking may be clinically undistinguishable, particularly with young persons. The weak heart is often the primary focus for endocarditis, myocarditis, pericarditis and other infectious heart problems. Shortness of breath, abrupt wakening between 3:00 and 5:00 A.M. with frequent urination, red colored face, hypertension, anxiety can be early signs of this constitution.

Vegetative Spastic Pathological Constitution

Larvate Tetanic Sub-Type

This type may also be identified in the lymphatic diathesis or haemotogenic/mixed iris dyscratic diathesis.

These formations are primarily found in the upper and lower lateral quadrants. These radial fold formations have been named congestion furrows, aberrant radial furrows and parchment rolls. Additionally there are also circular fold formations specifically found nasally which appear as light rings set into pigmentation. These circular formations are often described as "cramp rings" but also known as circular contraction furrows (Schnabel), stress rings (Jensen) and nerve rings (Jensen).

The Vegetative-Spastic Constitution (Schimmel) is considered a pathological

constitution and has a tendency to display the similar phenomena as the (Deck) Anxiety Tetanic Diathesis.

Predominantly dyscratic iris with radial fold formations spreading outwards from the frill extending as far as the iris edge with others partly only to the center of the ciliary area. Numerous bright or dark Contraction furrows spread throughout the iris indicate this diathesis. Lighter rings show as a more acute nature than with dark rings displaying more chronic manifestations. Partial or total arcus senilis may also be apparent.

Both phenomena occur mostly together in that radial folds will often break the circular folds. The circular folds can appear in different variations as listed:

Staggered

Centrally parallel to pupil and edge of iris

Short ring segments

Large ring segments

Respective rings parallel to one another

Respective rings, sometimes overlapping

These contraction furrows are theorized that a buckling of the trabeculae in the ciliary zone produces them. This reaction is created by perpetuated contraction of the dilator muscle characterizing abnormal tension in the sympathetic nervous system (hypertonia).

Josef Deck had classified this sub-type under the Haematogenic mixed category as he has found this phenomena in 90% brown eyes compared to 10% blue eyes (Lymphatic). Current research has found this percentage inaccurate as lifestyle changes have changed dramatically in the past 50 years.

Breaks found in contraction furrows can serve as a sign for the chiropractor as they are focal points for neuromuscular activity. Broken areas found in an iris section may correspond to specific organs or muscle zone being influenced by irritation and/or spinal subluxation.

Inclination and Predisposition

Three or more circular furrows may appear broken revealing spasmodic tendencies and potential spinal subluxations due to elevated neuromuscular tension.

May display nervous tension with psychosomatic tendencies including increased neuromuscular activity.

Contraction furrows have a tendency to increase the intensity of other latent signs and dispositions.

Inclinations to diseases such as peripheral circulatory disturbances, dysthyroidism, parathyroidism, vertigo, arrhythmia's, angina pectoris, gallbladder, renal or ureteral colic, pelvic congestion, tachycardia, headaches, apnoea, laryngeal spasm, jaw clenching, palpitations, epilepsy and heart stress. Vegetative-spastic disorders with spastic diathesis, peripheral circulatory disorders, and dysmenorrhoea with pelvic congestion and backache. The tendency towards headaches, migraine and gastro-intestinal spasms are predominant in this type.

Spastic conditions disturbing circulatory disorders and blood sugar metabolism errors.

Gastrointestinal disorders such as nervous stomach, intestinal spasms, colitis and ulcers.

Neuromuscular stress such as tense muscles, Frequent stiffness in arms and legs, pains in hands and lower legs, bloatedness, general muscle pain, nervous pain, migraine, persistent headaches, itching, feeling of coldness may be presented in this type.

Tendencies towards sensory disturbances such as hypersensitivity to noise and light and occasionally sense of smell with difficulty in breathing.

This classification thrives off stress and may portray Psychological manifestations such as compulsive weeping, agoraphobia, depression, mood swings, hysteria, impatiently, abdominal complaints, excessive emotions, excitability and other anxiety type behaviors.

Tendencies towards the use of artificial stimulants to compensate in declining energy reserve. Often highly ambitious, motivated and highly diversified.

Deck emphasized the relation of inherent hypocalcemia and hypoparathyroid in the anxiety subtype. Neuromuscular irritability increases in proportion to the degree of hypocalcemia.

People with this constitution generally have a greater need for calcium, magnesium and vitamin B complex, a deficiency of which may make the mentioned inclinations inferior. The general vegetative-spastic diathesis has a lessened mental-emotional and physical capacity for stress as a consequence. These patients are quickly exhausted. Adequate rest and relaxation is essential. Eliminate all artificial stimulants including foods high in sugar. Exercise is vital to release a buildup of muscular tension. Stress reduction such as meditation, quietness, and stillness.

Advanced Lacunae Markings

The lacunae, as you remember from units 2 & 3 are probably the most common of the iris signs. They are apparent teased out fibers, which give the iridologist the impression of looking into a pit or a depression.

The lacunae, is indicative of a point where a function has weakened. This may be inherited or acquired through stress of some sort. The weakness caused may result in the corresponding part of the body being a target area when illness strikes.

At tissue level, the lacunae are representative of the connective tissue of the appropriate organs. This being the case, the organ zones they are found in will have lesser structure, hence the functional weakening.

The lacunae can be any of the colors already mentioned (including early on, the normal iris color), indicative of the different stages of disease. When they become black they look like holes in the iris tissue.

There are several different types of lacunae:



Half Lacuna

Half lacuna in the iris zone is rarely seen in the top half of the iris. This indicates an organic cause of increasing insufficiency of the gland, or glands, of the zone in which the half lacuna appears.



Asthenic Ridges

Asthenia - loss of strength and energy i.e. weakness. Signs of insufficiency e.g. in the adrenal glands indicates easily caused tiredness.



Honeycomb

with crypt structures in the iris, particularly if the collarette has been pressed inwards, towards the pupil. This sign indicates a general diminished glandular function.



Darkening of Fibres

Darkening of the fibre gaps along the collarette indicates growth and repair insufficiency (anabolic).



Loosening of Fibres

Multiple lacuna-type formations with pale frames in loose, often striped stroma, which appear to be on the surface rather than sunken. Very little resistance and a sign of organic changes in a gland.



Wedge

The wedge sign seen only in the collarette zone (gastro-intestinal zone). This sign penetrates the collarette and reaches up to the very edge of the pupil. Shows the breaking down of anabolic (the manner in which synthesis takes place) metabolism, diminished blood production owing to congestion. Symptoms of the digestive tract will be present and careful questioning should be undertaken



Neurone Nets

(Nerve fibres) on the outer edge of the collarette in the fluid zone of the body indicate irritation of the hypothalamic-limbic system. Definition: A part of the diencephalon (brain) that maintains proper levels of body fluids, heart rate, and other functions critical to survival. The things regulated by the hypothalamus are subject to disruption by emotional responses to certain stimuli, so the hypothalamus can help us stabilise under duress.

On the medial surface of the temporal lobe are three structures critical for normal human functioning. From rostral to caudal, they are the olfactory cortex, the amygdala, and the hippocampus. The anatomy and function of each are separate, although they are often grouped together as "the limbic system".

The term "syndrome" in medicine suggests a collection of signs and symptoms, not a specific disease. Thus, we can't really talk about limbic rage syndrome (LRS) as such. LRS is a macroscopic description of an as yet unidentified microscopic brain process or injury. The limbic system refers to regions of the brain (such as the amygdala, almond shaped structure) believed to be involved in strong emotion.

Thus, when the limbic systems in cats are electrically stimulated, they may engage in attack behaviour. Various tumours of the limbic system, or seizures within that region, may sometimes provoke episodes of rage in humans. To the extent that epilepsy is genetically influenced, and it almost certainly is, it may be that some forms of LRS have a genetic component. Prognosis and treatment depend on the underlying cause (e.g., removal of a tumour, treatment of seizures with an anticonvulsant).

If you want to dig deeper in this area, I suggest reading the book, *Violence and the Brain*, (Harper & Row, 1970) by VH Mark and FR Ervin; and M-M Mesulam's excellent text, *Principles of Behavioral Neurology* (FA Davis, 1985).



Intensive Gland Anabolism

Notice should be taken in cases of lightening at the edge of the digestive zones. This often indicates intensive gland anabolism (body cells synthesize protoplasm for growth and repair), this means the 'building blocks' of amino acids and other nutritional elements are faulty, this synthesis takes place by genetic code. Anabolism involves the chemical changes that occur in building up new cells and tissues bone, blood, skin, hair, and other materials used by the body. Protoplasm is a translucent material, which is the essential constituent of the living cell.



Dark Gaps in Iris

General darkening throughout an iris zone that is caused by stroma loosening and gaps in the iris fibers. Two of the most common diseases affecting the stroma (NOT THE IRIS) are "granular" and "lattice" corneal dystrophies. Since their recognition in the last century, it has been assumed that these conditions were biochemically and genetically distinct.

In 1985, Dr. Folberg identified a new disease in which features of granular and lattice corneal dystrophies were present in the same patients suggesting that these diseases could be closely related biochemically.

Since the ancestors of the first several families found with this condition could all be traced to a small province of Italy known as Avellino, this combination dystrophy has become known as Avellino corneal dystrophy. In early 1994, The gene for Avellino dystrophy to the long arm of chromosome 5. Interestingly, the genes for both of the "pure" dystrophies mapped to the identical location, strongly suggesting that all three diseases are caused by mutations in the same gene.

The material deposited in the corneas of patients affected with these dystrophies is a substance known as amyloid and is related to the substance that accumulates in the brains of some patients with Alzheimer's disease. Medicine is hopeful that the identification of the molecular cause of these corneal dystrophies will allow an effective treatment to be developed. Since the corneal deposits can be directly visualized in living patients, potential treatments for this disorder will be much easier to evaluate than similar treatments designed to lessen the hidden brain deposits of Alzheimer's patients.



Diminished Gland Function

Darkening of a zone of the iris, usually on the ciliary edge - the outer edge of the iris. Shows under activity of the gland.



Sign of Heavy Organic Changes in a Gland

Symptoms of swelling. This is not a lacuna, as lacuna contain small defect or crypt markings within their structure. This marking indicates the stopping of sensible (perceptible to senses) nerves, always having a considerable diminishing of activity. There is also a possibility of transition to organic illness, or even malignant growth. Crypts are small dot-like markings.



Nest of Lacuna

Partly opened, partly closed lacunas with pale edges. The collarette is pushed in indicating a stoppage or termination of gland function owing to changes in the organ. I.e. Organic heart disease is a term that probably refers to heart disease caused by living organisms, i.e., sub-acute or acute bacterial endocarditis (Endocarditis can

involve the heart muscle, heart valves, or lining of the heart. Most people who develop endocarditis have underlying heart disease)



Gland Hyperfunction

This is indicated by pale indistinct bunches of fibers in the relevant iris zone.



Gland Hyperfunction

Light fibers converge to a sharply pointed edge, isolated light fibers may be present. This is a sign for increased anabolism and increase hormone production of the gland.



General Iris Signs Indicating Gland Over Function

The isolated lightening of fibers in a particular iris zone indicates the over-functioning of the gland, shown here at 30 minutes.



Thickening or Curling of Fibers

Thickening or curling of fibers that is isolated from the rest of the iris structure. This indicates gland hyper function.

Proliferation of fibrous tissue or degenerative changes of the gland connective tissue, that supports and connects various parts of the body. It forms bone, cartilage, fat, ligaments, and tendons.

White fibrous connective tissue forms most of the tendons and ligaments. Yellow elastic connective tissue forms the pads between the vertebrae and provides elasticity to the arterial walls and the trachea. Cartilage helps form the joints and develop the bones, and fat tissue provides a cushion for organs such as the kidneys.

Asparagus Lacuna

This lacuna is characterized by the fact that it has a shape not unlike those of asparagus heads. These may be found in the ovary or testicle areas on the iris.

It is thought to be a pre-cancerous sign, so attention should be directed to the appropriate part of the body. These can also occur in the brain or mind area.

Emotionally, this type of person may be rigid-thinking and given to obsessional-ism.

Diamond Lacuna

These are like large crypt's and are diamond shaped. They represent definite disease potential and are likely to occur in the organ zones prone to degenerative disease.

The heart, kidneys and liver may all manifest these signs.

Divided or Half Lacunae

These are seen when the iris fibres form into arc patterns. They represent a continuing weakening state of the connective tissue in that area.

Open Lacuna

This occurs in acute illnesses. Left to their own devices, these lacunae become closed and thence become chronic illnesses.

These Open lacunae, are indicative of the need for one to focus treatment upon that part of the body in order to prevent chronicity.

Closed Lacuna

The significance of the Lacuna is that the area of the body has been functionally walled off. In other words, the organ has little effective lymphatic drainage, and so will tend to accumulate toxins.

'Jellyfish' and the 'Pear' Lacunae

The jellyfish lacunae is round at the top and has little fibers extending from it like a jellyfish. This is a sign of acute irritation and inflammation of the part involved. There is a good chance that treatment can reverse this irritation.

The Pear Lacunae

This is another sign that is indicative of the need for one to focus on a particular organ or part of the body marked by the presence of this sign in the corresponding iridological area and it is an earlier stage than that of the Asparagus Lacuna, but it is still hazardous. The Pear Lacuna can also be considered as pre-cancerous as well.

Liver Wedge

This is a special type of lacuna which must be treated with consideration. It is a triangular lacuna seen in the liver zone. The apex of the triangle points in the direction of the pupil, it is indicative of a weakness of the liver, so care must be taken in taking potentially liver toxic substances into the body. Alcohol may be a particular problem, not just as a toxin, but as an addictive substance to someone with a liver wedge.

When hung-over someone may develop a slight discolouration of the liver wedge, indicative of the inflammation of the liver. If a Transversal also crosses the liver zone, then one must take extra care, because this individuals liver is at risk.

Transversal

This sign occurs when an iris fiber appears to run transversely across the iris, rather than radially, as you would normally expect. They are inherited tendencies.

They are almost invariably seen in the lower half of the iris. You may find them in the liver or spleen areas. They are also quite common in the spinal areas.

They are indicative of there being unusual anatomy present. In the liver there may be an anomaly. In the spine there may be fusion between the vertebra, or even failure of embryological development causing a condition like spina bifid-a occult-a (a portion of the spinal cord is not fully protected by bone in the lower back).

A straight transversal is indicative of an acute functional problem.

A curved transversal is indicative of a more chronic functional problem.

For Example: A straight transversal in the spine area may be indicative of an acute disc lesion, whereas a curved one may be indicative of the presence of osteoarthritis.

An angular transversal is usually indicative of a joint problem.

Transversal's the same colour as the rest of the iris are indicative that the condition is not yet troublesome, so from this evidence of potential is there.

When transversal's become vascularized, they appear slightly pinkish, and this is indicative of acute inflammation of the appropriate parts.

Tulip Sign

This occurs when a thick radial fiber divides as it approaches the iris rim, to produce a tulip flower shape. This is most often seen in the upper part of the iris, when it is indicative of sepsis arising from the upper respiratory tract. This brings about an accumulate of toxins in the head, affecting function of the part of the body indicated on the map.

The Lining Up of the Eye

by the Nomenclature Reference

When you look at some irises you will occasionally see some rather interesting lines which run radially across the whole iris, as if dividing it up into two halves. These are well worth looking for because they have quite clear significances. This is a very interesting advanced concept in iridology and gives great insight into the Islamic medicine or Chinese medicine concept of attributing different organs to different emotions.

The Nomenclature reference is the chosen reference because it is easier to recollect.

The positions of the lines cannot be given to the exact degree, since there is some fluidity in the iris, hence iris maps vary between different schools of iridology, though the differential is only slight. These lines can appear as white or light colors or as darkened lines. They usually have some diffuse color so that they do not appear as pencil thin lines.

The Equilibrium Line

This line extends from the vertex of the skull to the feet. If this line occurs, then it is indicative that the individual may have equilibrium problems. This can refer to a problem with balance or dizziness or to a problem with orientation, that is, they maybe subject to emotional problems.

They may be up one minute and down the next. A predisposition to more serious psychiatric conditions can also be indicated- eg: Schizophrenia, and Manic-Depressive Disorders.

The Disharmony Line

This line is the equatorial line across the iris. If this line is prominent then it may be indicative of a problem in the main organs that occupy positions near the neck and throat. Hyperthyroidism may be a problem (or potential problem), as may lung, heart and breast problems.

The Pain Line

This is suggestive of angry pains and it generally runs through the liver and spleen.

The individual may allow rage to make them ill. They may hold grudges and eat themselves away with their anger. They may suffer liver and spleen problems.

The Infection Line

This is sometimes called the ear-bladder line. It is associated with a tendency toward infections and a weakness of the bladder. Another association is with genetic predispositions. The right eye particularly refers to the bladder and urinary problems within ones ancestors. (The right eye in iridology charts is always shown as the left hand diagram of any two eye charts).

The left iris refers particularly to venereal problems. (The Left eye shown on the right hand side of two eye diagrams in Iridology).

When the right eye is prominent then the individual will often get cystitis following colds or infections.

Bed wetting is a common accompaniment to the line.

The Nutrition Line

This is often present in eating disorders. The individual finds it difficult to get out of eating habits. They may have body image problems like bulimia, anorexia or variants of the two. They may never be able to stop eating foods that are doing them harm.

The Sex Line

This line indicates that there may be sexual problems, either of excess or inhibition.

There may also be obsession with children and a desire to produce a large family.

There may be gynecological problems, partly functional or emotional in origin.

Periods may be associated with migraines. There may be a tendency towards polycystic ovary syndrome, with menstrual pain, hirsutism and acne.

The Psychosomatic Line

This line is aptly names as it refers to an individual who exhibits a possible tendency

toward anxiety about their health. They may be capable of somatising their anxiety in order to produce a physical problem. This problem may well relate to their Kidney, Bladder or Sexual problems.

The Resilience Line

This line is indicative of the sensitivity of an individual. If it is marked then the individual may fall ill easily, having little resistance and poor coping abilities. They are NOT resilient and they do not take pressure very well. They should not overburden themselves physically, emotionally or take on too much responsibility. They are just not liable to cope.

Assignment

1. I want you to do a “treasure hunt” for this assignment. Look in as many irises as you can and find at least ten of the markings above. You may find more than one of these markings in one iris. Write the name (or pseudonym) of each person and a summary of their health condition in their own words. You do not have to evaluate this person. I want their own words about their health (ie: I am healthy except a little arthritis, etc..)
2. Which lacunae in the iris can indicate tumors or cysts?
3. Which lacunae represent the beginning of disease?
4. Which lacunae represent an inherited condition?
5. Which lacunae are the hardest to reverse?
6. What is the equilibrium line?
7. What is a resilience line?

Unit Six: Practicum

Read the case studies and basic diagnosis summary by Henry Lindlar, MD and Kristie Karima Burns, MH, ND. After you have read these samples take the Client form at the end of this unit and complete it for one person. After you have completed it write two or three paragraphs answering the following questions:

1. What are their main and most severe problems?
2. What are their secondary problems?
3. What conditions are they most prone to?
4. What would you do to help them?

CHAPTER XXIV BASIC DIAGNOSIS Introduction

One of the fundamental principles of the philosophy of Natural Therapeutics is the unity of disease. This means that all the various forms of disease arise from a few primary manifestations, namely, lowered vitality, abnormal composition of vital fluids

and accumulations of morbid waste and systemic poisons in the organism. It remains for us to explain why it is possible that in the same kind of an organism a great variety of diseases can arise from a few primary abnormal conditions. To this we answer, **it is the organism which is infinitely complex, not the disease. Man, not his disorders, is the great study.**

Since a few primary causes or manifestations of disease may produce an infinite multitude of symptoms, it is impossible to accurately diagnose the underlying disease from external symptoms. Therefore, basic diagnosis does not attempt the diagnosis of symptoms, but aims at the diagnosis of the patient.

When we understand the organism, the functions and interdependence of its parts and organs, disease offers but a simple problem.

All men are not alike. All men do not function alike. They are alike only in general anatomical structure--only in crude form or mould. Man is not altogether a machine operating on mechanical principles. Closely allied with the mechanical structure, and controlling it, are the vital or psychical and the mental or intellectual principles.

The numerous functions of the human body may conveniently be classified under three main groups, namely, respiration, alimentation and generation.

Respiration is that function which takes care of the oxygenation of the blood and the elimination of burned carbonaceous materials through the lungs. As explained in Vol. II of this series, in the chapter dealing with correct breathing, respiration is the function on which depends the inflow of the dynamic force or life force necessary to maintain the vital activities within the body.

Alimentation is that function which enables the body to digest and assimilate the proper quantity and quality of food, and which removes the residue of such processes from the body.

Generation is that function which assures perpetuity to the human race by means of reproduction. The secretions of the ductless glands of the generative organs are necessary to the maintenance of the vital activities of the organism.

Back of these three basic functions of the human organism lie three corresponding life principles--the physical material principle, the mental or intellectual principle, and the psychical or moral principle.

The material principle stands for substance, solidity, physique, and is closely allied to the terrestrial plane. This principle is in sympathy with physical nature, and its nerve mechanism--the great sympathetic--is the instrument through which the life force controls animal functions.

The one who possesses a large proportion of this principle is hardier, stronger and more robust than those individuals in whom either the mental or psychical principle predominates.

The psychical or moral principle connects us with the Psyche or Soul of the universe. Through the psychic principle the individual consciousness receives an influx of intuitive intelligence and creative will from the great universal creative Intelligence which some call God or Nature, others Cosmic Intelligence, Creative Will, Over-soul, Brahm, and by many other names. The psychic "wireless" is therefore the source of inspiration and illumination; it makes possible the apprehension of abstract truth,--of time and space, of right and wrong. It is the "light that lighteth every man that cometh into the world".

Consciousness is the passive capacity of the individual intelligence, soul or ego. It receives impressions and impulses from two sources--from the physical material surroundings through the sensory organs, and from the immaterial psychical world of laws and causes through the psychic principle. Through the psychic wireless it receives an influx of intuitive intelligence and creative will. This innate intelligence senses, observes and compares the sensory impressions and sensations, and discriminates between them. It classifies the contents of consciousness and from them draws conclusions and judgments. Thus originates and grows the reasoning mind. From this it will be seen that the mind is that principle which stands between and connects the physical and psychical principles, and that we create it ourselves.

The mind has been likened to a circle, the center of which is the ego and the circumference of which may be anywhere in the universe. In the new born infant or in the idiot its diameter is exceedingly limited, while in the great scientist or philosopher it may fathom the secrets of the starry heavens. It does not reach full completion until it embraces all there is to be known in the sidereal universe.

Its expansion depends upon the number and variety of sensory impressions and impulses received from the physical or spiritual (material) surroundings and upon the amount of thinking, reasoning and philosophizing brought to bear upon the contents of consciousness. These psychological phonographic and photographic films constitute memory and the subconscious mind of the psychologists and occultists.

Sensory impressions and impulses from without and the thinking and reasoning from within, give rise to sensations, emotions, impulses and desires which, in turn, call forth the activity of the will. The will in action is volition.

What nerve specialists and psychologists call the reflex arc consists of this twofold function of receiving and giving, which underlies all the activities of human life. The balancing of receiving and giving constitutes physical health as well as intellectual, moral and social health.

Violations of Nature's laws in all domains of life and action involve the violation of this basic principle of giving and receiving which is the law of compensation in operation. On it depends the preservation of energy; it is the basis of civil as well as of ethical and moral law. Only by complying with its demands can we solve the social problem.

Reason and common sense should tell us that the relationships of human life must be under the control of natural law as well as the relationships of numbers, of atoms of matter and the harmonics of sound. This is true notwithstanding the assertion of

materialistic philosophy that there is nothing innately settled and permanent about ethics and morals, that they are subject to change and custom like fashions in hats, frocks and walking canes.

From the foregoing it becomes apparent that the mental or intellectual principle comprises the faculties which constitute the reasoning or objective mind, such as observation, discrimination, calculation, deduction and logic. It harbors the executive qualities and prompts voluntary action. It is a thinking apparatus and, in itself, is cold, calculating and exact. It is the seat of judgment apart from sentiment and feeling, and moderates the qualities of sympathy and mercy.

The reasoning or objective mind deals only with facts and data gathered from observation and experience. This is in agreement with materialistic and monistic science and philosophy; but these systems leave out of consideration that which makes thinking, reasoning and philosophizing a possibility, namely, the psychic principle. "While studying and explaining the phenomena of life, they try to exclude life itself from the scheme of things.

In the limited space of this treatise I can deal only very briefly with the relationships between the intellectual and psychic principles and the brain and nervous system. I have elaborated this in detail in Vol. IV of this series, dealing with natural eugenics.

In the following we shall trace the relationship of the three basic principles to the physical organism. The three basic principles of the human entity herein described sustain a definite relationship to the three principal divisions of the great brain or cerebrum, and through these to the three basic functions of the organism already described. It should be understood that these correspondences or relationships have nothing to do with the location of phrenological centers. Long continued careful observation and practical experience have revealed the fact that the three main divisions of the cerebrum and the three basic functions of alimentation, respiration and generation are closely allied and interdependent.

A Typical Case of Psora

(Fig. 28, page 239)

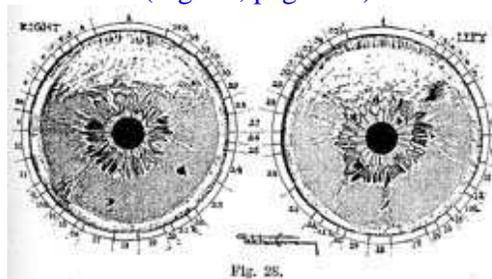


Fig. 28

When I first met Mr. B. three years ago he had a growth on the left side of his throat the size of a large walnut. It had a soft, red spot in the center which seemed ready to

open. Several surgeons had diagnosed the case as true cancer and recommended immediate surgical removal.

The eyes of this patient at the time of my first examination, though apparently brown, showed on close examination a blue background. The brown, heaviest in the region of stomach and intestines, was superimposed.

When I mentioned this, he answered his mother had told him that in infancy his eyes were blue, but they had darkened and become brown when he was a few years old.

The scurf rim was heavy and dark except in the brain region. The darkening of the eyes and the formation of the scurf rim must have been caused through the suppressive treatment of skin eruptions, but this he did not remember and, his mother being dead, it was impossible to secure information on this point.

At the age of seven he suffered with inflammatory rheumatism. This was treated by an allopathic physician. He remembered that he was confined to bed for several months and that he did not fully recover from the attack for six months.

Two years later he was again prostrated with the same trouble and this time also he was not able to attend school for over six months. Since then he had been troubled periodically with rheumatism.

The treatment always consisted mainly in the administration of **salicylates**. This accounted for the heavy white ring in the outer margin of the iris, which stands for salts of sodium, magnesium, potassium and bromin, the bromin being more confined to the brain region.

We always find that people who have taken salicylates repeatedly and in considerable quantities exhibit in the digestive area of the iris the brown and blackish discolorations indicating atrophy of the membranes of the gastrointestinal tract. This patient was no exception to the rule.

On being questioned he admitted that since the first attack of rheumatism he had suffered from constipation and indigestion. These conditions had grown worse after the second attack and had become more chronic with advancing years. He reported that for many years he had never had a movement of the bowels without resorting to laxatives or enemas.

At the age of eleven he "caught the seven year itch", as he called it. This received the regular sulphur and molasses and blue ointment treatment. It proved a stubborn case and persisted in spite of drastic treatment for about six weeks.

Suppression of the scabies showed in the iris by several large itch spots, one in the right groin and one in the region of left neck, and another in right lower back. Several smaller itch spots showed in the intestinal tract.

During his childhood he was vaccinated a few times and received several antitoxin injections for immunization. This addition of disease matter to his system

undoubtedly added to the vitiated condition of his vital fluids and helped to darken and discolor the iris.

From childhood up he was troubled, as before stated, with stubborn constipation, indigestion and malnutrition due to the atonic condition of the intestinal membranes. Catarrhal elimination through the membranous linings of the nasal passages, throat and bronchi endeavored to relieve the morbid condition of his system, but he did his best to prevent this by the use of cold and catarrh cures.

After his thirtieth year the rheumatism gradually became more chronic. Pathogenic obstruction in the system, together with the effects of the salicylates on the heart weakened that organ and caused it to dilate, which resulted in leakage of the mitral valve ([Fig. 28](#), p. 239).

At the age of fortyone a swelling appeared on the left side of the neck. It was treated first with iodine; then several doctors pronounced it incipient cancer and recommended immediate surgical treatment. The patient balked at this for some time. When the further development of the growth left no doubt about its being of a malignant nature, he came to me for consultation and examination.

The first look in the iris revealed the large itch spot in the region of the left neck ([Fig. 28](#)). I explained to him what it meant--that the psoric taint together with general auto-intoxication of his system was undoubtedly responsible for the tumor. After a complete tracing of his ailments by the records in the iris from infancy on, he at once grasped the reasonableness of my explanation and submitted to thorough natural treatment.

A description of the many crises he passed through and their significance would fill a good sized volume. Suffice it to say that within two months after the commencement of treatment his bowels acted freely, and the skin and kidneys had become more alive and active.

The first crisis came in the form of acute catarrhal elimination, which lasted four weeks. The thirteenth week, the second crisis period, brought a severe attack of acute rheumatism. This lasted for about three weeks and was followed in the fourth month by fiery, itchy eruptions all over the body. Several eczematous patches appeared on the abdomen and discharged an acrid, watery fluid. The patient one day exhibited these ugly looking sores to a visiting physician who was interested in our work. The doctor could not understand why the patient seemed to be so much elated over his affliction until I explained to him that I had predicted the appearance of itchy eruptions as a form of healing crisis.

I also explained the significance of the itch spots; that they stood for suppressed psora and that this constitutional taint would have to work out through acute elimination before a reduction of the malignant growth could be expected.

It is now three years since the patient ceased taking treatment. The itchy eruptions appeared and disappeared periodically, extending over a period of six months. In the meantime the tumor in the neck softened and diminished in size slowly but steadily. As the vital fluids became pure and normal the food was taken away from the

parasitic growth and pure blood and lymph gradually absorbed its pathogenic materials.

During the crisis periods the patient underwent three fasts of seven days, two weeks, and four weeks respectively. These, together with strict raw food and at times dry food diet, aided greatly in purifying the system of its pathogenic encumbrances.

Fig. 28 shows the records in his eyes as they appeared when I first examined him. Note the heavy scurf rim, partly covered by the salt ring, the dark brown discoloration and black spokes in the gastro-intestinal area, standing for the atonic condition of the membranous linings of these organs caused by salicylates. The liver also shows dark, indicating a sluggish condition. The itch spots in groin, neck and intestines are plainly visible. They were dark brown in color, indicating that the suppression had taken place many years previously. The broad white ring in the outer iris stands for deposits of salicylates. A heart lesion is plainly visible close to the sympathetic wreath in the left eye. (Area 10.)

The upper part of the iris in the brain region shows the greyish veil of coal tar products. Iodin is visible in left throat. The left leg had been crushed in a railway accident, which is indicated by a diagonal closed lesion.

Diabetes Mellitus

(Figs. 13-18-22-24.)

The causes and rational treatment of diabetes mellitus will be described in Vol. V of this series. In the following I shall confine myself to a description of the signs of the disease in the iris.

From the viewpoint of Natural Therapeutics we distinguish two forms of diabetes--the functional and the organic. The functional form of the disease is caused by pathogenic (mucoïd) obstruction in the tissues of the body. Pathogenic obstruction prevents absorption of sugar by the cells in the muscular tissues and its combustion incidental to the performance of muscular labor.

Under consumption causes excessive accumulation of sugar in the circulation, and excretion through the kidneys. If this continues for a considerable length of time, it results in the degeneration of these organs through overwork and irritation by the sugar and poisonous by-products of glycosuria such as indican, acetone, diacetic acid, ptomains, leukomains and other pathogenic substances. From this we see that affections of the kidneys in diabetes are, as a rule, of a secondary nature, not primary. It explains why the most serious chronic lesions appear in the pancreas, liver, stomach and intestines, while the kidneys in the initial stages of the disease exhibit signs of acute irritation.

When the tendency to sugar excretion is due to pathogenic (mucoïd) obstruction in the tissues of the body, then the lower half of the iris usually appears darkened while the upper half shows whitish. This indicates that the circulation is impeded in the surface, extremities and muscular tissues of the body, while congestion exists in the larger internal arterial blood vessels in the brain, lungs and heart, giving rise to high blood pressure. In the advanced stages of the disease this is followed by weakness of

the heart muscles or atony of the cardiac and vasomotor centers resulting in low blood pressure. The intestinal area is usually very much distended and shows dark discolorations.

The organic form of the disease is due in most cases to disease of the pancreas. The liver is the sugar refinery and sugar storage house of the body. During periods of excessive production and under consumption it stores sugar in the form of glycogen and releases it when needed as fuel material for the production of heat and muscular energy. The sugar liberating activity of the liver is regulated and retarded by certain as yet obscure secretions of the pancreas; in other words, the pancreas in this respect acts as a brake on the liver. If the brake or regulator is out of order the liver issues more sugar than needed. The excess accumulates in the circulation and gives rise to glycosuria or diabetes mellitus.

Abnormal conditions of the pancreas are plainly visible in the iris in a triangular projection from duodenum and cecum. If the organ is normal there is nothing to be seen in the corresponding region of the iris. If it is abnormal we notice a triangular bulge of the intestinal wreath projecting into areas 13 and 14, right eye. The typical appearance of this sign is illustrated in Figs. 13-18-22-24.

In this triangle we find portrayed the various signs of pancreatic diseases. In many cases I have observed the signs of acute or chronic inflammation; in others, the signs of suppressed itch. (Color plate, page 116, fig. c.) In some instances drug poisoning or suppression of psoric skin diseases dated back to early infancy. Frequently such patients strenuously deny having had itchy eruptions or eczemata or having taken the drug shown in the iris, but careful inquiry from relatives or the family physician elicits the fact that the drug had been administered for some infantile ailment, or the skin eruptions had been suppressed during the first years of life. It takes but very little poison to affect the tender organism of an infant. In many instances a few doses may be sufficient to affect an individual for life.

The diagnosis from the iris is especially valuable for detecting diseases of the pancreas. Though frequently diseased, it is hardly ever mentioned in allopathic and osteopathic diagnoses. The pancreas is overlapped by the stomach and intestines, therefore if it gives any subjective symptoms of discomfort or pain, these are usually attributed to affections of the stomach or of the intestines, while the signs in the pancreatic triangle in the iris reveal the true nature of the trouble.

Bright's Disease

Albuminuria as well as diabetes is primarily not a kidney disease. Both ailments may be caused by degenerative changes in the kidneys, the filter organs, resulting in leakage of sugar and albumen from the blood stream. But in the majority of cases the trouble is due to abnormal constitutional conditions. As explained under diabetes these may be functional or organic.

The initial stages of Bright's disease are usually caused by pathogenic obstruction of the capillary circulation and intercellular spaces. This interferes with the osmotic processes of nutrition and drainage. It prevents the consumption of proteid food

materials and causes their accumulation in the blood stream, necessitating their discharge through the kidneys.

Pathogenic obstruction is gradually followed by degeneration and decomposition of the proteid constituents of cells and tissues and their absorption by the blood and lymph streams. The destruction of cellular protoplasm is undoubtedly hastened by systemic acids and by drug poisons, and as it proceeds the functional stages of the disease change into the organic or destructive stages involving also the kidneys.

Pathogenic obstruction is indicated in the iris by general darkening of the color, heavy scurf rim, white signs of acute inflammatory processes, darkening of the digestive area, nerve rings, etc. Organic destruction of tissues and organs caused by pathogenic obstruction and by the action of systemic and drug poisons is indicated by the signs of the third and fourth stages of disease.

Fig. 25, p. 226, shows chronic deterioration in both kidneys in a case of albuminuria in the advanced stages.

CASE ONE by Kristie Karima Burns, MH, ND

Case: Sara came to me complaining of general low energy and digestive trouble. She exercised daily, did not drink sodas or coffee, ate balanced whole food meals, was following a special diet plan for her blood type, and took expensive mineral formulas. However, she did not feel as healthy as she "should be". She did not have any specific complaint. She just wanted to feel "better" because, as she put it, "I just don't feel completely right."

An iris analysis revealed that Sara, did indeed have a very strong constitution and a healthy body in general. Her colon area was unusually healthy, her circulation was good and her organ areas were free of any lacune, which might indicate organ deterioration or damage. However, she had a prevalent white coloring in the fibers of her blue eye and the nerve wreath in her eye, located just outside the pupil, was white as well. She also had some breaking in the fibers of her eye in the lung area, which is a sign of organ stress. These three iris signs indicated that Sara had a very high acidity level in her body, her lungs were under stress and that her nervous system was highly impaired.

I was confused since Sara seemed to have such a healthy lifestyle. So I asked her more questions about her lifestyle and health. When I asked her if she was exposed to any environmental toxins that might affect her lungs she admitted that she smoked occasionally and that her friends did as well. She said since she only smoked on the weekends it was not a big deal. However, although she only smoked on the weekends she often had friends visit her home during the week and ate lunch every day with these same people who were all smokers. Since second hand smoke is just as dangerous or even more dangerous than smoking, Sara was actually being exposed to the equivalent of 10 cigarettes a day or more.

When I mentioned this might be a factor in her feeling of unwellness she stated that she was taking vitamin C to counteract the effects of the smoking. However, I explained to her that it would take so much vitamin C to counteract ten cigarettes a day that she could never safely consume enough of it. In addition, cigarette smoking reduces Calcium and Sulphur in the body and she was not taking supplements of either of these. Sara saw smoking as "just one

bad habit" but any amount of smoking is much more than a bad habit and this fact was showing clearly in her eye reading.

The nicotine in cigarettes, in fact, can do much more damage than a bad habit. Nicotine elevates the heart rate, which increases the heart's demand for oxygen. At the same time the carbon monoxide in the cigarette reduces the blood's oxygen carrying capacity. Because of this the heart is then forced to work with less oxygen. At the same time smoking constricts the arteries, even further restricting the blood supply to the oxygen-impooverished heart which could eventually damage the heart.

I explained to Sara that cigarette smoke also creates a lot of free radicals in the body, which are basically the body's equivalent of "rust". This "rusting" of a person is normal when a person is exposed to a normal life. However, increasing the production of free radicals in the body with cigarettes or air pollution or junk food is akin to continuously washing a tin cup or leaving your bike in the rain. It will quickly rust and fall apart under such abuse. In this way smoking causes the entire body to disintegrate.

And last but not least, I explained to Sara that smoking was affecting her lungs. Putting smoke and tobacco into the lungs is like spraying a sponge with nail polish. The sponge will not then be able to absorb water. Filled with smoke and tar, the lungs cannot absorb the oxygen it is getting either. Since oxygen purifies the blood a person who smokes will find their toxicity levels have increased and that they become tired from lack of enough oxygen.

However, toxicity from poor oxygen supply is not the biggest problem of cigarette smokers. Tobacco smoke also contains more than 4000 chemicals. In fact; smoking has been around for centuries, but only since it entered the mainstream of mass production have the bad effects from it skyrocketed. I explained to Sara that this is because, while moderate smoking of some herbs and grasses may actually be beneficial (This is common in the Native American tradition for example), what she was consuming now in today's modern society was actually a combination of lethal gases (carbon monoxide, hydrogen cyanide, and nitrogen and sulfur oxides), tars, and polonium which is a strong source of radiation. In fact, Sara's exposure to ten cigarettes a day was equivalent to her getting 150 chest X-rays a year.

I explained to Sara that smoking also increases the acidity levels in the body, which can lead to a number of future health problems. In addition smoking was reducing her body's ability to digest food. Smoking causes allergic reactions and "explosions" in the stomach involving the hiatal valve and can cause hiatal hernia.

I suggested to Sara that she try to stop smoking or at least start by taking some herbs that would encourage her to halt her habit and would start to heal the lungs. I chose for Sara a single herb called comfrey as it had the capacity to heal many of Sara's complaints. Comfrey leaf has been used for centuries as a digestive aid and to heal the digestive tract. It was also high in calcium, potassium and phosphorus, three minerals that Sara needed. In addition it was high in B vitamins to counteract the nervous system stress Sara had and was high in A vitamins which act as anti-oxidants and would perhaps counteract the oxidant effect of her exposure to smoke. As an extra bonus comfrey also helps females balance their hormone levels. In addition, in modern times comfrey has often been used to heal the lungs after a person stops smoking. I mixed the comfrey with a little peppermint to make the herbal tea more palatable.

Sara was impressed with what the iris reading had shown in her eyes and stated that with such evidence she was even more convinced than ever to stop. She knew it was not good for her but she had not felt very bad effects from it yet so she had not been inspired to stop. Stopping was always something she was "going to do some day." However, now that she saw the immediate effect it was having on her system she decided to take her herbal tea every day instead of smoking. Sara has been taking her herbal tea daily and after two weeks reports that she is feeling much healthier and has cut her exposure to cigarettes by half.

CASE TWO by Kristie Karima Burns, MH, ND

Case: Samia came to me because she was suffering from panic attacks and skin eruptions on her face. She was very dedicated to healing herself and wanted to know about everything she could do to help herself. She came to me looking very drawn and pale.

Upon perusal of her iris, I discovered that Samia had a heavy case of candida as well as some problems in her spinal area. I recommended simply that she first go on a mild candida diet and see a chiropractor. I also gave her some Pau d'arco to help her clear the candida from her intestines.

I saw Samia a month later and was astounded at her progress. The candida signs in her eye had lessened and she even looked much healthier. She was glowing. Samia confided in me that she had seen the chiropractor twice, that she had followed the recommendations I had given her a month earlier and has also taken the tea daily.

With the candida cleared up, Samia now wanted to work on some of her anxiety problems, which had lessened significantly during her healing process, but were still present. During this second visit I gave Samia some herbal tea containing skullcap, hops, chamomile and catnip. She was to continue to follow a diet of no sugar or white flour and take the new tea three times a day.

I saw Samia another month later and was amazed. Almost all the discolorations in her eyes had gone, and what had once been one blue and one green eye, were now both blue eyes. Samia related to me that she was feeling great lately and that her anxiety was almost gone. I told Samia that she could start relaxing her food restrictions at this point. I also told her to keep the tea handy on days when she needed some nervous system support, but to stop taking any herbs on a daily basis. To maintain her present health I recommended that she minimize her consumption of sodas, coffee, white breads and white sugar and take the tea for the nervous system I had given her when she needed to.

The next month Samia went on a vacation to England and came back. Upon her return she wanted me to do another iridology reading for her to see if she looked any better. I told her that she had improved so much before she probably would not see such dramatic changes again but she insisted on coming for an appointment. When I saw her she still looked healthy but a little thin. She excitedly shared with me that in England she had discovered a wonderful book about candida and that she had been following the diet in the book exactly as well as taking a number of extracts they recommended. She had been doing this for two months.

I listened and congratulated her on her enthusiasm and discipline but reiterated the fact that she could really let up on restricting so many foods from her diet,

especially since she was so thin. I also mentioned that she did not have to take so many of the supplements that the book recommended.

I did not see Samia after that until four months later when she took a class with me. She had become even thinner but she looked happy with herself and chatted on about a new project she was doing, how well she was eating and how healthy she felt. I was happy to see her trying to take care of herself so well but I feared she was overdoing it a bit so I recommended again that she not restrict her diet so extremely and that she not take so many herbs.

Two weeks later I received a call from a mutual friend who said that Samia had been rushed to the hospital with a collapsed lung. The doctors told Samia that her condition usually only happened from a trauma to the chest or in anorexic conditions. Samia chuckled at their assessment and said that she did not understand how any of that could have happened to her. However, to an outside observer, including her physician, it was obvious that Samia had induced an anorexic condition in herself, albeit for none of the traditional reasons. Because she had not done this to lose weight, deal with psychological issues or improve her body image, Samia did not fit the profile of a typical anorexic. In fact, just the opposite. Her friends all knew her as the girl who took very good care of her health.

When I visited Samia in the hospital she asked me once again about her diet and I emphasized that now was not the time to think about dieting for any reason, but about gaining some of the weight she had lost in the hospital and filling her body with an abundance of healing and healthy foods from many food groups. She expressed concern about the number of medical drugs she had taken in the hospital and also expressed a desire to detoxify her body. I recommended that instead of going on a traditional detox, which is often strenuous to the body, that she eat normally, but drink certain juices like raw potato or fresh apple juice to clear her body of any toxins she felt she might have.

A week later Samia was recovered and I called her at home. I was glad to hear that her friends had been bringing her meals every night and staying to eat with her. She sounded much more energetic and is hoping to avoid the same problem in the future.

Note: While Samia's case is extreme, it represents a percentage of people I see that often do "healthy things" to their body but are unintentionally hurting themselves. People often associate the words vegetarianism, exercise, diet, or herbs with health. However, each of these things if taken the wrong way, by the wrong person or taken in excess can be as deadly as they are healthy. I encourage all people to consult with a professional before embarking on any health program.

Iridology Client Form

I fill this out and give it to each client with a summary of what I think it all means and how they can help themselves heal.

Iridology Jensen Analysis

Note that I add to this list every month so it is continually updated with more and more information.

Important Note

Through my years of iris analysis I have come to develop this system of "ratings". Ratings are always an imperfect way to approach any situation. However, the point in doing the analysis this way is to show us what areas need the most work. Keep in mind that ANYTHING 7-10 is good and is normal and does not need immediate work. Most people's charts are filled with 7-10's and no one I have ever met has had many 10's or many 9's filling their chart. If I label a situation 5-7 that means that the situation needs attention but it does not mean that one should panic. The situation, at that point is still very easily manageable. Anything below a 5 should be given special attention and is more of a concern. Always keep in mind, though, not to panic or become obsessed with the numbers. This is only one way of looking at your body. You should ALWAYS get anything you are worried about double checked or even triple checked with another health care practitioner.

Jensen Analysis

A Jensen eye analysis gives you a picture of how your various "body systems" are doing and gives you a history of what has happened to them in the past and how they have been influenced by your parents, diet and lifestyle. The iris is a precise map of our body showing nutritional deficiencies, area's degree of illness, past injuries, healing progress and inherent weaknesses. Each tiny segment of the eye connects via reflexes, nerves and meridians to each body part or organ. The iris thus gives us a "daily printout" of the condition of the body. Iridology can detect the presence of local inflammation., detect inherent strengths and weakness, detect healing signs, detect drug accumulation, analyze health levels, determine the constitution of the body, determine acidity levels of the body and detect differences in bilateral organs. The eye cannot show specific diseases but it can show a "tendency" towards specific diseases.

Steps to using your analysis:

1. Get a general idea of what body systems you need to work on:

Digestive System, Respiratory System, Glandular System, Reproductive System, etc.

2. Chose ways of eating that will support or heal these systems: Fasting, blood type diets, acid balancing diets, vegetarianism, protein diets, veganism, raw foods and whole foods are just some of the choices you have. Chose foods that will support these systems and avoid foods and habits that weaken these system.

3. Chose therapies that will strengthen or weaken these systems: these may include Reiki, massage, aromatherapy, homeopathy, reflexology or many of the hundred other therapies available to you.

4. Chose a program of exercise/ lifestyle changes that will assist you in building these organs.

5. Create an herbal mixture that will support you in making changes, solving problems and assisting these systems.

10 = Best possible score

7 = Normal/ Average Rating (No need for therapy at this point)

5 = Need for therapy to heal, below average function

1 = Worst possible score

Empty (no number) = Score of 10

NA = Not available for some reason – iris was obscured by another iris marking in some way

Constitution _____

This is how well you are "built" and how well you will resist disease in general

Colon Integrity _____ **Specific Comments** _____

This is how well your colon is shaped and functioning. Merely consider three facts about the intestines. First, if stretched out to their full length, the large and small intestines together would measure 25 feet

long. Second, the total surface area in the intestines (made larger by myriad folds) capable of absorbing nutrients is the size of a tennis court. Third, the intestines can store a vast amount of partially digested, putrefying matter (as well as drugs and other toxic chemicals)—for decades even. Some intestines, when autopsied, have weighed up to 40 pounds and were distended to a diameter of 12 inches with only a pencil-thin channel through which the feces could move. That 40 pounds was due to caked layers of encrusted mucus mixed with fecal matter, bizarrely resembling hardened blackish-green truck tire rubber or an old piece of dried rawhide. I call this mucoid plaque. This mucoid plaque, when it is removed during an intensive colon cleanse, often shows ropelike twists, striations, overlaps, folds, creases—the shape and texture of the intestinal wall. Mucoid plaque may vary considerably, depending on the chemical conditions in a person's intestines. It may be hard and brittle; it may be firm and thick; tough, wet, and rubbery; soft, thick, and mucoid; or soft, transparent, and thin; it can range in color from light brown, black, or greenish-black to yellow or grey, and sometimes emits an intensely foul odor.

Toxins Settlements _____ Locations _____

Toxic settlements are associated with lesions in the various stages, which always indicate that an organ or other body part is not eliminating properly, not cleansing itself. Toxic settlements can come from waste material absorbed in the colon, from the ingestion of poor food and from the ingestion of drugs or chemicals, from breathing foul air or from the skin absorbing toxins from work with dyes, chemical solutions, etc... It is generally thought that toxic settlements often lead to the formation of tumorous growths when they are not eliminated.

Probable parasites _____

Over-acid stomach _____

Eating too many acidic foods such as meat, grains and milk products or sugar and not enough vegetables and fruits.

Under-acid stomach _____

Underacid stomach ring

An imbalance in stomach chemistry in which protein digesting hydrochloric acid is insufficient.

Indicates a lack of organic sodium and a potential for protein anemia. This can come from ingestion of devalued foods or many drugs (OTC or recreational or prescription).

Lymph system _____

When lymphatic circulation becomes sluggish and congested with toxic wastes there is a buildup of catarrh and mucus in the system. Organs made primarily of lymph are the tonsils, adenoids, spleen and appendix.

Allergic conditions _____

This reading is taken by analyzing your skin condition and your acidity levels in the iris. Other conditions, however, may also indicate allergies. This notation can tell you if you have allergies.

However, if there is a “no” here there is still a possibility that you may have them for some reason other than poor skin elimination or high-acidity levels.

Drug deposits _____

Show up in the iris as discolored areas - red, yellow, brown, etc...If the spots are on the surface (on top of) the iris stroma (the ground substance or matrix of the iris) then they may be inherited from the parents. If they appear to be more IN the stroma itself these are deposits acquired by the person from something they are/have ingested. This means that chemicals have settled in particular portions of the body in which the metabolism is too slow to eliminate them. These residues can come from:

prescription drugs, over-the-counter drugs, foods with preservatives, artificial colorings and flavors, direct skin contact with garden or other chemicals, pesticides, sulphur, dyes, paints and other job-related chemicals, polluted air and water.

Psora Spots _____

Psoric Spots are another common sign and often called “inefficiency producers” or “learning spots” (as they often provide challenging situations that one must learn from). You do not need a magnifying glass to see these. They are the freckles upon the iris. Psoric Spots are sepia or black in colour. When you do look at them through a magnifying glass, however, you will see that they appear to float above the surface of the iris fibres. They seem to have definite edges, as opposed to a wispy haze of discoloration that might represent toxin accumulation. Psoric Spots are

usually there from birth and accompany the individual throughout life. Having said this, if the individual receives appropriate treatment the Psoric Spots may disappear or fade. Psoric Spots represent inherited miasm-s. Dr Samuel Hahnemann, the founder of Homeopathy, was the first to produce a complete theory about Miasm-s. These are inherited after-effects of previous illnesses suffered by ancestors. They are not genetic susceptibilities as such, but seem to reflect problem areas, which ancestors had, which we were then handed onto the familial tree. Not all branches get the problems, however, sometimes a generation is spared. This may sound like a genetic phenomenon, but it is not so straightforward (which is not to suggest that genetics is straightforward!) An individual might have had syphilis, for example, and been adequately treated, yet still hands over a weakness to a son, daughter, grandson, as if the ghost of the original problem is still present.

The Psoric Spot is indicative of there being an area of the body, which could become troublesome if their lifestyle chooses. This means if they adopt particular lifestyles, then the brunt of their lifestyle may affect that organ. It seems as if the Psoric Spot has a much more ephemeral effect upon the individual than a marker of potential physical weakness, like a lacuna.

Any zone under a psoric spot may function as if it is under a "cloud". The function of the organ may be clouded as well as the "vision" of the organ. An example is the spleen. If a person has a psoric spot over their spleen and lymph may become congested and cause toxicity in the body or easy weight gain. On top of that the "vision" of the spleen may be congested. Since the spleen is the organ of anger this may mean a person does not get angry or react when they should because their "anger" reaction is impaired. They may also find they react too quickly in anger. Faded or fading psora spots can also indicate PAST weaknesses in the body or psyche. Such as childhood problems with anger or the spleen (given the example above). Of course the same example applies to all other areas of the eye.

Iron levels _____

Circulation _____

Skin function/elimination _____

The skin is our largest eliminative organ and we typically eliminate two pounds of waste materials (perspiration) every day, mostly through the feet.

The skin is one of the most important and most neglected of the eliminative organs. Adults have a skin area estimated from 2-3,000 square inches, which eliminates about 2 pounds of waste material per day. The skin has two main layers, called the epidermis or outer layer and dermis, the thick, underlying layer. The epidermis of the palms of the hands and feet have five layers while the rest of the body has four. Sweat glands, approximately 3,000 per square inch of the body, help control electrolyte fluid balance in the body and assist in regulating body temperature. The scurf rim around the perimeter of the iris provides information about the condition of the skin and the blood vessels just beneath it. The presence of a rim shows an accumulation of toxic materials due to poor elimination from the skin. Among those with the poorest skin elimination, the scurf rim becomes almost black. Where the scurf rim is the darkest or thickest can also show which organs are being affected the most. To keep the skin functioning properly brush is with a natural bristle brush or loufa. Skin also needs sunlight and fresh air and exercise for the glands to function properly. Foods good for the skin are silicon, iron, potassium and vitamins A, B, niacin and PABA. Supplements such as rice bran syrup, alfalfa sprouts and oat straw tea are good for the skin.

Nervous System function _____

Stomach's ability to use nutrients _____

Colon's ability to absorb nutrient _____

Cerebral function _____

(See specific markings below)

Body acidity _____

Cholesterol levels & Inorganic Sodium in tissues _____

This sign is an indication that there is a chemical imbalance in the body resulting from over-consumption of bicarbonate of soda, salt, or drugs like sodium salicylate. It can also indicate calcium out of solution in the blood. This may be related to calcium deposits, hardening of the arteries, and high cholesterol or high triglycerides in the blood.

High blood pressure

Specific Organ Areas

LEFT IRIS

Physiological Brain

Animation/life center

This area corresponds to the cortex, psyche, soma energy center and hypothalamus.

This area controls vitaveness, mirthfulness, agreeableness, hope and amativeness. It controls Psychic, telepathic, intuition, perception, body tone and tension. This center is expressed positively in ecstasy, joy, love, vitality, physical energy, metal energy, enjoyment, liveliness, cheerfulness, and optimism. This is also the spiritual center of the brain and the unity center for body, mind and spirit. Lower levels of expression here are gloom, complaining, depression, fatigue, enervation, forgetfulness, listlessness, hopelessness, pessimism, fearfulness, fussiness, indifference, unsociability, melancholy, sadness, disgust, and discouragement. This area is the great barometer of health in the irides. This is the most magnetic center in the brain and needs silicon. It also needs plenty of oxygen to function properly. Vitamin E and lecithin also benefit this area. You can use slant board exercises and exercise in general. You can get lecithin in the form of choline in fresh egg yolks from organic chickens, fish and organ meats, sardines and mackerel, legumes and soybeans, and wheat germ and brewer's yeast.

Sensory/Locomotion center

This area corresponds to the mid-cortex, the kinesthetic, and sensory motor areas.

The normal function of this area is muscle coordination, magnetism, and sensations of heat, cold, pain, touch, pressure, tension and movement. Normal function creates perception, normal reactions to sounds and lights, physical strength, physical fitness and mental coordination. Abnormal function results in uncoordination, lack of sensation and exhaustion. This area governs dexterity, sparkle in the eyes, insulation, and body tone. Motor impulses are sent from here to the rest of the body. Positive expression of this area is seen in movement, muscle coordination, touch, and somatic memory. Negative expression is awkwardness, imbalance, insensitivity to light, heat and cold or pressure, inactivity and somatic forgetfulness. To strengthen this area sleep on a hard bed, do deep breathing exercises, practice self control. Avoid stressful situation, heavy lifting and great excitement, sexual excess, night work and working when tired. Assure adequate protein in the diet. Use egg yolk, cod roe, goat milk, lecithin and cherry juice.

Inherent mental center

This area corresponds to the brain stem and midbrain area

The normal function of this area governs survival instincts, human nature, friendship, social instinct, stamina, emotions, will, social interaction, hallucinations and obsessions. Positive output from this area would be optimism, courage, will, love, individuality, security, intuition, imagination, initiative, zest for life, confidence, identity, reproduction and understanding. Negative output from this area includes: hallucinations, obsessions, melancholy, submission, self-condemnation, and alienation. suicidal thoughts. The higher levels of expression of this area are: love, aspiration, esteem, virtue, altruism, social instinct, HABITS, creativity, stamina, hope, will power, enthusiasm, faith, belief, liberty, morality, desire, kindness, respect, compassion, psychic center, adventurousness, sentimentality, worship, laughter, ideals, endurance and interest. Negative expressions here show as: hate, laziness, antisociability, gives up easily, destructiveness, sadness, doubt, tragedy, misery, terror, scorn, uneasiness, spitefulness, agony, psychoses, pain sensitivity, timidity, intolerance and forgetfulness. To strengthen this area avoid caffeine drinks, enervation, smoking, damp climates, cold, smoky cities, fits of anger or other emotional outbursts. Take care of the liver, kidneys, stomach and bowel. Get enough rest, lie on the slant board, seek time for quiet, Use nerve foods and foods containing iodine, niacin, tryptophane, choline and lecithin.

Equilibrium/dizziness center

Corresponds to the cerebrum.

The normal function of this area controls equilibrium. autonomic muscle coordination, dynamic energy center and sexual activity. The positive attributes of this center are: discrimination, sense of balance, stability and security. Abnormal functions are: epilepsy, faintness, dizziness, and impaired muscular response.

Hemorrhage, injury and tumors may result in lack of muscle coordination in this area. A hard blow or lack of oxygen can affect this area. This area needs a general alkaline diet, especially if epilepsy is involved. You can use herbs like black cohosh, elder, Peruvian bark, vervain, valerian, skullcap, lady's slipper. Use nerve foods, starches, magnesium foods, and the vitamins B-6 and E. Avoid chills and cold wind, dissipation and staying up late at night. Watch for venous congestion and anemia.

medulla_____

The medulla is a vital brain center containing the respiratory, cardiac and vasomotor centers. It controls venous circulation, respiration and heart activity Disturbances here can effect the entire nervous system and sense system as well as cause weakness in the heart and lung (which you have in the lungs and to a small extent in the heart). This weakness could also instigate panic attacks, insomnia and nervous disorders. This area controls the physicalness (amativeness) and physical motive (will exaggeration) of a person. The medulla controls the positive forces of respiration, vasomotor health, swallowing, and breathing. Defects here can cause ragged respiration, abnormal heart rate, hiccoughing, sneezing, vomiting, coughing and salivating. The best tea for the medulla is Sage tea.

mastoid_____

ear_____

neck_____

shoulder_____

heart_____

lungs_____

The lungs and bronchioles function to take in oxygen and remove carbon dioxide from the blood, which exchanges these substances at a cellular level. Oxygen, of course, is necessary for cell metabolism and carbon monoxide is one of the MAIN waste products of cell metabolism. The respiratory system is one of the MAIN channels of elimination in the body (along with the colon and the skin, etc..). Many people do not realize that the respiratory system has this function. So if your body is laden with toxins some people get it stuck in their lungs instead of their intestines or skin.

Bronchioles_____

Pleura/ thorax/ribs_____

Arm/hand_____

Spleen_____

The spleen's function is to filter old and damaged red blood cells, filter bacteria and blood debris, produce anti-bodies, and produce lymph and plasma cells and to store (about 1/3rd of a quart) of blood in case of hemorrhage. The spleen depends on the lymphatic system to function properly.

Diaphragm/upper abdomen_____

Ovary (or testes)_____

Pelvis_____

Abdominal wall_____

Groin_____

Thigh_____

Knee_____

Foot_____

Adrenal_____

The adrenal glands produce a variety of hormones such as adrenaline and cortisone that are important in controlling your stress and immunity. The twist posture is a powerful stimulant to the adrenal glands, causing them to release extra energy to boost your vitality level.

Anatomy and Physiology

The adrenals are two small glands, one on top of each kidney, with a total weight of about 1/3 of an ounce. Each has a medulla which is related to our sympathetic nervous system. The medulla secretes epinephrine and norepinephrine (commonly known as adrenaline). The adrenals also each have a cortex which secretes three different

classes of hormones: mineralocorticoids, glucocorticoids, and androgenic hormones.

The adrenal medulla has many nerves (preganglionic) from the sympathetic nervous system go to it, and end on special cells that secrete epinephrine and norepinephrine whenever stimulated by the nerves. These hormones then travel through our circulatory system to all parts of our body. Some of the most important functions of epinephrine and norepinephrine include:

- 1) Speeding up the rate of metabolism of cells as much as 100%
- 2) Increasing blood pressure
- 3) Dilating the blood vessels to the heart and skeleton while constricting most other vessels
- 4) Increasing blood flow to the muscles while decreasing blood flow to organs not in use at the time
- 5) Causing the liver to release glucose and thus increasing blood glucose levels
- 6) Decreasing kidney function (resorption, etc.) and increasing urine output
- 7) Dilating pupils
- 8) Increasing muscle strength and mental activity (partially due to increased glucose levels)
- 9) Dilation of bronchials (this is why epinephrine injections are given during asthmatic attacks)
- 10) Breaking down glucose in muscles

The two most important hormones released by the adrenal cortex are cortisol and aldosterone. Aldosterone is the chief mineralocorticoid. Aldosterone causes sodium retention and potassium excretion by the kidneys. If we had no aldosterone we would die within two weeks. Our sodium and chloride ions would decrease, and the potassium level in the fluid surrounding our cells would increase. The lack of sodium and chloride would lead to decreased fluid and blood volume and our heart would weaken and eventually we would go into shock. The increased potassium level would also poison the heart.

On the other hand, too much aldosterone leads to increased sodium levels in the extracellular fluids (as a result we become thirsty to dilute the concentration), as well as increased potassium excretion. Over long periods of time this sodium/potassium imbalance would cause high blood pressure, and muscle weakness. Another effect of excessive aldosterone is that the body conserves excess hydrogen ions and they combine with buffer ions and our body becomes overalkaline.

The major glucocorticoids are cortisol (also known as hydrocortisone), corticosterone and cortisone. Since they all have similar effects on the system we will limit our discussion to cortisol (the major glucocorticoid).

Cortisol's main functions include the following:

- 1) Gluconeogenesis (Don't let long words scare you. Gluco means glucose, neo - new, genesis - beginning). Cortisol thus is

responsible for the body transporting amino acids (the building blocks of protein) to the liver where they will be converted into "new" sugar.

2) It decreases the rate that cells use glucose, and decreases the rate of bringing glucose to the cells.

3) Cortisol increases blood glucose levels, and chronic excessive cortisol production or intake (cortisone pills and injections) can lead to a type of adrenal induced diabetes.

4) It causes increased breakdown of protein and slows the formation of new protein. Except for the liver and plasma all other protein stored in the cells is decreased.

5) Cortisol causes fatty tissue to be broken down and transported into the blood, helping the body to burn fat instead of sugar.

6) Excessive cortisol can depress the function of your immune system by shrinking thymus and lymph tissues and decreasing formation of antibodies and sensitized lymphocytes which are necessary to fight disease.

Adrenal hormone secretion is under control of the pituitary gland (see pituitary chapter for more details).

Almost any type of stress to the body will cause the anterior pituitary to signal the adrenals (via ACTH) to produce more cortisol. These can include:

- 1) Moderate to severe physical pain
- 2) Extremes in temperature
- 3) Surgery
- 4) Traumatic accidents (auto accidents, on the job injuries, etc.)
- 5) Taking epinephrine or norepinephrine (these are often used in asthma, and in the pain killers you get during your visit to the dentist)
- 6) Intense anxiety or emotional trauma (problems at work or home, divorce, death in family, etc.)
- 7) Overwork - mental or physical
- 8) Lack of proper sleep
- 9) Chronic diseases that wear down the body
- 10) Pollutants in our air, water, cleansers, deodorants, hair sprays, etc.
- 11) Pesticide and herbicide exposure
- 12) Refined foods especially carbohydrates
- 13) Exposure to substances you are allergic to

The adrenals also produce male and female sex hormones in small amounts and these can influence your secondary sex characteristics, severity of menstruation etc. The estrogen and progesterone are very important in women approaching menopause. If the adrenals are functioning properly there is evidence that they will slightly step up production of these at menopause. This will slowly transition the body and make menopause fairly symptom free. In the multitudes of women that

suffer varying degrees from functional hypoadrenia, the menopause will be more severe with hot flashes, sweats, etc. (see chapter on ovaries for more information on menopause). Most adrenocortical hormones are synthesized from cholesterol, therefore, when these hormones are called for by the body, cholesterol must be formed by the liver. This is one reason why stress increases serum cholesterol.

Left kidney _____

The water element organs are the kidneys and bladder. In Chinese physiology, these organs govern water metabolism and control the bladder. In addition the kidneys are seen as the root and foundation of the body. They rule the lower part including the sexual organs and their reproductive functions. They also provide energy and warmth. The concept of "kidneys" goes beyond the Western physiology. To explain why these additional functions can reasonably be part of kidney function, adrenal gland activity is generally assigned to the Chinese concept of kidney. The adrenals contribute to the energy, warmth, sexuality and other attributes of the body. The kidney-adrenal connection is clear since the adrenals are located directly on top of the kidneys and produce secretion that make kidney activities possible. The water element emotion is fear. Like the kidneys, fear is deeply rooted, and we are often not consciously aware of even major areas of fear and insecurity. A little healthy fear protects us, but unhealthy fear can "injure" the kidneys. On the other hand, weak kidneys can induce fear, which can block loving experiences. Stress-ridden, fear-ridden kidneys fail to remove the excess "water" in the system, which in turn "extinguish" the fire element (the heart) and its normal expressions of love and joy. Many people receive psychotherapy in an attempt to identify and dismantle deep insecurities. Often there is little success because the kidney-adrenal complex has not been renewed. By restoring the kidneys to any significant degree, one typically feels a tremendous amount of elation as the dark cloud of fear lifts. The kidney supports the reproductive organs, the reproductive material and reproduction activity (libido, ejaculation, gestation, etc.). When the kidney is functioning at optimum levels, the sexual and reproductive life is vigorous and lasting. The kidney also supports the structural elements of the body and regulates growth of the spinal cord, brain, hair, and teeth. The kidney also determines our ability to store calcium in our bones. On a strictly functional level, the kidneys filter the blood of waste. The kidneys also nourish the inner ear and so a weak kidney will cause trouble with ear infections, ringing in the ears, etc..

Scrotum/perineum _____

Anus/rectum _____

Vagina _____

Prostate _____

Bladder _____

Lower back _____

Middle back _____

Upper back _____

Scapula _____

Esophagus _____

Vocal chords/trachea _____

Thyroid gland _____

Tonsils _____

Tongue, mouth, lower jaw _____

Nose _____

Upper jaw _____

Eye _____

Temple/forehead _____

PSYCHOLOGICAL BRAIN

Mental ability _____

This area corresponds to the frontal and prefrontal cerebral cortex.

This area governs the mental ceiling (depth of thought), comprehension, interest, analytical ability, and concentration, speed of thought, mental stubbornness, individuality, order, calculation, comparison, time, caution, and secretiveness. We organize experience in this part of the brain. This is the way we organize our perceptions and ideas about the world. The positive functions of this area are: thought,

reason, intelligence, subjectivity, criticalness, analysis, judgment, reflection, discrimination, inference, deduction, intuition, decisiveness, harmony, time, space, patience, numbers, mathematics, logic, memory, imagination and originality. The lower functions of this area are: irrationality, dullness, stupidity, confusion, uncertainty, doubt, forgetfulness, ambiguity, impatience, feeble-mindedness, triteness, short sightedness, and imitation. Cleansing this area often requires detoxification of the body through tissue cleansing or fasting. IT requires a high phosphorus diet and herbs like cayenne and kelp. Avoid monotony, cultivate pleasing companions. Use heat vapor blankets, Epsom salt baths, adequate exercise, adequate food and drink goats' milk or cheeses.

Speech

This area corresponds to the cerebrum, thalamus, forebrain, and pineal and pituitary glands. There are hearing centers in both sides of the brain but this unique and important center of speech is found only in the left side. Stuttering or stammering or nervous style of speaking can result from weakness here. This area is not just related to speech. Using this speech area we can plan for the future, learn to write and play music and many other things. The organization of experiences into words and thoughts affects the way we perceive life. So a negative impact toxins in this area can result in a negative view of life. Some functions of this area are: language, speech, hearing, communication, memory, knowledge, concentration, comprehension, tact, interpretation, wisdom, sophistication, subtlety, ingenuity, discretion, honesty, politeness, wit, humor, attitude, music, melody, rhythm, and honor. Some negative functions of this area are: anepia, aphasia, stuttering, confusion, misunderstanding, deafness, distractibility, stubbornness, over seriousness, naiveté, gullibility, clownishness, lying, shallowness, rudeness, apathy, forgetfulness, boredom, lenience, morbidity, and tactlessness. Activities such as swimming, whistling, singing, public speaking and exercises involving the hands are helpful (knitting, cross stitch also included here). Moving air is needed and one needs to get outdoors in fresh breezes. Take care of the thymus, pituitary and pineal glands. Nerve foods and tonics, valerian, other nervine herbs, choline and cod roe and helpful.

Ego pressure

This area corresponds to the cerebrum, the pituitary and the hypothalamus
This area governs the courage, self-esteem, dignity, pride, ego balance (emotional), self-reliance, decision-making, ego growth, mental aspirations, intolerance and pessimism and idealization. This area mainly involves cerebral stress. This is the blood pressure area and signs in this area can be associated with either high or low blood pressure. This center has to do with psychological and physical stress, ambition, decision-making, and anxiety level. This area especially involves the brain stem and medulla, the cerebrum, pituitary and adrenals. Low blood pressure is often found when the radii solaris go through this area. Too much stress, ambition and excess executive responsibility can cause white flares in this area. Ego pressure can be affected by many pressures - even good ones. Markings here can be the result of drive and ambition, over activity, a bad marriage, sexual frustration, poor self-image and even money troubles. Long-term pressure in this area can result in stroke, and cerebral hemorrhage. Some functions of this area are: Success drive, memory, decisiveness, ambition, power hunger, forcefulness, aspiration, determination, pride, discipline, confidence, constructiveness, domination, leadership, courage, strictness, control. Some negative functions of this area are: harshness, greed, selfishness, vanity, arrogance, cruelty, anxiety, worry, intolerance, laziness, rage, hate, tyranny, impatience, bullying, forgetfulness, restlessness, insomnia, nervousness. Stress reduction exercises are helpful here such as relaxation and meditation. Avoid excessive obligations, crammed schedules, frustration, impatience, family disputes, and money and job anxiety. Take care of defective venous drainage and liver. Develop a more relaxed philosophy on life. Valerian and hops help. Take magnesium foods. **Magnesium foods:** Nuts, pumpkin and sunflower seeds, lentils, soybeans, rye, millet, barley, seafood (canned tuna, salmon, lobster), tofu and green leafy veggies.

Five sense area

This area corresponds to the cerebral cortex, Gnostic area, (near lateral sulcus of left hemisphere)
Governs the form, size, color, order, tune, amativeness, visual memory, music/sound appreciation, insulation, body tone, esthetics, imagination, and oral memory. This area of the brain is located in the cerebral cortex, Gnostic area (near lateral sulcus of left hemisphere). The function of this area is to control the visual, tactile, auditory, olfactory and gustatory senses. Normal function creates senses of sensuality, materialism, sensory stimulus and normal sensations. Abnormal function creates impaired sensation, sensory handicaps, and over stimulation. The best treatments to strengthen the 5-sense area are: stretching exercises, neck exercises, cold water applications to the head and neck, fresh air, nerve

and muscle building foods, proteins combined with sulfur foods such as cauliflower and onions and iron-rich foods.

Pituitary gland _____

RIGHT IRIS

Psychological Brain

Animation/life _____

5-sense area _____

Ego pressure _____

Mental speech _____

Pituitary gland _____

The tissues in the anterior lobe consist of extensive vascular areas interspersed among glandular cells that secrete at least six different hormones. It was formerly believed that a master molecule was stimulated by various enzymes to produce these hormones, but present evidence indicates that each is individually synthesized, probably by a specific type of glandular cell. Three such types of cells exist in the anterior pituitary gland: acidophils, basophils, and chromophobes. The growth hormone, thought to be synthesized by certain acidophils, stimulates all the tissues in the body to grow by effecting protein formation.

The remaining five important hormones influence body functions by stimulating target organs. Adrenocorticotrophic hormone (ACTH) controls the secretion of steroid hormones by the adrenal cortex, which affects glucose, protein, and fat metabolism; thyrotropin controls the rate of thyroxine synthesis by the thyroid gland, which is the principal regulator of body metabolic rate; prolactin, which regulates the formation of milk after the birth of an infant; and three separate gonadotropic hormones (follicle-stimulating hormone, luteinizing hormone, and leuteotropic hormone) control the growth and reproductive activity of the gonads.

The release of each of the hormones from the anterior lobe is controlled by a specific substance secreted by nerve cells in the hypothalamus. These substances, called releasing factors, are transmitted by nerve fibers to tiny capillaries in the hypophyseal stalk. They move through blood vessels to the anterior lobe, where each releasing factor is responsible for the release of a specific pituitary hormone.

The two hormones that are produced by the posterior lobe are synthesized by nerve cells in the hypothalamus. They are transported by nerve fibers to nerve endings in the posterior lobe, where they are released. The hormones are antidiuretic hormone (ADH or vasopressin), which alters the permeability of the kidney tubules, permitting more water to be retained by the body; and oxytocin, which aids in the release of milk from mammary glands and causes uterine contractions. The only hormone that is synthesized by the intermediate lobe is the melanocyte-stimulating hormone, which appears to control skin pigmentation.

Forehead/temple _____

Eye _____

Upper jaw _____

Nose _____

Tongue/mouth, lower jaw _____

Tonsils _____

Thyroid _____

Bronchioles _____

Vocal cords/trachea _____

Esophagus _____

Scapula _____

Upper back _____
Middle back _____
Lower back _____
Bladder _____
Uterus _____
Vagina _____
Prostate _____
Perineum, pubis _____
Adrenal _____
Right kidney _____
Thigh/knee/foot _____
Groin _____
Appendix _____
Abdominal wall _____
Pelvis _____
Testes/ovaries _____
Pancreas _____
Diaphragm/upper abdomen _____
Liver _____
Gallbladder _____
Hand/arm _____
Ribs/thorax/pleura _____
Bronchioles _____
Lung _____
Shoulder _____
Neck _____
Ear _____
Mastoid _____
Medulla _____

Physiological brain

Reproductive area _____

This area corresponds to the cerebrum, hypothalamus, limbic system, and pituitary gland. This area governs the attraction, sexual responsiveness, and reproduction ability of a person. Positive attributes of this area are: creativity, motivation, excitement, imagination and exhilaration. Abnormal function brings about sexual apathy, perversion, violence, irritation, competitiveness, vanity and self-centeredness. This is the primitive center of the brain and its most recognized trait today is sexual drive. However it also includes family instinct, alertness center, "flight or fight" syndrome, competition, imitation, obsessions and hallucinations. Psychoactive drugs, sensory deprivation and lack of sleep affect this area for the worse. Sex drive can be exhibited in other ways other than sex. It can exhibit in passion of music, or a drama performance. Problems in this area are not only sexual then as this area corresponds to the gusto one has for life in general as well. The glandular system may also be imbalanced. Personal magnetism, charm and femininity come from this area. Toxins from the bowel can affect sexuality adversely. Lack of protein and zinc can damage this area. The higher functions of this area are: family instinct, father and motherhood, sexual attraction, excitement, zeal, passion, creativity, confidence, and healing. The lower levels of expression include one or more of the following: envy, jealousy, fear of opposite sex, impotence, sterility, loneliness, frigidity, insanity, rape or other sexual abnormalities, phobias and hate. To nourish this area chose foods rich in fluorine and iodine. Prickly cucumbers and grapes are good. Wild Wheat Grass (couch grass) tea. For under activity here use foods rich in iron, silicon, zinc, sulfur, calcium, and phosphorus. Treat for possible anemia.

Inherent mental _____

Sensory/locomotion _____

OTHER OBSERVATIONS

Arcus Senilis _____ *Unlike the name, this does not mean a person is "senile" or "old", although you may find this marking in more older people than in younger people. Called, "the pannus" by ophthalmologists, this marking is read as an opaque arc by iridologists, but is recognized as an opaque arc with perhaps an entire ring around the eye by the medical profession. This is a sign of cerebral anemia and attributed to a lack of oxygen, low blood count and inadequate nutrition or iron in the*

blood. The effects can be fatigue, loss of joy of life, slower thinking and memory and a drop in the ability to do the many activities one was able to do before. Many active people will find this sign especially annoying as they were used to being so active before and may suddenly be sluggish for no apparent reason. This kind of anemia will affect ALL the brain centers. Using a blood building diet with foods like black cherries, greens, beets, raspberries, and liquid chlorophyll will help. Slant Board exercises are very helpful here as well as physical exercise, which increases oxygenation to tissues.

Iris Pigment

Brownish red in colon area - Candida is a yeast, which is normally present in the bowel. It feeds on sugars, simple carbohydrates and fermented products like alcohol and cheese. Everyone has candida in the gut but the problem with it only occurs when the numbers get out of control. Causes for this can be: too many antibiotics, a hormone imbalance (the pill is a major factor in this) stress and poor nutrition. These affect the balance of organisms in the gut and allow the bad ones to multiply. It is not hard to see why candida has increased during the twentieth century. The use of medicines, steroids, alcohol, sweet products has increased tremendously, even hormones are now fed to cattle and chicken. Unfortunately the presence of candida in the body weakens the immune system, which has to try and cope with the toxins produced by the yeast. The yeast takes over and turns into a nasty mycelial form, which sends out mycelia or roots, which invade the rest of the body. This is where the long-term problems start as unpleasant symptoms are produced in the part of the body that the yeast takes control of. Candida has also been linked to: mercury (amalgam) poisoning, diabetes, ME., Post Viral Fatigue syndrome, AIDS and Cancer. Like candida all these are linked with an inability of the immune system to cope.

Sectoral Heterochromia - a genetically pigmented iris. No significance as of yet.

Brown Pigment - indicates a liver/pancreas problem.

Brown (Tar) Pigment - usually seen in diabetes. This pigment is as a result of either the liver not sufficiently detoxifying or inadequate production of trypsinogen (which breaks down protein) by the pancreas.

Brown/Red Pigment - indicates a pancreas problem.

Fuscin Pigments - yellow brown pigments over the liver/gall bladder area and the pancreatic head. This type of pigment usually indicates dysfunction of the gall bladder. Fuscins are substances, which develop during the break down of hemoglobin and its derivatives in the liver.

Lattice Pigment a net structure with a very large mesh and irregular fringe edge. It is black/brown in color and occurs rarely. It is very large and often covers a part of the iris from the collarette to the ciliary edge. The lattice pigment indicates a disposition to diabetes, chronic liver disease and formation of tumors.

Orange/Yellow Pigment inside the collarette indicates a problem with protein metabolism and shows putrefaction of protein. When seen outside the collarette kidney malfunction is indicated.

Pink/Yellow Pigment - in the iris outside the collarette indicates a kidney problem.

Red/Yellow Pigment - in the iris indicates a pancreas problem.

Rufin Pigments - are red pigments and when seen in the liver zone with vascularized liver transversal may indicate carcinoma of the liver.

Yellow Pigment - associated with the kidneys and digestion and usually develop in the lymphatic iris type or by a high intake of meat products. Yellow pigment may develop in the kidney zone or the intestinal zone.

Black Hair Pigment - clearly seen as a pigment spot with black hair on the surface of the iris. This sign appears mostly in the middle or peripheral part of the ciliary zone. The black hair pigment may indicate cancer of glandular organs.

Black Pigment - when seen in isolation indicates cancer of the corresponding zone.

Drug Colors:

Mercury or Hydrargyrum - Quicksilver: whitish or silvery gray circular line of a metallic lustre in the circulatory area of the brain region. The brown eye will display a more blue or greenish tint.

Lead or Plumbum :This drug may be seen in the iris as a lead blue, or bluish gray circular discoloration in the stomach - intestines region. Although this drug has an affinity for the intestines, other organ areas may also have settlements in severe cases.

Iodine: No other drug shows up more clearly than iodine although signs will differ according to internal or external absorption. Internal absorption will show up as a bright red, reddish brown, or orange colored spots that sometimes have a white border showing irritation and inflammation, or process of elimination.

Quinine: Depending on certain chemical combinations associated, Quinine shows as a yellowish, cloudy discoloration or sometimes greenish cloudy hue. Quinine has an affinity to settle in the brain areas, eyes, ears, and digestive systems.

Bromides: Bromides show in the outer-most iris area closest to the sclera as a whitish or yellowish white crescent with the affinity to settle in the brain and nervous system areas. Bromides are used heavily in the pharmaceutical Industries.

Arsenic: Early stages of arsenic pigmentation will show as a grayish-white veil like specks over the gastro-intestinal or respiratory areas. Later stages shows up as grayish white flakes and may appear singly or irregular groups in the circulatory area.

Phosporus: Phosporus can show up as whitish, grayish, and faded yellow specks and clouds in the gastro-intestinal, brain, limbs, diaphragm, and heart areas. May appear a lighter amber color in brown eyes.

Aluminum: May show up as blue-gray spots in the circulatory area.

Sodium: Sodium will show up as a slight metallic lustre in the circulatory or lymphatic areas. This ring may fully surround the iris or may be found in parts depending on the quantities of inorganic salt not eliminated in certain circulatory areas.

Sulphur: Sulphur shows up in the gastro-intestinal area producing a yellow or dark brown, sulphur like color. When the sulphur sign is seen in the iris, irregular conditions in the autonomic nerve wreath may be seen indicating a sluggish condition in the intestinal tract.

Creosote: Creosote produces a fine grayish or ashen gray veil over the whole iris. Long term cases will show up as sparkling white spots in the stomach or intestinal areas.

Strychnine: Strychnine shows in the iris as a white wheel-like circle in proportion around the pupil in the stomach area. close inspection may find lines or spokes radiating from the pupil.

Ergot: Ergot shows as a series of bright red, sometimes rust-brown spots in the gastro-intestinal tract and may sometimes be found as bright red spots throughout various organs in the iris. It is also seen at times as a red or rust-brown circle in the stomach area.

Glycerine: Glycerine shows as large white spots or clouds in the skin, kidneys, and lung areas.

Salicylic Acid: Salicylic Acid (famous as asparin) shows as a whitish gray cloud or veil spreading unevenly over the outer margin of the iris, being more pronounced in the upper part. It is frequently associated with the sodium ring. This drug also has an affinity to the gastro-intestinal tract.

Ferrum or Iron: Ferrum & iron will show up as a rusty-brown discoloration of the entire gastro-intestinal tract. This often comes from the digestion of multi-vitamins or iron pills.

Bismuth: Bismuth ingestion will show as dark-gray irregular circles in the digestive tract.

Vaccine Virus: Vaccine Virus shows as a distinctly superficial black or muddy brown spot. This spot is always surrounded by white indicating that the virus is causing irritation, creating an inflammatory area around it. Vaccine virus has the Tendency to darken the entire iris and may also cause white lines to appear in the liver, spleen, and bladder areas for reason of elimination.

Opium: Opium is seen in the iris as pure white straight lines radiating from the pupil or the autonomic nerve wreath outward. This is most noticed in the upper part of the iris.

Morphine: Morphine is similar to opium although appears in the iris as finer white lines which are very superficial.

Cocaine: Cocaine is similar to that of morphine as it appears in the iris.

Nicotine: Nicotine is similar in appearance to that of the vaccine virus in portraying the dark, smokey effect. In heavy smokers, it is common to find a number of nerve rings and some abnormalities in the autonomic nerve wreath (collarete).

General Colors of the eye indicated:

Straw Yellow - Kidney

Orange - Pancreas & Liver

Fluorescent Orange - Gallbladder, Pancreas and Liver

Brown (light, medium, dark, reddish) - Liver

Black/Tar - Pre-cancerous & liver

Post Notes and Dietary Advice;

Sulphur Foods

Poached Eggs or other eggs

Cauliflower

Broccoli

Onions

Dried Apricots

Bananas

Plantains

Cabbage

Figs

Pineapple

Papaya

Almonds

Cashews

Pecans

Pistachios

Things that deplete sulphur: Alcohol