

The background of the cover features two irises. On the left is a brown iris with a dark, textured pattern. On the right is a blue iris with a lighter, fibrous pattern. Both irises have a black circular pupil. The text is overlaid on the black pupils and the surrounding iris patterns.

PRACTICAL IRIDOLOGY

USING THE EYE AS A GUIDE TO
HEALTH RISKS AND WELLBEING

PETER JACKSON-MAIN

Practical Iridology



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Using the Eye as a Guide
to Health Risks and Wellbeing

Revised & Expanded Edition

Peter Jackson-Main



Figure 1.1, courtesy of Danny Woodmansey
Figures 1.2, 2.1, 2.4, 2.6, 2.13 courtesy of Andrew Mason

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<i>Acknowledgments</i>	vii
<i>Foreword by Richard Schulze</i>	ix
<i>Foreword by Toni Miller</i>	xi
<i>Preface to the revised & expanded edition</i>	xiii
<i>Preface to the original edition</i>	xv
1 What is iridology?	1
<i>A pathway to good health</i>	1
<i>Iridology today</i>	9
<i>History and pioneers of iridology</i>	13
2 The anatomy of the eye and the iris	21
<i>The structure of the eye</i>	22
<i>The structure of the iris</i>	26
<i>Do iris features change?</i>	40
3 The iridology constitutions: color types	43
<i>Constitution by color: OVERVIEW</i>	44
<i>The blue/blue-gray iris</i>	46
<i>The pure dark brown iris</i>	58
<i>The mixed (light brown or hazel) iris</i>	70
4 The iridology dispositions: structure types	83
<i>The high-resistance iris</i>	86
<i>The flexible-adaptive iris</i>	96
<i>The self-protective iris</i>	102
<i>The hormone-regulatory iris</i>	109
<i>The digestive-regulatory iris</i>	116
5 The iris diatheses: overlay types	125
<i>The lymph rosary: hydrogenoid diathesis</i>	127
<i>The hyperacidic overlay: hyperacidic diathesis</i>	132
<i>The cholesterol ring: lipemic diathesis</i>	139
<i>The dyscratic overlay: dyscratic diathesis</i>	145

6	The iris chart	151
	<i>The concentric zones of the iris</i>	152
	<i>Three major zones/six minor zones of the iris</i>	155
	<i>The iris reflex chart: radial positions</i>	164
	<i>Working with the iris reflex chart</i>	165
7	The iris and its signs	185
	<i>Categories of IRIS signs</i>	187
	<i>Pigmentation signs</i>	205
	<i>Ring signs</i>	210
	<i>The spinal map</i>	217
8	Assessing your iris	221
	<i>Making a health assessment</i>	222
	<i>Iris display</i>	227
	<i>Assessing familial traits</i>	232
	<i>Summary of iris analysis</i>	234
	<i>Drawing a blank</i>	235
9	Iris portraits and specific conditions	237
	<i>Arthritis and rheumatism</i>	238
	<i>The gastrointestinal tract</i>	247
	<i>The hormone system</i>	257
	<i>The respiratory system</i>	261
	<i>The skin</i>	264
	<i>The kidneys and the urinary tract</i>	265
10	Natural detoxification and healing protocols	271
	<i>Castor oil packs</i>	271
	<i>Dry skin brushing</i>	274
	<i>Water consumption</i>	275
	<i>Hydrotherapy</i>	276
	<i>Bowel cleanses</i>	278
	<i>Enemas</i>	279
	<i>The kidney flush or "master cleanser"</i>	280
	<i>The liver flush</i>	281
	<i>Herbal preparations</i>	283
	<i>Food combining</i>	284
	<i>Superfoods</i>	286
	<i>Deep breathing</i>	287
	<i>Stretching</i>	288
	<i>Visualization</i>	289
	<i>Glossary</i>	291
	<i>Index</i>	297

ACKNOWLEDGMENTS

This volume is dedicated to my dear friends Angela and Peter Bradbury, founder members of the Guild of Naturopathic Iridologists and leading lights of the iridology community in the United Kingdom. Both have now passed on, but, while here, they were among my closest allies in everything that I did for iridology. Angela, a brilliant teacher and practitioner of iridology, whose encyclopedic knowledge will be much missed, passed a few days before I wrote this: I know she would have been delighted to know that this new edition of my book was on its way.

Endless love and thanks is also due to my wife, Anji, for her enduring support and belief in me, and for her own inspired teaching and practice in iridology. Her strongly worded encouragement for me to approach a publisher again after nearly 20 years provided the initial thrust that powered this to completion.

Huge thanks and respect also to my teachers, most notably Dr. Richard Schulze, who was my biggest inspiration in the early days, and whose friendship and support I continue to benefit from.

I am indebted to the College of Naturopathic Medicine (CNM), and particularly to its Principal, Hermann Keppler, for the opportunities, over the last 20 years of teaching there, to develop and refine my approach in the one place where it is always going to get the most exacting scrutiny: the classroom. CNM has taken me to the heart of its project to spread the knowledge of naturopathy and Natural Medicine as far and as wide as possible around the

world and has been a beacon of the incandescent common sense of Natural Medicine in a world

Lastly, my thanks to Andrew Mason and Danny Woodmansey for additional graphics and images—Andrew in particular, as he was also responsible for the excellent 2019 update of my own iris chart.

To call Peter Jackson-Main my student would be an understatement, because from the moment I first met him, I recognized his ability, his wisdom, his knowledge, and his willingness to learn. In fact, he reminded me . . . of me!

I was a student of the late Dr. Bernard Jensen, the man responsible for the research, further study, and advancement of iridology in the last century. He authored his now classic work, *Iridology: The Science and Practice in the Healing Arts*, in the 1950s, when I was born. Beyond an iridologist, he also was a great natural doctor, herbalist, and chiropractor, operating his famous Hidden Valley Health Ranch in Escondido, California, where I trained and apprenticed with him. I was also a student of the late Dr. John Raymond Christopher, who was America's greatest herbalist in the last century, and also an iridologist and a friend of Dr. Jensen. I trained and interned with Dr. Christopher and taught side by side with him, and he allowed me to be the head instructor of his famous School of Natural Healing in Utah. You could say that I was groomed in a Golden Age of iridology, herbology, and natural healing between the two giants in the field in the twentieth century.

Dr. Christopher was asked to teach a course in herbal medicine in Cambridge, UK, but he did not feel up to making this international journey, so he asked if I would teach as his replacement. That is when I first met Peter, over 40 years ago, in Cambridge. From the moment I met him it was obvious that I had a colleague, someone like me who would carry on the work of my great teachers, and also the work I had been doing in my own clinic for decades.

Peter's work on iridology is just the way I like it, and also the way my famous teachers before me liked it: Commonsense, Simple,

Richard Schulze operated his now famous Natural Healing Clinic in Hollywood and Malibu, California, and has been the owner of Dr. Schulze's Herbal Products Company for the last 50 years.

and Practical. After all, what good is any clinical tool if the end result isn't the patient learning more about themselves, so they can adjust their lifestyle to get more quality and quantity out of life. Isn't that the bottom line? Quality and quantity! To feel great so you have the health and energy to do all the things you want to do in life, and to be able to do that for as long as possible.

Medicine today is far too complex—often the patient gets left behind in the dark. Doctors don't tell their patients much, figuring they don't understand anatomy, physiology, biochemistry, immunology, whatever. Peter's work, unlike conventional medicine, is to help the patient learn more about themselves, so they can fine-tune their lifestyle and make better choices, to get the most out of life. What is better than gaining further knowledge about yourself, so you make the right lifestyle choices? If that's not winning the game, I don't know what is.

In 1997, during an iridology conference in California, I had the pleasure of meeting Peter Jackson-Main for the first time. Our shared attendance at this event, where we eagerly anticipated Dr. Daniele Lo Rito's presentation on new theories, provided us with a profound insight into the multiple layers that can be revealed through an iris assessment.

It is with great honour that I write this foreword for Peter's remarkable book. Through his extensive experience, as both an iridology practitioner and a gifted teacher, Peter has skilfully reorganized the teachings of past masters into a contemporary framework, incorporating his own terminology. His eloquent writing style captivates readers, guiding them through the intricate world of constitutional elements. With thoughtful diagnostic questions and practical recommendations, Peter strives to establish a state of balance and harmony within individuals, known as homeostasis.

In his book, Peter emphasizes that iridology holds something of value for everyone interested in unravelling the underlying dynamics of health and disease. He eloquently explains that once we grasp the true essence of the iris, it can serve as a profound insight into both the inner reality of a person and the external manifestation of bodily ailments.

Peter and I share a common belief in the significance of focusing on the positive aspects when engaging with iridology. We wholeheartedly agree that this practice is not solely about what information the iris reveals, but, rather, about the actions and choices one makes based on that knowledge.

In summary, Peter Jackson-Main's book represents a milestone in the field of iridology. It is a testament to his dedication,

Toni Miller, ND, DHM, MII, CCII, Fellow Ir., is a leading Australian iridology teacher, researcher, and lecturer. She has been teaching iridology since 1983 and is the author of *The Integrated Iridology Textbook*.

expertise, and commitment to empowering individuals on their journey toward optimal health and well-being. Readers will undoubtedly find themselves captivated by the transformative potential of this ancient art and science.

PREFACE TO THE REVISED & EXPANDED EDITION

It is nearly 20 years since this book was first published. In that time, I would have to say, iridology itself has probably not changed very much, if at all: so why is an update necessary or desirable?

Speaking personally, as its author, I would have to say it breaks down to two main reasons.

The first is that the original, while fairly complete in its own right, still omitted material that I did originally submit, but which, for reasons that seemed good at the time, were cut from the final manuscript. Among these, the chapter on the diatheses—the third level of constitutional analysis—has been reinserted, alongside “constitution” (color) and “disposition” (structure). Of all the generic constitutional iris indicators, diathesis is perhaps of the greatest assistance to Natural Healing, in that it invokes very specific treatment protocols and approaches, especially regarding detoxification. It was present to some extent in the original volume in the chapter on “The Iris and Its Signs.” It has now been given its own chapter. In this regard, the constitutional descriptors themselves have, throughout the three levels of analysis, also been further expanded and developed.

Fresh material has also been inserted in the introductory chapters, specifically the notes on the derivation of the iris itself and its anatomical structure; a section emphasizing the importance of an understanding of terrain theory in iridology; and expanded notes on the methodology of holistic iris analysis. These, I believe, provide a more in-depth foundation for the understanding of the practice, commensurate with my own reading of the cultural sophistication of those I would like to reach, whether the interested individual or the professional iridologist.

The second reason for the new edition is that, irrespective of whether iridology has evolved substantially in the last twenty years, I have. My understanding and experience of the significance

of the human iris has deepened beyond measure in that time. Consequently, there are things that I might express rather differently this time around, with fresh perspectives that are, I believe, important to emphasize. In this respect it is not so much a complete rewrite that has been necessary, but more a judicious change of emphasis here and there, sometimes quite subtle, that will recruit language to more precise levels of articulation.

Indeed, the articulation of iridology itself as a linguistic project—one in which the choice of words itself can make the difference between a superficial description of one's health tendencies and a penetrating analysis that ultimately returns all the parts to the whole in an integrated portrait of the individual—is itself an innovation that rests on significant paradigmatic revision, and one to which I devote considerable attention in the classroom and in professional practice. This I have tried to achieve in this revised, expanded edition of a book that has otherwise stood the test of time extremely well.

July 2023

PREFACE TO THE ORIGINAL EDITION

Iridology is the examination and analysis of the colored portion of the eye—the iris—in order to determine factors that may be important in the prevention and treatment of disease, as well as in the attainment of optimum health.

One of the advantages of iridology is that it can reveal many aspects of an individual's health. An iris picture may suggest that where there is a problem, more than one organ may be involved, or that some emotional or mental element exists. This can lead to more appropriate advice being given, with the person having a choice of treatments, such as seeing a chiropractor or a naturopath.

My training was in the School of Natural Healing—a school of herbal medicine based on the European herbal tradition and the native North American healing arts founded by Dr. John Raymond Christopher. Dr. Christopher stopped at nothing in his efforts to heal sickness and to promote health, and his reputation for achieving success in cases of almost hopeless severity is legendary to this day. The book *The School of Natural Healing* is a classic of herbal literature and a compendium of natural, noninvasive healing techniques.

The three basic principles of Natural Healing are *simplicity*, *responsibility*, and *change*. The simplest idea in healing is that you don't have to heal your body, or get doctors and specialists to do so. Your body heals itself, naturally and effortlessly; it is precisely designed to repair and heal, and if it didn't, you would not survive. Natural Healing is the affirmation of the body's power to heal itself. However, it also recognizes that for healing to happen, you must assume responsibility for yourself and make appropriate adjustments in your life.

There are many different methods and styles of medicine available today, but the only true healer is Nature. The suggestions that you will find in this book are based on this premise. Therefore,

instead of inorganic supplements, you will find foods; instead of drugs, you will find herbs; and instead of sophisticated specialist techniques, you will find commonsense suggestions that anyone can apply.

Iridology affirms the uniqueness of each individual and the power of the individual to manage his or her own health. Your eyes belong to you, and the information they hold is yours. Even if you consult a professional iridologist, you need to understand and resonate with the information you are given. It should have meaning for you and be understandable in the context of your life. Knowledge, in this case, is the power to help and heal yourself.

Today there are physicians and healers of many traditions and disciplines, including herbalists, homeopaths, and medical doctors, working with iridology. It is my hope that, as you progress through the book, you will begin to share in the fascination of discovery through looking at your own eyes.

2004

1

What is iridology?

Around the pupil of each of your eyes is a structure for which conventional science has, as yet, no full explanation. In our terms, it is a recognized indicator of heredity, differentiated primarily by color: the iris (plural: irides, pronounced “eye-rid-eez”).

The eyes and the skin surrounding them are indicators of a variety of personal factors. We can infer that someone’s health and vitality is below par if his or her eyes are tired, bloodshot, or lackluster, or if there are dark circles underneath them; conversely, a sparkle in someone’s eyes can show laughter, joy, or love.

From the earliest epoch of human civilization, the eyes have been used to impart information about their owners. The Chinese discerned health tendencies from the size, shape, and set of the eyes, and in the Indian Ayurvedic tradition eye color and size is also part of a person’s *Prakriti*, or constitution.

A PATHWAY TO GOOD HEALTH

Your irides are unique to you. Among the more than seven billion human inhabitants on Earth, not one has irides identical to yours: not just the colors, but the myriad structural variations that can be viewed in each iris—and they are not even the same as each other—are genetically determined evidence of your uniqueness.

It is estimated that some 200 differentiating signs may be charted in the irides, and bio-identification using the iris has been deployed at border controls, cash machines, and other access and security points. Iris identification works by noting the distribution of distinguishable characteristics—striations, pits, filaments, rings, freckles, darkened areas—within the eye’s colored portion. Your irides offer some ten times greater security of identification than do your fingerprints.

In Greek mythology, Iris was the goddess of the rainbow, who brought the messages of the gods to humanity. The full spectrum of the rainbow’s colors is symbolic of the diversity of humankind and reflects the great variety of shades that occur in this portion of our anatomy.

A holistic methodology

Iridologists believe that treatment and lifestyle strategies for individuals must be based on an accurate assessment of the whole person and the factors that have shaped their lives. Hippocrates, the “father of modern medicine,” said, “It is more important to know what sort of person has a disease, than to know the disease a person has.”

Iridology has, at its heart, the humanistic and holistic traditions of medicine and healing, in which the integrity of the whole person is observed and honored. It has been, from its inception, a science that had more in common with the holistic, whole-person practices of natural and traditional healing methods than with mainstream medicine, with which, due to its symptom-based approach, it has always had a somewhat uneasy coexistence. This is reflected in its history and in the experiences of some of its most celebrated protagonists—a situation that continues to a large extent into the present day.

For example, online commentaries dealing with iridology are these days ever more subject to “editing” to downplay its validity and to cast aspersions upon those who practice it. My own experience, however, is that once medical professionals truly *understand* it, they are always fascinated and impressed, and I have taught this technique to many medical doctors.

Iridology depends only upon the examination of the irides:

sophisticated scientific equipment or testing procedures are unnecessary. All that is required is an ordinary magnifier, a flashlight, and sufficient knowledge to begin your interpretation.

Technical options, such as digital photography and slit-lamp bioscopes, certainly enhance the practice, but they are not strictly essential. Once you know how to handle a “torch and lupe,” you can easily practice anywhere.

One of the questions that I am most commonly asked at the beginning of a consultation is, “Are you going to tell me what’s wrong with me?” I am in the habit of answering such a question by saying, “I am just as likely to tell you what’s RIGHT with you.” People are sometimes genuinely afraid that they will be diagnosed with some hitherto unsuspected disease, and, indeed, if iridology can be said to be dangerous, it would be because of its potential to activate the *nocebo* effect.

Nocebo: from Latin *nocere*, to harm or hurt. The so-called nocebo effect is a play on the placebo effect, where an inert medicine is found to work just as well as the real thing because patients believe they are being treated. Nocebo is the insertion of a negative idea, which has a similarly powerful effect—but to the detriment of the patient.

Early in my career I developed the practice of ensuring that my first comment upon examining the iris bore a positive message. It is much better to begin with some encouraging words to set expectations of relaxation, self-discovery, and healing. To help you, if you are a beginner, as we go through the basic iris types, we give examples of positive messages that can be given for each type.

A critical part of the methodology used in iridology assessment is that we generally do not make hard-and-fast assertions until we have conducted a thorough investigation. Even then, in terms of actual pathology, we are unlikely to “diagnose” the way we would expect our GP to do it: we recognize that the actual identification of a “real pathology” needs to be conducted by experts in that particular field, with equipment to which generally only they have access—such as laboratories, scanning machines, surgeries, and so forth.

As iridologists, we are far more interested in the underlying conditions that are the causes of chronic or serious health problems than we are in the simple naming of diseases. Therefore, rather

Page numbers in **bold maroon** indicate definition of the term.

- abdominal reservoir type, 118
 ABL: *see* anterior border layer
 absorption ring/pupillary ruff, 25, 153, 155, 230, 291, **294**
 thick, 153
 thin, 153
 accumulation types, 125
 acid indigestion, 284
 acid stomach, 118, 247–248
 acne, 129, 130, 211, 275
 acupuncture, 21, 205, 206, 223
 acute, 238, **291**, 292
 acute inflammation, 200, 238
 adaptogens, 57, 94, 100, 107
 adrenal hyperactivity, 215
 adrenalin junkie, 90
 adrenals, 57, 90, 106, 107, 110–114, 225, 246, 259, 266
 aduki bean scrubs, 212
 Airola, Paavo, 243
 aldosterone, 179
 allergies, 57, 195, 248, 281
 food, 50, 284
 alteratives/alterative herbs, 56, 68
 amphetamines, 37, 39
 anemia, 62, 69, 212–213
 sickle cell, 63
 anemia ring, 63–65
 as iris sign, 212–214
 Angerer, Joseph, 18
 iris chart, 165
 angina, 144, 222
 anisocoria/pupils of differing sizes, 216
 annulus, corneal, 32, 139, 140, 291, 293
 ANS: *see* autonomic nervous system
 anterior border layer [ABL], 32, 206, **291**, 292
 secondary pigments in, 33
 anterior chamber, **291**, 292
 anthelmintics, 122
 antibiotics, 51, 57, 190
 antidepressants, 118
 antihistamines, 51, 57
 antiparasitic herbs, 122
 antispasmodics, 56, 81, 94, 107, 204, 246
 anxiety gastric type, 105
 anxiety tetanic type, 102
 ANW: *see* autonomic nerve wreath
 arcus senilis, 32, 33, 139, 140, **291**, 293
 see also lipemic annulus
 arterial circle, minor, 34
 arthritic inflammation, 137
 arthritis, 46, 51, 137, 162, 232, 265, 277, 280, 295
 case study, 244–246
 iris signs of, 238–246
 Association of Master Herbalists, UK, 19
 asthma, 54, 130, 180, 181, 193, 249, 263, 265
 atherosclerosis, 32, 62, 140
 atonal constipation, 256
 autoimmune disease, 135, 137, 195
 autoimmune inflammation, 246
 autoimmune thyroiditis, family history of, 182
 autointoxication, 50, 54, 207
 autonomic nerve activity, influences on, 37–39
 autonomic nerve wreath [ANW], 32–35, 46, 291
 see also collarette border
 autonomic nervous system [ANS], 35, 36, 55, 90, 117, 195, 204
 autotoxemia, 56
 Ayurveda/Ayurvedic tradition, 1, 12, 248
 barbiturates, 37, 39
 base leaf, 31, 96
 Béchamp, Pierre Jacques Antoine, 10
 Bernard, Claude, 10
 beta-glucuronidase, 54
 biotoxins, 11
 bitter tonic, 79, 107, 111, 113, 115, 250, 258
 recipe, 80–81
 black pigmentation, 146, 227, 232, 292
 spots, 209

- black pinprick holes, 191
black/tar pigmentation, 207
bloating, 70, 73, 79, 118, 247, 248, 253, 281, 283, 285
 epigastric, 72, 143, 144
blood cholesterol, 144
blood pressure, high, 63, 67, 69, 144, 232, 233, 265, 283
blood stagnation, 62, 63, 245
blood sugar, low, 61, 62, 188, 281
blood sugar irregularities, 74
blood sugar issues, 61–64, 66, 74, 76, 80, 111, 112, 116, 119, 176, 177, 207, 228, 252, 254, 257–260, 281, 284, 285
 family history of, 69
blood sugar regulation, 54
 disturbance of, 74
blue/blue-gray iris, 32, 44–47, 51, 52, 61, 76, 86, 128, 129, 240, 249
 derivation of, 48–49
blue iris, 31, 32, 46, 50–52, 58, 60, 72, 97, 129, 156, 253
 pale, 210
blue tinge, at edge of iris, 214, 268
border of collarette [BC]: see collarette border
bowel cleanses, 278–279
bowel problems, 232
Bradbury, Peter, 217
bradycardia/slow heart rate, 183
brain, 23, 109, 113, 140, 165, 179, 204, 213, 222, 257
 on iris chart, 168–170
 left, 112
 right, 112
 second, 117
brain reflex areas, in iris chart, 168
breast cancer, 233
bright orange pigmentation, 252
bright white fibers, 228, 240
bright white signs, 46, 90, 128, 227–230, 247
brown-gray/hazel iris, 71
brown-green, brown-gray, hazel iris/mixed biliary constitution, 44
brown pigmentation, 178, 187, 228
 dark, 31, 44–45, 58–64, 70, 76, 88, 116, 128, 141, 146, 207, 209, 268, 294
brown/red brown pigmentation, 207
Buhner, Stephen Harrod, 179
- cancer, 135, 148
 breast, 233
Candida albicans, 73, 118
candidosis, 73, 118, 119
cardio–abdominal syndrome, 196, 198
cardiovascular disease, 135, 144
 family history of, 69
cardiovascular problems, 144, 212, 222
carminatives/carminative herbs, 80, 81, 107, 199
cartilage, inflammation-mediated destruction of, 239
case history, creating, 223–227
castor oil pack(s), 271–274
 preparation of, 273
CD: see Crohn’s disease
cellular pathology, 10
central heterochromia, 34, 206, 207, **291**, 294
 orange, 208, 227, 253, 254
 yellow-orange, 208
cervical, 242, **292**
Chinese face reading, 164
Chinese 5-elements system, 114
Chinese herbal tradition, 261
Chinese medicine, 12, 63, 113, 180, 213, 266
cholagogues, 68, 80
cholesterol, 40, 66, 137, 139, 200, 228, 293
 “bad” vs. “good”, 141
 blood, 144
 high, 11, 32, 62–64, 67, 69, 141
 family history of, 69
 low-density lipoprotein (LDL), 141, 143
 plaquing in arteries, 62, 63, 143
 serum, 141, 143
cholesterol ring, 40, 63, 137, 200, 228, 293
 lipemic diathesis, 126, 139–144, 245
Christopher, John R., 19, 20, 242
chromatophoric carpet, 58
chronic, **292**
chronic inflammation, 56, 200, 228, 232, 238, 277
chronic obstructive pulmonary disease (COPD), 180
ciliary body, 157
ciliary zone, 132, 152, 157, 199, 240–242, 245, **292**
circularity, deviations from, 230–231
circular (tension) furrows, 162
closed lacunae, 188, 190
cloudy overlay, 241
cocaine, 37, 39
colitis, 118, 120, 271, 279
collarette, 90, 105, 132, 170, 171, 175, 178, 180, 203, **292**, 294–295
 break in, 260
 coloring of:
 dark, 245
 strong, 249
 contracted, 196, 256
 extremely, 255

- distended/expanded, 196, 252, 256
 - extreme, 198
- indentations or jaggedness of, 231
- lacunae/crypts within, 245
 - deep, 196
- major radials through, 254
- prominence of, 249
- reactivity of, 248
- rope-like appearance of, 246
- square-shaped, 176, 177, 257
- violet hue inside, 257
- yellow pigment around, 264
- collarette border [BC], 32, 34, 102, 109, 110, 116, 152, 156–158, 162, 179, 187, **291**, 293
 - bright white, 195
 - contracted, 196–199, 255
 - crypts at, 192
 - expanded, 196, 197
 - hypertonic “rope-like”, 250
 - indentations of, 199, 246
 - low visibility of, 197
 - lymph rosary on, 252
 - placement of, 196
 - prominent:
 - hypertonic, 249
 - white, hyperactive, 195–196
 - rope-like, 250
 - signs affecting, 195–199
 - squaring of, 257
 - thin or invisible, 196
- College of Holistic Iridology, 166
- colon, peristaltic flow in, 171
- colonic hydrotherapy, 278
- color, types, 43–82
- conjunctiva, 32
- connective tissue diseases, inflammatory, 148
- connective tissue weakness disposition, 96–98
 - type, 96
- constipation, 70, 72, 74, 76, 79–81, 118, 120, 156, 207, 248, 268, 272, 278
 - atonal, 256
 - chronic, 116
 - iris signs of, 255–256
 - spastic, 204, 256
- constitution(s), **292**
 - assessment of, levels of, 44
 - color types, 43–82, 88, 213, 247
 - genetic, 7, 8, 43
 - hematogenic, 44, 58, 64–68, 137, 146, 186, 234, 257, 261
 - individual, 6, 293
 - unique, 43
 - lymphatic, 44, 46, 50, 52, 56, 68, 74, 75, 129, 234
 - mixed biliary, 44, 70
 - natal, 41
 - notion of, 43
 - primary/basic, 44
 - structural element of, 86
 - three levels of, 185
- constitutional assessment, 7–8, 84, 185
- constitutional iris types:
 - lymphatic, 48
 - primary, 44
- contraction furrow(s), 90, 202, 230, 242, 264, 268, **292**, 294
 - break in, 203
 - circular, 102
 - interruption in, 266
 - treatment for, 205
 - see also* cramp ring; nerve ring(s)
- COPD: *see* chronic obstructive pulmonary disease
- cornea, 9, 32, 33, 140, 291, **292**
- corneal annulus, 32
- corneal arcus, 32
- cortisol, 104, 179
- cramp ring, **292**
 - see also* contraction furrow(s); nerve ring(s)
- Crohn’s disease [CD], 120, 251
 - case study, 251–253
- crypt(s), 169, 179, 180, **292**, 293
 - within collarette, 245
 - and defects, 191–193
 - description, 28–31
 - of Fuchs, 28
 - rhomboid (diamond-shaped), 191
 - very deep, 191
 - as structural sign, 187–195
 - thick, bright white fibrous borders, 228, 230
- crypt layer, 28
- cystitis, 46, 267
- dark, as underreactive, 237
- dark brown hormone regulatory type, 116
- dark brown iris, 70, 88, 128, 146
 - fully pigmented, 31
 - hematogenic constitution, 44
 - pure, 31, 58–70
- dark brown pigmentation, 31, 44, 45, 58–62, 64, 70, 76, 88, 116, 128, 141, 146, 207, 209, 268, 294
- darkly pigmented types, 86
- dark mixed iris, 59, 72, 95, 245
- dark outer band/scurf rim, 49, 129, 132, 134, 163, 164, 180, 210–212, 230, 242, 264, 295
- dark outer zone, 134, 211
- Deck, J., 12, 16–18, 40, 84, 129, 146

- decoction, preparation of, 284
- deep breathing, 55, 92, 196, 263, 287–288
- defect sign/defect of substance, 191, 192, **292**
- degenerative illness, 156, 221
- chronic, 191
- density, 27, 86, 88, **292**, 294
- fiber, 232
 - low, 29
 - as measure of resistance, 231–232
- depigmentation, **292**
- depression, 6, 90, 169, 207, 218, 249
- detoxification, 11, 32, 40, 46, 48, 51, 53, 55, 56, 64, 67, 68, 75, 78, 125, 127, 132, 144, 147–150, 160, 172, 187, 207, 234, 238, 240, 245, 263
- protocols, 10
 - techniques, 271–290
- diabetes, 66, 68, 76, 78, 112, 119, 135, 148, 232
- Type 2, 61, 62, 69, 111, 175, 176, 188, 257
 - family history of, 176, 188, 257
 - predisposition to, 175
- diagnosis, differential, 5, 222
- diarrhea, 70, 74, 76, 135, 248
- diathesis(es), 44, 207, 227, **292**
- dyscratic, 126, 145
 - hydrogenoid, 126–129, 131
 - hyperacidic, 126, 132, 133
 - iris, 125–150
 - lipemic, 126, 137, 139, 144, 186, 200
- differential diagnosis, 5, 222
- digestive and humoral zones, 158
- digestive bloating, 281, 284
- digestive complaints, 70
- digestive-regulatory disposition, 29, 85, 116–118
- characteristic tendencies of, 118
 - living with, 119–123
- digestive tract, 53, 68, 80, 121, 143, 249
- on iris chart, 171
 - reflex positions for, 172
 - sluggish, 253–254
- dilatator muscle(s), 35
- diphtheria, family history of, 216
- disease(s)/pathology(ies), chronic, 17, 51, 135, 137
- inflammatory, 54
- disposition(s), 12, 44, 127, 155, 209, 252, 256, **292**
- connective tissue weakness, 96–98
 - digestive-regulatory, 29, 85, 116–123
 - flexible–adaptive, 85, 96–101, 111, 112
 - characteristic tendencies of, 97–98
 - living with, 99–101 - hormone-regulatory, 85, 109–117, 119, 160, 257
 - characteristic tendencies of, 110–112
 - living with, 112–115 - neurogenic, 87
 - polyglandular, 109, 177
 - self-protective, 64, 65, 105
 - structure types, 83–123
- distribution and transportation, zone of, 158
- diverticulitis, 118, 256, 271
- diverticulosis, 118
- DNA, genetic material encoded in, 43
- doctrine of signatures, 114, **293**
- drug spots, 16
- dry skin brushing, 55, 212, 274–275, 277
- dysbiosis, 73, 76, 81, 116, 118, 119, 196, 246, 253, 285
- dyschromia, **293**
- dyscratic diathesis, 137
- dyscratic overlay, 126, 145–150
- dyscratic overlay, 238–240
- dyscratic diathesis, 126, 145–150
 - living with, 148–150
- dyscratic type, 149
- characteristic tendencies of, 146–148
- dysmenorrhea, case study, 259–260
- ear infections, 50
- eczema, 46, 50, 54, 129, 130, 163, 210–212, 230, 265, 275
- chronic, 264
- edema, 98
- elimination, 11, 48, 51, 53, 56, 64, 67, 75, 99, 125, 129, 135, 163, 234, 238, 242, 263, 264, 274, 279
- zone of, 162, 211
 - third major zone, 162–164
- endocrine glands, 111, 257
- endocrine orchestra, 109
- endometriosis, 272
- endothelium, 293
- enemas, 278, 279
- energetic conflict, 228
- energy gap, 105
- enteric nerve system, 35, 117
- enzyme deficiency, 32, 148, 196, 240
- epigastric bloating, 72, 143, 144
- epigenetics, 7
- epithelium, **293**
- posterior, **294**
- Epsom salts, 107
- erythrocyte clumping, 63
- extra-white fibers, 172, 174
- extrovert/external processor, 39
- exudative type, 129
- eye:
- anatomical diagram of, 23
 - anatomy of, 21–41
 - structure of, 22–25

- familial traits, assessment of, 232–233
 family medical history, 223
 fatigue, chronic, 111, 170, 215, 266
 syndrome, 88, 180
 Felke, Leopold Erdmann Emanuel, 17, 18, 150
 female hormone system, 259–260
 fever, 46, 52, 64, 291
 fiber(s):
 irritation, as iris sign, 199–200
 transversal, 172–174
 as iris sign, 200
 vascularized, as iris sign, 201–202
 fiber density, 232
 low, 29
 variations in, 193
 fiber separation, 194
 fiber signs, individual, as iris signs, 199–202
 fiber structure, 27, 28, 31, 85, 125, 193, 264, 293, 294
 dense, closely arranged, 86
 iris, rarefaction of, 210
 in kidney zone, rarefaction of, 266
 low-density, 85, 116
 fibroids, 226, 272
 fight-or-flight response, 35, 39, 76
 flattening:
 around pupil ring, 231
 in pupil margin, 231
 pupillary, 217
 flatulence, 70, 72
 flexible–adaptive disposition, 85, 111, 112
 characteristic tendencies of, 97–98
 living with, 99–101
 flocculation(s), 207, **293**, 295
 focal infections, 50, 130
 food allergies, 50, 284
 food combining, 250, 284–286
 food sensitivity(ies), 195, 208, 248–250
 Fuchs, Ernst, 28
 crypts of, 28
 furrow(s):
 circular (tension), 162
 contraction: see contraction furrow(s)
 as iris signs, types of, 202–205
 radial: see radial furrow(s)
 spasm: see spasm furrows

 gallbladder, on iris chart, 171
 gallstones, 64, 206, 283
 gastric type, 116–119, 197, 252
 gastric ulcers, 156
 gastritis, 81, 156
 gastroesophageal reflux, 70, 171, 247, 281, 295
 gastroesophageal reflux disease [GERD], 72, 73, 81, 143, 144, 171

 gastrointestinal immunity, 73–76, 116, 119, 160, 196, 250, 252
 gastrointestinal tract/digestion, 35, 72, 116, 118, 165, 171, 204, 281, 291, 294
 iris signs of, 247–257
 GERD: see gastroesophageal reflux disease
 germ theory vs. terrain theory, 10–11
 Gershon, Michael, 117
 gonads, 110, 225
 gout, 137, 240
 green iris, 70
 Guild of Naturopathic Iridologists, 217
 gut instinct, 82, 117, 123

 Haertels, Christian, 13
 Hahnemann, Christian Friedrich Samuel, 17
 hallucinogens, 37
 hatha yoga, 100, 196
 Hauser, Willi, 18, 84, 126, 148, 150, 293
 hay fever, 46, 50, 54, 129, 130, 249, 263
 healing protocols, 271–290
 health assessment, making, 222–227
 heart, in iris chart, 178–179
 heart attack, 141, 188
 family history of, 201
 heart disease, 135, 179
 family history of, 188, 201
 stress-related (neurogenic), 200
 heart rate:
 racing/tachycardia, 183
 slow/bradycardia, 183
 heavy metals, 11, 238
 hematogenic constitution, 59, 61, 63, 69, 72, 215, 250
 hematogenic constitutional type, 58–60, 72, 74, 111, 137, 141, 146, 186, 207, 215, 234, 250, 257, 261
 blood-related disorders with, 62–64
 common conditions with, 61
 dark brown iris, 44
 derivation of, 60–61
 living with a, 64–69
 hematogenic neurogenic constitution, 88
 hematogenic polyglandular constitution, 116
 hematuria, 267
 hemorrhoids, 214, 215
 hepatitis, 283
 herbalism, 223
 herbal preparations, 283–284
 herbal tea, 68, 89, 283
 heterochromia, 126, 227, 253, 254, 291, **293**, 294–295
 central, 34, 206–208, 227, 253, 254, **291**, 294
 sectoral, 206, 208, 209, **295**
 hiatus hernia, 171

- high-resistance type(s), 85–88, 96, 97, 102, 106, 264, 288
 living with, 92–95
 robust type, 90–93
 sensitive type, 90, 91
- hippocampus, 179
- Hippocrates, 2, 6
- holistic iridology, 170
- holistic methodology, 2
- homeopathy, 17, 19, 129, 223, 263
- homeostasis, 10, 235, 237
 metabolic, 118
- honeycomb lacuna(e), 191, 193, 199, **293**
- hormonal zone, 85, 110, 182
- hormone(s), stress-related, 179
- hormone-regulatory disposition, 85, 109–117, 119, 160, 257
 characteristic tendencies of, 110–112
 living with, 112–115
- hormone regulatory type, mixed, 113
- hormone system, iris signs of, 257–260
- Horner syndrome, 216
- HPA: see hypothalamus–pituitary–adrenal axis
- humoral theory, 12
- humoral zone, 110, 111, 158–160, 173, 176, 179–182, 291, **293**
 hormonal organs in, 161
- hydrochloric acid, 134, 155, 247
- hydrogenoid diathesis, lymph rosary, 126–132
- hydrogenoid type, 128
 characteristic tendencies of, 129–130
- hydrotherapy, 19, 56, 67, 131, 212, 243, 246, 276–277
 colonic, 278
- hyper-, **293**
- hyperacidic clouding, 234
- hyperacidic diathesis, 126, 133
 hyperacidic overlay, 126, 132–139
- hyperacidic overlay, 75, 148, 234, 238, 240, 266
 hyperacidic diathesis, 126, 132–139
 living with, 137–139
- hyperacidic type, 132, 148, 207, 210, 243
 characteristic tendencies of, 135–137
- hyperactivity, adrenal, 215
- hyperthyroidism/overactive thyroid, 183
- hypo-, **293**
- hypochlorhydria, 132, 134, 247
- hypoglycemia, 61, 62, 111, 112, 119, 135, 257, 281
- hypothalamus, 104, 168–170
- hypothalamus–pituitary–adrenal [HPA] axis, 104, 105, 113
- hypothyroidism/underactive thyroid, 183, 194
- IBS: see irritable bowel syndrome [IBS]
- immune capacity, 48, 88
- immune dysfunction, 278
- immune reactivity, 49–51, 130
- immune system, 11, 48, 50–53, 57, 117, 128, 160, 173, 189, 239, 264, 281
- immunity, function of, 238
- indigestion, 70, 118, 143, 247–248, 284
- infection(s), 10
 focal, 50, 130
- inflammation, 50, 61–63, 172, 173, 201, 206, 241–244, 252, 272, 274, 291
 acute, 200, 238
 arthritic, 137
 autoimmune, 246
 causes of, 77
 chronic, 56, 200, 228, 232, 238, 277
 low-grade, 51
 reactive, 48
 rheumatic, 137
 systemic levels of, 141
- inflammation-mediated destruction of cartilage, 239
- inflammatory bowel disease [IBD], 118, 120, 195, 251, 279
- inflammatory joint and connective tissue diseases, 148, 244
- infusion(s), preparation of, 283
- inner pupil border [IPB], 25, 26, 153, 197, 291, **293**, 294
 thick (hypertonic), 154
 thin (hypotonic), 154
- insulin resistance, 54, 62
- internal environment, 10
- intestinal reflex areas, 157
- intestinal ring, first major zone/second minor zone, 156, 157
- introvert/internal processor, 40
- IPB: see inner pupil border
- iridology:
 holistic, 170
 pioneers of, 13–20
- iridology dispositions, structure types, 83–123
- iris/irides:
 anatomy of, 21–41
 assessment of, 221–236
 blue, 32, 50, 52, 58, 72, 129
 pale, 46, 51, 210
 blue/blue-gray, 44–47
 bright, pale, 232
 brown, dark, 44, 76, 146, 209, 294
 fully pigmented, 31
 pure dark, 31, 45, 58–60, 62, 64, 70, 128, 141, 268
 velvet-, 59

- brown-green, 44
 - brown-green/brown-gray/hazel, 44, 71
 - circularity of, 230, 241
 - circular structures of, 230
 - concentric zones of, 152–155
 - cross-section of, 27
 - dark, 232
 - digestive-regulatory, 29, 85, 116–123
 - dominant, 233
 - fiber structure of, 28, 294
 - flattening of, 231, 242
 - flexible-adaptive, 96
 - function of, 21
 - green, 44, 59, 66, 70, 78, 92, 99, 106, 136, 138, 144, 213, 286
 - hazel, 44, 45, 70, 71, 136
 - high-resistance, *see* high-resistance type(s)
 - hormone-regulatory, 85, 109–117, 119, 160, 257
 - characteristic tendencies of, 110–112
 - living with, 112–115
 - as identification, 2
 - individuality of, 185
 - lacuna structures within, 30
 - mixed, 44, 70, 76, 82, 105, 106, 128, 200, 253
 - biliary self-protective, 103
 - dark, 59, 72, 95, 245
 - hazel, 45
 - light, 71, 72, 75
 - very dark, 60
 - very light, 75
 - nerve supply to, 35–37
 - outer zone of, function of, 21
 - rarefaction of, 295
 - rings of, zones of, 152
 - self-protective: *see* self-protective constitutional type
 - shading of, 232
 - strong types, 88, 89
 - structure of, 26–41
 - zones of, 155–164
- iris analysis, 234–235
 - iris body/stroma, 26, 155, 292–295
 - iris chart, 43, 84, 110, 151–183, 187, 216, 221, 295
 - Angerer's, 165
 - concentric zones of, 152
 - digestive and humoral zones, 158
 - Jensen's, 159, 165
 - Péczeley's, 15, 164
 - topography chart, 18, 24, 165–166, 236
 - iris constitution, 43, 72
 - iris diatheses, overlay types, 125–150
 - iris display, 227–232
 - iris features, changeability of, 40–41
 - iris fiber structure, rarefaction of, 210
 - iris margin, fuzzy, indistinct, 213
 - iris portraits, 237–269
 - iris print, 27
 - iris reflex chart, 19, 21, 34
 - radial positions, 164–183
 - iris root, 26, 163
 - iris signs, 185–219
 - pigmentations, 187
 - pupillary, 187
 - ring signs, 187, 210–216
 - scleral, 187
 - structural, 187–195
 - iris stroma, 28, 32, 90, 292–295
 - crypts within, 30
 - iris structure, open, 83
 - iris texture:
 - grades of, 87
 - pinprick hole in, 192
 - iris tissue, thinning of, 172–175
 - iris topography chart, 18, 24, 165–166, 236
 - iron deficiency, 63
 - irritable bowel syndrome [IBS], 46, 50, 54, 195, 248–250, 256
 - irritation fiber(s), 182, 261
 - as iris sign, 199–200
 - ischemic vascular disease, 32
 - Islets of Langerhans, 175
- jellyfish lacuna, **294**
 - see also* Medusa lacuna
 - Jensen, Bernard, 19, 34, 140, 150, 291
 - iris chart of, 159, 165
 - Johnson, Denny Ray, 12
 - joint and connective tissue diseases,
 - inflammatory, 148
- Karl, Josef, 18, 84
 - kidney(s):
 - fiber structure in, rarefaction of, 261
 - in iris chart, 179–180
 - as seat of vitality, according to TCM, 113
 - kidney flush, 139, 280–281
 - recipe, 280
 - kidney function, iris signs, 265–269
 - kidney stones, 64, 137, 206, 266
 - case study, 267–269
 - kidney strength, 230
 - kidney strengtheners, 106
 - kidney zone(s):
 - fiber structure in, rarefaction of, 266
 - and lung zones, rarefaction of, 261
 - kinesthetic types, 89
 - Kneipp, Father Sebastian, 18

- Koch, Robert, 10
 Kriege, Theodor, 118
- lacuna(e), 40, 86, 109, 118, 160, 170, 172, 173, 178, 180, 203, 205, 218, 228, 232, 237, 256, 257, 261, **293**
 closed, 188–190
 within collarette, 245
 deep, 196
 depth of, 190
 description, 28–31
 honeycomb, 191
 jellyfish, 294
 leaf, 176, 188, 189, 293
 learning from, 194–195
 Medusa, 294
 open, 181, 189–190, 199, 262
 Schnabel, 17
 as structural sign, 187–195
- Lane, Henry Edward, 18
- Larssen, Matts, 43
- larvate tetanic, lymphatic, 108
- larvate tetanic type, 102, 103, 108, 255
- larynx, 182, 224
- lateral geniculate body, 27
- laxatives, 81, 122, 199, 204, 256
- LDL: see low-density lipoprotein
- leaf lacuna(e), 176, 188, 189, 293
- leaky gut syndrome, 73, 76, 81, 116, 204
- lens, 23
- leptin, 77
- lesion, 188, **293**
- lighter iris type, 132, 145, 200
- light mixed iris type, 71, 72, 75, 241
- Liljequist, Nils, 16, 17, 146
- limbus, 26, 163, 212, 214, 292, **293**, 294
- Lindlahr, Henry, 18, 19
- lipemic annulus, 139, 291, **293**
see also arcus senilis; cholesterol ring
- lipemic (cholesterol) ring, 228, 245
- lipemic diathesis, 126, 137, 186, 200
 cholesterol ring, 139–144
 living with, 144
- lipemic overlay, 234, 257
- lipemic type, 144
 characteristic tendencies of, 143
- liver, on iris chart, 171
- liver congestion, 178, 235, 277, 278
- liver detoxification, 144, 187, 207, 245
- liver flush, 89, 281–283
- liver function, 207, 230, 264
- liver reflex, 172, 174, 187, 228
 main, extra-white fibers in, 172, 174
 zones, 172
- Lo Rito, Daniele, 12, 20
- LOS: see lower esophageal sphincter
- low-density, flexible–adaptive type, 96
- low-density lipoprotein [LDL] cholesterol, 141, 143
- lower esophageal sphincter [LOS], 73, 171, 247, 248
- LSD, 37, 39
- lumen, 153, 165
- lungs:
 in iris chart, 180–182
 low resistance in, 180
- lung zones and kidney zones, rarefaction of, 261
- lymphatic connective tissue weakness, 98
- lymphatic constitutional type, 44, 46–49, 60, 61, 68, 72, 74, 75, 129, 234, 261
 common condition, 50
 living with, 52–57
- lymphatic dyscratic type, 147, 251, 264
- lymphatic larvate tetanic, 108
- lymphatic lipemic type, 142
- lymphatic system, 48, 52, 130, 131, 252
- lymphatic tissue, 61, 128, 130, 252
- lymphatic type, pale, 240
- lymphatic zone, 162
- lymph gland, 48
- lymph rosary, 163, 252, 261, **293**
 hydrogenoid diathesis, 126–132
 living with, 130–132
- lymph tophi, orange pigmentation of, 128
- lymph zone, 49
- magnesium sulphate, 107
- mealtime hygiene, 76, 79, 113, 199, 247, 250, 258
- medical history, 183, 221
 family, 223
 personal, 223
- meditation, 39, 92, 94, 289
- Medusa lacuna, **294**
see also jellyfish lacuna
- melancholy, 169, 207, 209, 218
- melatonin, 169
- meningitis, 216
 family history of, 216
- menopausal difficulties, 111
- menstrual difficulties, 272
- menstruation, heavy, 64
- mesentery, 159
- metabolic function, 235
- metabolic homeostasis, 118
- Meyens, Philippus, 13
- mid-ciliary area, utilization/ultimate utilization,
 second major zone, 157

- milieu intérieur* ["internal environment"], 10
- Miller, Toni, 12
- mind, and iridology, 12
- mineral deficiency, 162
- mitochondria, function of, 57
- mixed biliary constitution, 44, 95, 145, 255, 260
 - characteristics of, 70–75
 - common conditions, 72–75
 - derivation of, 72
 - gastric type, 119
 - hydrogenoid type, 251
 - lipemic type, 142
 - living with, 76–82
 - polyglandular type, 113
 - self-protective type, 103
- mixed/hazel iris, 45, 105, 106, 128, 200, 241, 253, 261
 - brown-green, brown-gray, hazel iris, 44
 - dark, 59
 - light brown or hazel, 70–82
- mixed hormone regulatory type, 113
- multiple sclerosis, 90
- musculoskeletal injury, 101
- musculoskeletal system, 162
- nasal, **294**, 295
 - sectors, 218
- Natural Healing, 19
- Natural Medicine, 18, 125
- naturopathy, 11, 12, 18, 19
- nerve ring(s), 203, 292, **294**
 - see also* contraction furrow(s); cramp ring
- nerve supply, to iris, 35–37
- nervines, 39, 107, 264
- nervous system, disorders of, 90
- nervous trophorestoratives, 94
- neuroectoderm, 26
- neurogenic disposition, 87
- neurogenic type, 86
 - characteristic tendencies of, 88–91
 - sensitive, 90, 91
- neuropathies, 90, 92
- neuroses, 90
- nocebo effect, 3, 6, 186
- nutritive zone, 155, 171, 245, 253, 256, 257, **294**, 295
 - see also* pupillary zone/nutritive zone
- OA: *see* osteoarthritis
- obstructive pulmonary disease, chronic [COPD], 180
- open lacuna, 181, 189, 190, 199, 262
- opiates, 37, 39, 94
- optic nerve, 22, 25, 294, 295
- orange central heterochromia, 208, 227, 253, 254
- orange pigmentation, 72, 128, 136, 146, 153, 177, 208, 209, 251, 254, 260, 294
 - bright, 176, 207, 252
 - pancreotropic, 228–229
 - shiny, 257
- orange sectoral heterochromia, 206, 208, 209
- orange-yellow/ocher pigmentation, 207
- osteoarthritis [OA], 239
- osteopathy, 19, 223
- osteoporosis, 162, 295
- outer zone, dark, 134, 211
- ovarian cysts, 226, 272
- overdiagnosis, 186, 221
- overlay, 44, 125–127
 - cloudy, 241
 - dyscratic, 126, 145, 148, 238–240
 - hyperacidic, 75, 126, 132, 137, 148, 234, 238, 240, 266
 - lipemic, 234, 257
 - types of, 125–150
- overthinking, 207
- oxidative damage, 54, 62
- painkillers, 51, 93
- pale blue iris, 210
- pale yellow cloudy plaques, 240
- pancreas:
 - function of, 74, 175
 - endocrine, 74
 - on iris chart, 175
 - position in humoral zone, 161
- pancreas tail, 175, 257
- pancreatic function, 175
- pancreatic reflex zones, 176, 228, 229
- pancreotropic pigmentation, orange, 228, 229
- pancreotropic pigments, 228, 229, 257
- parasite(s), 118, 119, 122, 191, 193, 194, 196
- parasitic infestation, 116, 119, 191, 193, 246
- parasympathetic nervous system [PSNS], 35–37, 40, 76, 94
- Parkinsonism, 90
- Pasteur, Louis, 10
- pathochromic sign, 293, **294**
- pathologies, chronic, 135
- PAX6 gene, 43
- Péczeley, Ignác von, 13–16
 - iris chart of, 15, 164
- pelvic inflammatory disease [PID], 272
- perifocal brightness, 228
- peripheral lymph and circulation, fifth minor zone, 163
- Peyer's patches, 160
- phagocytosis, 57

- pharynx, 182, 224
 PID: see pelvic inflammatory disease
 pigmentation, 31–32
 black/tar, 146, 207, 227, 232, 292
 spots, 209
 brown, 178, 187, 228
 dark, 31, 44–45, 58–64, 70, 76, 88, 116, 128, 141, 146, 207, 209, 268, 294
 red brown, 153, 207
 changes in, 208–210
 classification of, 206–208
 as iris sign, 205–210
 orange, 72, 128, 136, 146, 153, 177, 208, 209, 251, 254, 260, 294
 bright, 176, 207, 252
 pancreotropic, 228–229
 shiny, 25
 -yellow/ocher, 207
 red, 146
 salmon, 207
 secondary, 32, 40, 145, 233
 violet, 257
 yellow pigmentation, 70, 72, 132, 146, 178, 207, 208, 228, 240, 249, 273, 294
 bright, 207
 -orange, 208
 pale or straw, 207
 pigmentation signs, treatment for, 206
 pigments, secondary, 32, 40, 145, 233
 pilates, 100
 pineal gland, 169, 218
 pituitary/adrenal axis, 170
 pituitary gland, 74, 104, 109, 110, 113, 168–170, 257–260
 polarity therapy, 206
 polyglandular disposition, 109, 177
 portal system, 159, 160
 posterior, **294**
 posterior epithelium, **294**
 postnasal drip, 129
Prakriti (constitution), 1
 primary constitutional iris types, 44–46
 prognosis, 6
 proton pump inhibitors, 73
 PSNS: see parasympathetic nervous system
 psoriasis, 211, 264
 pupil(s), 23
 contracted/small, 24, 37, 38
 parasympathetic dominance, 153
 expanded/large, 24, 37, 38, 40
 sympathetic dominance, 153
 large, 38
 shape of, 153
 size of, 25, 35, 37, 40, 41, 153, 194, 215
 assessing, 37
 contraction/expansion of, 24
 small, 38
 of unequal size/anisocoria, 216
 pupil circumference, flattened sections of, 155
 pupil flatness, 217, 219, 228, 231, 241
 pupillary margin, 291, **294**
 see also autonomic nerve wreath; inner pupil border
 pupillary ruff/absorption ring, 25, 153, 155, 230, 291, **294**
 thick, 153
 thin, 153
 pupillary zone/nutritive zone, 134, 152, 155, 156, 171, 242, 245, 253, 256, 257, 291–**294**
 pupil margin, flatness in, 231
 pupil size, 37, 40, 153, 194, 215
 variation in, 37
 pure brown iris, 59–61, 76
 pure dark brown iris, 31, 45, 58–62, 64, 70, 128, 141, 268
 purgatives, 122
 Qi Gong, 55, 114
 RA: see rheumatoid arthritis
 radial(s), major and minor, 204
 radial furrow(s), 102–105, 170, 202, 218, 254, 256, **294**
 as iris sign, 203–205
 treatment for, 205
 types of, 103
 radial positions on iris reflex chart, 164–183
radii solaris: see radial furrow(s)
 Raqs Sharqi, 107
 rarefaction(s), 173, 175, 178, 180–182, 203, 208, 211, 218, 232, 260–262, **294**
 of iris fiber structure, 210
 in kidney zone, 266
 of kidney and lung zones, 261
 of outer zone of iris, 295
 as structural sign, 187–195
 reaction field, **294**, 295
 reactive inflammation, 48
 reactivity, 48, 64, 72, 96, 128, 199, 248, 249, 252, 261, **294**
 absence of, 232
 high, 228, 232
 immune, 49–51, 130
 red blood cells, 63
 red-brown pigmentation, 153, 207
 red-brown ring, 153

- reddish-brown ring, 25
 reddish-brown ruff, 25
 red/orange ruff, 294
 red pigmentation, 146
 salmon, 207
 reflexology, 19, 21, 164
 reflux, 72, 73, 171, 247–248, 281, 295
 Reiki, 114
 renal colic, 267
 renin, 179
 resistance, 27, 28, 51, 62, 63, 85–86, 97, 143, 194, 206, 292–294
 capacity for, 89
 density as measure of, 231–232
 high, 237
 as key concept, 84
 low, 180, 232, 237
 respiratory disease, 261
 respiratory system:
 in iris chart, 180–182
 iris signs of, 261–263
 rest-and-digest response, 35, 76
 retina, 22–25, 294, 295
 rheumatic constitutional type, 51, 52, 88, 210, 232
 rheumatic disease, 162, 240, 265
 rheumatic inflammation, 137
 rheumatism, 16, 51, 280
 iris signs of, 238–246
 rheumatoid arthritis [RA], 239
 rhomboid (diamond-shaped) crypt, very deep, 191
 ring of absorption: *see* absorption ring
 ring signs, 187, 210–216
 robust neurogenic type, 90, 91
 Römheld syndrome, 196, 198
 root transversal, 295
 Roth, Gabrielle, 107
- SAD: *see* seasonal affective disorder
 Schlegel, Emil, 15
 Schnabel, Rudolph, 18
 Schnabel lacuna, 17, 295
 Schulze, Richard, 20
 sclera, 13, 22, 32, 152, 163, 212, 293, 295
 scleral signs, 187
 sclerology, 9
 scoliosis, 153
 scurf rim, 49, 129, 132, 134, 163, 164, 180, 230, 242, 264, 274, 295
 as iris sign, 210–212
 seasonal affective disorder [SAD], 170, 218
 secondary pigmentation, 32, 40, 145, 233
 sectoral heterochromia, 206, 208, 209, 295
 orange, 208, 209
 self-protective constitutional type, 110, 202, 254
 characteristic tendencies of, 102–105
 living with, 105–108
 self-protective disposition, 64, 65, 105
 sensitive neurogenic, 90, 91
 serapeptase, 273
 serotonin, 117
 serum cholesterol, 141, 143
 shading of iris, 232
 Sharan, Farida, 97
 shiatsu, 206
 shiny orange pigmentation, 257
 sickle cell anemia, 63
 sigmoid colon reflex zone, 193
 sinusitis, 265, 280
 Six Non-Naturals, 7
 skin, itchy, 210, 212, 264
 skin disorders, iris signs, 264–265
 skin problems, 129, 163, 232, 265
 inflammatory, 264
 skin and products of skin, integument, sixth minor zone, 163
 skin zone, 162
 sleep hormone, 169
 SNS: *see* sympathetic nervous system
 sodium ring, 139, 140
 spasm furrows, 204, 254, 255
 spastic constipation, 204, 255, 256
 sphincter muscle(s), 24, 35, 155
sphincter pupillae, 295
 spinal map, pupil margin as, 217–219
 spleen, 165, 171, 175, 201, 202, 224
 on iris chart, 173
 spleen–heart transversal, 201
 spleen reflex, 175
 spondylarthritis arc/ring, 239, 245, 295
 square-shaped collarette, 177
 squint test, 227–230
 Stolz, Rudolph, 18, 84, 126, 148, 150
 stomach halo, 156, 247
 stomach ring, 247
 first major zone/first minor zone, 155–156
 strengths, weaknesses, opportunities, and threats [SWOT], 8
 stress:
 avoidance and management of, 138, 179
 chronic, 94
 internalized, 203, 209, 268
 sensitivity to, 170
 stress hormone/cortisol, 104, 179

- stress response, 105, 143
- stretching, 55, 92, 121, 288–289
- stroma/iris body, 26–34, 46, 58, 86, 90, 96, 190, 291–**295**
- iris, crypts within, 30
 - strong iris types, 88, 89
 - structure types, iridology dispositions, 83–123
 - superfoods, 66, 99, 106, 285, 286
 - survivor–adjuster type, 97
 - swimming, 55, 100, 130, 244
- SWOT: see strengths, weaknesses, opportunities, and threats
- sympathetic nerves, activators of, 39
- sympathetic nervous system [SNS], 35–37, 39, 55, 94, 216
- syphilis, family history of, 216
- tachycardia/racing heartbeat, 183
- Tai Chi, 55, 93, 114
- tar/black pigmentation, 146, 207, 209, 210
- TCM: see traditional Chinese medicine
- temporal, 180, 218, **295**
- terrain theory, 50, 73
- vs. germ theory, 10–11
- thalamus, 27, 168, 169
- thalassemia, 63
- thin (hypotonic) inner pupil border, 154
- thyroid, 74, 114, 179, 194, 199, 208, 209, 225
- in iris chart, 182–183
 - overactive/hyperthyroidism, 111, 183
 - underactive/hypothyroidism, 183
- tinctures, preparation of, 284
- tonsillitis, 46, 50, 57, 129, 130
- tonsils, 51, 160, 182, 224, 225
- tophi, 46, 128, 252, 293, **295**
- see also flocculation (s)
- topographical markings, 185
- topolability/topolabile signs, 187, 228, **295**
- principle of, 172
- topostability/topostabile signs, 187, 208, **295**
- toxic substances, 11, 74
- trabecula(e), **295**
- traditional Chinese medicine [TCM], 12, 113, 173
- spleen qi deficiency, 175
- tranquilizers, 37
- transportation and distribution, 111, 173
- transversal fiber(s), 172–174, 241, **295**
- as iris sign, 200–201
 - root, 295
 - spleen-heart, 201
- Trebing, William P., 10
- tuberculosis, family history of, 129, 239
- tumors, 64, 68, 206
- Type 2 diabetes:
- family history of, 176, 188, 257
 - predisposition to, 175
- ulcerative colitis, 120, 279
- ultimate utilization, zone of, fourth minor zone, 162
- urinary constitutional type, 75, 132, 133, 240
- urinary tract, iris signs, 265–269
- utilization/ultimate utilization, second major zone, 157–162
- utilization, zone of, third minor zone, 160–161
- varicose veins, 214, 215
- vascular arcade, 28
- vascularization, 29, 201, **295**
- vascularized fiber(s), as iris sign, 201–202
- velvet-brown iris, 59
- venous ring, 214–215
- ventral, **295**
- Verghis, Jim, 12
- very dark “mixed” iris, 60
- very light mixed iris, 75
- violet pigmentation, 257
- Virchow, Rudolph, 10
- visualization, 92, 196, 289–290
- vitreous jelly, 22
- water consumption, 267, 275–276
- wellbeing, blueprint for, 8–9
- white, as overreactive, 237
- white arc, 239
- white cloudy (hyperacidic) plaques, 162, 240
- Wolf, Harri, 12, 20
- wormnests, 118
- yellowish cloudy plaques, 242
- pale, 240
- yellow-orange central heterochromia, 208
- yellow-orange pigmentation, 208
- yellow pigmentation, 70, 72, 132, 146, 178, 208, 228, 240, 249, 273, 294
- bright, 207
 - and the liver, 178, 228, 249
 - pale or straw, 207
 - “urinary type”, 132, 240
- yoga, 55, 79, 93, 114, 121, 130, 215, 244

HOW TO USE THE IRIS OF THE EYE AS A DIAGNOSTIC MEDICAL TOOL

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M Salim Khan, President of The Guild of Naturopathic Iridologists International

Peter Jackson-Main began his enquiry into natural healing soon after leaving Cambridge University in the mid 1970s. Before finding the College of Herbs and Natural Healing and training in herbal medicine and iridology, Peter had already studied in Reflexology, Massage and Aromatherapy, Polarity Therapy and other modalities of energy healing. He was a co-founder and long-serving chairman of the Association of Master Herbalists. Peter is currently Chair of the General Naturopathic Council and is a Fellow of the Guild of Naturopathic Iridologists. He is also Senior Lecturer and Course Director for Herbal Medicine, Academic Director and Head of Research at the College of Naturopathic Medicine.

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