

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 center of the image.

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

First published in 2023 by
Aeon Books Ltd

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British Library Cataloguing in Publication Data

A C.I.P. for this book is available from the British Library

ISBN: 978-1-80152-115-4

Printed in Great Britain

www.aeonbooks.co.uk

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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

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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

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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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