

YOUR EYES NEVER LIE

29.11.2012 REVAMP IRIDOLOGY

I have been writing this column for the best part of two years now and thought it was time to get back to grass roots, so for those of you unfamiliar with Iridology I hope you enjoy this introduction and for those of you who have been following my column, I hope you enjoy the reminder of what iridology is about.

What is iridology? The iris (the coloured portion of the eye) has a connection to every organ and tissue of the body by way of the nervous system. Via the optic nerves, which are attached to the eyes, visual information is sent to the brain. Information is then sent back to the eyes from the brain about the state of the organs and tissues in your body. It is a remarkable tool used by practitioners all over the world to look at your physical, emotional and genetic predispositions. You are a unique and special being, and as such we need to remember that what may be right for one is not necessarily right for another. By looking at the iris we can see your genetic strengths, or should I say the potential strengths which depend on how you choose to live your life, where you live, whether you are loved and nurtured, and how you feel about yourself, all these factors can have a profound effect on your physical body.

By looking at your iris, I can see if certain organs in the body need support, for example, if your body is struggling to absorb and break down nutrients efficiently, I may see a darkened leaky area around the edge of the pupil. This may occur due to stress or the lack of certain minerals such as Zinc or Chloride and can be remedied quite efficiently by a qualified practitioner.

By looking at your diet and lifestyle similar problems may be remedied by taking some supplements, such as herbs, or perhaps a digestive enzyme formulation before you eat. I have seen many individuals through the years who are not utilizing calcium efficiently, this can lead to calcification of the arteries, inhibiting blood flow and causing a multitude of problems. What a wonderful thing to know! Remember, this is not a message of doom and gloom, iridology is a remarkable tool which can motivate you to make some

positive changes to your diet and lifestyle enabling you to enhance your quality of life.

When I look at your iris I look at the structure of the fibres (the lines in the iris) which may be straight, wavy or in shapes like a flower, this structure tells us a lot about you. We also look at colouring in the iris, for example if you have a lot of orange in the eyes there is likely to have been sugar imbalances in your family indicating perhaps you should take care and watch your carbohydrate intake. Your eyes may have a lot of yellow over the iris, this indicates that you need to nurture the kidneys and adrenal glands, it can also relate to emotions and the individual may need support with some nourishing herbs. There may be a pattern seen in the iris which looks like the rings of life seen on a tree, this individual may be born with these rings, or they may accumulate over a lifetime, which tend to indicate a more sensitive, feeling oriented person. These rings can also relate to the physical stress of the body be it poor diet, late nights working in a toxic environment etc. These are just a few of the different patterns and colours seen in iridology.

The iris indicates genetic traits relating to health and personality from the last three generations of your family. So if dad, grandpa and great grandpa all had heart disorders, does that make you susceptible to the same thing? Not necessarily so! It depends on your diet and surroundings, and how you live your life, remember, genes can be switched on through unfortunate circumstances or choices, I believe by changing your lifestyle and diet in a positive way, you may be able to switch them off also. Make a conscious decision to look after this amazing body, believe great things are possible and you will see an amazing transformation.

Every day as I sit with my clients I look at their faces, the lines, colouring, facial structure etc and it tells me a lot about who is sitting in front of me. This subject is called physiognomy, it is a dying art I'm afraid, we are all so involved in looking at our screens we are forgetting to look at the person right in front of us. I also look at the tongue, the hands and nails and it is amazing what information can be found. In 2013 I am going to run some one day workshops in my clinic for anyone who would like to know a bit more about iridology and physiognomy.

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