

# YOUR EYES NEVER LIE

Are you feeling bloated, uncomfortable or the need to get your body back into some sort of balance after the festive season? Perhaps a gentle nudge is all you need! To start with, Christmas is a very emotional time for a lot of people, it's all about the happy family and unfortunately that's not always the case. Also there is the pressure of making Christmas day perfect for everyone, the great feast etc. Stress, as we all know, takes its toll on the body and I would suggest that 80% of people could do with a jolly good tonic after Christmas to rebalance their body. If we related this to the iris there are many signs we can look at that may give the indication of the level of stress your body is struggling to cope with, if you just look at your eyes in the mirror its often quite easy to see the difference in your eyes day to day in relation to your health.

For example, whenever I get run down my eyes look like they are covered with a light yellow film, they are not sparkling back at me so to speak. You may remember in one of my previous columns the comparison I made in relation to a healthy child who's eyes would be bright compared to someone elderly in a nursing home, who's eyes would be dull, so take a minute everyday and start to take notice of your eyes on a regular basis.

Prolonged stress, which can be caused from a multitude of avenues such as lack of nutrition, lack of rest, emotional stressors, alcohol, drugs abuse, infection, illness etc. often effects our adrenal glands, you may have heard of adrenal exhaustion or burn out. The adrenal gland produces hormones, one of which is cortisol, which helps regulates our immune system and metabolises carbohydrates and proteins, it can help us recover from infection and stress, however too

# YOUR EYES NEVER LIE

much cortisol may cause weight gain in the trunk of the body and may suppress your immune system, its all about balance. Aldosterone is another hormone produced by the adrenal cortex and it regulates the body's fluid balance, so if it's too high you may feel puffy or your blood pressure may begin to rise. These hormones are really important to keep balanced so your body can have some harmony. With the support of some beautiful herbs such as Rehmannia and Licorice, which nourish and support the adrenal glands, along with herbs like Rhodiola and Siberian ginseng to adapt the body to the level of physiological stress we can assist your well being, vitality and quality of life.

Let's have a think about your digestion, because most of us have probably been overeating through Christmas and should consider the strain we have put on our liver.

Your liver transforms excess foods into acid which may disrupt your acid base balance in your body (your PH), this will also put more strain on your kidneys and so forth. If the liver becomes tired, you may feel drowsy or nervous, and if you have been drinking a bit more alcohol than usual this may weaken the ability of the liver to cleanse the blood. If you wake up with nausea, think "My liver needs some help!" In regard to iridology, liver signs may show up as brown spots like freckles sprinkled over the iris or individuals with brown eyes may have radials which look like long grooves or spokes radiating out from the pupil into the iris. A patch of brown pigment in the whites of the eyes (especially in blue eyes) can indicate the liver needs support, or a patch of yellow in the whites of the eyes (known as the sclera) is a good indication that your liver needs nourishing.

# YOUR EYES NEVER LIE

So what can we do to get you back on track? As well as looking at your iris there are simple tests such as the Indican test which involves taking a urine sample and mixing it with several actives which helps evaluate your internal environment. There are fabulous herbs to nurture your system such as St Marys Thistle, which is a lovely herb to support, protect and nourish the liver, it is also a great antioxidant. Schisandra, which acts as a tonic for your liver and supports the nervous system and Dandelion which has bitter properties to aid digestion, has a cleansing action for the kidneys and can also aid liver function.

Remember you are a unique individual and there is no one on this planet the same as you. Your eyes indicate what has been passed down through the generations genetically as well as what has happened to you throughout your life, they are your blueprint of who you are. Your eyes never lie.

Lynne Singlewood is a teacher of natural medicine at Endeavour College, she teaches iridology and oriental diagnosis. Lynne is a dynamic naturopathic practitioner who has a passion to help the community with their health and well being. Her deep love of iridology and herbal medicine is infectious, visit her at the NEW Findon Clinic (Integrated Medicine). Ph: 0421618792 or email [lynne@irishealth.com.au](mailto:lynne@irishealth.com.au).  
Web site: [www.irishealth.com.au](http://www.irishealth.com.au)