

YOUR EYES NEVER LIE

Remember you are unique, and your eyes portray your story, they tell us about your genetic background, indicate some of your personality traits, your nutritional status, and much more.

One of the most common disorders I see in my clinic today are digestive problems. Have you ever heard of the saying “you are what you eat,” how true. Digestive problems can be seen very clearly in the iris (the coloured section of the eye), for example: if your body’s not absorbing nutrients very well, this is often due to insufficient production of hydrochloric acid by the stomach (a major component of gastric juice), which is very common today. Stress has been found to inhibit the production of hydrochloric acid along with mineral insufficiency. Minerals such as zinc, chlorine and even sodium take part in making hydrochloric acid in the stomach. A lack of hydrochloric acid can cause the foods you are eating to ferment, and you may experience bloating or gas, does this sound familiar? Sometimes this fermentation distends the stomach to the point where the valve at the bottom of the gullet can’t hold the pressure and eventually the stomach content pushes up into the lower gullet causing reflux (a burning sensation). These individuals often have bad breath as well. All of this and much more can be seen in the iris, the iris tells me the whole story, it opens the window so to speak and shows me how to help you and how to get right to the root of the problem.

I also look at the Sclera the white portion of your eyes, by looking at the veins, colours and patterns seen in this part of the eye it generally confirms what I have already seen in the iris and sometime shows me even more. Often when you have digestive problems I will also do other tests such as look at your urine to verify certain markers or I may look at your blood cells

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which can indicate the nutritional status of your blood, digestive health, allergic reactions, any inflammatory process, your hydration levels and more.

As I've been talking to you about digestion I wanted to mention a little bit about food selection. Did you know that every living creation on this planet has a vital force (an energy), even the food we eat needs to have some vital force or energy within it, to keep us nourished. If you think about the fruit and vegetables you consume each day, ask yourself "How fresh are they?" do you eat organic vegies, grow them yourself, get them from the market or from a lovely fresh fruit and vegetable shop or maybe you get them in the supermarket. Something to consider is, by the time the vegetables are picked and packaged, then sent to where they have to go and put out on the shelves, they don't have much, if any, vital force or energy left. Also lot of the soils the vegies are grown in are nutritionally depleted, so take the time and make sure you look for really fresh produce to keep your family healthy, it's important. If you can't find really fresh produce you may find you need a few supplements to help replenish the body. In my last column I spoke about Celloid mineral therapy and how markings and colourings seen in the iris, tongue, nails and face can communicate a need within the body for extra nourishment from these beautiful gentle minerals. Minerals are like the building blocks of our foundation, and often due to our busy lifestyles, inadequate diets, food sources and especially during periods of growth, we need extra supplementation to keep us nourished and healthy.

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Take care of your body, it's the only one you've got, nurture your body, nourish it, exercise regularly, and make sure you rest and replenish when your body is tired.

Vertigo

Lastly I'd like to tell you all a story about something that happened to me over the last few months and maybe it will help someone. Last November I was sitting with a new client and all of a sudden I felt a bit dizzy, within about 10 minutes I couldn't even see my own hand the world was spinning like a top. I started vomiting and this went on for the next 8 hours. Within the first three months I had five attacks, the last one lasted for three days, spinning and sucking on ice chips. The reason I'm telling you this is because through this experience, I have learnt a lot about vertigo, and found some great ways to help. My vertigo was caused by a virus, which in turn caused the vestibular nerve in my inner ear to become inflamed, this can take some time to repair so you have to teach your sensory system to learn to compensate for the damage. Firstly I have found acupuncture really helps, also I have found a homeopathic remedy specifically for vertigo and nausea. I found a lovely lady who is a physiotherapist and she taught me some exercises to help the sensory system to adapt and lastly I have made up a herbal formulation to help repair the nerves and to reduce the inflammation, along with supporting the immune system (we don't want to set it off again with a cold or another virus) and lastly supporting the nervous system because it's been so stressful. So if you are suffering from vertigo and you need some help I can definitely steer you in the right direction.

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