

# YOUR EYES NEVER LIE 11.10.2011

Recently I was listening to a pod cast by an amazing gentleman called Dr Sears, he is the author of the book called The Zone Diet, which I haven't read yet but I will definitely take a look at soon and if you are thinking about losing some weight for summer you might like to look at it too. Dr Sears talked about inflammation, pain and obesity which I find to be an increasing problem in my clinic. We appear to be a society whose bodies are constantly inflamed, just take a look at your finger tips and nail beds, do they look really red compared to the rest of your arm? If they do, then maybe you have internal heat and inflammation. If you look at your tongue in the mirror, it should be a nice even pink shade, is it really red? If it is, you probably have internal inflammation or heat in the body.

In regard to your beautiful eyes, if your eyes look very pale and whitish, this can indicate that your system is inflamed or acidic. Very white fibres scattered throughout the iris can indicate inflammation or pain in a particular area, as certain areas in the eyes relate to different organs and tissues, also very white eyes can even relate to someone who has had a lot of emotional pain or trauma, with a little awareness you can see pain just by glancing at some one's eyes.

So today I thought I'd write about inflammation which can lead to pain, disease and weight gain and will attempt to give you some ideas about what we can all do in our everyday lives to help ourselves and those we love.

To start with, we need to think about what we eat today, remembering today's food consumption will affect us down the track. One of the major components to be aware of is the consumption of vegetable oils, which have crept into our diets over the last 40 years or so, these oils such as safflower oils, corn oils and soy oil etc. are a cheap form of calories and taste good, however they are high in omega 6 which is inflammatory. When high omega 6 fatty acid consumption (i.e. excess polyunsaturated vegetable oil) is combined with a diet high in refined carbohydrates i.e. bread, sugars, pasta and fast foods, there is an increase in insulin and an acceleration of omega-6 into a substance called

arachidonic acid, which in high amounts is toxic, inflammatory and can also exacerbate the risk of heart disease.

Dr sears gave a really good example in his pod cast, he mentioned an experiment done with mice who were genetically identical, they split the mice into two groups, fed them the same calories, protein and carbohydrates, the only difference was that one group was fed omega 3's and the other was fed omega 6's. They watched the groups over three generations and guess what? The omega 3 group were fine, they were lean and intelligent but the group fed high omega 6 became grossly overweight and less intelligent. I found this to be alarming because if we look at our children today a lot of them are battling with excess weight and sugar imbalances are definitely on the rise, this can lead to many disorders down the track.

So what can you do at home to help? We need to increase our consumption of omega 3 fatty acids, to 'put out the fire' so to speak, these are found in oily fish such as salmon, tuna, sardines, trout and mackerel, cod liver oil is also good or there are omega 3 supplements and even flavoured omega 3 supplements for our children. Use olive oil instead of vegetable oil and I must admit I also like coconut oil for cooking which has a little of both omega 3 and 6 and contains some saturated fatty acids like capric acid and lauric acid, but they tend to raise high density lipoproteins in the body which lower bad cholesterol, boost immunity, fight ageing and increase metabolism to help weight loss, so it tends to get a positive vote in my book.

Try to reduce your refined carbohydrate intake, it might not be easy but we all have to start somewhere. Try to eat more fruit, vegies, nuts and seeds and try to be creative, for example, I usually have a fruit smoothy for breakfast that most children would love. I blend fruit and freeze it into ice cube containers and every morning blend four cubes of frozen fruit with yoghurt, protein powder and ice water, you can eat it like an icy, I think most children would love it at any stage of the day and it would be good for them.

If you suffer with pain and inflammation and need some assistance don't hesitate to call me and perhaps together we can ease your pain.

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