

YOUR EYES NEVER LIE

Something to think about! Medicine is a science, and science is about data, numbers, and clinical trials, it's about what can be measured (which is important), but life is much more than facts, it's actually full of mystery, wonder and the unknown. So we need to look at all the variables, because you are a unique individual. This is why I love looking at the iris (the coloured portion of the eyes). The iris as mentioned in my previous columns tells us a lot about genetic characteristics and potentials, which have been encoded into your DNA from past generations.

One of the features we look at in the iris are the variations of colours. All the different colours in your eyes indicate different potentials, for example, there are only three coloured eyes, blue eyes, brown eyes and the mixed colour (meaning there are blue and brown eyes in this individual's genetic pool). Yes I can hear you thinking "that's not right, what about green?" Green eyes are a variation of blue eyes with a yellow wash over the top and can indicate that the individual needs to nurture their kidneys.

Think of your kidneys as your battery terminals, "Are your batteries low, are you running on overdrive?" Whether the yellow colouring has come through genetically, or from circumstances during this lifetime, it indicates the need to give the kidney's a little extra support. Your kidneys can be affected by your emotions and are involved in the cleansing process of the body, they aid in the elimination of toxins, along with the skin, your bowel movements and your breathe i.e. when you breath out carbon dioxide.

Here are a few tips to help you support your kidneys. There are some beautiful herbs to nourish the kidneys such as nettle or couch grass: drink adequate amounts of water; too much protein may overload the kidney with nitrogen rich metabolic waste. If kidney problems are suspected, the diet should be low in protein and protein should predominantly be from vegetable

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sources. Personal hygiene needs to be good, and dietary irritants should be avoided, also avoid excess coffee and tea etc.

YOUR HAIR MAY HOLD THE SECRET?

Have you ever heard of Hair Tissue Mineral Analysis? It's a specialized analytical test that measures the levels of trace minerals found in a sample of hair. These trace minerals are essential in all phases of life, they provide the building blocks to life itself and are necessary in the production of hormones and enzyme activity. Sometimes depending on where we live or what we do for a living etc. toxic minerals such as lead, mercury and cadmium etc, can be stored in various parts of your cells and tie up certain nutrients, this may mean you need more of this particular nutrient, for example mercury can tie up iron and zinc, this could deplete your immune system or affect your digestion. I think due to the poorer soils found today, the modern farming methods, fertilizers used, the environmental pollutants we all live with and our diet and lifestyle choices, the need to monitor our nutritional status is becoming increasingly important. To know exactly what nutrients your body is crying out for, your hair could possibly give us some answers, just as the rings on the trees can tell us a lot about the life of the tree, so too can the hair. Your hair might be the key to better health.

“SUMMERS COMING!” WOULD YOU LIKE TO LOSE A FEW KILO'S?

Recently a new scientifically advanced fat loss program was launched throughout Australia, it's called “Shake it” this program is based on a carbohydrate controlled diet that incorporates good levels of dietary protein, appropriate levels of

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healthy fats and moderate exercise to support rapid and lasting fat loss.

“Shake it” encourages the body to utilize fat as the primary source of fuel, resulting in fat loss while preserving the muscle mass. When muscle mass is lost, it can reduce the ability to burn calories and increase your likelihood of putting fat back on. The principles of this program consist of one meal replacement per day, along with two sensible meals and two snacks, it comes with a list of allowable foods, and a recipe book to help you with some really good ideas and strategies. The “Shake it” program is now available in my clinic.

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