

Column 6. Date 7.04.2011

YOUR EYES NEVER LIE

Iridology has been about for quite some time, the first recorded sources of iris analysis reach back as far as ancient Babylon in 1813 and was rediscovered by two men, Dr. Von Peczely and Reverand Nils Liljequist, in the latter part of the 18th century. Apparently when Dr Von Peczely was a young lad he captured an owl in his back garden and during the struggle the owl fractured his leg. Von Peczely noticed a spot develop in the 6 O'clock region of the owl's iris (this is the area that relates to the legs). Later in life Von Peczely studied medicine in Germany and became known as the doctor who could diagnose by looking into the eyes. Reverand Liljequist's awareness began in about 1864 when he noticed the appearance of discolorations in his own eyes. He realised they could be associated with chemicals or drugs that were ingested or absorbed into the body. Both men developed an iris chart (which, although updated, is still used today and relates to the whole body) the similarities between them were amazing. There have been many brilliant people who have contributed to the development of iridology such as Josef Deck, Josef Angerer, Dr Bernard Jensen to name but a few.

For those that have not read my column before, I thought I'd do just a little revision. The iris has a reflex correlation to every organ and tissue of the body via the nervous system. By way of the optic nerves, which are connected to the eyes, visual information is sent to the brain about the state of the organs and tissues in your body. The eyes also allow us to see, (even in a child) problematic areas that you have inherited that need nurturing so that you can have a better quality of life. It's like looking at your fingerprint so to speak, they tell us a lot about who you are.

For the main feature in this column I would like to focus on the thyroid gland, which is involved with your metabolism, immune system, blood calcium levels, energy levels and maintaining your body's temperature. If your thyroid is performing below optimal levels you may have symptoms such as weight gain, fatigue, dry skin, hair loss, impaired memory,

anxiety, constipation, headaches, low libido etc. As you can see it's very important to nurture your thyroid gland. You might be thinking "How do I do that?"

Well I'm going to give you some little tips as we go along. Also I'd like you to remember that you are unique, nobody on this planet is identical to you, therefore not everyone experiences all of the symptoms above, some people will experience only a few symptoms or variations of those symptoms.

The thyroid gland works in conjunction with the hypothalamus and pituitary glands to release hormones that control your body's metabolic rate. An underactive thyroid can tend to run in families, the risk of occurrence tends to increases with age and it appears to be more common in women than in men. Some of the causes of hypothyroidism may include hormone imbalances such as oestrogen dominance which may be caused by our environment, such as the use of plastic containers, poultry which has been administered hormones, pesticides in foods, detergents, skin lotions, some synthetic carpet and many of the chemicals used in various industries. Other causes of an underactive thyroid are, Hashimoto's which is a malfunction of the immune system that causes the body to turn against healthy thyroid cells, radiation treatments, some prescription drugs, severe iodine deficiency (the thyroid needs iodine to function normally) and pituitary or hypothalamic diseases.

So what can we do to help you nurture your thyroid gland? To start with you could have a simple blood test to clarify your thyroid hormone levels. Some beautiful herbs such as Withania, Bladderwrack, Rehmannia, Siberian ginseng, Brahmi and nutrients can help nourish your thyroid. A healthy thyroid needs iodine and tyrosine. Tyrosine is a non-essential amino acid and it is a key to overall metabolism, it can help suppress the appetite and reduce body fat, along with supporting the pituitary glands, adrenals and thyroid gland. Tyrosine can be found in poultry, almonds, pumpkin, legumes, sesame seeds, avocados, bananas, dairy products and fish. Iodine is required in the manufacture of your thyroid hormones (extremely important!), it can be found in seaweed, sardines, kelp, sunflower seeds, mushrooms, lobster etc or your practitioner can supply you with a good professional source of iodine. Selenium is a powerful antioxidant and is also very important for thyroid support, it can be found in quite good amounts in brazil nuts, almonds, salmon, tuna, eggs, asparagus, oats etc. Other nutrients important for thyroid function are, manganese, iron, vitamin B2, B6, B12, vitamin A, E,C, zinc and copper.

Lastly there are some foods called goitrogenic food which if eaten raw can interfere with the body's iodine absorption, they are foods such as cabbage, broccoli, cauliflower, brussel sprouts, sweet potatoes, watercress, turnips, soy, millet etc. So make sure you cook these if you have an underactive thyroid. Its all about a healthy balance, if you would like some help don't hesitate to call me.

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