

# YOUR EYES NEVER LIE

Have you ever thought about who you are? Why you look the way you do, why you stand or express yourself in a certain manner? Why are you fine boned or why are you heavy set, your colouring etc? A lot of who you are is related to genetics, "Yes your DNA!"

When you were conceived you may have been, just two tiny strands of DNA, and many of the aspects of who you are today were already programmed into those tiny specks of DNA, "BUT!" I believe we can have a profound influence on that programmed information.

The caption at the top of the page says "your eyes never lie!" well I have found this to be very true, your iris remembers everything that has happened to you during your lifetime, it also indicates various aspects about your genetics. Your iris shows areas that need nurturing to help you have a better quality of life, I guess you could say they are the blueprint of who you are, much like your finger print.

For example when my grandson was three years of age I took a photo of his iris and I could see he was going to have digestive problems, he had similar markings in his eyes to his mother, who had also had digestive disorders in the past. By the age of five he was seeing a specialist (unfortunately mum and dad weren't into natural medicine back then so I couldn't change the outcome)

As I look at eyes day in day out, I have realised, every iris is very different, I guess it's like looking at a person's face (which is also a common oriental diagnostic technique, looking at face shapes, lines etc. They all have meaning).

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You are unique, there is no one on this planet the same as you, and therefore in regard to health you need to be treated as such, an individual. So when we consider medicines, diet, exercise programs, what might work for one may not necessarily work for another and the like.

The iris has a reflex connection to every organ and tissue of the body by way of the nervous system. Via the optic nerves, which are attached to the eyes, visual information is sent to the brain. Information is then sent back to the eyes from the brain about the state of the organs and tissues in your body.

Iridology is considered by some to be the new science and as in any science researchers are constantly updating their findings and discovering new methods for treatment.

We will talk more about the eyes in my next column, we will look at personality traits, the gifts you were given, like creativity, intellect and much more.

## **Other services:**

One of my greatest passions is herbal medicine, I find by making you a body balancing tonic for all the areas that I see in your eyes that need to be nurtured, many of the health issues begin to improve. Herbal medicine assimilates very well with human tissue, it therefore is utilized very efficiently by the body.

## **Hemaview:**

Have you ever seen your blood cells up on a big screen or looked through a microscope and seen your blood cells dancing like shining stars on a dark velvet background? This is what you will see when you have live blood cell analysis done, “it’s amazing!” It always blows me away, to see that a tiny drop of blood looks just like the universe. Do you think there is a

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connection? Well, I'll leave that one up to you, but it is a great tool and very interesting.

Just a few examples of what can be seen in that one tiny drop of your blood are inflammation, iron, B12, folate status, the need for anti-oxidants, gut permeability, digestive health and much more.

## **Lecturing:**

Four years ago I was approached and asked to teach herbal medicine at what is now the Now Endeavour college, and in 2009 the opportunity arose to teach iridology and a little oriental diagnosis. I must say I feel truly blessed to have had this wonderful opportunity, the experience has helped me to grow on many different levels. It gave me the chance to pass my deep love of these subjects on to my students and perhaps through them this passion can spread and help the community.

So! How about you, would you like to sit with me for 90 minuets and have a free photo of your iris to take away. Let me help you to utilize your gifts, and balance your body's systems to create the real you, a healthy, robust and dynamic individual. Together we can see "What your eyes remember!" because your eyes never lie. Check out my web site: [www.irishealth.com.au](http://www.irishealth.com.au)  
Appointment Ph:0421618792 or email [lynne@irishealth.com.au](mailto:lynne@irishealth.com.au)