

# YOUR EYES NEVER LIE

In my last column I talked about physical signs, patterns and colours seen in the iris and how a lot of what is seen in the iris is related to your DNA and your genetics. Certain markings in the iris and colourings are passed down to you from mum and dad, nana and grandad, and a generation behind them, (what a wonderful thing to know!). Your iris will also indicate areas that need nurturing depending on what has happened to you throughout your life, for example; hardening of the arteries may be seen, your cholesterol status, or you may have an underactive digestive system inhibiting the production of stomach acid, this may cause poor assimilation of the foods you are eating which might in turn cause you to feel tired, sluggish or bloated. These signs and many more may be seen in your iris.

The iris is the blueprint of who you really are, it is unique, there is no one on this planet like you. In this column I'm going to talk about some of the emotional markings and patterns seen in the iris, because you are much more than just a physical body, I will mention some of the gifts handed down to you from your ancestors. For example maybe you are very creative? Perhaps your grandfather was a great violinist and you too have inherited the potential to be musically creative as well? Do you have a natural flare with mathematical equations' or work with ease within the intellectual fields. Perhaps you are a bit of a perfectionist or a very animated person who speaks with hand gestures, "how interesting!" it would be boring if we were all the same. We need to remember that our thoughts and emotions have a profound effect on our health and also what happens to you in your daily life.

# YOUR EYES NEVER LIE

Let's look at children for example, some of the markings can even be seen in a small baby such as a thick dark ring around the outer border of the iris, these individuals are usually fun to deal with and have a feeling that they are special and blessed. Your child may have light coloured rings all the way around the iris indicating that they are very sensitive, they may dream a lot or be sensitive to smells. Often I'll tell the parent that their child is very creative or is a real softy and feels everything going on around them, and I find it helps the parent to understand why the child behaves in a certain manner. I find the children of today to be incredibly knowing, sometimes I wonder who's teaching who?

Within my clinic I find Celloids, which are small mineral complexes extremely effective for enhancing children's health. Celloids provide the building blocks for their health and provide nutritional support for times when the child is growing, this is the time when children need more support nutritionally. Sometimes they just don't get enough from the foods they are eating. Celloids are gentle, yet very effective. Mineral deficiency signs can be seen in the iris by looking at different markings, patterns or colourings and from the practitioner looking at a child's nails or tongue for various signs. Different minerals can help with a variety of symptoms ranging from tummy pains, problems sleeping, constant colds, ear problems, calming an overactive child and much more. Celloids can be crushed with the back of a spoon and added to cereals or made into a paste and put on mum's nipple when breast feeding or even crushed and put into the babies bath water. Minerals play a very important role and are needed every day to keep us nourished and healthy, if minerals are missing from our diet they must be supplemented because the body cannot make them.

# YOUR EYES NEVER LIE

Also when you come in for an iridology session, as I mentioned above, I will look at your body signs such as your nails, tongue and certain facial signs, these signs can determine mineral deficiencies, low oxygen levels in the body, uric acid deposits in the body and much more, you will find this is extremely interesting. These signs help me to help you, low oxygen may occur for example if you are a shallow breather, this is very common today, oxygen consumption is very important because it helps keep our cells alive and is used by the cells in many processes such as breaking down excesses of toxic substances. Uric acid in the body can cause pain and inflammation, both can be remedied with herbal medicine and mineral supplements. Remember that your eyes and your body signs never lie and what a wonderful story they can tell us.

Lynne Singlewood is a teacher of natural medicine at Endeavour College, she teaches iridology and oriental diagnosis. Lynne is a dynamic naturopathic practitioner who has a passion to help the community with their health and well being. Her deep love of iridology and herbal medicine is infectious, visit her at the NEW Findon Clinic (integrated medicine). Ph: 0421618792 or email [lynne@irishealth.com.au](mailto:lynne@irishealth.com.au). Web site: [wwwirishealth.com.au](http://wwwirishealth.com.au)