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# ? WHAT IS IRIDOLOGY?



We often hear the eyes referred to as the “window to the soul” or the “mirror of the soul.”

Iridology is the study of the colored ring around the pupil of the eye which is called the Iris.

The science of Iridology provides insight for answers to questions surrounding health challenges. Iridology, which is the study of the human and animal iris, focuses on the iris for indications of bodily health. Dr. Bernard Jensen, a holistic health pioneer best known in the United States for his work in Iridology said, “The iris is connected by 28,000 fibers to every organ and tissue of the body by way of the brain and nervous system.”

**History:** The practice of analyzing the eye as a means of health care has been traced in ancient civilization records around the world, dating as far back as the ancient Egyptians, whose hieroglyphics illustrate the relationship of the eye to the human anatomy.

Hungarian Dr. Ignatz Von Peczly is known for his work in furthering this study through the development of the iris-body-connection. His work with Iridology began with his experience as a young boy when he noticed a marking in the eye of an owl which had broken its leg. Throughout caring for the injured owl he noticed the marking in the owl’s eye change as he nursed it back to health.

Since then, Iridology has increasingly continued to be researched, studied and documented throughout the European Countries and Russia, with a majority of the research coming from Germany, where Iridology is used by Physicians as a means of identifying

genetic health tendencies and current states of the body systems.

Today Iridology is viewed as an alternative medicine, however it is becoming more and more recognized and accepted as a valuable tool in the world of health awareness, and dis-ease prevention. Iridology provides vital information, and insight, into possible causes of one’s health challenges, furthering our ability to address the necessary treatment.

**How Does Iridology Work?** Iridologists examine the iris pattern, or structure as well as specific signs, color, and the overall composition which is a genetic blueprint much like that of a fingerprint, giving information about the predispositions of one’s health. This allows us to take precautions or make suggestions for possible ways of preventing health issues from manifesting. Acute conditions show up as white markings in the fibers of the iris and are generally associated with pain and inflammation.

**Iridology and Animals:** Iridology applies to animals, just as it does to humans, and can be used to indicate health tendencies or health challenges in the same way.

In animals the denseness of the pigment on the fibers is so thick that it is unusual to see individual iris fibers. Think of it as spray painting with thick paint, if you keep adding paint it will finally become thick enough that you don’t see the individual fibers. Because of this, we rarely see individual fibers in animal eyes.

In animals, what an iridologist looks for, is the shading and any fibers seen, as well as color, as those

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signs may indicate a current or genetic predisposition of irritation or inflammation in the area. The iridologist would identify the area of the body experiencing pain or inflammation or the potential for it by using the iridology chart or grid.

The structure of the iris fibers or design is a genetic clue as to potential health issues. Although most signs may never become an issue unless something happens via lifestyle or diet (i.e. hard physical activity or inadequate nutrition) to create the possibility it to manifest, but the iris shows it is a potential. If the fiber looks really white, raised or swollen, then it is very likely they are currently experiencing irritation, inflammation or pain in the area of the white swollen fibers.

An iris analysis can help to explain what the source or where the original cause of a health problem might be coming from, which can be quite different than the symptoms displayed.

Iridology in itself is not an actual treatment. It is a non-invasive method, often used by homeopaths, naturopaths, holistic veterinarians, and other natural animal health practitioners to determine a required treatment plan.

There is an important distinction between a Veterinarian and an Iridologist. A Veterinarian diagnoses and treats disease, and is the sole authority on what drugs or surgery may be required according to traditional medical practices.

An Iridologist educates the client about genetic predispositions, potential health issues, areas of irritation and inflammation, muscle and tissue issues and other acute processes that may be happening in the body. The client can then contact a veterinarian to look into treatment or to investigate further a potential issue in order to make informed decisions of what mix of services they may need for their dog or cat.

Therefore, the Iridologist's role is more of "coaching" by educating the client regarding what they see in the canine or feline's eye.

Toula



Toula is spayed, has had one litter, and also had follicle lumps removed. She has a tendency to bloat and is very gassy. If she overdoes it, she will limp on her rear left leg because of an injury to her pelvis, as shown by the dark pigment at 7:00. This pigment also spreads over to the ovaries area and she did have some issues delivering her litter of puppies.

We were able to get her treatment from her veterinarian and since then the area at 7 o'clock is not as raised and irritated looking as it was at the time the photo was taken.

Irritation and inflammation looks different in an animal iris in comparison to a human iris. With humans, raised white fibers indicate irritation and inflammation. One seldom sees white "fibers" in an animal iris. What we look for is something like the raised area to the left of the pupil just above the darker brown blotch. The raised portion is called a "chord" and in iridology is known as a perifocal lightening.

There has been much research and many cases showing how Animal Iridology has helped animals with: Intestinal and Digestion Problems | Inflammation and Pain | Allergies and skin/coat conditions | Unusual sudden reactivity to their environment or other animals | Genetic predisposition health issues...and so much more!

*Georgina Cyr is based in Port Alberni, on Vancouver Island and has a private practice as a Herbalist, Iridologist, and Natural Health Consultant. Incorporating Iridology, homeopathy, nutritional healing, Lymphatic Drainage, Vibrational Healing with Tuning Forks and Sounds, as well as Energy Healing into her work. She offers Iridology Courses, Natural Health and Herbal Training programs as well as Animal Iridology Courses by correspondence. [www.iridology-courses.com](http://www.iridology-courses.com) [www.iridologycourses.com](http://www.iridologycourses.com)*

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