



# *Iridology*

Learn to see physical problems  
before they manifest

Course taught by

**Clinical Herbalist and Iridologist Richard S. Williams (Dick)**

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Welcome to



# *Iridology 1*

Learn to see physical problems  
before they manifest

## **Meet Dick Williams – The Visionary of Natural Wellness**

For over four decades, Richard (Dick) Williams has been at the forefront of natural health, blending expertise in herbology, fitness, microcurrent therapy, and the fascinating science of iridology. As a trailblazing Traditional Naturopath and Certified Clinical Iridologist, Dick has dedicated his life to unlocking the secrets of the human iris—using its intricate patterns and colors to unveil a person's overall health and potential wellness challenges. Unlike allopathic medicine, where we often wait for symptoms to appear, iridology empowers us to detect imbalances before they manifest, offering a proactive approach to health and well-being.

Beyond his clinical expertise, Dick's journey has been nothing short of extraordinary. From serving in the Air Force in Washington, D.C., to excelling in a distinguished sales career, his diverse experiences have shaped his unparalleled ability to connect with and inspire others.

Today, Dick stands as a revered leader in herbology, iridology, and natural healing. His mission? To empower individuals to achieve vibrant health through nature's remedies and time-tested methods. With a commitment to transforming lives, Dick is not just a practitioner—he's a pioneer in the art of holistic well-being.





## *Iridology 1*

In addition to Richard S. Williams, ND

offers

# Two Dynamic Presenters



### **The Nutritive Zone**

Dr Sheryl Strom, doctor of natural and bioenergetic medicine, uses drugless modalities, energetic therapy, and herbal medicine, to support clients' optimum wellness.



### **Using Iridology to Assess Health**

An herbalist and naturopath, Betty Sue O'Brian uses safe and natural therapies to help a person bring the body into balance.

**8-hour course available each Saturday in May 2025**





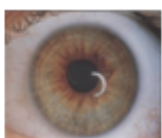
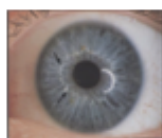
# Iridology 1

Find physical problems  
before they manifest

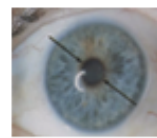
## Take charge of your health!

Different areas of the iris correspond to specific organs and systems in the body.

Iridology involves examining the patterns and colors of the iris (the colored part of the eye) to assess a person's overall health and identify potential health issues:



- Hypertensive Issues
- Hyperthyroid Issues
- Liver Issues
- Gallbladder Issues
- Inflammation
- Digestive Issues
- Lymphatic Issues
- Cholesterol Issues
- Pancreatic Issues



Course taught by

**Clinical Herbalist and Iridologist Richard S. Williams (Dick)**

**Choose a Saturday in May 2025**

8 hours of fascinating information online with Dick Williams

All course materials are included in the cost, \$300

Refer a friend, receive \$100 credit toward Iridology II

**Your course includes techniques for photographing eyes using your own cell phone.**

**To register for this dynamic online course contact:**

Richard S. Williams, Clinical Herbalist & Iridologist

Email: [fyiherbs@gmail.com](mailto:fyiherbs@gmail.com)

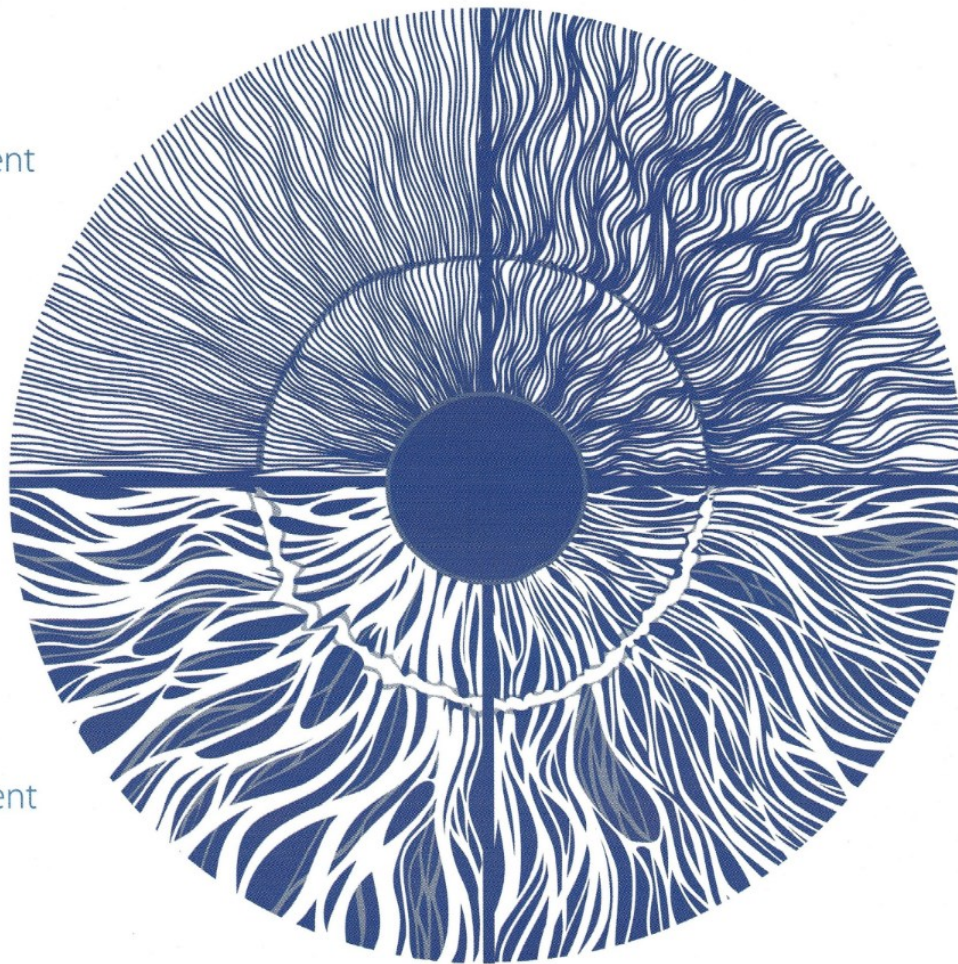
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Most resilient

Resilient



Least resilient

Less resilient

## Structure

The iris is made of tiny fibres, which respond to light in their own unique way. The term structure describes the individual pattern and regulation of the iris fibres. A variation in texture can also produce diversity of shading. When the fibres separate it is possible to see into the deeper layers of the iris. We refer to these structural variations as lacuna (plural - lacunae). The colour and structure of the iris influences your disposition to health issues. Iridologists believe that you can determine physical resilience or vitality by an absence of colour and structure. Loosening of iris fibres indicates loosening of the four humors: blood, lymph, phlegm, and bile. Balance of humors is essential for good health.

Examine the iris structure—it demonstrates our endurance potential. It is measured by the compactness and depth of shading within the iris fibres. The closer the fibre arrangement is, the better the resilience. Conversely, the more open the structure, the lower the resistance. Personal resistance is influenced by colour and clarity of fibres.

DENSITY=STRUCTURAL INTEGRITY=LEVEL OF RESISTANCE TO ILLNESS

## Physical resilience chart

Physical resilience can be measured by an evaluation of the density and compactness of the iris structure. This reveals our inherent strength. It demonstrates our potential vitality and endurance. Influencing factors are:

- Compactness of iris fibers: The finer the density and sharper the clarity of the structure, the greater the resistance to illness.
- Depth of shading throughout the iris: Shading in any area reduces the reactivity of the individual organ or tissue to challenges. The most common area for shading to occur is inside lacunae. The activity level and vitality of the organ or tissue represented in the area is reduced according to the darkness of the shading in the area. The darker the shading is in an iris area, the greater the need for stimulation and functional support.
- Iris density: This is a reflection of the structural and functional integrity of the body. Regardless of the source of the influence, external toxic matter, internal metabolic waste, waster, physical trauma

Good resilience indicates the natural or unsettled emotions, fibre density is a measure of the resistance of the body to withstand such influences. An iris with good resilience identifies an individual with high resistance, good muscle and tissue tone, flexibility and short recovery time with reduced disposition to health complaints. Iris shading influences our ability to respond to therapies.

There is no good or bad judgement about resilience or lack of it. It is possible for someone with dense, compact fibres and even shading to eat, drink and think badly and it's possible for someone with poor lifestyle choices. On the other hand, it's possible for someone with a very open structure with supportive lifestyle choices to counteract their weakness and improve their level of health and vitality. So we can say that resilience is more about what you do with what you have.

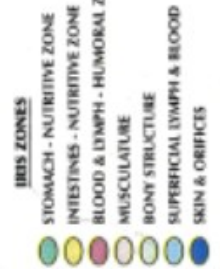
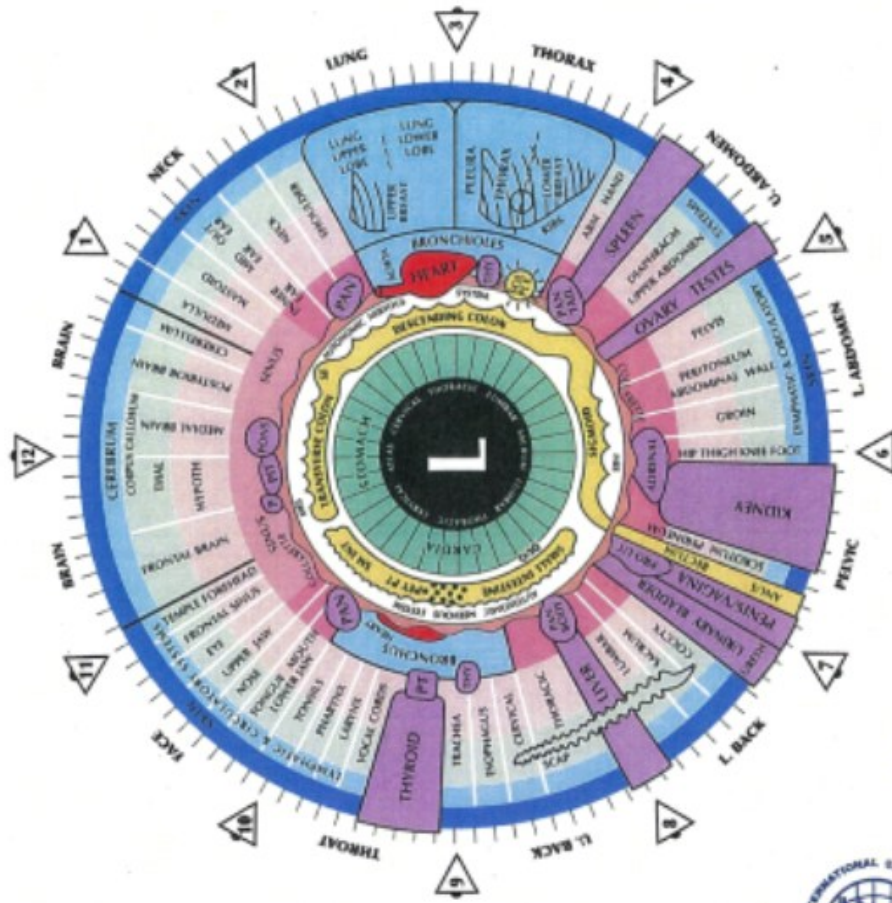
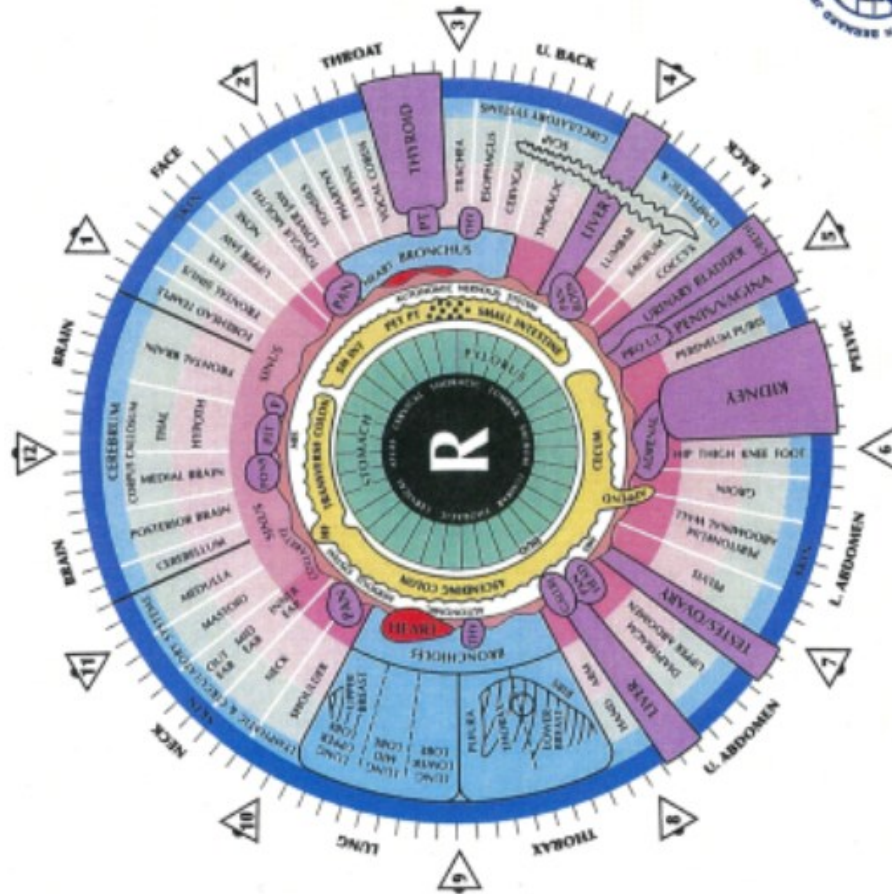
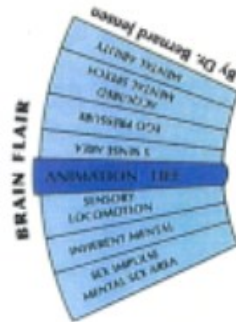
From The Integrated Iridology Textbook, by Toni Miller, pages 29-30



# The Chart to *Iridology*



# IRIDOLGY CHART

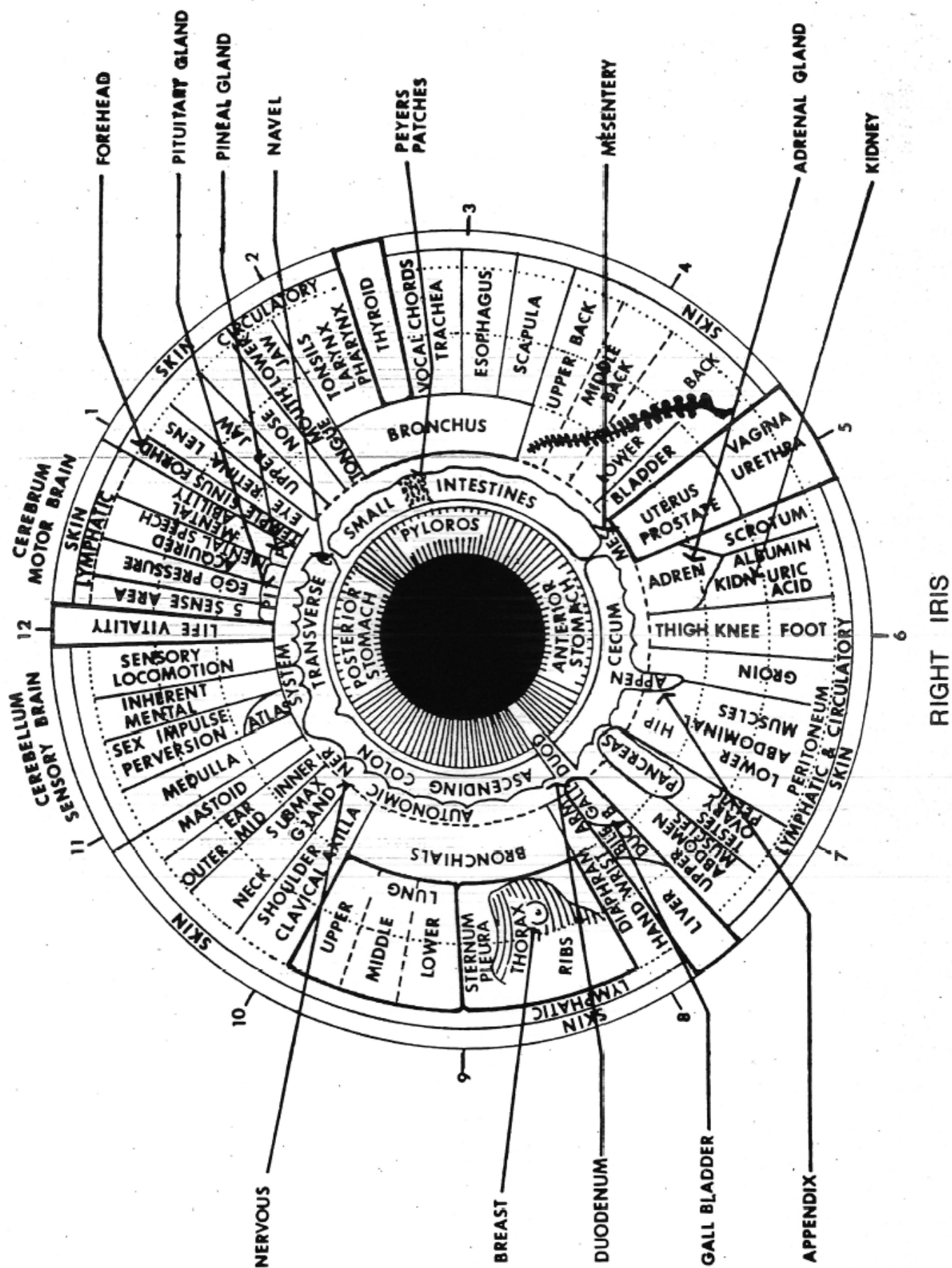


**ABBREVIATIONS**

APPENDIX	Appendix	PEY PT	Peyers Patches
DUOD	Duodenum	PRO	Prostate
GALLBL	Gallbladder	SF	Spleenic Flexure
HYPOTH	Hypothalamus	SCAP	Scapula
MES	Mesentery	SOL PLX	Solar Plexus
PT	Pituitary	THAL	Thalamus
PAN	Pancreas	THY	Thyroid
		URETH	Urethra

Developed by Bernard Jensen, D.C., Ph.D.  
with revisions by Ellen Jensen, Ph.D., D.Sc.

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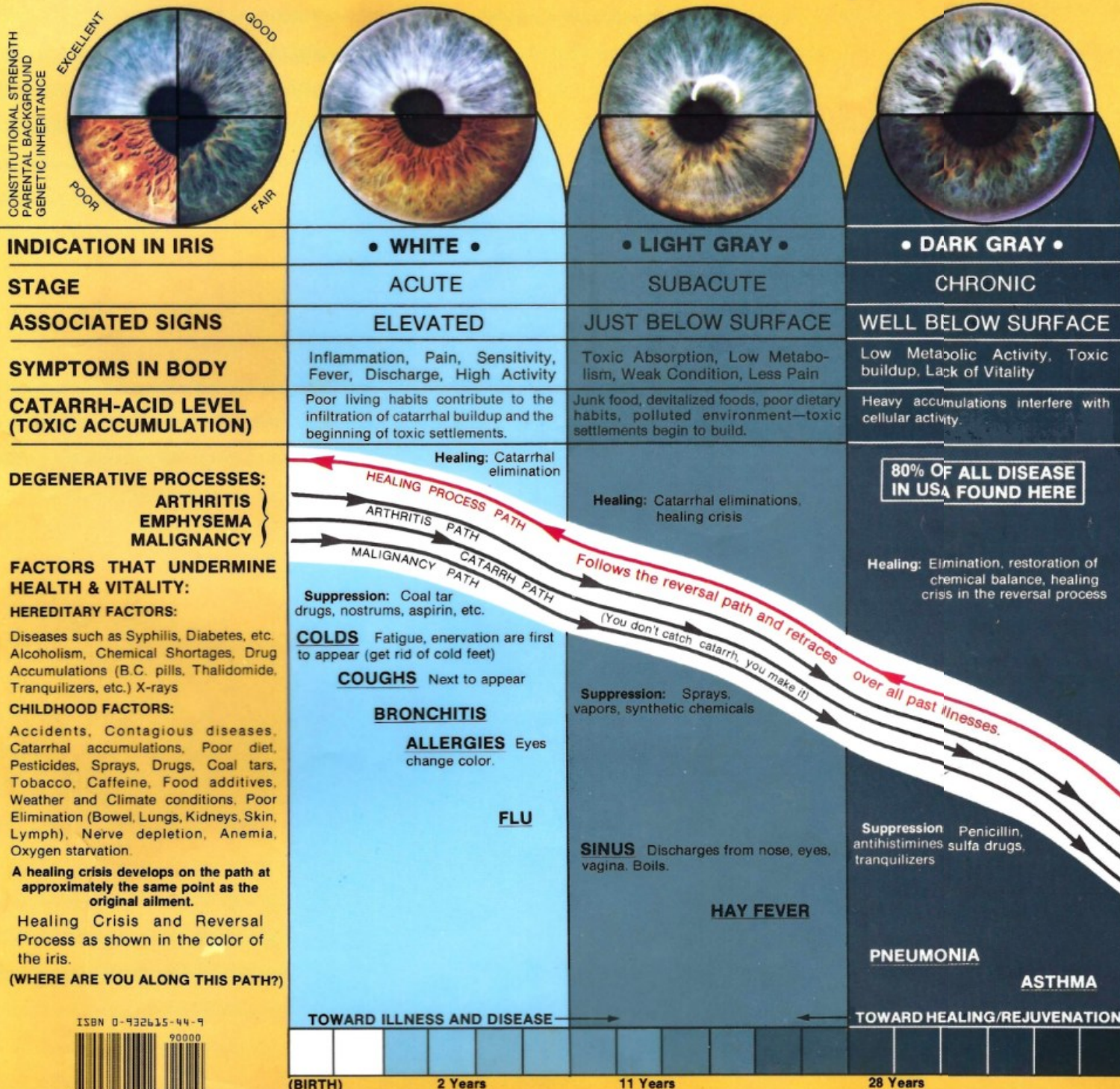


# PATHWAYS TO HEALTH AND DISEASE

ACCORDING TO HERING'S LAW OF CURE: "All cure starts from within out, from

This chart illustrates the correlation between the natural light of the iris and good health versus

By BERNARD JENSEN, D



WE DON'T CATCH DISEASES, WE CREATE THEM BY BREAKING DOWN THE NATURAL DEFENSES  
ACCORDING TO THE WAY WE EAT, DRINK, THINK AND LIVE.

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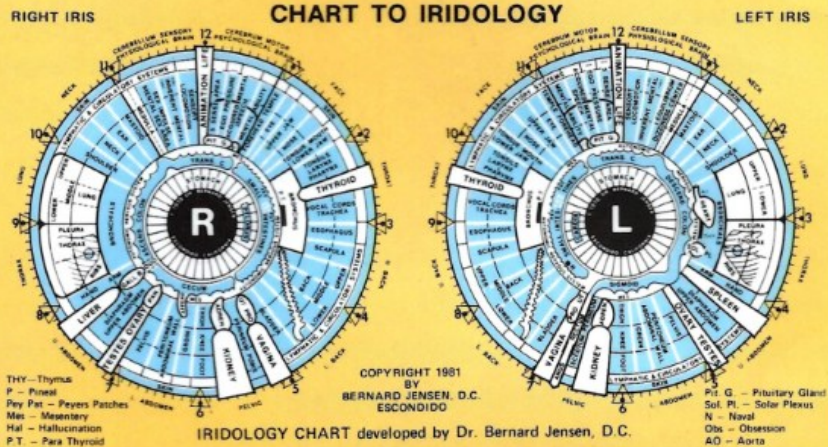
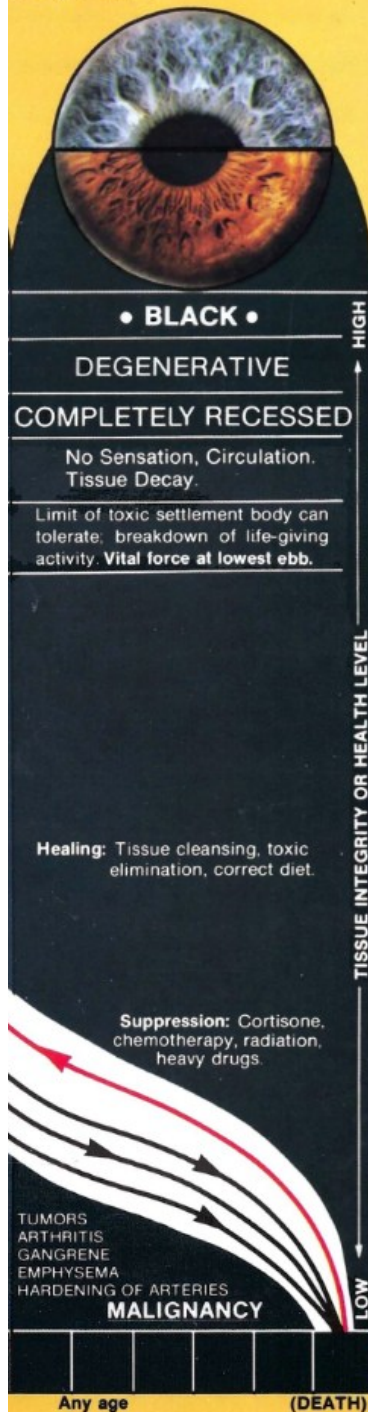


# OBSERVED IN THE IRIS OF THE EYE

the head down and in the reverse order as the symptoms have appeared."

as the darkness of the iris in proportion to the degree of degeneration in the body.

D.C., Ph.D.



## FUNDAMENTALS FOR STARTING THE REVERSAL PATH TO A HIGHER HEALTH LEVEL

Dis-ease cannot be cured in anyone who practices degenerative lifestyle habits. There is no one specific cause that produces any one specific dis-ease nor is there any one treatment that will correct any one dis-ease.

Man is a wholistic being composed of body, mind and soul. Treatments should be: **noninvasive, nontoxic, wholistically oriented**—such as: nutritional, homeopathic, naturopathic, osteopathic, chiropractic, massage, structural, exercise, reflexive, acupuncture, hydrotherapeutic, physiotherapeutic, herbal, vibrational (music and color, etc.), geographic, climatic, spiritual, philosophical, etc. These treatments are designed to promote the retracing process to attain higher health levels.

All the wholistic treatments strive to reestablish balance and equilibrium, to develop light in dark places. This is the path of Hering's Law of Cure. When the body is treated properly, we come out of degeneracy (darkness) to a lighter eye and good health. Iridology leads the way in demonstrating this principle.

In iridology, we change all dark places to light. Goethe's last words were, "God give man light."

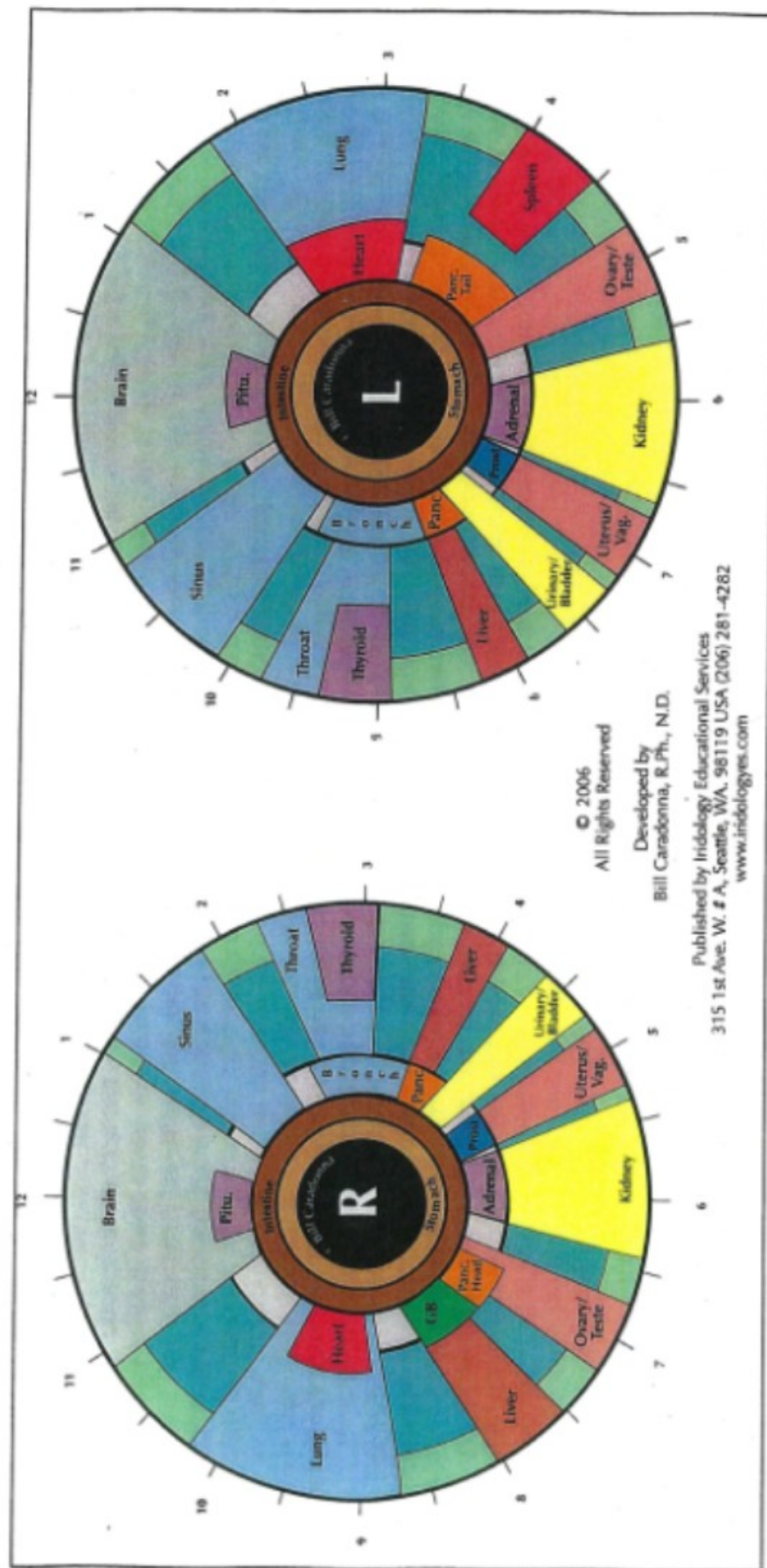
Four factors to regain and maintain good health: Nerve supply (mechanical and chemical), Blood supply (cleansing and building), Circulation and Overcoming Enervation.

What prevents a dis-ease will cure a dis-ease. All chronic and degenerative diseases follow the same path of enervation and chemical depletion along with suppression of vital nerve force. All healing starts with the elimination of toxic wastes and removing the darkness found in the iris. True healing is a cleansing and building process. Cure is an ideal that we must constantly strive for. Without ideals we become sick, aged and die prematurely. Always welcome a catarrhal discharge, it is nature's way of ridding the body of poisons. Decide which way you want to go—suppression or elimination. It all depends upon the path you take. Hippocrates, "Give me a fever and I'll cure any disease." Henry Lindlahr, "Give me a healing crisis and I'll cure any disease." Bernard Jensen, "Nature cures, but she must be given the opportunity." For an in-depth description of the reversal and healing crisis process, refer to **Doctor-Patient Handbook** by Dr. Bernard Jensen. ☺

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Escondido, California 92027



# THE ESSENTIAL CHART OF IRIDOLGY



## **THE ESSENTIAL CHART OF IRIDOLOGY - A COMMON SENSE APPROACH FOR IRIDOLOGISTS**

### **WHY THIS CHART IS PARTICULARLY USEFUL**

It allows you to focus on important organ signs and avoid iris map signs (e.g., arm, hand, legs, middle, foot, toes, etc.), which can create confusion and have little clinical relevance even to the advantaged iridologist. Identifying upper, middle or lower lung lobes or differentiating larynx/pharynx/ trachea areas is not as important as is recognizing resiliency levels in these areas and constitutional factors that could negatively influence their function.

This map identifies areas that have the most important clinical significance, and includes where specific structural and pigmentation indicators most often appear. Related organ systems and zone function locations are all color coordinated. If an iris sign is identified in a particular colored area, look in the other similar colored areas for additional relevant signs. I have also included important modern chart additions such as medial liver and pancreas locations, lateral kidney, and the pancreas tail.

### **WHAT ARE THE BEST WAYS TO USE IRIDOLOGY CHARTS?**

There have been two main approaches to using iris charts. One has been to observe the position of each iris marking and then correlate it directly to a detailed map location. Given the multiple number of iris signs that can be present, it is often a painstaking process for iridologists. Uncertainty can also result, as many iris maps have different interpretations of the locations' significance.

The other main approach has been to first identify constitutional types and subtypes before looking at the map. These factors alone provide a wealth of information to the iridologist. Iris indicators are then interpreted in the general context of the constitutional information, allowing for a better understanding of the importance of each sign. Once these general patterns have been identified, then the most significant iris signs can be observed without the need for time consuming map location review of the entire iris. The difference in the results of the two approaches is remarkable. They first is like being handed a box full of loose jigsaw puzzle pieces and the second is being handed the puzzle pieces interconnected into a picture.

### **CHARTS ARE JUST GUIDES, AND SHOULD BE USED AS SUCH**

Many major patterns are not map-specific at all. Examples of this are the Connective Tissue and Polyglandular subtypes, and topolabile signs such as multiple pigments dispersed throughout the iris. Designating map-significance to each sign can result in overwhelming confusion for the iridologist as well as over—diagnosis for the client. Occasionally, an iris sign may lie outside a designated field. Consider referring to maps of psychosomatic or psychological models for an interpretation in these cases.

The characteristics of iris signs often are as important as the specific location. An open lacuna that starts at the wreath and extends to the iris periphery at 15 degrees in the left eye is more likely to be a lung indicator, whereas a small closed lacuna that starts at the same location and extends only into the mid-ciliary zone is most likely to be a heart lacuna. While these signs overlap on the map, the appearance of the sign is the key factor in determining its interpretation.

Also, each person has individual variations of organ size and placement, so it makes sense that iris signs will not follow exact demarcation lines. Therefore, slight variations in location do not change the identification of the sign when guided by common iris structure and pigment patterns. And therefore understand how iris interpretation using iris map transparencies is much more labor intensive and less effective.

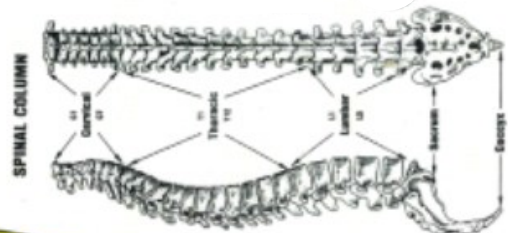
All these considerations make this an extremely effective chart for all levels of practice.

Dr. Bill Caradonna



Deformations of the pupil are basically changes that are affecting the inner margin of the iris by paralysis or irritation of the nerves controlling the muscles of the iris.

Total deformation, whereby the natural form deviates toward an oval shape, is believed to indicate severe disturbance with central nerve involvement. Partial deformation, or sectoral flattening, is an indicator for assessing the condition of the central nervous system in relation to the organs whose areas are localized in the section of the iris corresponding to the flattened segment.



The normal functioning of the nerves to all areas of the body can be disturbed by misalignments of the vertebrae. We believe that the observation of pupil tonus can help pinpoint problem areas in the spine.

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Validated in this chart is the Research and Educational use of the chart. It is not intended to be used as a substitute for a medical examination. It is not intended to be used as a substitute for a medical examination. It is not intended to be used as a substitute for a medical examination.

# IRIDOLOGY NUTRITION CHART

ANATOMY	VITAMINS	MINERALS	HERBS/FOODS
ADRENALS	C, E, F, Pantothenic acid	Calcium, Sodium, Nystine, Iodine, Iron, Magnesium, Manganese, Silicon, Sulphur, Tin, Zinc	Jumper, Licorice Root, Ginkgo Kola, Borago, Ginseng, Dulse, Parsley, Chlorella
BLADDER	A, D	Manganese, Potassium	Comfrey, Cornsilk, Golden Seal, Cat Straw, Uva Ursi, Yarrow
BONES/JOINTS	A, B1, C, D, Folic Acid	Calcium, Phosphorus, Fluorine, Potassium, Silicon, Sodium, Sulphur	Dandelion Root, Kelp, Celery, Carrots, Almond, Sesame
BRAIN	B Complex, B12, C, D, E, G	Calcium, Copper, Fluorine, Iodine, Iron, Magnesium, Manganese, Phosphorus, Silicon, Sulphur	Ginkgo Kola, Cat Straw, Red Clover, Valerian, Orange Blossom, Ginseng, Rosemary, Rue Sage, St. Johnswort, Walnuts
CIRCULATION/ BLOOD VESSEL	A, B1, B12, C, D, G, Niacin	Magnesium, Phosphorus, Silicon, Fluorine, Iodine, Iron, Manganese, Sulphur	Hawthorne Berry Tea, Cat Straw Tea, Sprouts, Pickled Nettles, Cayenne, Alfalfa, Chlorella
COLON	A, C, D, F	Sodium, Potassium, Magnesium, Iron	Fennel, Parsley Seed, Slippery Elm, Alfalfa, Chlorella, Chlorophyll
EARS	A, B, C, D	Potassium, Calcium, Phosphorus	Garlic, Nyscop-Sage combination, Marisa Flowers, Mullein, Stargrass, Yellow Dock
EYES	A, B2, C	Calcium, Silicon, Sodium, Fluorine, Manganese, Sulphur	Eyebright, Cat Straw, Dandelion Root, Elderberry, Golden Seal, Marshmallow, Roseberry, Rose Petals
GALL BLADDER	A, C, E	Iodine, Sulphur, Chlorine, Iron, Potassium, Sodium	Dandelion, Lemon, Olive Oil, Chlorella, Golden Seal, Marigold, Rosemary, Yellow Dock, Comfrey
HEART	A, B1, B12, C, D, E	Calcium, Iron, Magnesium, Manganese, Nitrogen, Phosphorus, Potassium, Silicon	Hawthorne Berry, Anise Seed, Cayenne, Garlic, Hawthorn, Motherwort
KIDNEYS	A, B12, C, E	Potassium, Chlorine, Iron, Manganese, Magnesium	Alfalfa, Uva Ursi, Buchu, Comfrey, Juniper, Cat Straw, Parsley, Stargrass, Cornsilk
LIVER	A, B12, C, E, Niacin	Iron, Potassium, Chlorine, Copper, Iodine, Magnesium, Sodium	Yellowdock, Alfalfa Seeds, Archole, Blue Violet, Boroli, Dandelion, Golden Seal, Marigold, Mullein, Nettles, Cat Straw, Saw Palmetto, White Cat Bark, Lemon, Olive Oil
LUNGS/BRONCHIALS	A, B, C, D	Calcium, Copper, Fluorine, Iron, Oxygen, Silicon	Comfrey, Lungwort, Lobelia, Thyme, Eucalyptus, Eucalyptus, Fenugreek, Licorice, Marshmallow, Mullein, Sage
LYMPH SYSTEM	B Complex, E, C	Potassium, Sodium, Chlorine	Pokeberry, Dandelion Root, Golden Seal, Blue Violet Tea, Mullein, Echinacea

ANATOMY	VITAMINS	MINERALS	HERBS/FOODS
MAMMARY GLAND	A, B1, E, F	Chlorine, Sodium, Potassium	Anise Seed, Black Cohosh, Almond Milk, Fennel, Mullein, Sesame Seeds
MEDULLA	C, B Complex	Phosphorus, Silicon, Sulphur	Sage, Rue
MOUTH/THROAT	A, B, C, D	Iodine	Comfrey, Fenugreek, Golden Seal, Licorice, Raspberry, Sage, Garlic
MUSCLES	A, B1, B6, C, D, E, G	Nitrogen, Potassium, Chlorine, Iron, Sodium, Magnesium	Bananas, Potato Peeling Brith, Cat Straw
NAILS	A, D	Calcium, Silicon, Phosphorus, Potassium, Sodium, Sulphur	Cat Straw, Horsetail, Shavegrass
NERVES	A, B Complex, B1, B2, B6, B12, Niacin, C, D, G	Phosphorus, Calcium, Sulphur, Iodine, Magnesium, Manganese	Cat Straw, Valerian, Shavegrass, Lavender, Orange Blossoms, Passion Flower, Peppermint
NOSE/SINUS	A, C, D	Calcium, Chlorine, Silicon	Licorice, Comfrey, Eucalyptus, Fenugreek, Golden Seal, Mint, Sage
OVARIES/GOVADS	A, B, B12, C, E, F	Calcium, Zinc, Fluorine, Iodine, Iron, Phosphorus, Silicon	Elderberry, Raspberry, Catnip, Black Cohosh (seeds), Damiana (seeds)
PANCREAS	B Complex, B1, B12	Sodium, Chlorine, Copper, Iron, Magnesium, Potassium, Silicon, Zinc	Dandelion, Alfalfa, Chlorella, Eucalyptus, Goldenrod, Juniperberry
PINEAL/PITUITARY	B Complex, E	Bronzine, Iodine, Manganese, Phosphorus, Silicon, Sulphur	Mullein, Sage, Valerian, Dulse
PROSTATE	C, B, B12, E, F	Zinc, Calcium, Fluorine, Iron, Potassium, Silicon, Sulphur	Saw Palmetto, Golden Seal, Juniperberry, Buchu, Ginkgo, Kelp, Uva Ursi
SPLEEN	C, B Complex	Copper, Iron, Chlorine, Fluorine, Magnesium, Potassium, Sodium	Dandelion Root, Yellow Dock, Chlorella, Pokeberry, Chlorella
SPINE	A, B, C, D	Calcium, Sodium, Silicon	Comfrey, Saffron, Dandelion, Almond Milk
SKIN	A, B1, B2, C, G, Niacin, PABA	Silicon, Copper, Iron, Manganese, Potassium, Sodium, Sulphur	Cat Straw, Alfalfa, Bay Leaf, Burdock, Chickweed, Elderflower, Sarsaparilla, Yarrow
STOMACH	A, B1, B2, C, D, G, Folic Acid, Niacin	Chlorine, Iron, Magnesium, Potassium, Sodium, Sulphur	Comfrey, Fenugreek, Peppermint, Ginger, Papaya, Marshmallow, Raspberry, Slippery Elm, Alfalfa
THYMUS	A, B, C	Calcium, Fluorine, Iron, Silicon	Dandelion Root, Echinacea
THYROID	A, B6, B12, C, D, E	Iodine, Chlorine, Magnesium, Potassium, Sodium	Dulse, Horseradish, Parsley, Radish, Kelp
TEETH/GUMS	A, B2, C, D	Calcium, Sodium, Silicon, Fluorine, Phosphorus, Sulphur	Ginger, Myrtle, Shepherd's Purse, White Cat Bark, Slippery Elm, Walnut Leaves
UTERUS	B Complex, B12, C, E, F	Calcium, Silicon, Zinc	Black Cohosh, Red Raspberries, Rue

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## Organs, Structures and Fluids of the Body

### [pH and its effect on the organs]

#### Kidneys

The greater the foam in the urine, the more albumin there is, and the more protein found in the urine, the greater the kidney damage.

#### Liver

1. The liver must have anionic calcium or it cannot produce bile. Anionic bile is important and phosphorus is the counter balance.
2. Amino acids are the building blocks of protein. Proteins come into the liver as amines and are broken down by the liver with the nitrogen being turned into urea.
3. Carbonic powder is a man made form of urea.
4. The liver secretes bile or gall into the duodenum by way of the common bile duct.
5. Bile contains no enzymes but rather salts which have a detergent action.
6. Bile contains high amounts of cholesterol which may be precipitated from the bile and form gallstones.

#### Pancreas

1. The sugar levels (carbohydrates) indicate the strength of the pancreas.
2. The pancreas produces a number of enzymes; amylase, a starch splitting enzyme; lipase, a fat splitting enzyme as well as protein splitting enzymes such as tryp-sin and chy-mo-tryp-sin. It is interesting that enzymes cannot function in an acid environment.

#### Saliva

1. Saliva comes from the lymph so we can learn about the body's internal chemistry from the saliva.
2. Saliva tells us what is being put into the body and urine tells us what is being taken out of the body.

#### Tendons

Calcium reserves are found in the tendons.

#### Urea

Urea is simply a compound of ammonia and carbon dioxide. Urea when added to a solution will reduce its conductivity. Mineral salts will increase conductivity but urea will decrease conductivity and so can be of value in controlling high salts in the body.

#### Water

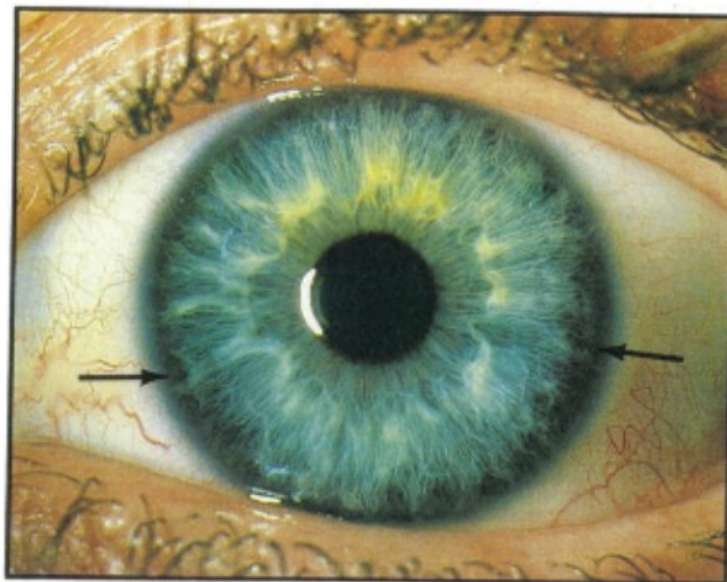
Animal protein must have water to split the protein into urea.

## SCURF RIM

**“The presence of a scurf rim shows under-activity of the tissues involved...mainly the skin and circulatory systems...and shows the patient to be sluggish and filled with toxic waste, particularly, a backup of toxic material from a poorly eliminating skin.”**

**Dr. Bernard Jensen**

**“When the scurf rim appears darker over the long area, it shows that in all probability the skin is not eliminating as well as it should, and the lungs have become overloaded with toxic waste In the body’s effort to eliminate it.” Dr. Bernard Jensen**



### **IRIS SIGN: SCURF RIM**

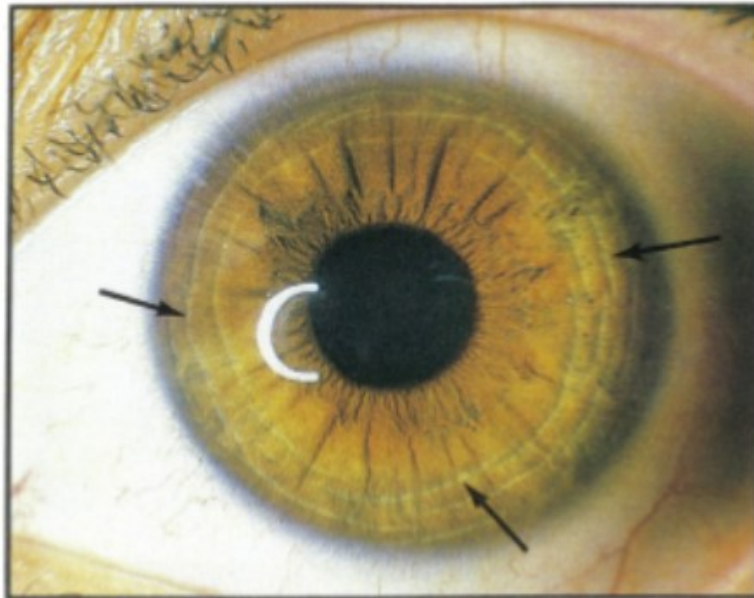
**OBSERVE:** Outer periphery of iris adjacent to the sclera.

**INDICATES:** Toxic encumbrance of the eliminative skin tissue to the degree of darkness and depth of the sign. Poorly eliminating skin and metabolic imbalance due to a lack of circulation and silicon.



## NERVE RINGS

"When the nerve rings goes only halfway around the iris, it shows that only certain organs are affected. It would be well to examine the beginning and end of the nerve ring to see which organs are producing the nerve ring and which are receiving the irritation ... The organ at the beginning of this nerve ring may often appear much whiter than the rest of the organs. One nerve ring doesn't mean there is too much trouble in the body but ... the person whose iris shows many heavy nerve rings is either headed for a breakdown or is in one". Dr. Bernard Jensen



### IRIS SIGN: CRAMP RINGS OR NERVE RINGS

**OBSERVE:** Circular arcs or portions of arcs spread throughout the iris.

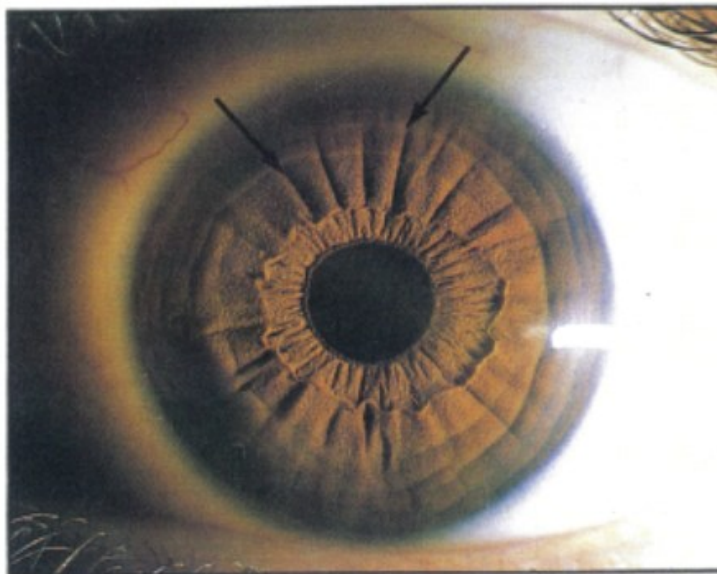
**INDICATES:** A condition of anxiety, tension or stress in the environment which is finding its way into body tissues, resulting in rigidity, stiffness and restriction of blood and nerve supplies. Also known as "neuro-vascular cramping."

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## RADII SOLARIS

"In the intestinal area of the iris is the beginning of radii solaris (rays of sun). These radii which look like spokes in a wheel, branch out from the intestinal area to or through any organ area. They are quite indented, usually dark, and may be even black. This represents a settlement of toxic material and wherever the radii solaris penetrate they indicate that this heavy, dark toxic material is settling....these radii solaris increase in number and darkness as the toxic material builds in the body. The darker their appearance, the more toxin-laden is the body. They also help you to determine which organs are receiving the toxic waste." Dr. Bernard Jensen

"Anytime there is a sunburst, deep, dark lines, this reveals parasites in the body in the place shown. A diabetic's eyes usually look like this with toxic colon and pancreas. As herbs are taken to kill the parasites, the lines will begin to gradually disappear." LaDean Griffin



### IRIS SIGN: RADII SOLARIS

**OBSERVE:** Rays or spokes radiating out from the autonomic wreath or pupil.

**INDICATES:** Toxin absorption originating from the colon and being channeled into the tissue through which the ray passes. Recognized as either radii solaris major or radii solaris minor.

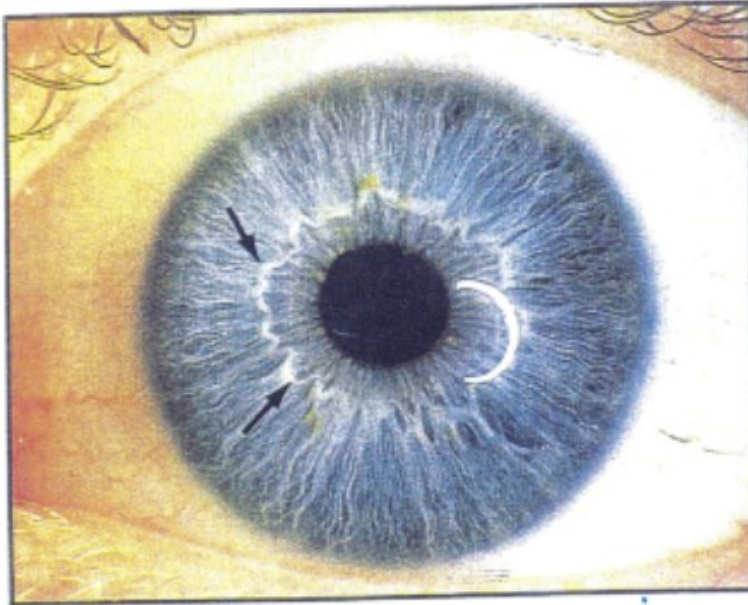
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## AUTONOMIC NERVE WREATH

"In the autonomic nerve wreath, is a line that is usually very white going completely around within the iris. It is located about one-third of the distance from the pupil to the outer edge of the iris ... usually quite jagged ... it is the line which separates the intestinal tract area from the organ areas which surround it. This nerve wreath in the iris is in direct contact with every organ area. When the autonomic wreath is regular in shape and well placed, this indicates a normal functioning of the organs of the body. When the wreath is irregular and extends into points more jagged in some place than others, this denotes poor activity of the organ or organs to which the jagged points are directed".  
Dr. Bernard Jensen



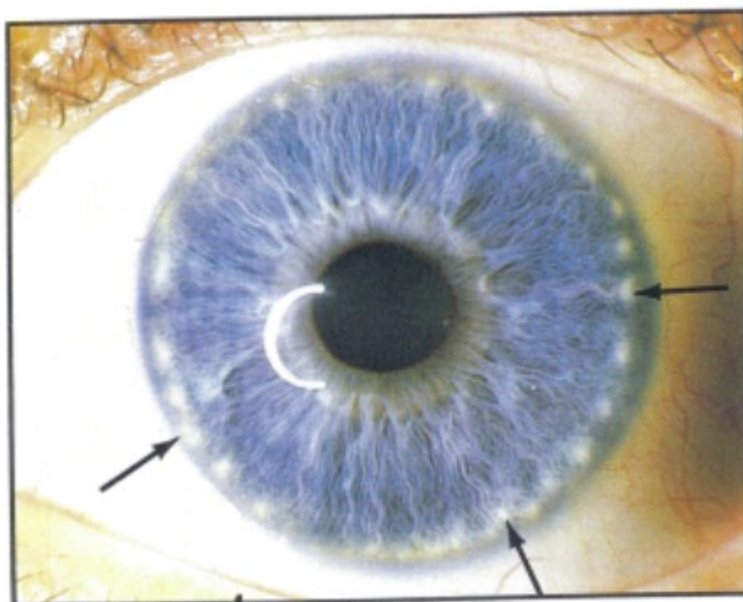
### IRIS SIGN: AUTONOMIC NERVE WREATH

**OBSERVE:** A landmark feature approximately 1/3 the way out from the pupil.

**INDICATES:** Autonomic nervous system response, condition and intestinal integrity.

## LYMPHATIC ROSARY

"The lymph system is not represented in the iris under normal conditions, therefore, you cannot find it when the body is in good health. When the body becomes overladen with toxin wastes, however, the lymphatic system tries to eliminate the excess acids, catarrh, etc. This condition of congestion will be evident in the iris ... When you find a complete rosary, it will be a series of little white spots connected with one another".  
Dr. Bernard Jensen



### IRIS SIGN: LYMPHATIC ROSARY

**OBSERVE:** Just inside the periphery of the iris, small, white beads, clouds or pearls, resembling a rosary on occasion.

**INDICATES:** Congestion, stagnation, swelling and enlargement of the lymphatic tissues.



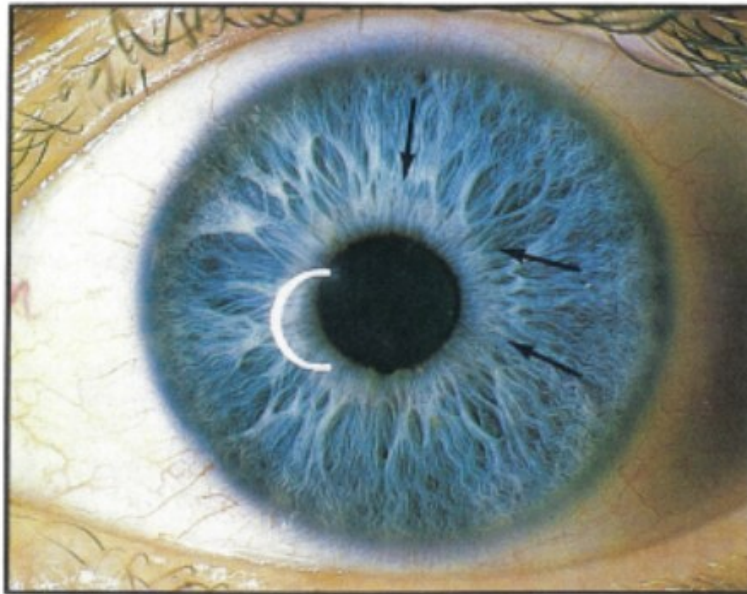
## GLANDULAR IMBALANCE

"Where lines are wavy rather than straight, it shows that the glands are out of balance".

LaDean Griffin

"If a spot appears on the particular gland, this is usually the cause. if the lines are only wavy and no spots show, it is always adrenal (stress)".

"If herbs are taken and the spot goes away with lines remaining wavy, stress is still causing too much work on the adrenals". LaDean Griffin



### IRIS SIGN: POOR NERVE SUPPLY

**OBSERVE:** Portions of autonomic nerve wreath that are broken or less than the predominant quality.

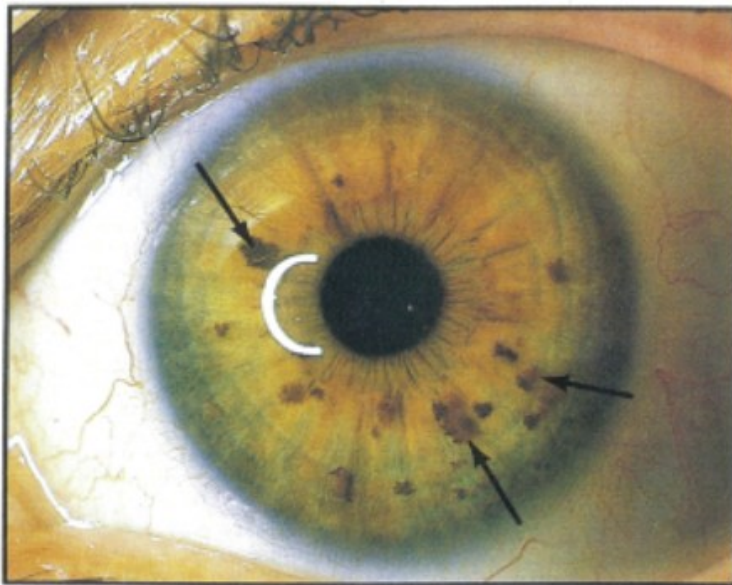
**INDICATES:** Weakened nerve supply to specific organ or tissue areas adjacent to the break. Poorly defined wreath indicates a weak autonomic nervous system and/or insufficient intestinal activity.

## PATHOLOGICAL POLYCHROMIA

In addition to the pigmentation changes of inflammation, there are certain pigmentations that appear on the iris surface at random. These had been thought in the past to be drug or mineral deposits in the tissue, but microscopic examination during cadaveral research indicates these to be deposits of various enzymes such as LDH, SGOT and others that are associated with organ cell damage. These pigmentations are termed "Pathological Polychromia".

Upon a superficial Iris examination, they often appear to look as though they are freckles. These were once thought (and still are by some) to be drug or inorganic mineral deposits. This area of Iris Analysis has, at least until recently, probably caused more confusion than any other. This is because people were being told they had a certain drug-deposit in a certain area when many of them had never taken drugs, or if they had, these were not seen in the eyes.

This confusion has been cleared up now because it is known these are not drug or mineral deposits at all. That is the benefit of research (especially cadaveral) in the verification of these signs.



Pupil

Autonomic  
Nerve Wreath

Pathological  
Polychromia

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## PATHOLOGICAL POLYCHROMIA COLORS

The color of these pigmentations is significant in determining which organs are involved, but the pigmentation position on the iris is of no importance.

Four major pigmentations are:

Dark Brown:	Hepatotropic (Liver)
Reddish Brown:	Porphyryn destruction - indicating some type of a hemalytic condition (Blood)
Orange:	Pancreatic (Pancreas)
Yellow:	Nephrotic (Kidneys )

## TREATMENT CONSIDERATIONS

Most of these spots will stay long after the organ which caused them has been refortified. They can usually be removed by the use of an eye wash made from EW, an herbal combination. To use the eyewash, empty two capsule of the EW combination into a measuring cup. Pour in 8 ounces of boiling reverse osmosis water. Let it steep for eight to ten minutes. Strain the mixture through an unbleached coffee filter. Let it cool, and then wash the eye.

## Iridology

### Iris photography

Steps to perform Iris photography using any handheld device such as a camera phone, iPad, and or tablet.

1. Have the client sit comfortably with their back straight or
2. Have the client stand straight.
3. If the client is unable to stand comfortably, they can lean against the wall.
4. You can stand in front of the client.
5. You can also sit in front of the client.
6. Have the client hold a small flashlight for you and position it one inch from the side of their eye.
7. While the client is holding the flashlight for you adjust the position of the light to illuminate the outside of their eye.
8. Confirm the client is not blinking more than normal due to the illumination of the flashlight and ask them if they are comfortable.
9. Some clients may have light sensitivity therefore move the flashlight away from the light to three inches.
10. Confirm the client is comfortable physically and visually and make adjustments as needed.
11. Confirm you are comfortable physically and visually and make adjustments as needed.
12. Turn on the camera phone and position the phone three inches from the cheek bone to the eyebrow.
13. Using two fingers from your other hand expand the focus to the eye.
14. Move the camera closer and allow the camera to self-adjust.
15. Adjust the focus by expanding the picture with your two fingers again to further expand the picture for a more detailed view.
16. Once you are satisfied with the details of the picture take the photo using your finger to press the white button feature on the camera phone



# Client Information Sheet

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City, State, Zip \_\_\_\_\_

## HEALTH INFORMATION

1. Have you ever had or been diagnosed as having problems with any of the following:

<input type="checkbox"/> Anemia	<input type="checkbox"/> Arthritis	<input type="checkbox"/> Cancer	<input type="checkbox"/> Liver
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Ulcers	<input type="checkbox"/> Digestion	<input type="checkbox"/> Circulation
<input type="checkbox"/> Heart	<input type="checkbox"/> Kidneys	<input type="checkbox"/> Lungs	<input type="checkbox"/> Stomach
<input type="checkbox"/> Prostate	<input type="checkbox"/> Fainting	<input type="checkbox"/> Bleeding	<input type="checkbox"/> High Blood Pressure
<input type="checkbox"/> Nerves	<input type="checkbox"/> Hypoglycemia	<input type="checkbox"/> PMS	<input type="checkbox"/> Alzheimer's
<input type="checkbox"/> Thyroid	<input type="checkbox"/> Ovaries	<input type="checkbox"/> Asthma	<input type="checkbox"/> Hay Fever
<input type="checkbox"/> Skin	<input type="checkbox"/> Throat	<input type="checkbox"/> Epilepsy	<input type="checkbox"/> Hemorrhoids
<input type="checkbox"/> Gallbladder	<input type="checkbox"/> Breast	<input type="checkbox"/> Colon	<input type="checkbox"/> Constipation
<input type="checkbox"/> Tumors	<input type="checkbox"/> Bladder	<input type="checkbox"/> Spine/Back	<input type="checkbox"/> Parasites
<input type="checkbox"/> Spleen	<input type="checkbox"/> Pancreas	<input type="checkbox"/> Edema	<input type="checkbox"/> Weight

2. Occupation \_\_\_\_\_ Date of birth \_\_\_\_\_

3. Are you allergic to any food or medication? \_\_\_\_\_

4. Are you pregnant? ☐ Yes ☐ No If so, how many months? \_\_\_\_\_

5. Are you under a lot of stress? \_\_\_\_\_

6. What conditions are you presently under a physicians care for: \_\_\_\_\_

7. Please list any medications you are taking: \_\_\_\_\_

8. Please tell us how you learned of our service: \_\_\_\_\_

## Client Information

I understand that I am here to learn about nutrition and better health practices and that I will be offered information about food supplements and herbs as a guide to general good health and this is considered a personal ministry and spiritual counseling.

I fully understand that those who counsel me are not medical doctors or practitioners and I am not here for medical-diagnostic purposes or treatment procedures. I am not on this visit or any subsequent visit an agent for federal, state, or local agencies or on a mission of entrapment or investigation.

The service performed by Richard S. Williams are at all times restricted to consultation on the subject of nutritional matters intended for the maintenance of the best possible state of nutritional health and do not involve the diagnosing, treatment or prescribing of remedies for disease.

Date \_\_\_\_\_ Signature \_\_\_\_\_

## SUNSHINE HOUSE MINI IRIDOLOGY ANALYSIS!

### 1...DIGESTION CONCERNS: ... (ZONE ONE... AROUND THE PUPIL)

A...Stomach: Over Acid \_\_\_ Under Acid \_\_\_ Malabsorption \_\_\_

B...Suggested aides: \_\_\_\_\_

### 2...INTESTINAL CONCERNS: ... (ZONE TWO... SMALL AND LARGE)

A...Pockets: \_\_\_ at \_\_\_ Ballooned: \_\_\_ at \_\_\_ Stricture: \_\_\_ at \_\_\_  
Spasms: \_\_\_ at \_\_\_ Prolapsus: \_\_\_ at \_\_\_ Other \_\_\_\_\_

B...Suggested aides: \_\_\_\_\_

### 3...CENTRAL NERVOUS SYSTEM: ... (ZONE THREE)

A...Regular: \_\_\_ Irregular: \_\_\_ Raised: \_\_\_ at \_\_\_  
Inflamed: \_\_\_ at \_\_\_ Aggravated: \_\_\_ at \_\_\_ Sensitive: \_\_\_ at \_\_\_

B...Suggested aides: \_\_\_\_\_

### 4...SMALL ORGANS:.....(ZONE FOUR)

A...Observations: \_\_\_\_\_

B...Suggested aides: \_\_\_\_\_

### 5...LARGE ORGANS: .....(ZONE FIVE)

A...Observations: \_\_\_\_\_

B...Suggested aides: \_\_\_\_\_

### 6-A...LYMPHATIC SYSTEM: ...(ZONE SIX)

A...Rosary: \_\_\_\_\_

B...Suggested aides: \_\_\_\_\_

### 6-B...CIRCULATORY SYSTEM:...(ZONE SEVEN)

A...Arch: \_\_\_ Sodium Ring: \_\_\_ Scurf: \_\_\_

Other: \_\_\_\_\_

### 7. SKIN AREA (ZONE SEVEN)

A: Observations:

B: Aids

### 8. ADDITIONAL INFORMATION:

- \*Combine foods properly. See attachment.
- \*Eat according to your blood type.
- \*Don't drink with your meals. (30 min. before or after)
- \*Drink ½ body weight in ounces of pure water daily.
- \*Take 3 Food Enzymes or Proactazyme 15 min. before each meal. 100% fruit meal excepted.
- \*Maintain body pH at 6.5 urine/saliva.
- \*Compensate for nutrient depletion as a result of consuming prescription drugs.

### Five Steps to Reach & Maintain Health

1. Cleanse the Intestinal System
2. Improve the Digestive System
3. Build the Immune System
4. Support weak systems
5. Maintain all systems at optimum levels



\*\*\* CLIENT MUST READ AND SIGN \*\*\*

Date: \_\_\_\_\_

To the Iridologist:

To establish and clarify my purpose in coming to you for a consultation, I want to clearly state that my interest is in learning a good path to follow and a good nutritional program. I want to change my present habits and establish new habits and a new way of living to build good health. I understand it is MY personal decision to follow your nutritional program or not to follow it.

I thoroughly understand that this program does not replace any additional professional counseling with any doctor I may wish to consult; that your analysis and nutritional counseling is an adjunctive analysis which can be coordinated with any advise, treatments, or prescriptions recommended by my regular physician; that this program is not intended to be in any conflict whatsoever with any other recommendations or treatments by other doctors or practitioners who are licensed by State and Federal laws, and also, that the decision to follow or reject this program is left to my own discretion.

In addition, I fully and completely understand that you do not treat nor do you make any recommendations for the treatment of any disease in any form or in any manner whatsoever, and I wish to assure you that I am in no way asking for such treatment.

Again, I wish to state that I clearly understand that this analysis and consultation is not meant to take the place of any other form of analysis, counseling, or diagnosing by my regular physician or any other licensed doctor or practitioner.

Respectfully yours,

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Printed Name)

If we are to cure disease, every organ in the whole body has to be considered. For the best of health, every organ must be healthy. Every organ is affected by the toxic level of our body, the amount of congestion in the lymph system, by chemical imbalances, anemia, venous congestion, brain anemia or senility signs, muscular activity, glandular secretions, calath accumulations, nerve

depletion, environmental pollution, drug accumulations and side effects, spectrum circulation infections, mental disposition, stress, nutritional intake, state of the elimination organs, climate clothing, color environment, the muscular activity we enter into, the amount of sunshine, etc. To heal a disease is to heal the whole body.

#### ACUTE INFLAMMATION

Represents tissue overactivity, congestion, calath discharge, pains, aches, levers. Devilizes all body defenses.



#### STRONG CONSTITUTION

Generally strong vitality, resistance, energy reserves, strong genetic pattern. The greatest factor for overcoming any disease in any organ.



#### AUTONOMIC NERVE WREATH

Reveals genetic pattern and the causes of reflex symptoms throughout the body. Any organ can reliably affect any other organ.



#### SUBACUTE LESION

Tissue energy has been drained; discharges and symptoms are suppressed and weak organs are underactive.



#### HEALING SIGNS

Definite signs that toxic levels are being lowered and chemical balance is being restored. Usually every organ demonstrates healing signs.



#### POOR NERVE SUPPLY

Nerve supply is the first requisite for the organs to be well. Any weakness overworks other nerves and robs the reserve nerve elements throughout the body.



#### CHRONIC LESION

90% of all diseases treated in America are chronic, settled in the body. Symptom suppression, drugs, junk food and lifestyle have brought it on. The body is running at about 60% efficiency.



#### OVERACID STOMACH

A sign of sodium salts in the body which eventually will affect the joints.



#### CLOSED LESION

The health of every other organ must be elevated for an organ represented by a closed lesion to become free of congestion



#### DEGENERATIVE LESION

Body has used all its available health principles and is making its last ditch fight for survival.



#### UNDERACID STOMACH RING

A sign of depletion of sodium here and in every other organ.



#### OPEN LESION

A sign all elimination organs are responding for its care.



#### WEAK CONSTITUTION

Generally poor vitality, resistance, energy reserves. An inherent weakness in any organ keeps other organs from working at top efficiency. Any symptom indicates whole body is affected.



#### ABSORPTION RING

A sign the body is not getting all the good from foods being eaten. Every organ suffers and can starve because of this.



#### RADI SOLARIS

Genetic pattern inherent weakness from the bowel out. Nervous and toxic symptoms are mostly responsible for trouble manifesting itself







#### CATARRHAL EYE

Background eating, environment, pollution, drugs, enervation keeps catarrh and waste from eliminating fast enough.



#### PROLAPSIS

Pressure symptoms are developed that keep all organs below the transverse colon anemic due to poor circulation.



#### ARCUS SENILIS

Every brain function is impaired which, in turn, slows down every organ in the body.



#### MIAMIC OR MURKY EYE

A drug eye showing side effects that affect every organ in the body.



#### BOWEL STRICTURE

Caused by effect of emotional stress on a genito weakness in the bowel. Reduced elimination affects every other organ in the body.



#### CHOLESTEROL OR SODIUM RING

Circulation is slowed to every organ in the body because of arterial blockage. A sign of vascular degeneration.



#### SINUS CONGESTION

This interferes with the proper circulation of blood, especially to head areas, which eventually affects every organ in the body.



#### BALLOONED BOWEL

Toxic stasis source that produces toxins which infiltrate inherently weak organs and tissues.



#### ANEMIA IN EXTREMITIES

A sign every organ cannot repair or rejuvenate because of poor blood circulation and lack of proper nutrition.



#### OVERACID BODY CHEMISTRY

Youth qualities are being lost; acidity is the grim reaper.



#### BOWEL SPASTICITY

Emotional nerve depletion, resentment, resistance, are felt in the viscera. This contributes to colitis and other bowel problems.



#### CRAMP RINGS OR NERVE RINGS

These show overuse and degeneration of nerve supply. Every organ is affected. Mind and body not in proper coordination.



#### PSORA/HYPERPIGMENTATION

Congenital weakness and congestion affects that keep organs from having the highest health efficiency for repair and rejuvenation.



#### BOWEL POCKETS

These are sources of low-grade infections that can readily infect other organs and tissues anywhere in the body.



#### VENOUS CONGESTION

Indicates slowed circulation to heart, impaired oxygenation and nutrition of tissue, impaired waste removal.



#### NEURO-GENETIC ARC REFLEX SYNDROME

A reflex activity taking place that affects the toxic level of every organ in the body.



#### LYMPHATIC ROSARY

Lymph congestion affects every organ in the body, especially organs nourished or drained through minute passageways that are easily blocked. Blockage can



#### SCURF RIM

The skin is our largest elimination organ. A storage repository for silicon. This element is necessary in the case of our nervous system, in elimination of catarrh and in keeping the elements well integrated.

# SIGNS IN THE SCLERA

There are ten maps to human bodily being in and around the eyes. The sclera, or whites of the eyes, are the fourth map. Below is a summary of typical sclera markings, which describe purely physical conditions as influenced by physical (22%), emotional (37%), Oedipal (16%) and mental (25%) causes. Lines tend to be oriented toward the iris (the closer, in general, the more important). Also visible are conjunctiva lines (a different map—see #15 below), which overlay the sclera and show influences on the emotional only.

Markings #25-34 below indicate specific vascular circumstances or tendencies. However, all other body tissues are shown. (Causes of human difficulties can be karmic, physical, emotional, etheric, mental, psychic, causal, or entities.) May all be oriented to the bright light of life-positive health practice in Real Happiness.

1. short indicator (simple stress, congestion or dysfunction, or inherited tendency thereon).
2. medium indicator (medium stress, congestion or dysfunction—a longer line).
3. long indicator (lines may fork or otherwise reach close to or touch iris).
4. influence line means secondary involvement, as shown by attached influence line, which may travel to one or more areas, influencing all.
5. short branch is a shorter branch coming from a primary line, and means trauma and/or tumor or injury.
6. congestion line is a meandering vessel that may be in any area and involve any type tissue or quality, including mental and emotional. Thicker lines mean greater congestion.
7. small fork with equal tines means the effect is more advanced, possibly stones or tumor. (Fork location, size, shape, thickness and tine length all have significance.)
8. encapsulation describes abnormal growth or tumor with possible infection (fork with ends bending inward, or a hook with raised gel).
9. abnormal tissue shows either tendency to or actually developing extreme tissue vulnerability, high toxicity or critical exposure to toxic element(s). Shown by fine webbing or network.
10. sawtooth line means general bodily collagen and vascular damage from impure diet.
11. connective tissue breakdown is fine parallel lines, often closely (but sometimes widely) placed; damage is more advanced, involves collagen and general connective tissue.
12. infection line is shown by parallel lines, a specifically local but non-enclosed infection.
13. infection pocket means specific enclosed local parasitic infestation.
14. eye infection is seen as intensely rich but temporary red mesh that disappears as infection abates.
15. emotional stress (properly a Conjunctiva Map sign) appears in the superficial conjunctiva layer which lies atop the sclera. Brighter, more dramatic, sharper edges than the somewhat similar but deeper protein lines.
16. immune tangent is line of any length running roughly parallel and close to or even up onto iris rim. Indicates local immune compromise.
17. pinguala (fatty gel adjacent iris at or near 3:00 and 9:00 each eye); clearer = more gall bladder involvement, yellower = more liver involvement, eggshell = vitamin A processing dysfunction.
18. protein lines show protein metabolism dysfunction, with fine, smooth, relatively pale branching lines, deeper and softer than emotional stress markings.
19. fermentation is a local sign shown by tiny black or blue spots or dots as compact patch at end of a line or as loose cloud. A sugar metabolism dysfunction, more frequently seen in brain areas.

20. melanin a. = small brown spirochetes lined up close to iris rim denoting mild to moderate liver hardening. melanin b. = brown patches or watercolor-like spirochetes forming pigmented areas away from the iris rim, denoting more severe hardening of liver and more sugar system involvement. (Note: more important when in blue or hazel eyes.)
21. lunula means venous congestion, as seen by blue swatch or shading (a.) hugging the iris rim, or (b.) as a large paler blue crescent in the medial quadrant.
22. drug imbedment (meander with straight comparison) pharmaceutical-type drug imbedment, poisoning and lowered local function.
23. surgery lines Shown are 2 of 3 different local markings, the (a) free and the (b) connected parallel, straighter and thicker than the lowered immune tangent. (Note drug involvement in (b).)
24. injury marks (shown are 2 of 10 markings indicating local physical trauma injury; there is also a mark for general physical trauma injury).

## The Specific Vascular Signs

25. spindle can represent muscles of local blood vessels lying tone.
26. squiggle is early indicator of compromised vascular integrity and blood flow; the sign for high b/p.
27. plaque lines are thicker parallels showing hardened local plaque buildup.
28. fatty buildup in vessels shown by thin line beside thick one.
29. sandwich line means hardened plaque and fatty material buildup, plus infection.
30. tortuous line means local fever-damaged vessels (especially in kidneys). More extreme convolution and thickness means it's been there a longer time.
31. arterial hardening with venous congestion, local.
32. heartwash soft reddish watercolor wash in heart areas; important sign of heart affection which may be physical, emotional or both.
33. vessel pool shows area of stagnant circulation. Local vessels have pockets or pools of blood.
34. multi-pool shows local blood pooling is more prevalent or exaggerated.

# *Major Iris Types*

Lymphatic

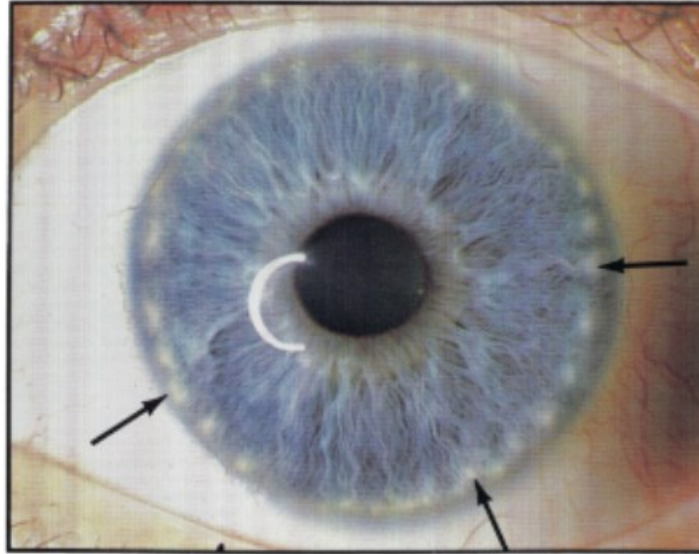
Biliary

Hematogenic

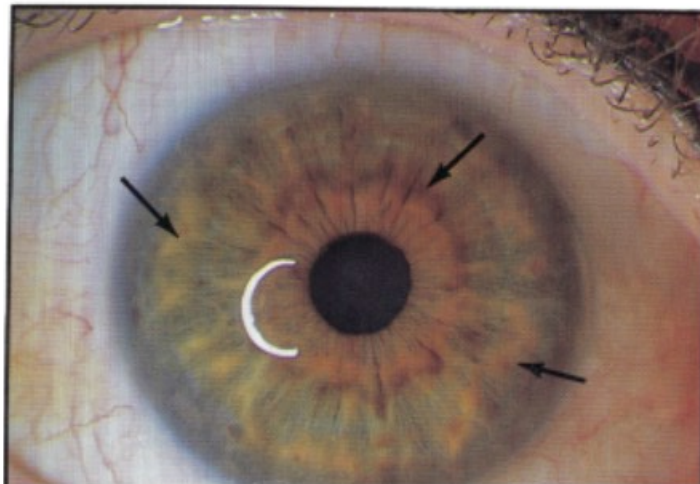




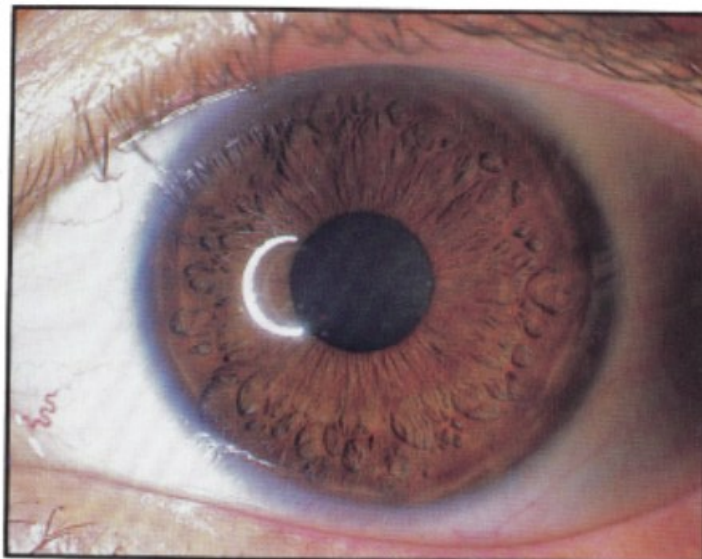
Lymphatic



Biliary



Hematogenic



## LYMPHATIC IRIS CONSTITUTION

### **OBSERVE**

Delicate blue or blue-gray iris, often a white collarette (ANW). The fibers are easily viewed and may be straight and silk-like, or slightly wavy and moderately spaced or may be loosely arranged and open. You may see other colors in various locations within this blue eye. A genetic blue color does indicate the Lymphatic Constitution; variations will be considered in the subtypes.

### **POTENTIAL CHARACTERISTICS, BEHAVIORS, RISK FACTORS**

(These are health problems that can occur if you do not take care of yourself. Keep mind, you never have to experience any of these problems since they are simply a “genetic predisposition”.

1. Catarrhal (mucous) afflictions arising from an over active lymph system.
2. Overactive immune system.
3. Allergies.
4. Superficial infection of the mucous membranes; mucousy disposition & release.
5. Common reaction sites are: tonsils, upper respiratory, lungs, nasal or sinus congestion, enlarged adenoids, uro-genital tract, lining of stomach, intestines.
6. Skin afflictions such as eczema, dandruff, dry skin, psoriasis.
7. Arthritis, rheumatic disorders, stiffness and aching muscles.
8. Kidneys over stressed, adrenals, thyroid insufficiency, digestion weakness.

### IF YOU OBSERVE

White/Gray color to iris. Straw yellow color may also be seen.

### POTENTIAL

Over acidity; more stress on kidneys or arthritis.

### **NUTRITIONAL CONSIDERATIONS**

1. Vigorous exercise for the lymphatics; pump arms, legs and breath to move the lymph. Trampoline exercise is very effective.
2. Drink more water! At least 8 glasses a day.....distilled is best.
3. Elimination of mucous-forming foods (all dairy, processed white flour products) often make a immediate improvement. (Other mucous producing foods include eggs, wheat in any form, animal proteins, bananas, soy.....may need to also be eliminated).
4. Assist elimination of the lymphatics by opening the 4 major eliminative channels: kidneys, bowel, lungs, skin. This may include colon cleanse, sweating and skin brushing, breathing exercises, drinking more liquids, fasting, etc.
5. Lymphatic massage is very helpful.
6. Increase intake of vegetables (raw and lightly steamed) and fresh vegetable juice.
7. Fasting—begin with 1 day a week. After a few months, increase to 3 days in a row each month. After several months, increase to a 7 day fast every 4 months. Consult with your health practitioner about the details of this.
8. Improve digestion....enzymes with meals and between meals. Consult your practitioner.
9. For kidney/bladder support in an over acid system: drink more water, parsley tea, watermelon juice and watermelon seed tea, cranberry juice (unsweetened), lemon juice in water (unsweetened). No red meat, coffee, chocolate, alcohol, citrus, dairy, sugar, white flour. And all of the above.
10. Diet of living foods high in enzymes (sprouts, fruits, vegetables, soaked nuts and seeds), low fat and low protein would help the cleansing ability of the lymphatic constitution.
11. Herbs, vitamins, minerals, nutrients...as suggested by your health practitioner.



## **BILIARY (MIXED) IRIS CONSTITUTION**

### **OBSERVE**

A slight to moderate brown pigmentation of the superior iris layers with the underlying layers reflecting a lighter or almost whitish appearance. May be concentrations of gold-brown to red-brown pigments encircling the collarette (ANW), and radiating outward in spoke-like fashion. Many people with this color will say they have brown or hazel colored eyes, but when observed more closely, the underlying lighter base color shows through. Fibers will be seen in this constitution. This iris is prone to pigmentary changes and may be observed to lighten, possibly caused by healing and cleansing taking place.

### **POTENTIAL CHARACTERISTICS, BEHAVIORS, RISK FACTORS**

(These are health problems that can occur if you do not take care of yourself. Keep in mind, you never have to experience any of these problems since they are simply a “genetic predisposition”.

1. Liver and gallbladder insufficiencies.
2. Weakness in pancreas function.
3. Gastrointestinal disturbance and digestive zone is more densely pigmented.
4. Disturbances such as constipation, diarrhea, flatulence, blood sugar highs and lows, liver and gallbladder problems may all be known.

### **NUTRITIONAL CONSIDERATIONS**

1. Eliminate all heated oils and fried foods from diet. Fats should be kept at a minimum.
2. Eliminate all sweets from the diet; include fruit temporarily if blood sugar is very low.
3. Increase vegetable intake, especially green, red, and orange vegetables.
4. Drink fresh juices such as mixed: carrot, celery, beets, spinach, parsley, cucumber, greens.

5. Diet high in complex carbohydrates, high fiber, low fat, low protein, vegetables, fruits, whole grains, soaked nuts and seeds, would be an excellent way of eating for the Biliary Constitution.
6. Digestive enzymes and high enzyme (live foods) diet. Consult health practitioner.
7. Bowel tonics and colon cleanse. Consult with health practitioner.
8. Drink at least 8 glasses of water a day (distilled).
9. Delete mucous forming and constipating foods (dairy and wheat especially).
10. Eliminate sweets, salt, alcohol, drugs, caffeine, red meat.
11. Eat a lot of fresh salads with lemon and pure virgin olive oil dressing.
12. Chlorophyll supplements. Consult health practitioner.
13. Herbs, vitamins, minerals, nutrients. Consult health practitioner.

## HEMATOGENIC IRIS CONSTITUTION

### OBSERVE

True, pure brown iris. Densely pigmented layer with little or no fibrous display. Microscopic examination will disclose the underlying fibers only in iris sectors reflecting organ insufficiencies (lacuna). Areas of irritation will appear lightened.

(Note: brown pigment in sclera is normal for this iris type.)

### POTENTIAL CHARACTERISTICS, BEHAVIORS, RISK FACTORS

(These are health problems that can occur if you do not take care of yourself. Keep in mind, you never have to experience any of these problems since they are simply a “genetic predisposition”.)

1. Imbalance in blood composition; thick blood.
2. Inability to store essential minerals.
3. Constriction and hardening of lymphoid tissue.
4. Gastrointestinal tract needs: digestive and eliminative.
5. Anemia and circulatory system insufficiency.
6. Glandular system needs (thyroid, adrenals, pineal, pituitary, pancreas, thymus, gonads).
7. Gallbladder, spleen insufficiency.

### NUTRITIONAL CONSIDERATIONS

1. Increase blood-building foods such as: greens of all kinds, beets, black cherries, black berries, red cabbage, concord grapes, strawberries, apples, spinach, alfalfa, watercress, celery, oats, barley.
2. Vegetable juices including: carrots, beet, greens, wheat grass juice.



3. High fiber foods, (vegetables, whole grains. Legumes, fruits, nuts, seeds) and extra fiber can be added with oat bran and rice bran. Do not eat processed or devitalized foods.
4. Avoid all fried foods and heated oils; avoid junk food and refined foods. A diet of fresh fruits and vegetables, whole grains, legumes, soaked nuts and seeds, extra fiber, will keep this gastrointestinal system in a healthy condition.
5. No ice cold beverages with meals; no hot liquids with meals; room temperature distilled water in very small amounts only to sip with meals is best.
6. Improve digestion with high enzyme (live foods) diet. Supplement with food enzymes; as suggested by your health practitioner.
7. Clean the blood: as suggested by your health practitioner.
8. Mini-fasting sessions for cleansing the body: as suggested by your health practitioner.
9. Chlorophyll supplements and nutrients for blood cleansing and building.
10. Cleanse the lymphatics as needed. Consult health practitioner.
11. Foods high in mineral content: especially calcium by eating green leafy vegetables, carrots, sesame seeds & tahini, soy products, almonds, asparagus, brewers yeast, broccoli, cabbage, blackstrap molasses, carob, collards, dandelion greens, dulse, figs, fiddleheads, kale, kelp, mustard greens.
12. Colon tonics and colon cleanse programs: consult health practitioner.
13. Liver tonics and liver cleanse: consult health practitioner.
14. Mineral and vitamin supplements as needed.
15. Trace minerals may be supplied through sea vegetables or trace mineral supplementation.
16. Glandular support as needed: consult health practitioner.

# *Body Systems*

## Significant Areas of the Iris for Each Body System





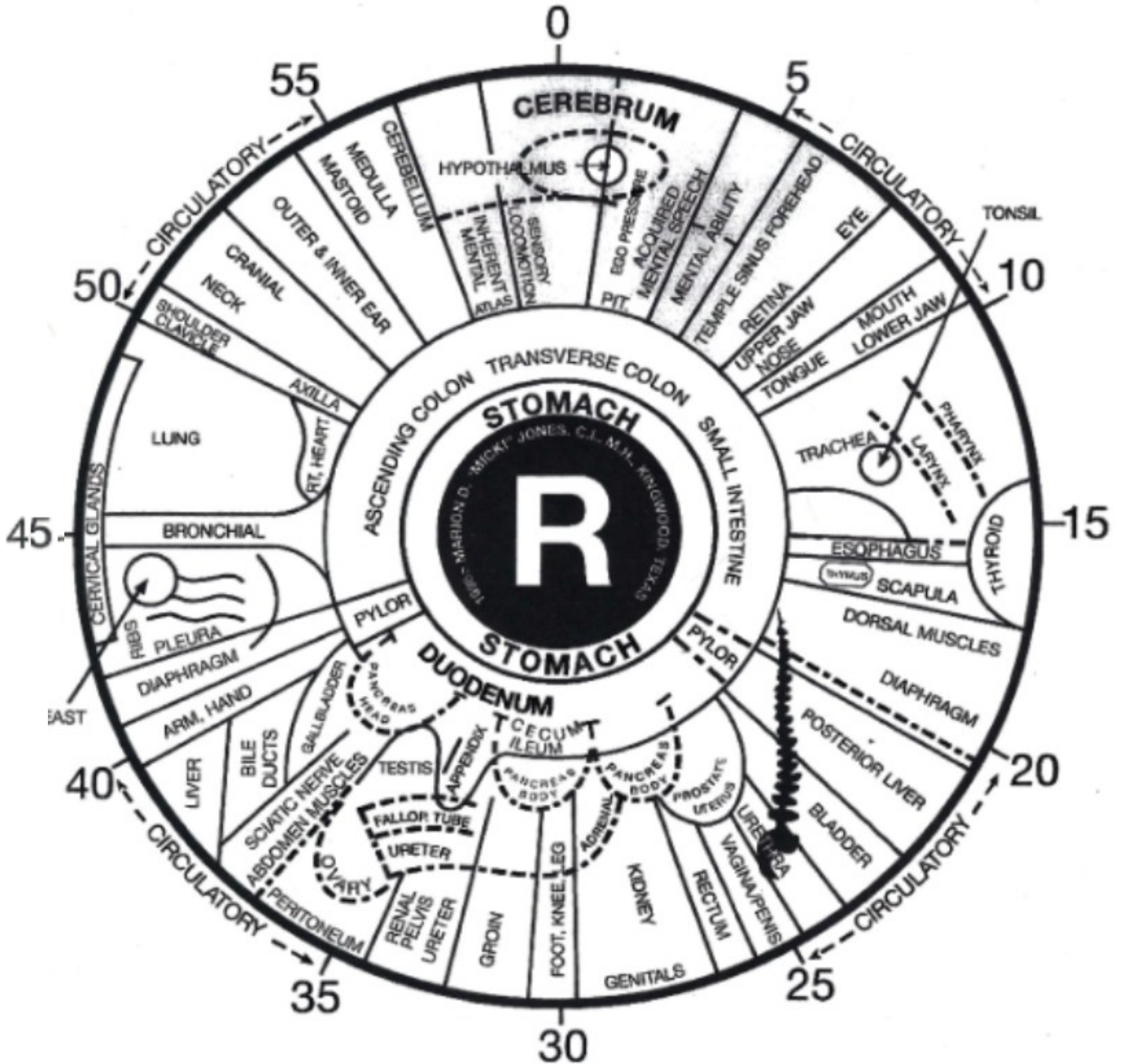
Adapted from Image by Gerd Altmann from Pixabay

# *Brain*



# Brain

RIGHT IRIS



LEFT IRIS





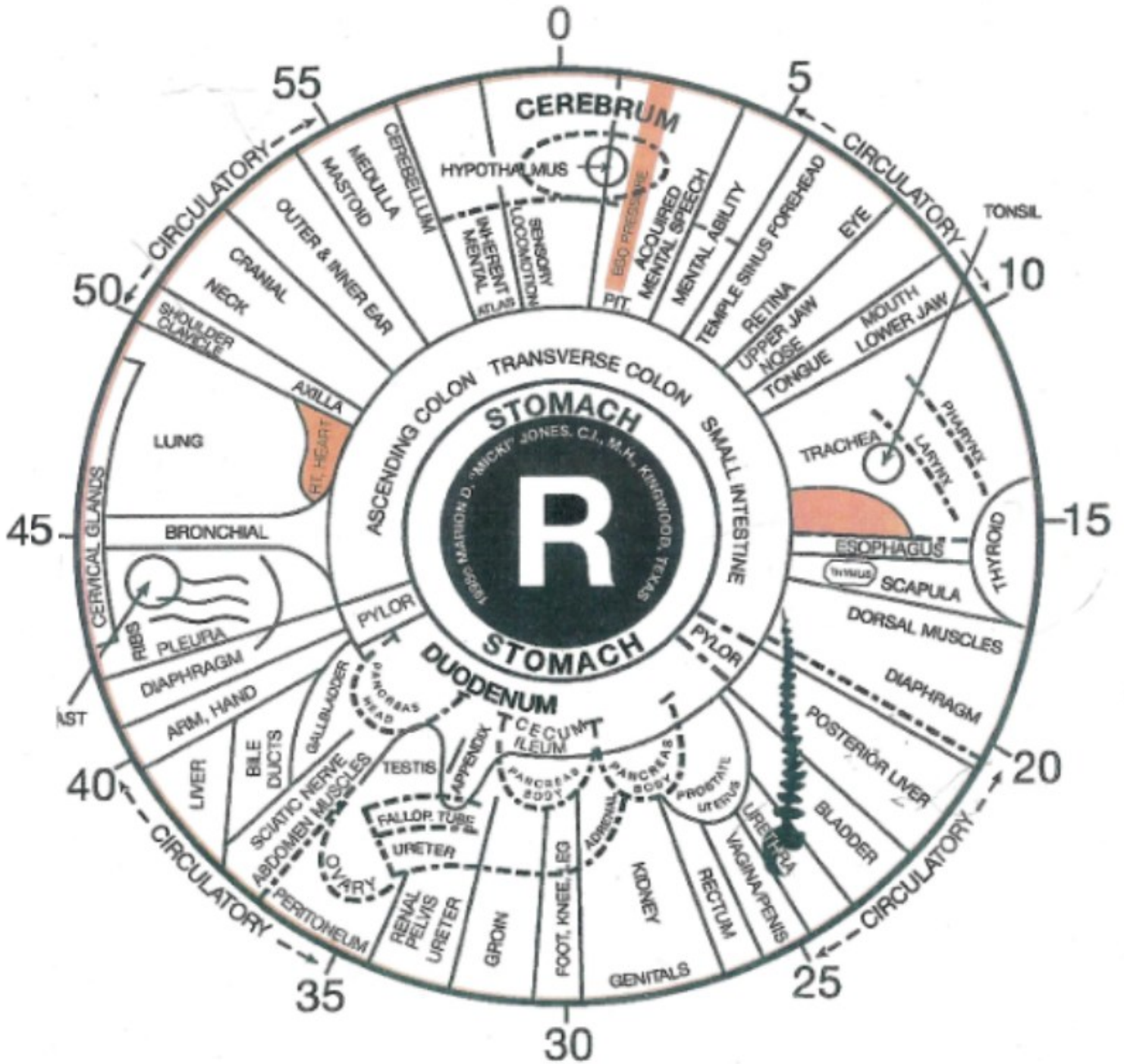
Image by Kashif\_Malik from Pixabay

# *Circulatory System*

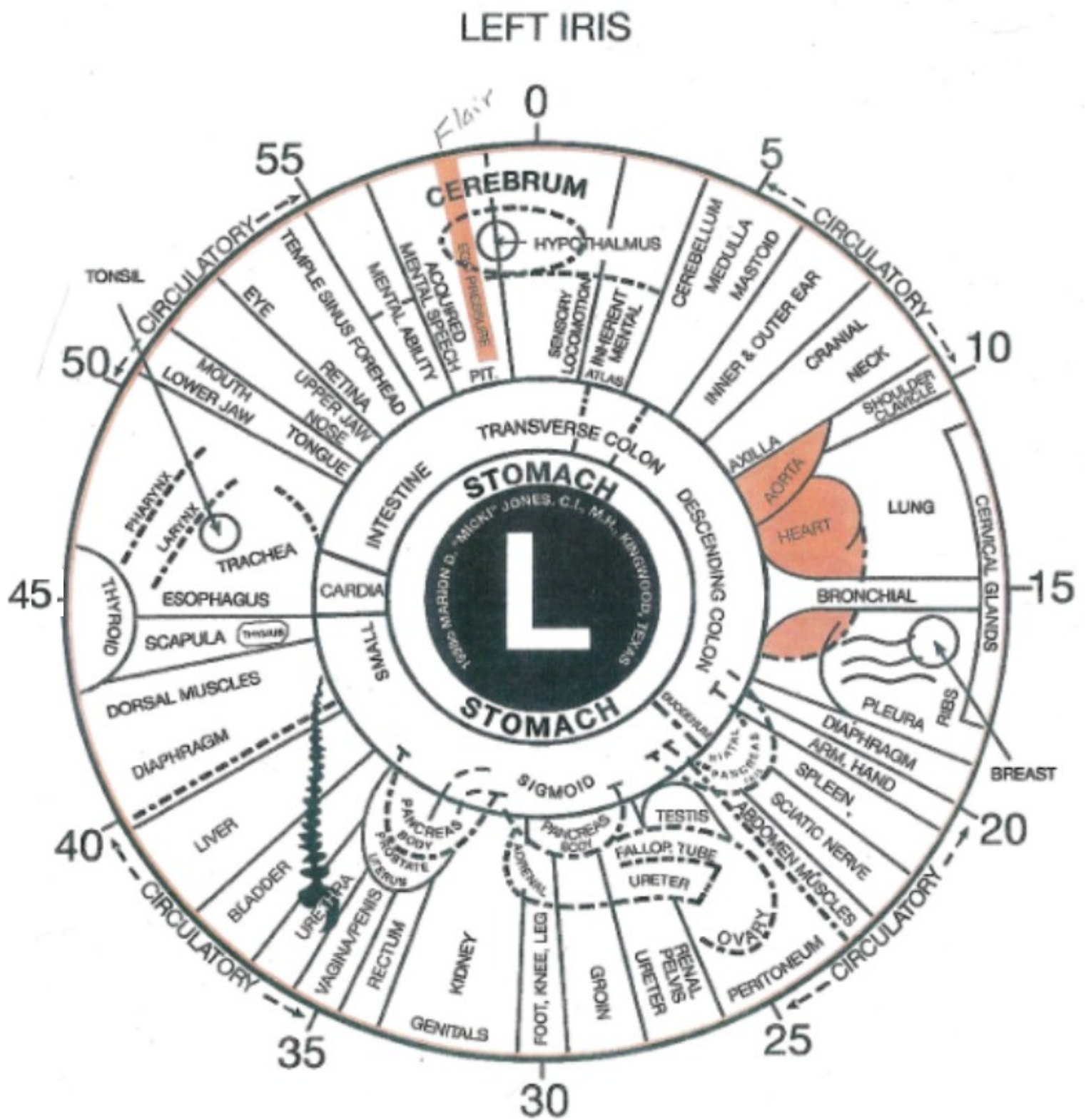


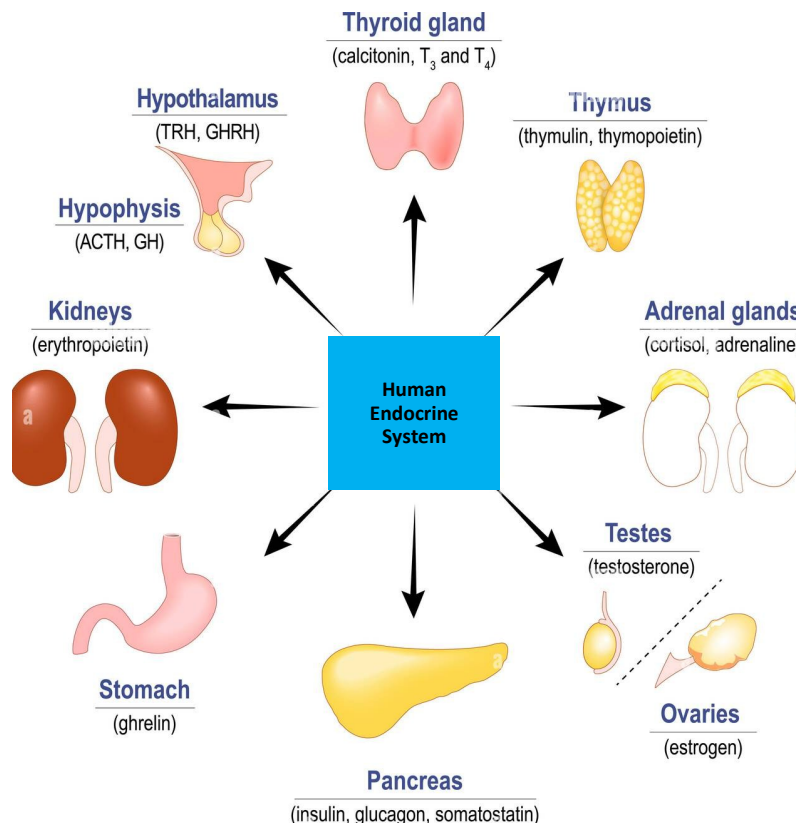
## Circulatory

RIGHT IRIS



## Circulatory

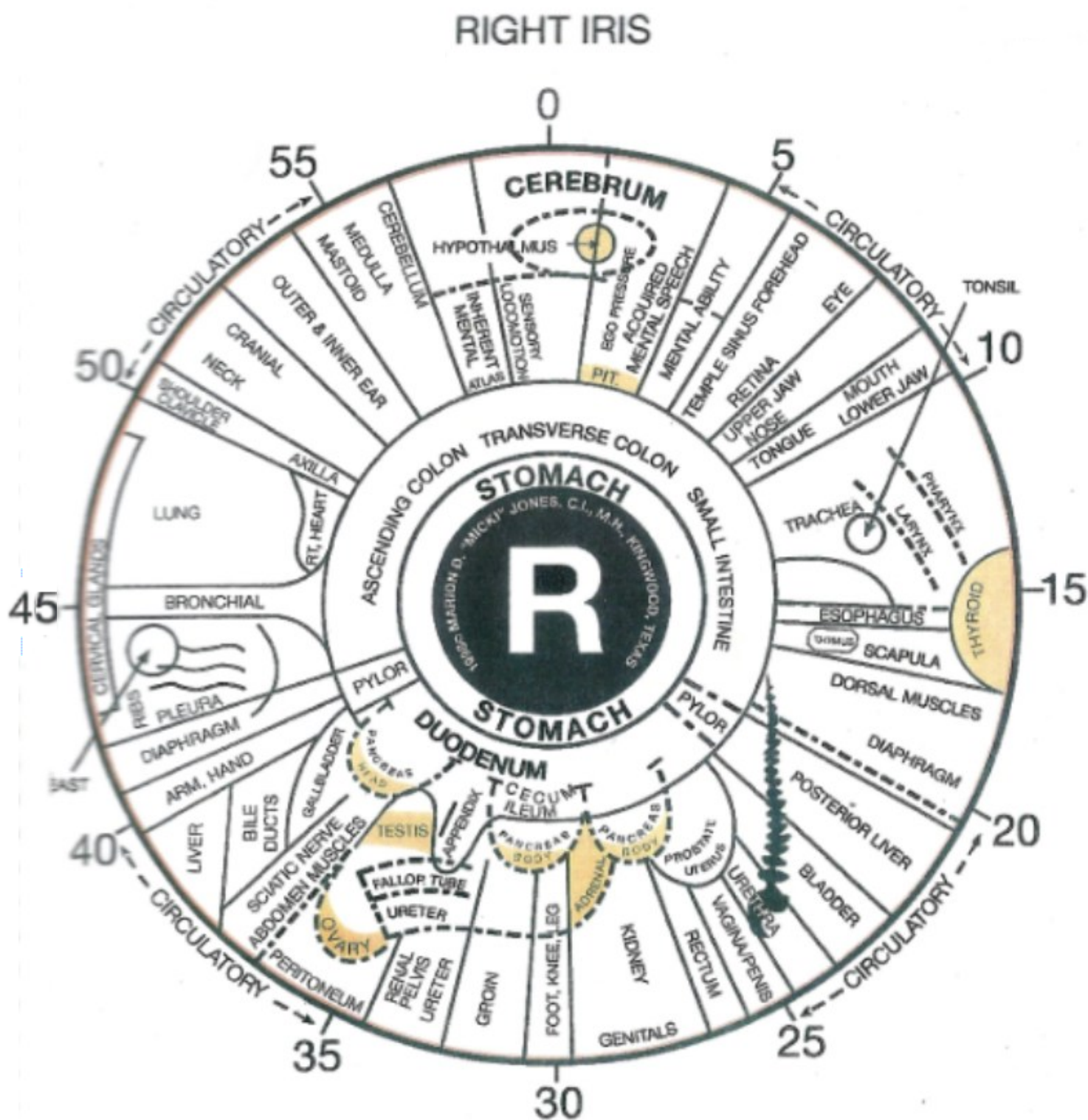




# Endocrine/Glandular System

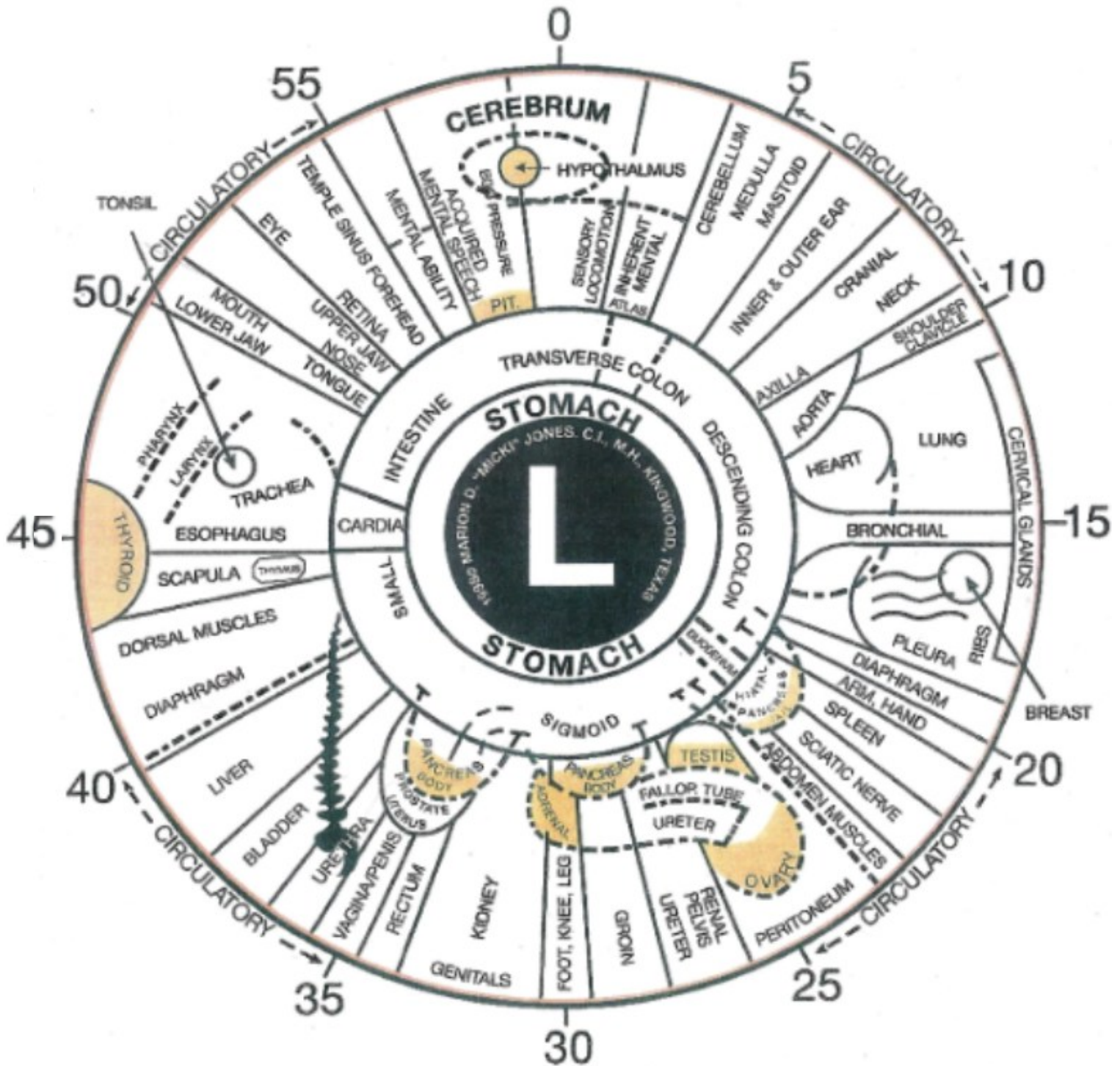


## Endocrine/Glandular

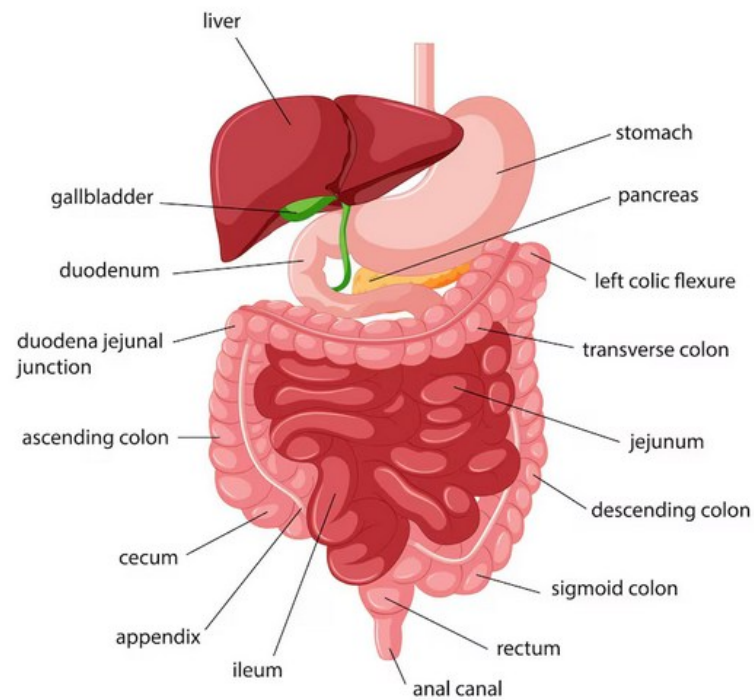


# Endocrine/Glandular

LEFT IRIS



## INTERNAL HUMAN DIGESTIVE SYSTEM

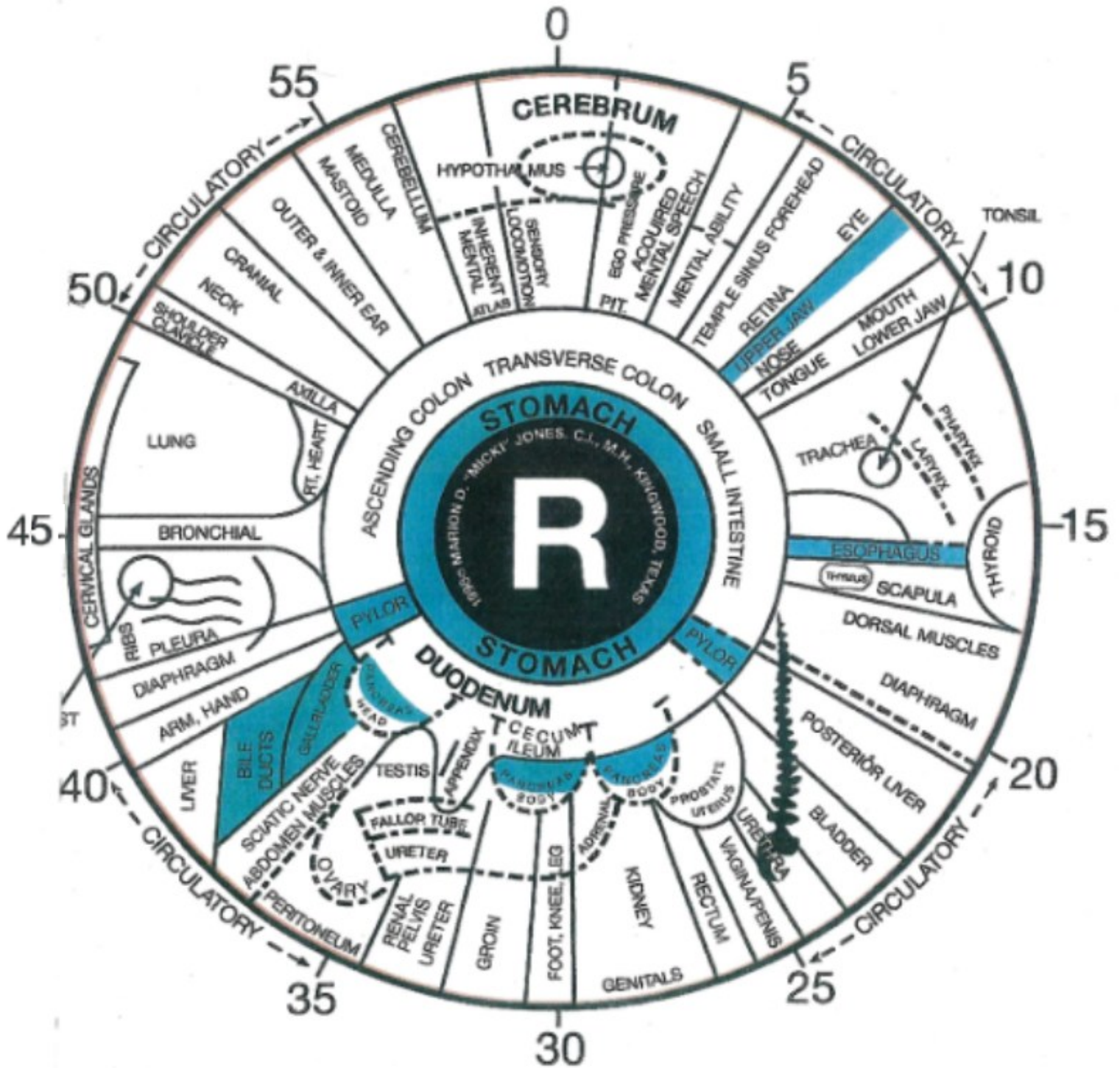


*Digestive*

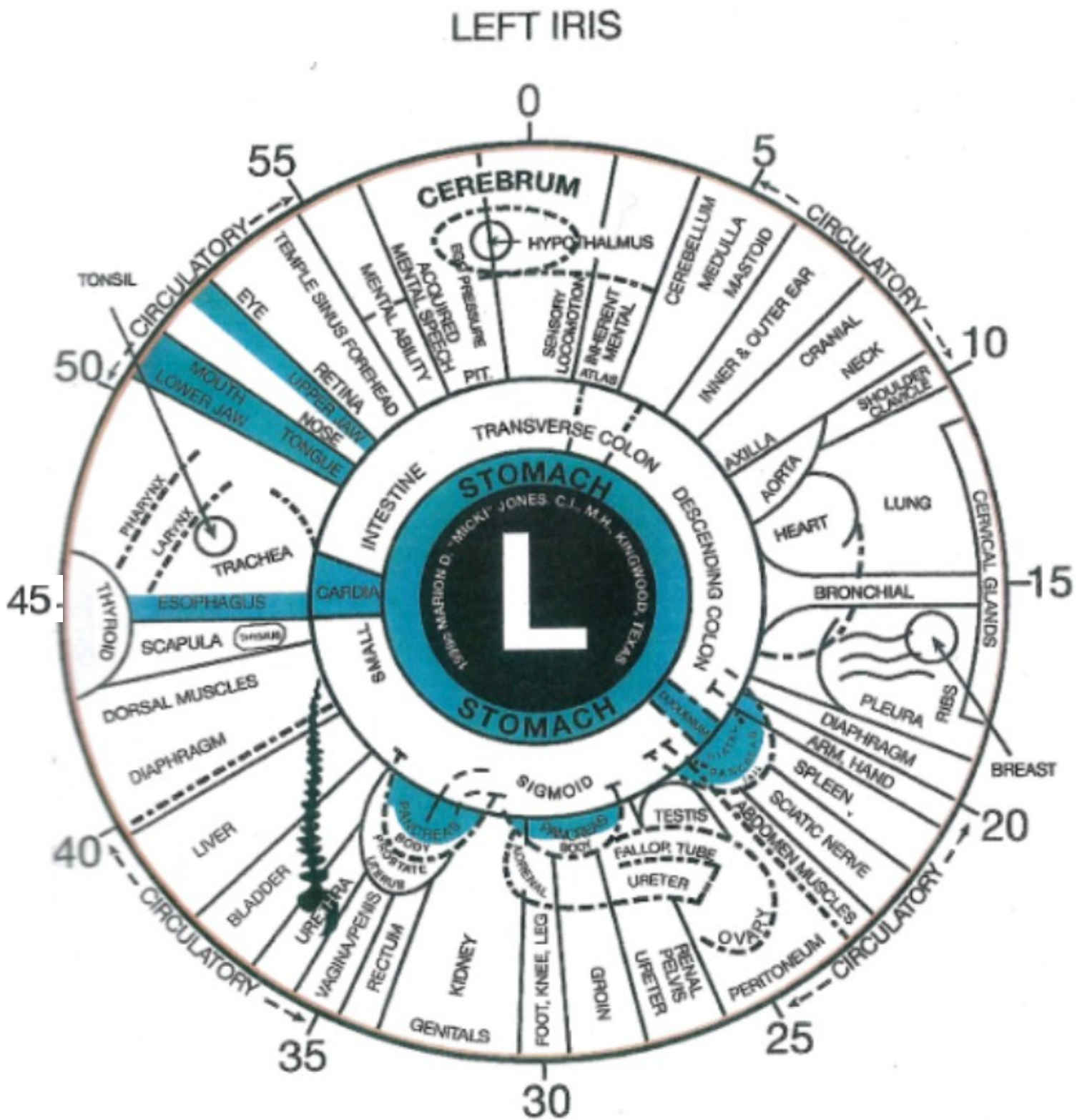


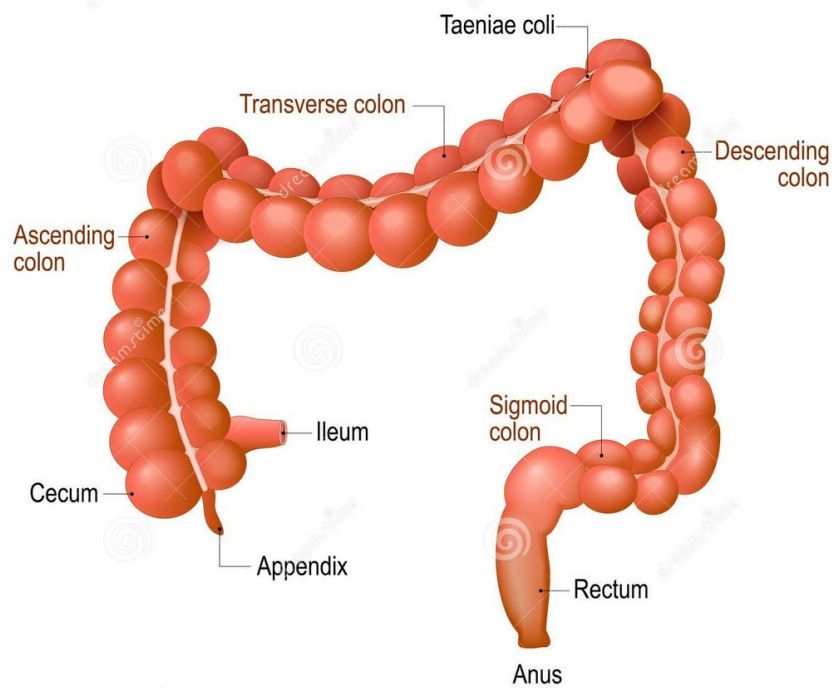
# Digestive

RIGHT IRIS



# Digestive



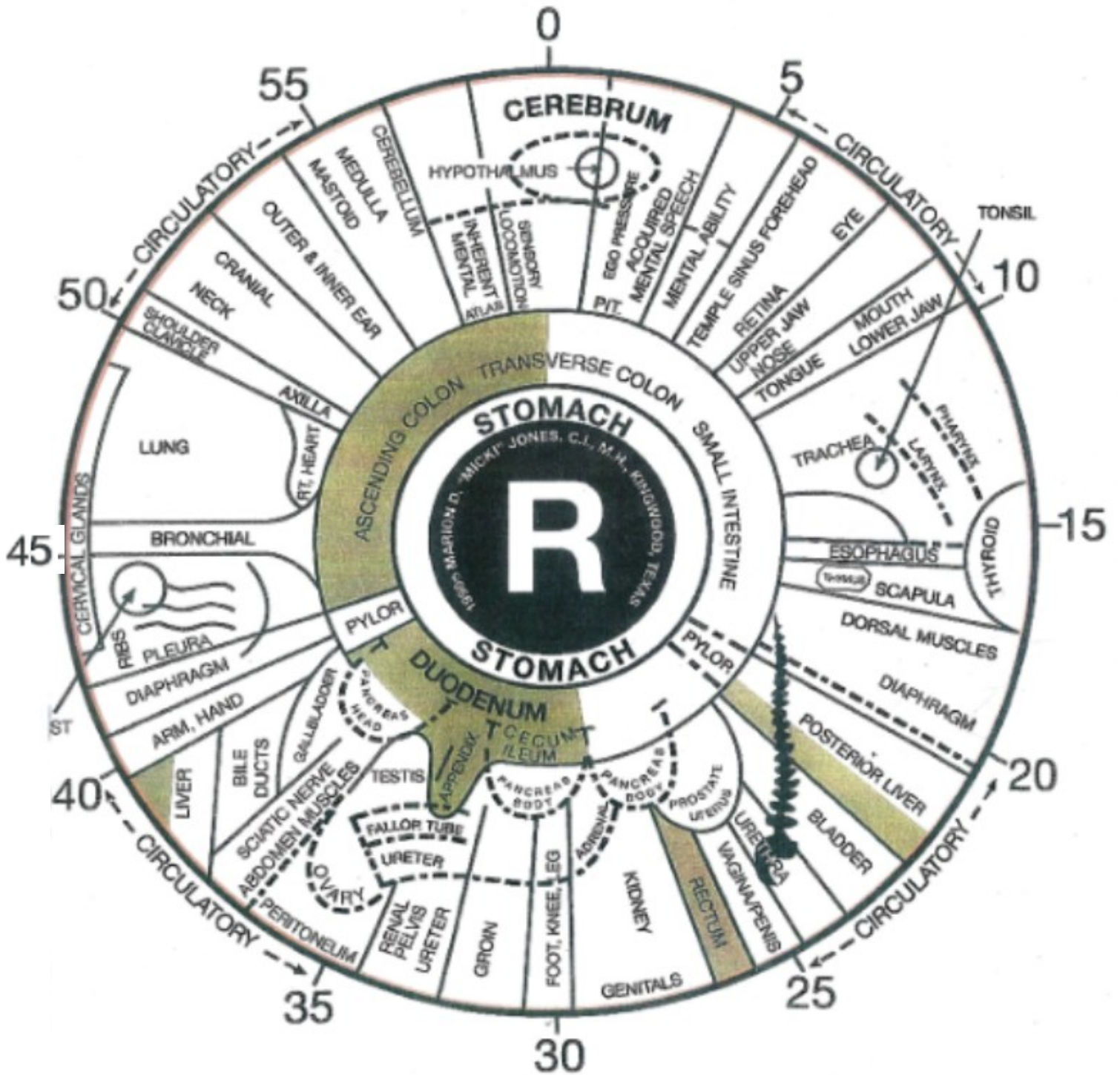


# Colon



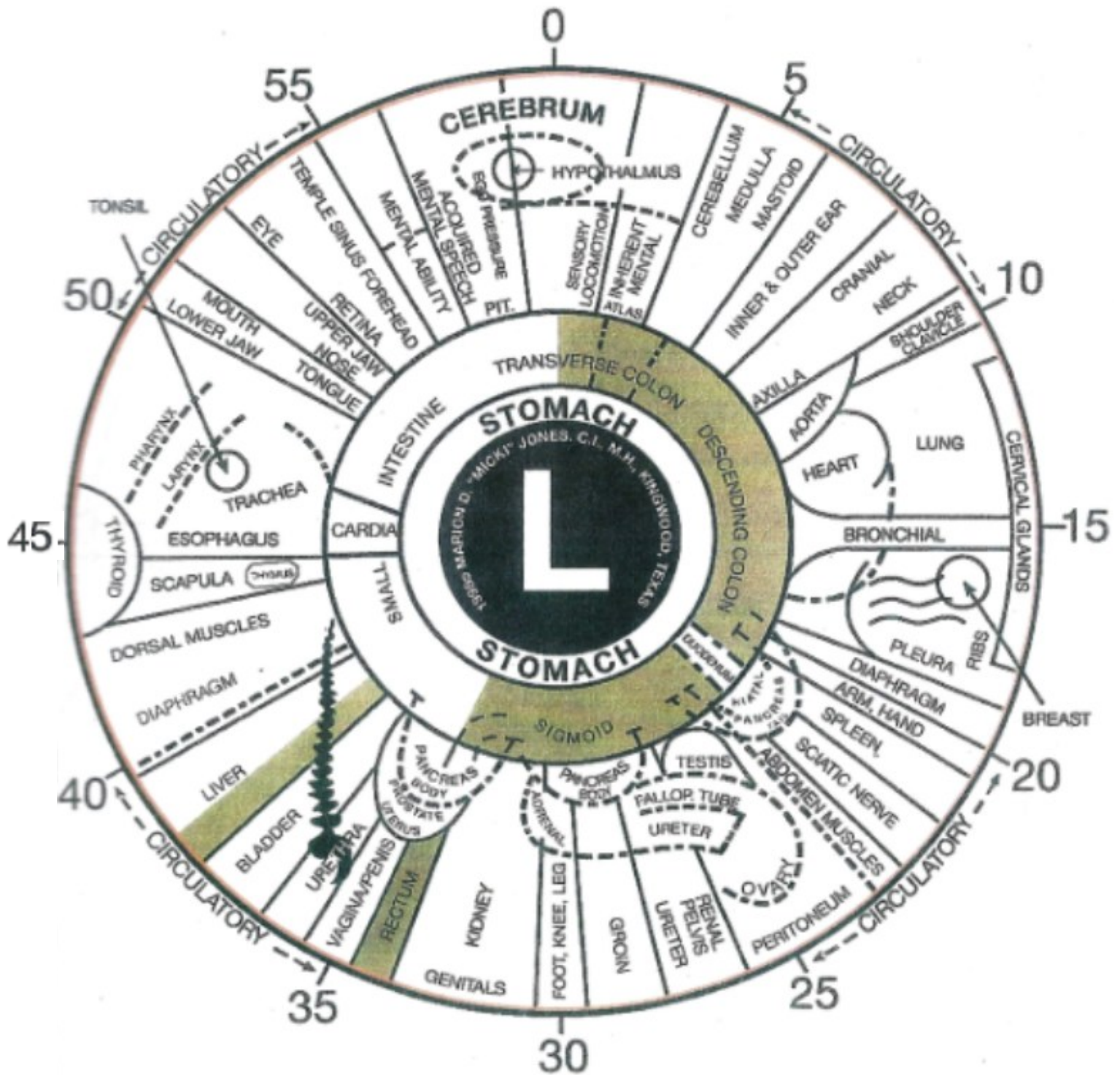
# Colon

RIGHT IRIS



# Colon

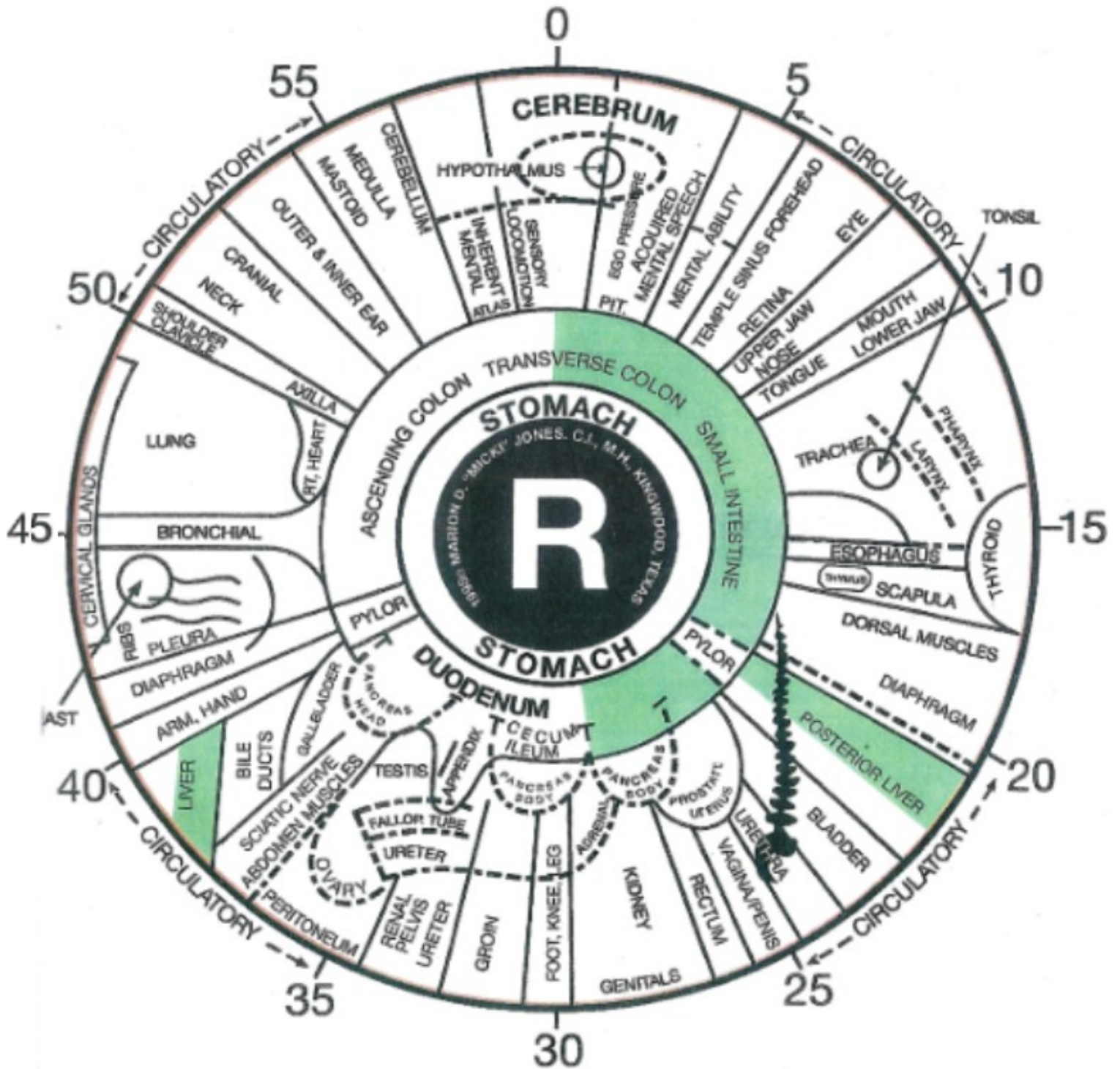
LEFT IRIS





# Colon

RIGHT IRIS





LEFT IRIS



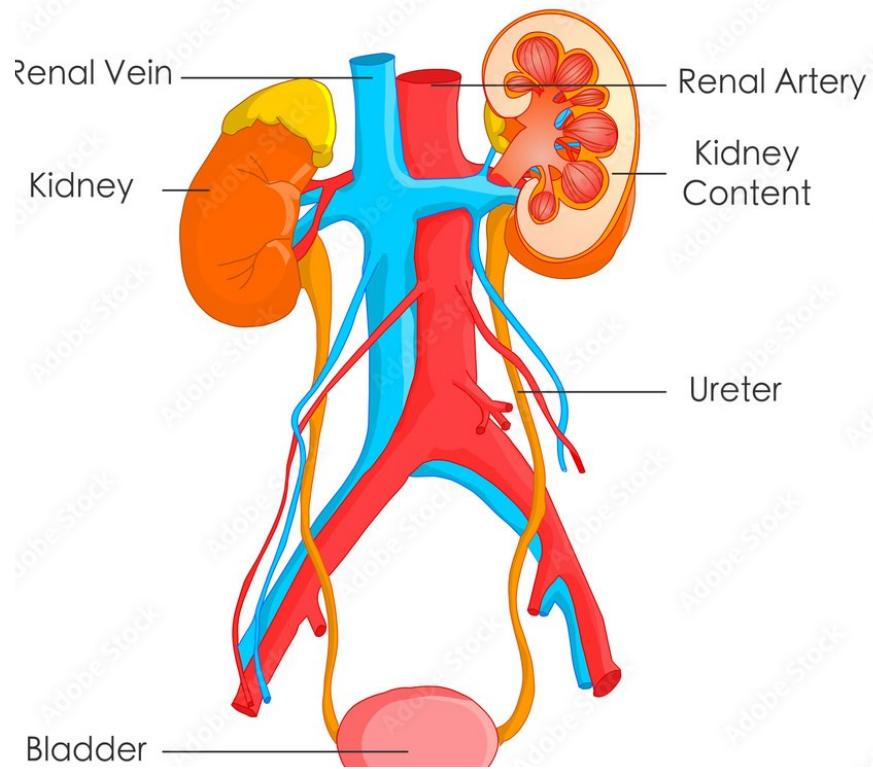
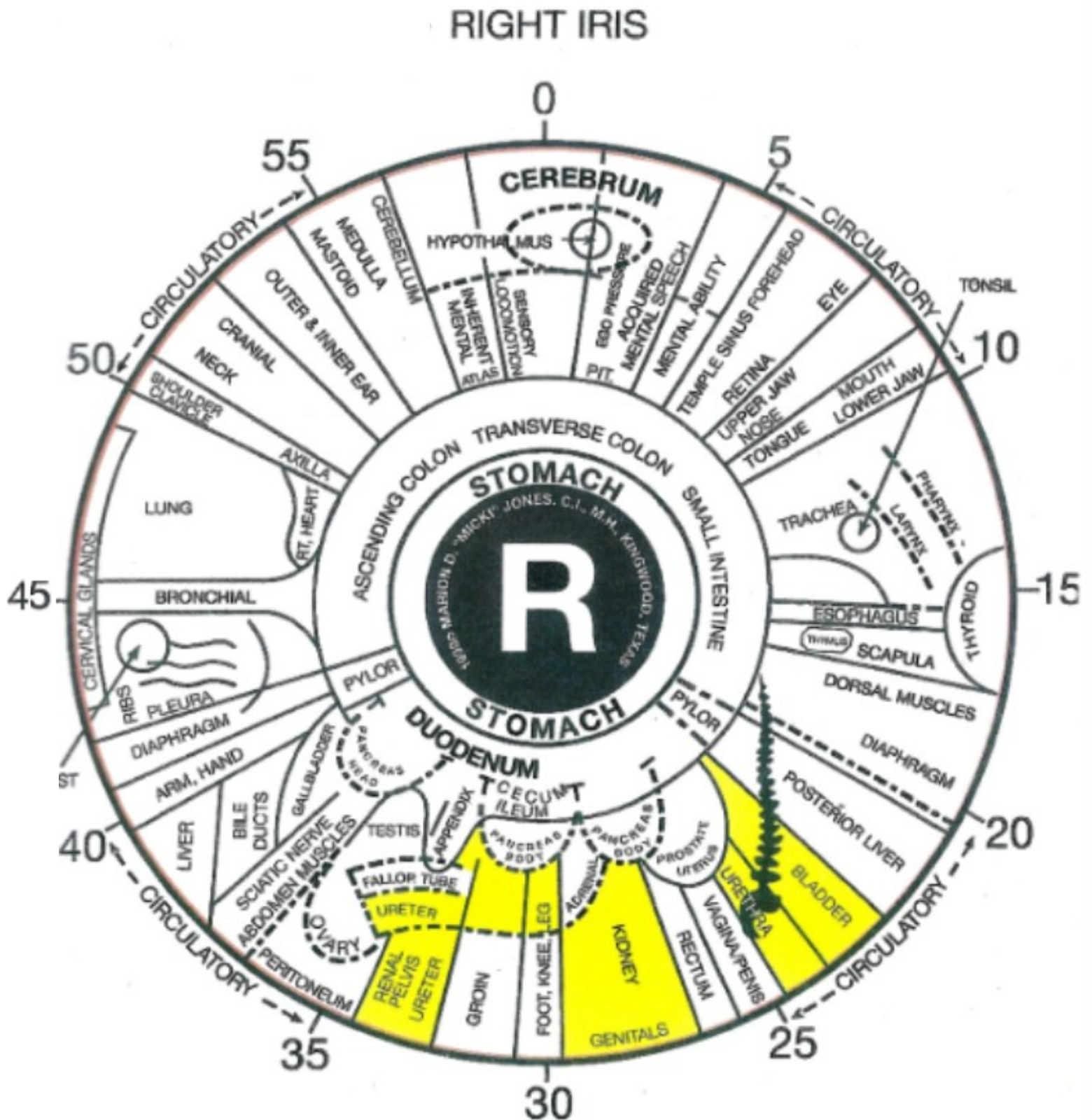


Image by Clker-Free-Vector-Images from Pixabay

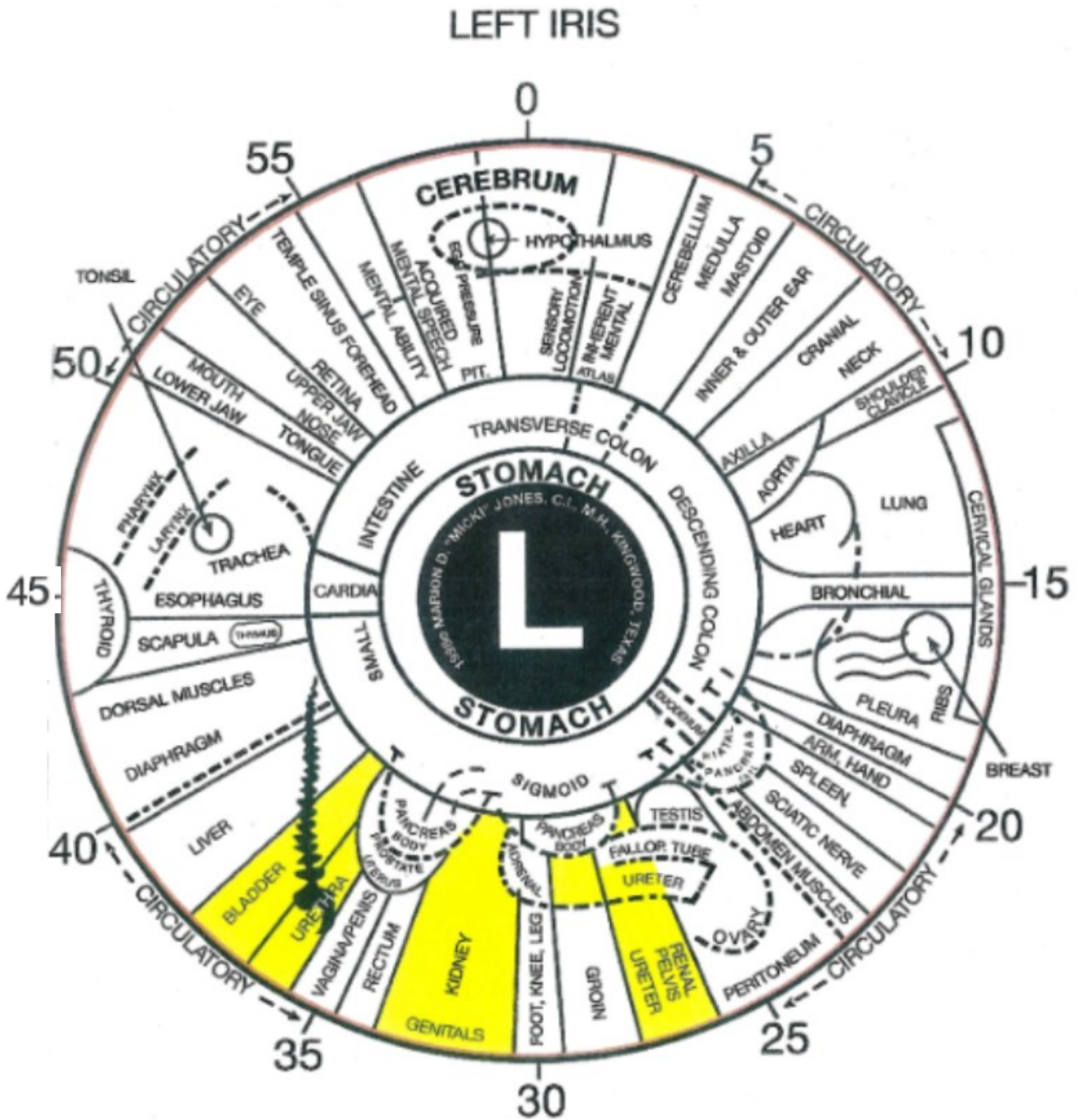
# *Kidney & Urinary System*

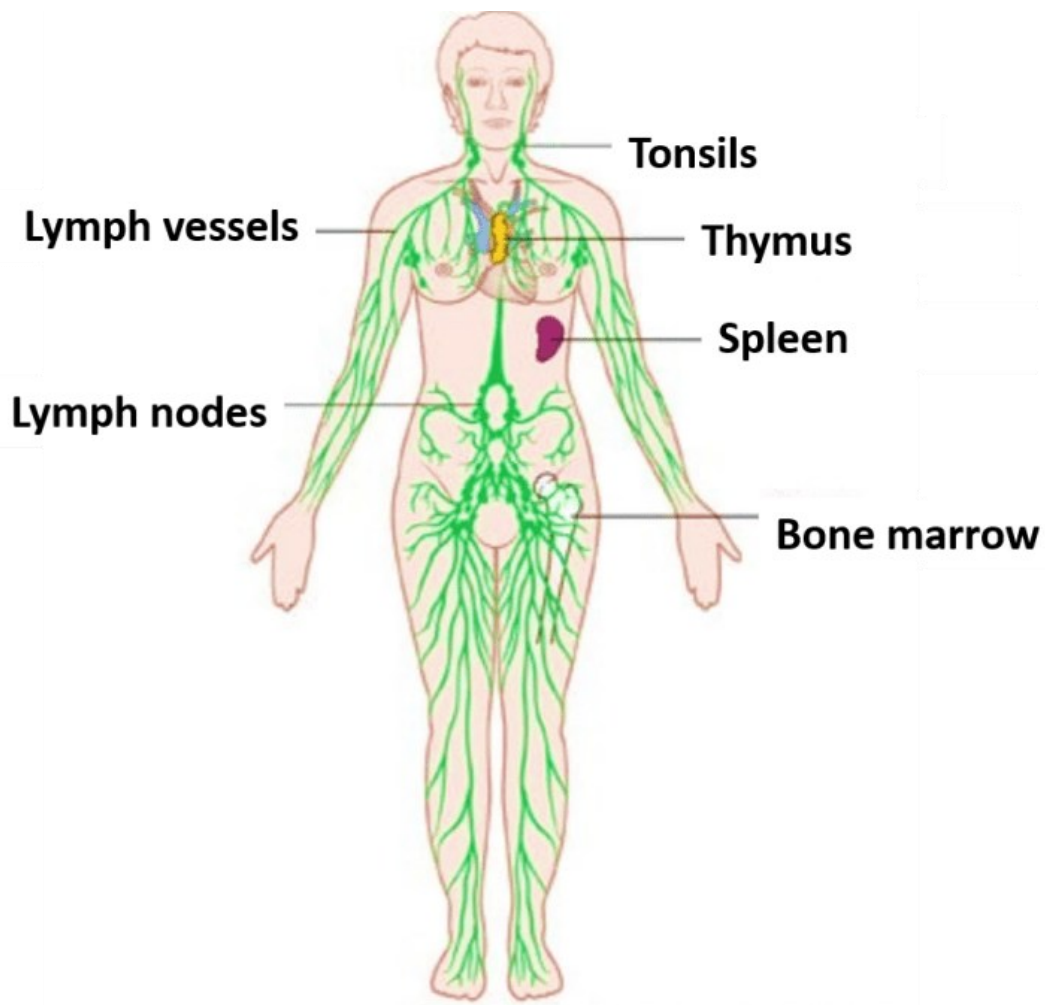
## Kidney & Urinary System





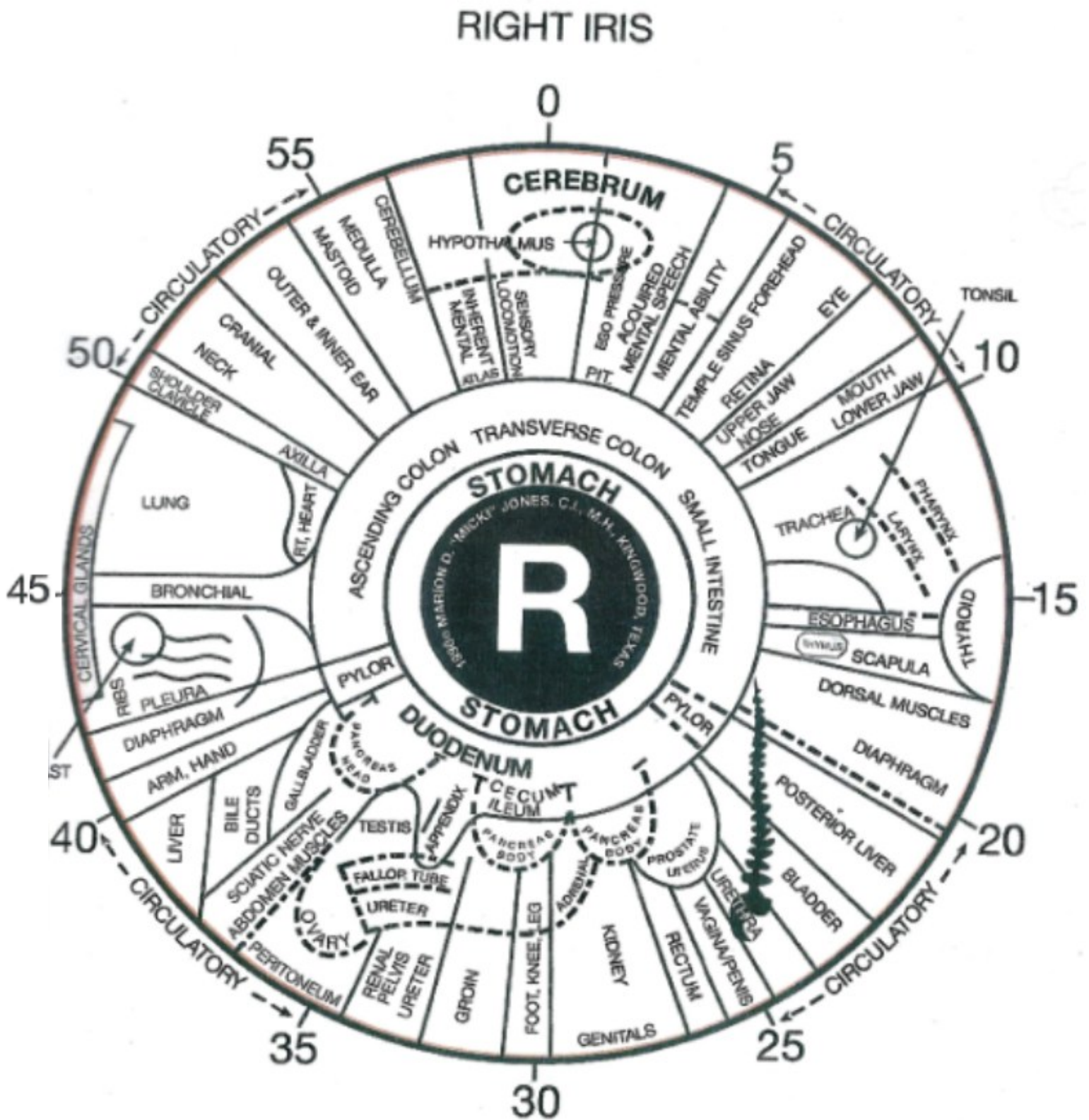
## Kidney & Urinary System





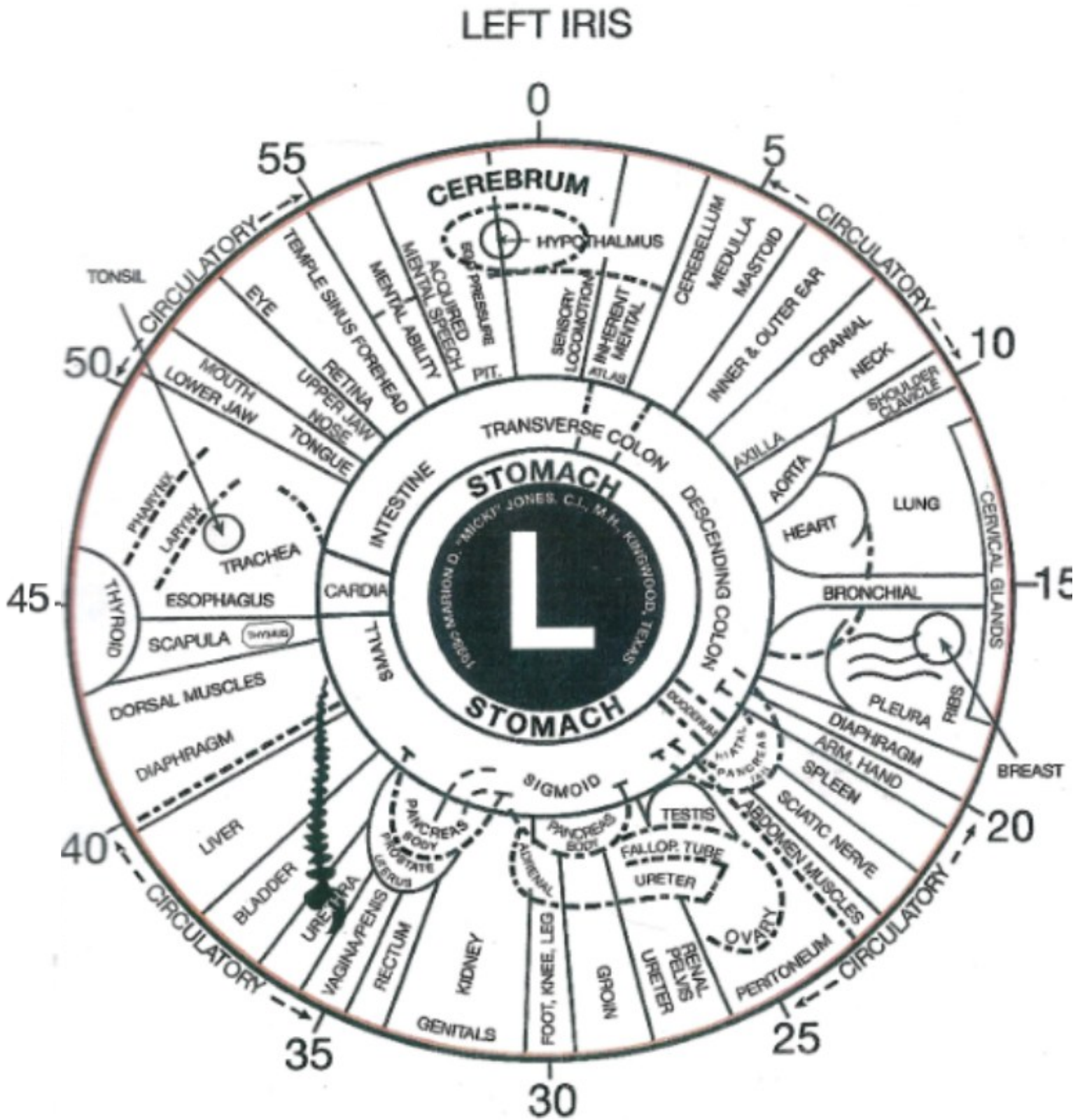
# *Lymphatic System*

# Lymphatic System





# Lymphatic System



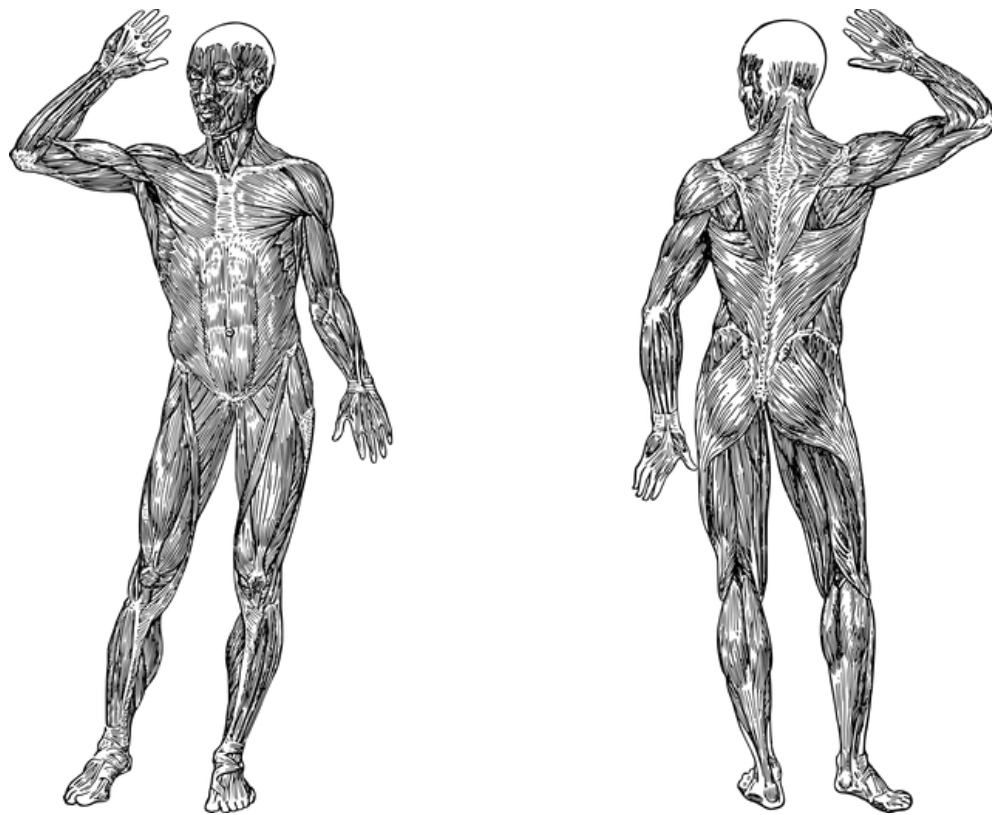
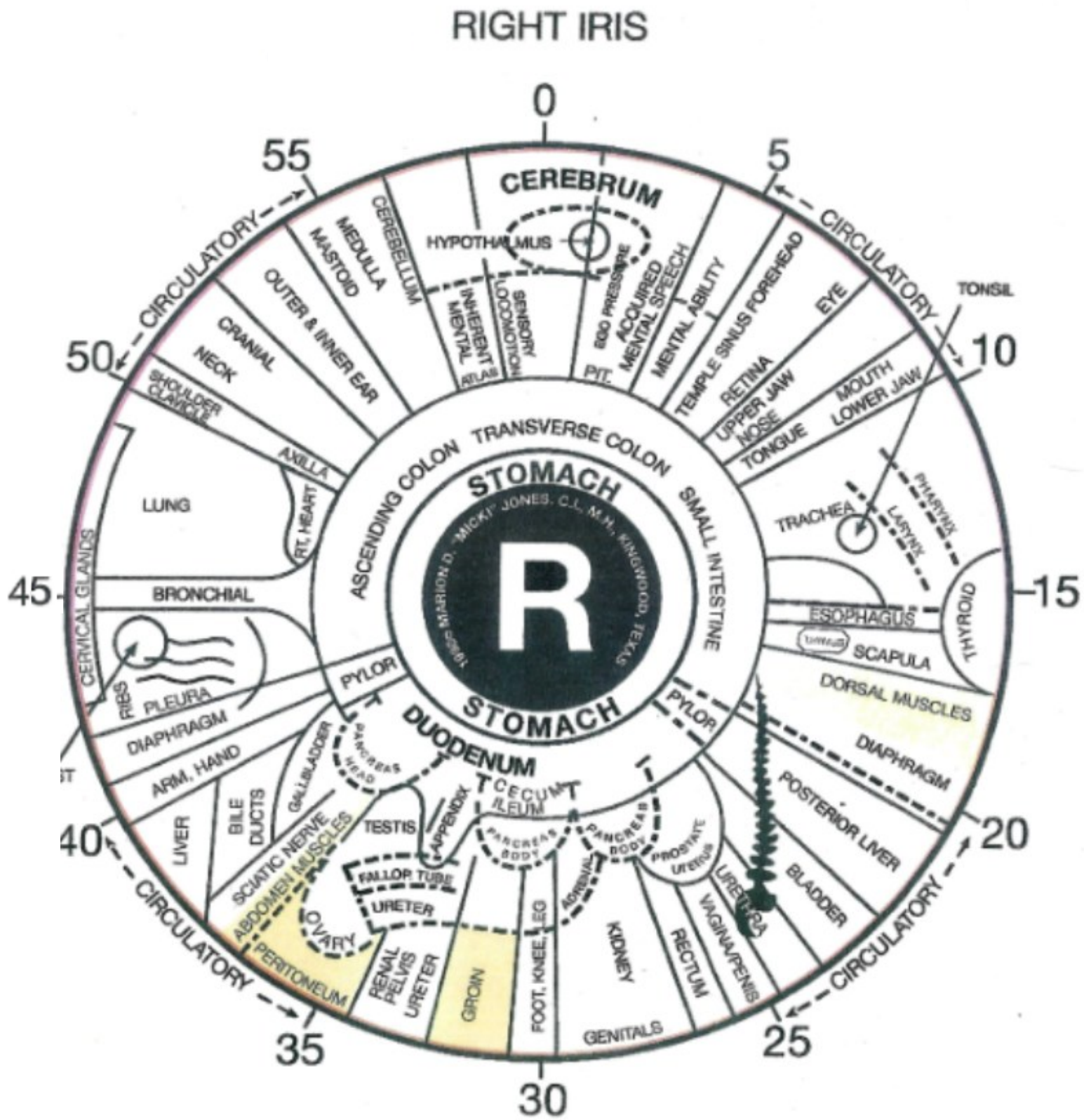


Image by Gordon Johnson from Pixabay

# *Muscular System*

# Muscular System





# Muscular System

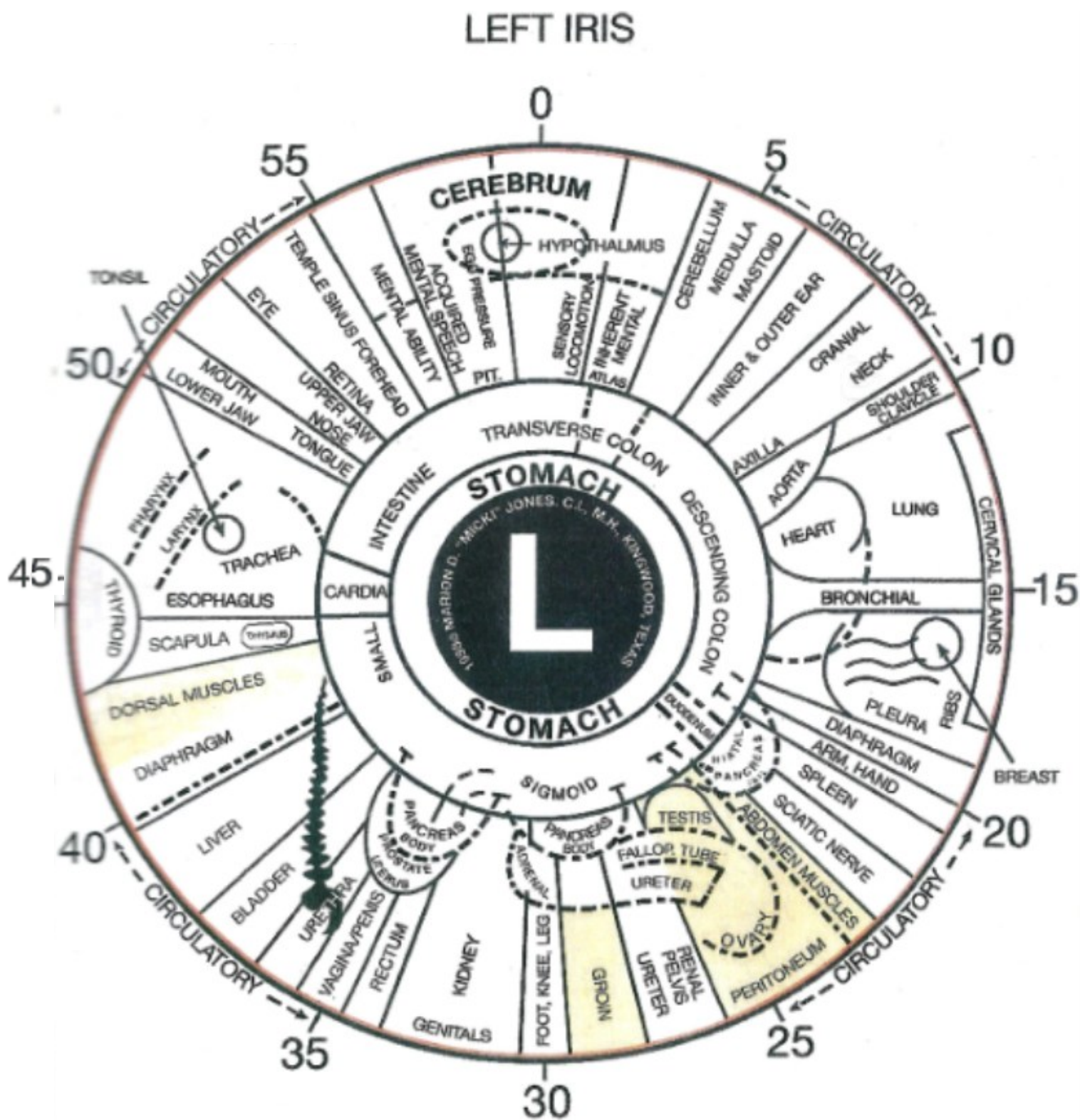
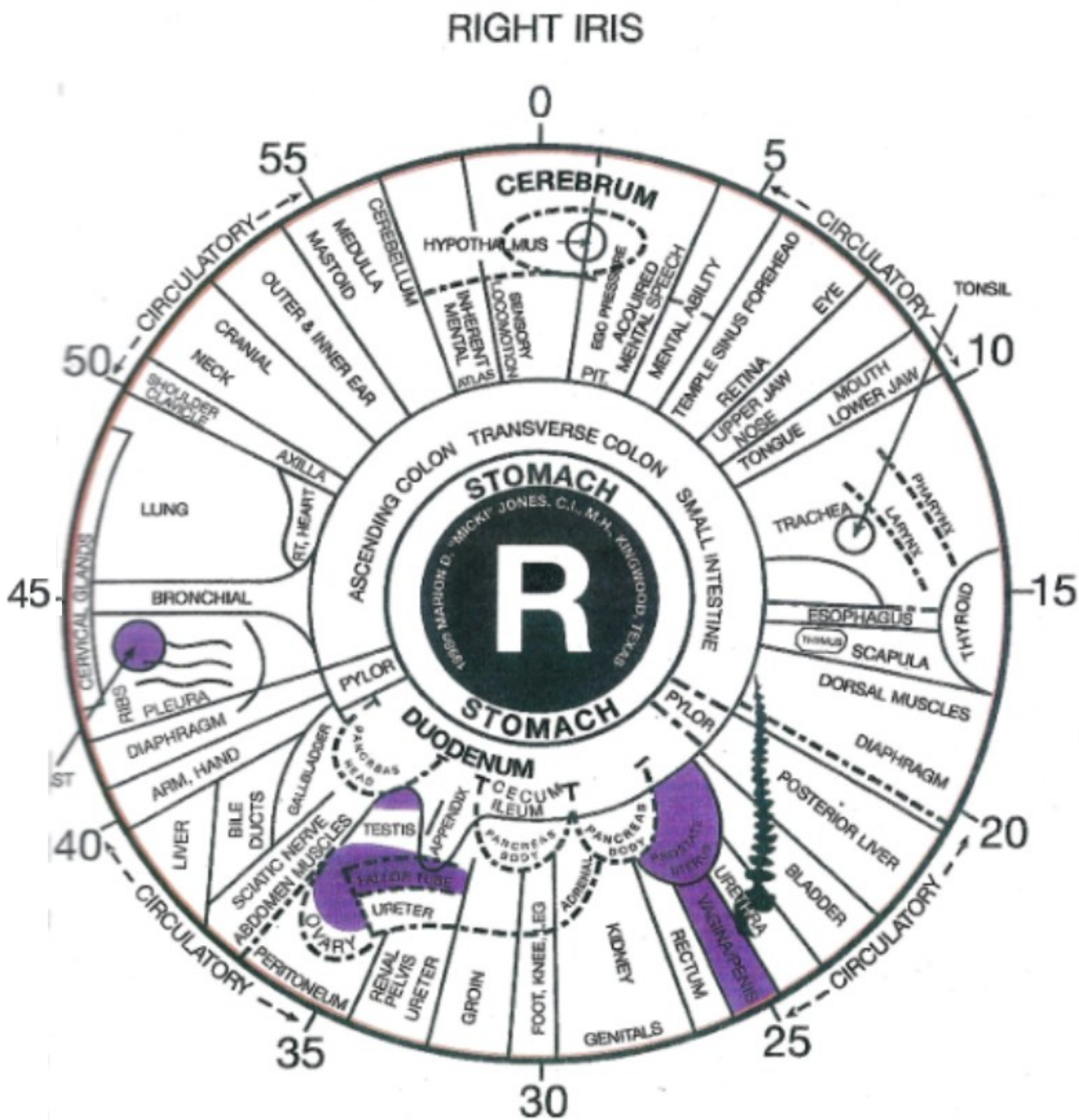




Image by Rosy / Bad Homburg / Germany from Pixabay

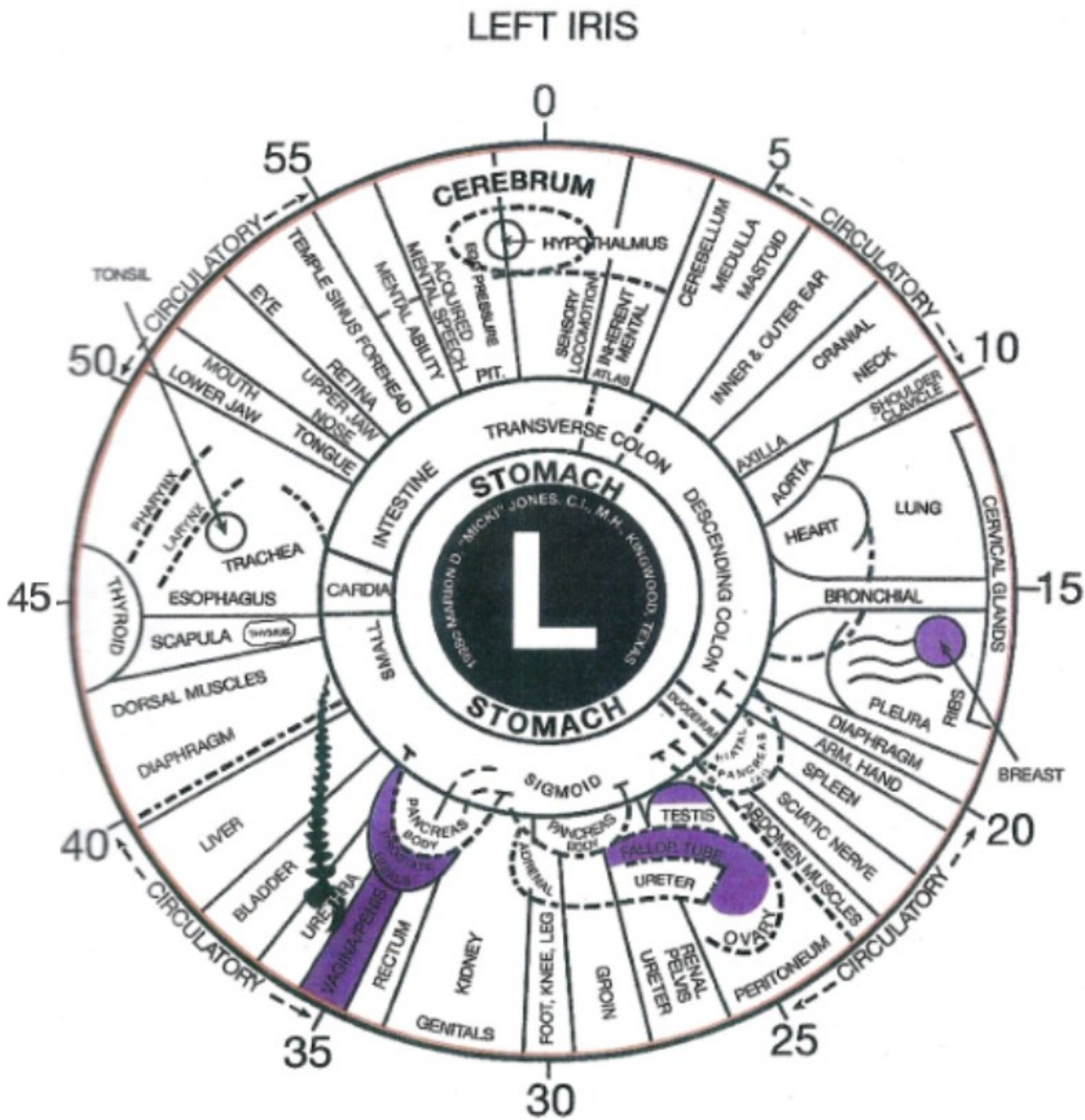
# Reproductive System

## Reproductive System





## Reproductive System



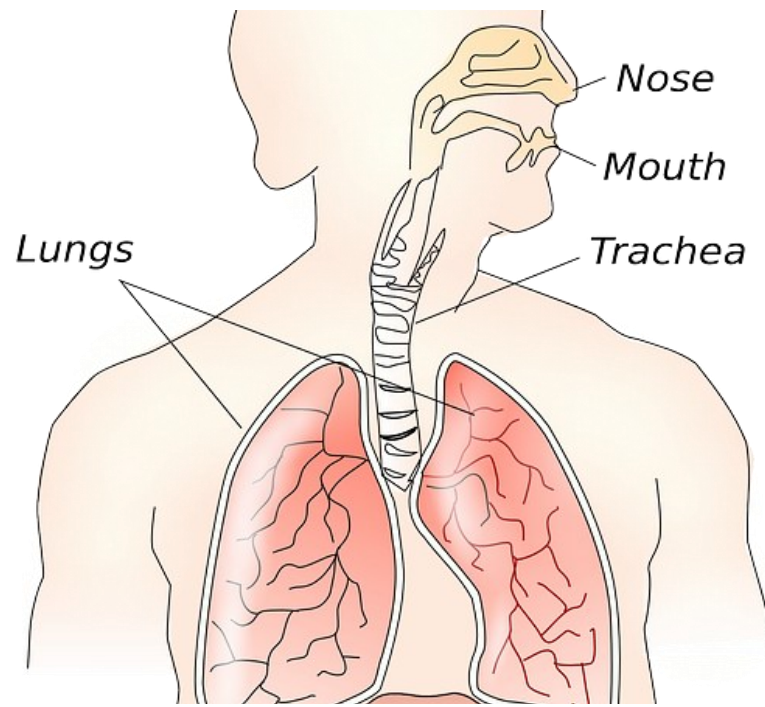
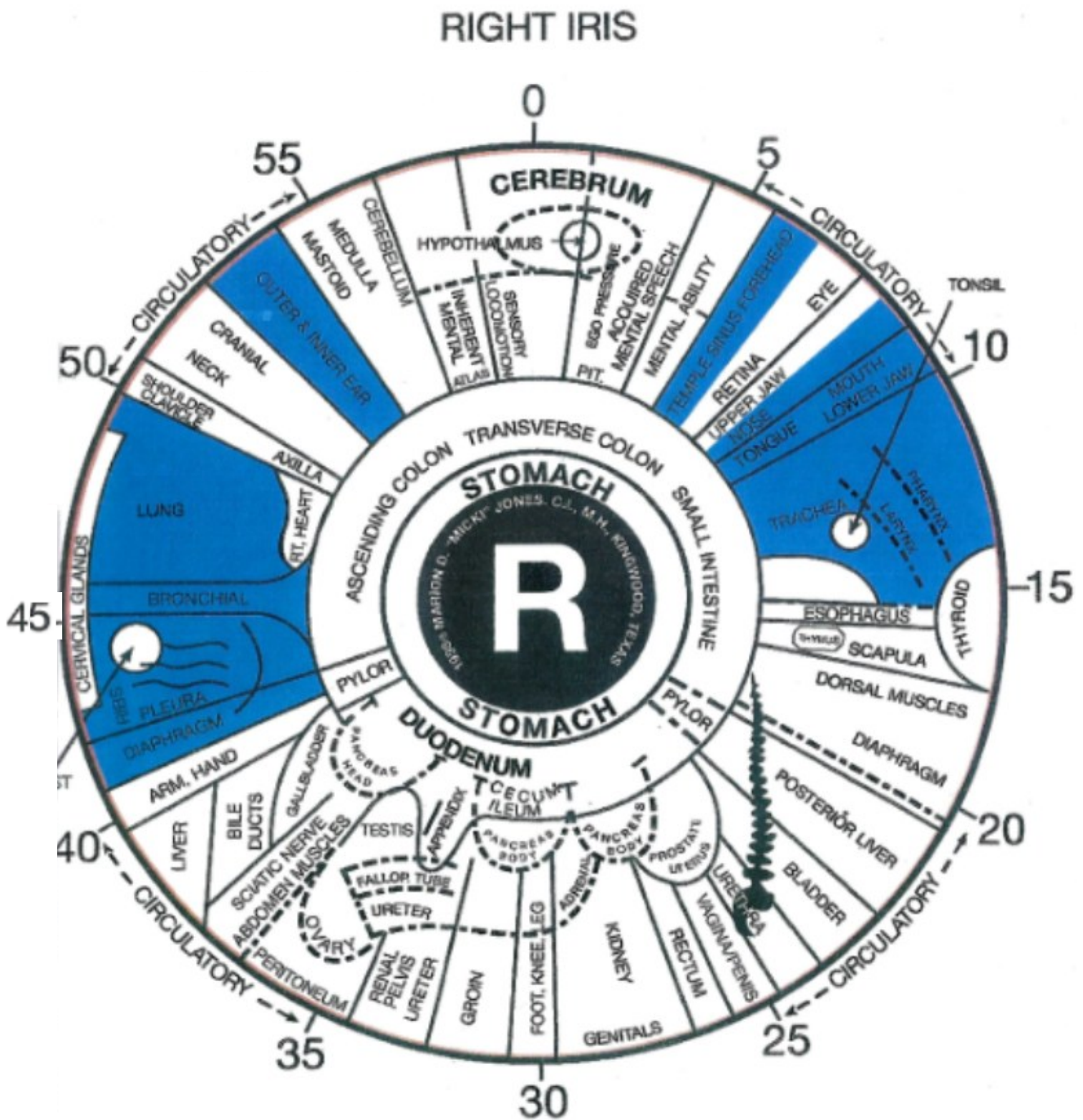


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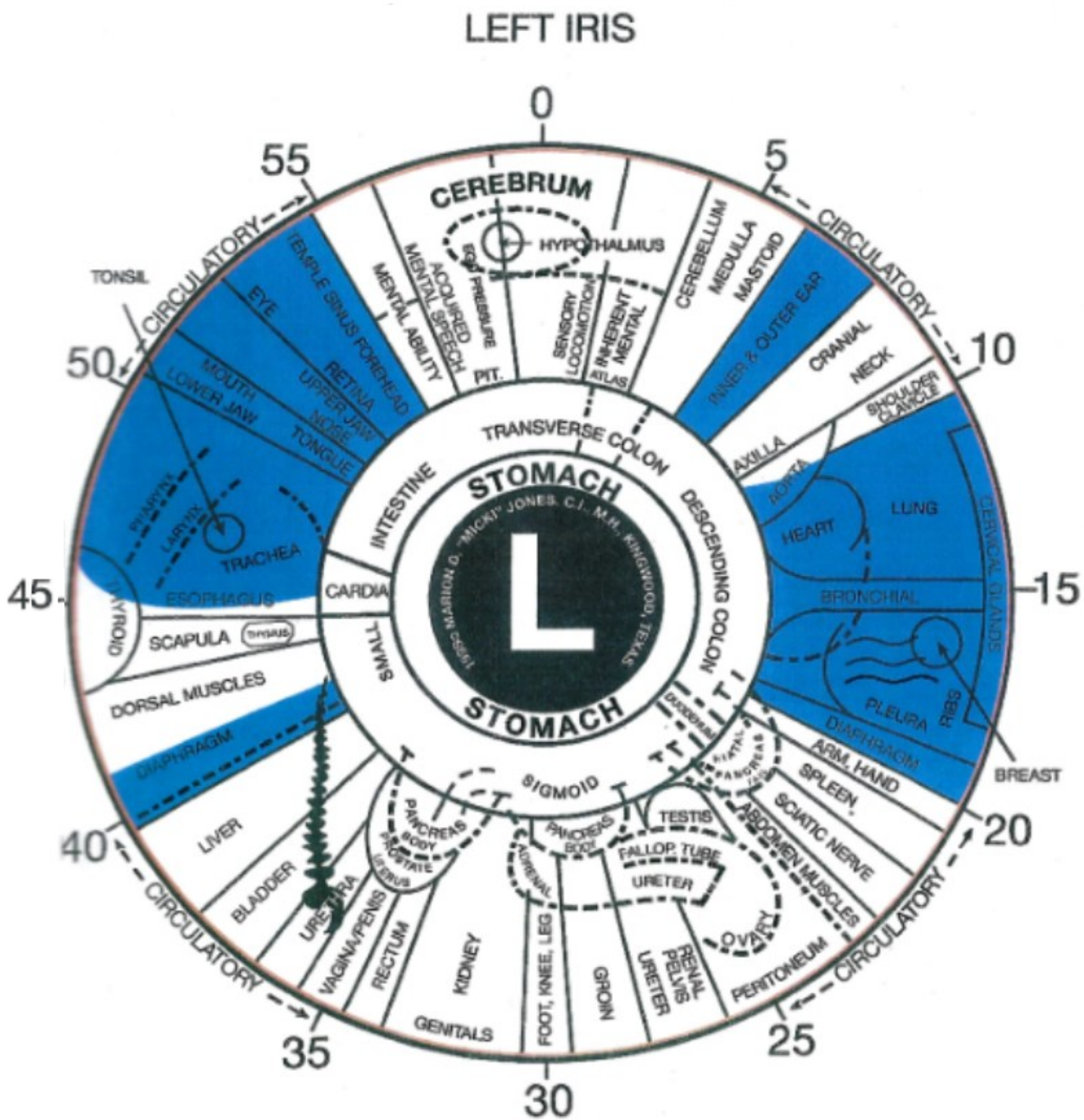
# Respiratory System

# Respiratory System





# Respiratory System



# *Skeletal System*

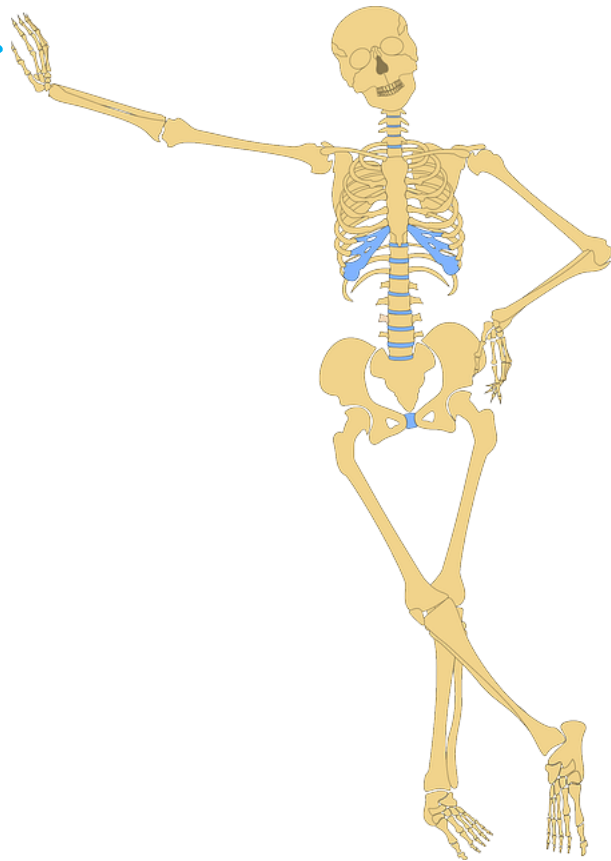
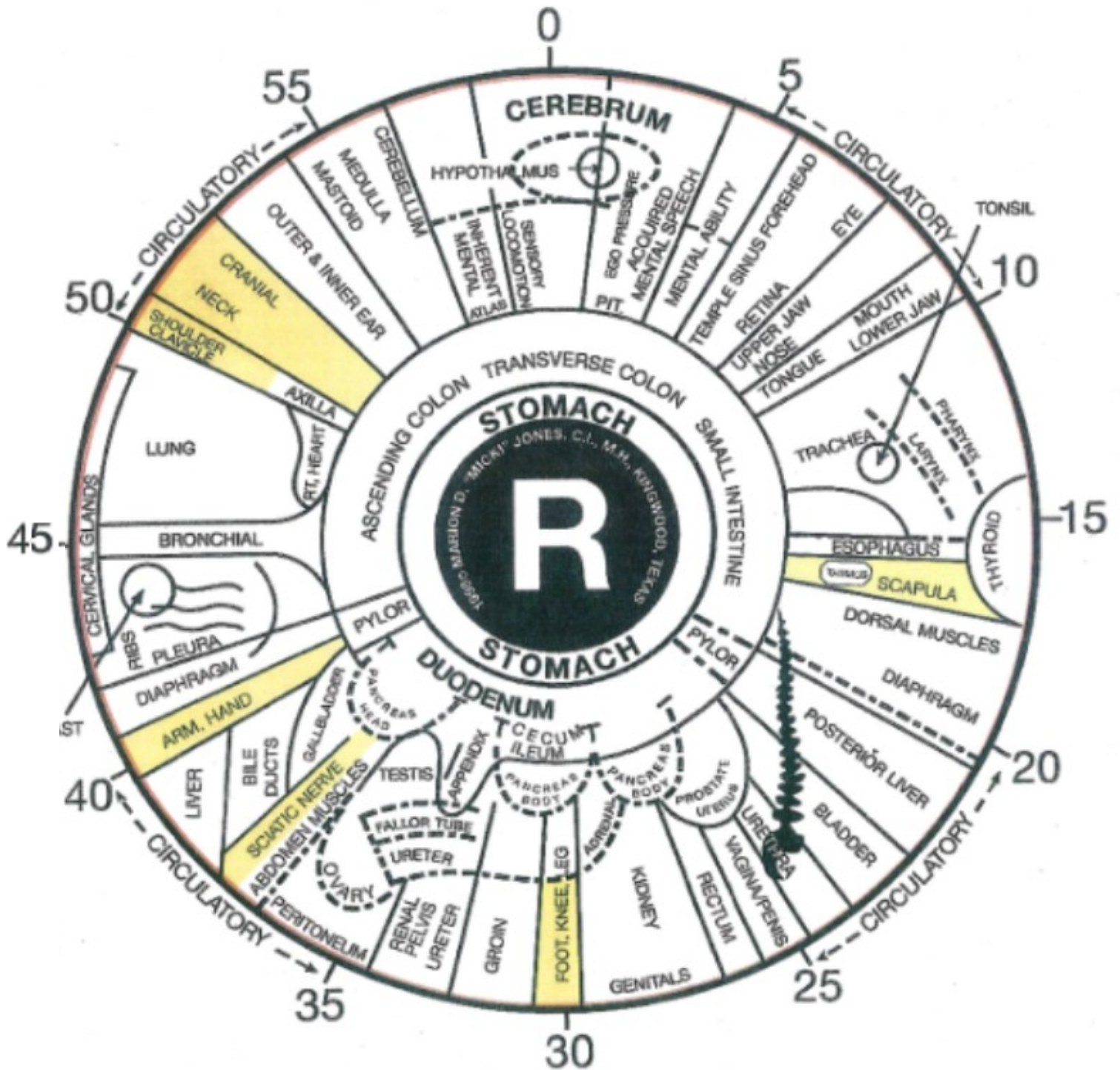


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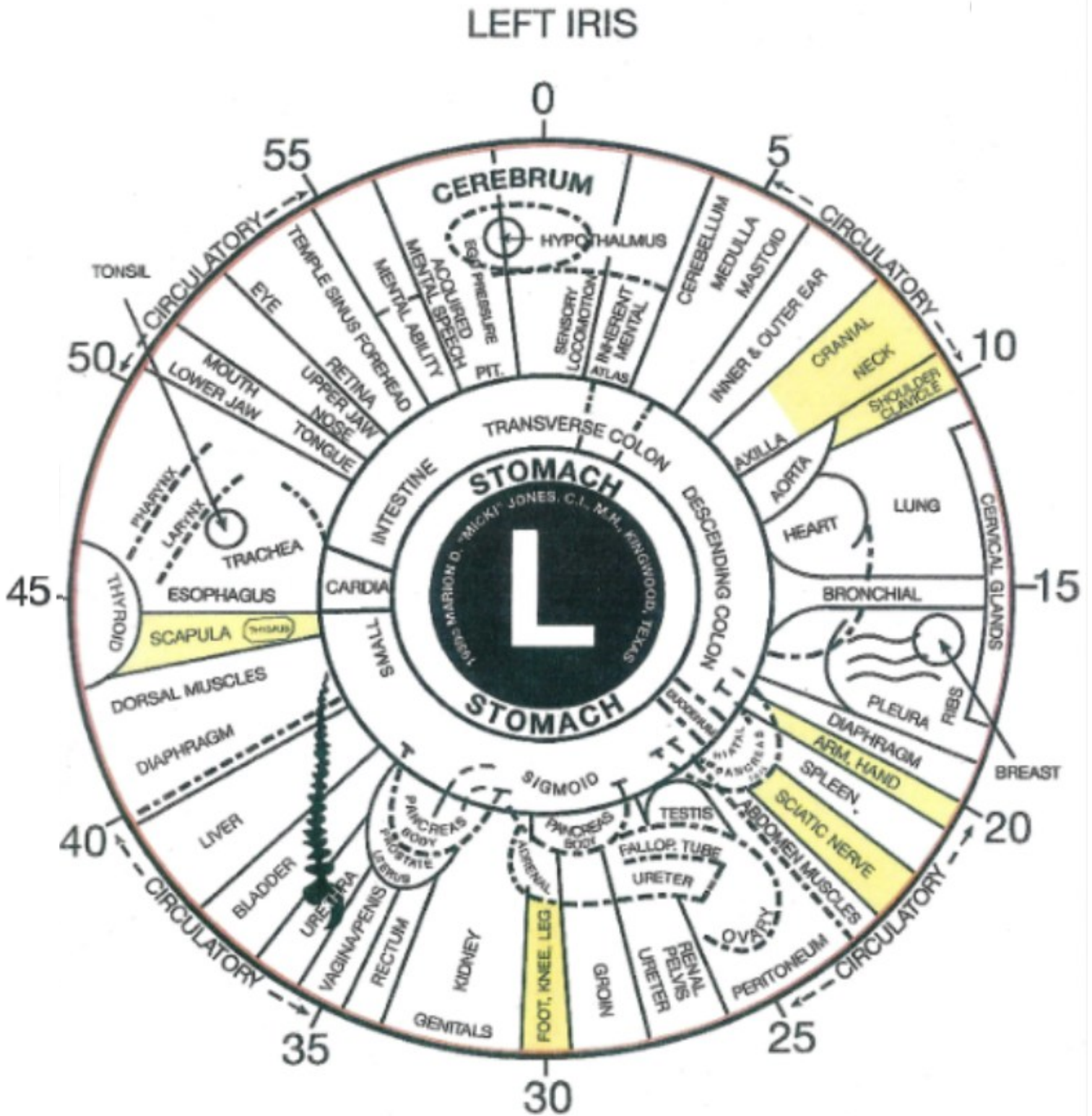
# Skelatal System

RIGHT IRIS





# Skeletal System





## **Iridology**

### **Iris Photography**

Steps to perform Iris photography using any handheld device such as a camera phone, iPad, and or tablet.

1. Have the client sit comfortably with their back straight or
2. Have the client stand straight.
3. If the client is unable to stand comfortably, they can lean against the wall.
4. You can stand in front of the client.
5. You can also sit in front of the client.
6. Have the client hold a small flashlight for you and position it one inch from the side of their eye.
7. While the client is holding the flashlight for you adjust the position of the light to illuminate the outside of their eye.
8. Confirm the client is not blinking more than normal due to the illumination of the flashlight and ask them if they are comfortable.
9. Some clients may have light sensitivity therefore move the flashlight away from the light to three inches.
10. Confirm the client is comfortable physically and visually and make adjustments as needed.
11. Confirm you are comfortable physically and visually and make adjustments as needed.
12. Turn on the camera phone and position the phone three inches from the cheek bone to the eyebrow.
13. Using two fingers from your other hand expand the focus to the eye.
14. Move the camera closer and allow the camera to self-adjust.
15. Adjust the focus by expanding the picture with your two fingers again to further expand the picture for a more detailed view.
16. Once you are satisfied with the details of the picture take the photo using your finger to press the white button feature on the camera phone

# Iris Selfies



Steps to perform Iris photography for yourself or doing a “selfie” using any handheld device such as a camera phone, iPad, and or tablet.

1. Sit with your back straight or
2. Stand straight.
3. If you are unable to stand comfortably, then lean against the wall.
4. Position the device and click the reverse icon.
5. Turn on the device.
6. Position your finger near but not touch the white snapshot icon.
7. Position the device so you are looking at the green dot at the top of the screen or
8. If the green dot is not there then adjust the device so that outer part of the device touches your nose.
9. Move the camera away from your eye and then closer and allow the camera to self-adjust.
10. Click the white icon snapshot and take the picture.





## **Iridology**

### **Future Classes {Basic} {Intermediate} {Advanced}**

Will include but not be limited to:

1. Introduction to the Inner Pupillary Border
2. Hypoglycemia & Iridology
3. Spinal Analysis in Iridology
4. Polycystic Ovary Syndrome & Iridology Profiles
5. The Collarette
6. Miscellaneous Iris Signs
7. The Pupil in Iridology
8. Introduction to Iridology
9. Differentiation of the Iris Pigmentation, Part 1
10. Lacunae & Crypts
11. Emotional Approaches in Iridology
12. Techniques in Iris Analysis
13. An Overview of Sclerology
14. Rarely Seen Ocular Signs and What They Mean
15. Rapid Iris Analysis – Connecting Physical, Emotional & Spiritual Health via the Iris
16. Adrenals and the Cortisol Connection



*Iridology*

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National Health Freedom Action  
National Health Freedom Congress
4. Dr. Peter Glidden, <https://leavebigpharmabehind.com>
5. Dr. JD Wallach, <https://thewallachrevolution.com> › dead-doctors-dont-lie
6. 'The Cancer Industry' by Ralph Moss
7. 'Death by Medicine' by Gary Null
8. Toni Miller, Australian Iridology Teacher and Author
9. Betty Sue O'Brian
10. Ellen Jensen
11. Dr Sheryl Strom



# *Iridology*

Stay with us for upcoming Iridology II and Iridology III

Course taught by

**Clinical Herbalist and Iridologist Richard S. Williams (Dick)**