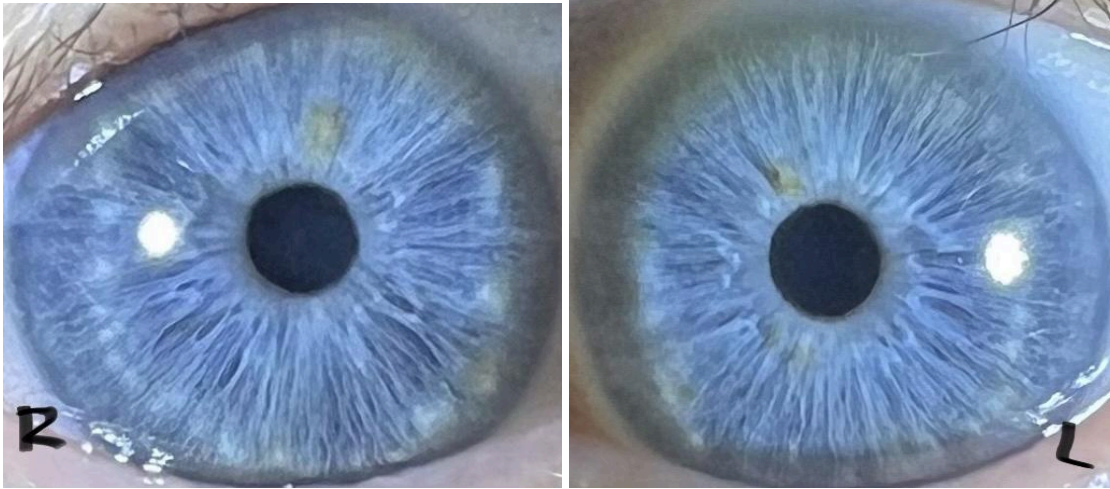

LYMPHATIC IRIDOLOGY READING



Client Name: Joe Smith

Date: 2/14/24

Photos taken: 2/7/24

What is Iridology?

Iridology is the study of the iris, or colored portion, of the eyes and gives us a closer look into cellular weaknesses (genetics) and toxicity (lymphatic congestion). The autonomic nerves of the body go through every cell, including the optic nerves located in the eyes. The optic nerves in the eyes reflect these cells' conditions. Over time as autonomic nerves in the cells become weakened and congested through toxic habits, the fibers of the iris become weakened, congested, and further deformed. This results in a unique historical pattern of lesions, rings, fiber swelling, fiber splitting, and more to which a trained iridologist can pinpoint the cellular strengths and weaknesses in certain areas of the body. The right eye reflects the condition of the right side, and the left eye reflects the left side. As legendary natural health healer, Dr. Jensen stated, Iridology is a tool to help you understand your body and why you are having the troubles that you are experiencing.

Iridology is not a tool used for the diagnosis of disease as used in allopathic medicine by medical doctors. It does not take the place of medical advice and is for your personal educational information only. This is simply a useful method to gain closer insight and helpful guidance for your own health journey.

Understanding Your Iris Analysis:

Acute	Sub-Acute	Chronic	Degenerative	Genetic
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Acute - This is the first stage of acidosis or the initial stages of toxicity and inflammation which shows as a whitish coloring of the iris. This stage includes hyper- and hypo-conditions.

Sub-Acute - This is the second stage of acidosis, toxicity, and inflammation which causes a yellow coloring of the iris. It is a deeper level of cellular weakness. This stage includes hyper- and hypo-conditions.

Chronic - This is the third and even deeper stage of acidosis, toxicity, and inflammation which causes a brownish coloring of the iris. At this stage, the cells are becoming weak in their function and conditions include only hypo-versions.

Degenerative - This is the fourth stage of cellular weakness and is the last stage of acidosis, toxicity, and inflammation which shows as a black hole or lesion in the fibers of the iris. At this stage, the cells are dying and their function is severely compromised.

Genetic - This indicates cellular weakness that was inherited by the parents. The cellular blueprint of a newborn comes from the parents and can potentially be worsened through non-optimal diet and lifestyle habits. If parents and previous generations made non-optimal diet and lifestyle choices without properly detoxifying and regenerating, the next generation gets those weaknesses passed down.

Iris Color: Blue
 Brown

Comments: There are only 2 true eye colors: blue and brown. Your true eye color is blue.

Pupils: Right Pupil: Dilated
 Constricted

 Left Pupil: Dilated
 Constricted

Comments: Both pupils should constrict under light exposure. Dilation under light exposure can suggest a weak nervous system or a brain injury. Your pupils are equal in size and constricted in this photo.

Constitution: Poor
 Medium
 Strong

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Comments: The constitution of the iris indicates the overall strength of the body. The straighter the trabeculae (fibers), the stronger the constitution. Wavier trabeculae, and especially the presence of lacunas (dark fiber tears), indicate a weaker constitution. Your constitution is strong.

- Chemical:** Iodine
 Sulfur
 Drug Deposit
 None Seen

Comments: Iodine, sulfur, and drug deposits can be seen in the iris. They accumulate in the body through supplements, antibiotic/pharmaceutical use, or from the mother while still in the womb. No spots were seen that would indicate an accumulation of these chemicals.

- Mal-Absorption:** Some
 Moderate
 Extreme

Comments: Both the left and right photos show minimal malabsorption in the stomach.

- Circulatory System:** Good Fair Poor Cholesterol Congestion

System	Acute	Sub-Acute	Chronic	Degenerative	Genetic
Heart:					

Comments: No significant lymphatic congestion or genetic weakness seen with the heart. Circulation is labeled as "fair" due to some acute and sub-acute congestion seen in the overall circulatory and lymphatic systems.

- Digestive System:** Good Fair Poor Congestion

System	Acute	Sub-Acute	Chronic	Degenerative	Genetic
Gallbladder:				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Liver:				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Pancreas:					
Small					

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Intestines:					
Stomach:					

Comments: No significant lymphatic congestion or genetic weakness seen in the gastrointestinal tract, if any it is minor. The small intestines and pancreas show no significant lymphatic congestion.

The stomach shows minimal malabsorption, which means your ability to absorb nutrients and energy is compromised, but not overly compromised. The liver and gallbladder show a significant lesion, which suggests lymphatic congestion and cellular weakness.

Eliminative System - Colon: Congestion

System	Acute	Sub-Acute	Chronic	Degenerative	Genetic
Cecum:					
Ascending:		✓			
Transverse:					
Descending:		✓			
Sigmoid:					
Rectum:					

Comments: Congestion is worse in the ascending and descending portions compared to the rest of the colon. In these areas, we see a slight yellowing, which indicates sub-acute lymphatic congestion. However, it is very minimal and is not a point of major concern. The transverse, sigmoid, and cecum show no significant lymphatic congestion or genetic weakness.

Head: Congestion

System	Acute	Sub-Acute	Chronic	Degenerative	Genetic
Brain Tissue:		✓			

Comments: No significant lymphatic congestion is seen in the head area and brain tissues. One thing that stands out is the yellow spots (one on each eye) located in the upper “Cerebrum Motor/Psychological Brain” area. This could suggest sub-acute lymphatic congestion in the

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Pituitary/Pineal gland area of the head. However, it is not certain since the spots are at slightly different points on the iris.

Brain Circulation: Good Fair Poor Congestion

Comments: There is slight sub-acute congestion that is present. However, it is minimal.

Endocrine System: Congestion

System	Acute	Sub-Acute	Chronic	Degenerative	Genetic
Adrenals: (right)					
Adrenals: (left)					
Pituitary:		✓			
Thymus:					
Thyroid:					
Parathyroid:					
Pineal:		✓			

Comments: No significant congestion or weakness noted with the left and right adrenals, thymus, thyroid or parathyroid. As previously mentioned, the yellow spots in the head area suggest sub-acute lymphatic congestion, possibly in or near the Pituitary/Pineal glands. It is not certain whether these glands are affected.

Integumentary System:

Skin: Congestion

Comments: No major skin congestion noted.

Lymphatic System: Congestion

System	Acute	Sub-Acute	Chronic	Degenerative	Genetic

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Appendix::					
Lymph Nodes:	✓		✓		
Spleen:				✓	

Comments: There is a dark and open lacuna where the spleen area is found in the iris. This suggests significant lymphatic congestion and genetic weakness of the spleen. You have a lymphatic rosary in both eyes which suggests lymphatic congestion in the lymph nodes throughout the body.

Male Reproductive System: Congestion

System	Acute	Sub-Acute	Chronic	Degenerative	Genetic
Prostate:					
Right Testes:					
Left Testes:					

Comments: No significant congestion or weakness noted for the prostate or testes.

Respiratory System: Congestion

System	Acute	Sub-Acute	Chronic	Degenerative	Genetic
Bronchioles:					
Right Lung:					
Left Lung:					

Comments: No significant congestion or weakness seen in either lung or the bronchioles.

Skeletal System: Congestion

System	Acute	Sub-Acute	Chronic	Degenerative	Genetic
Right Spine:				✓	

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Left Spine:					
Right Knee:					
Left Knee:					
Right Pelvis:				✓	
Left Pelvis:					
Right Shoulder:					
Left Shoulder:					

Comments: The right side of the lower back presents with splitting fibers and darker lesions whereas the left side shows no significant lesions or congestion. This suggests more lymphatic congestion and weakness in the lower back. The right side also shows more lymphatic congestion and cellular weakness in the right pelvic area, with more splitting fibers and darker lesions. The upper back doesn't show any major weakness. No major weakness was found in the left or right legs.

Overview:

You have a strong constitution which means overall your cells are genetically in good condition, and once you work on deeper detoxification you will bounce back to health easier than a weaker constitutioned person. The downside of having a strong constitution is that you can make non-optimal choices that harm your body and may not feel it much. Working on deeper detoxification will strengthen your cells even more for a healthier body. Strong and straighter fibers also indicate good parathyroid and connective tissue health. The parathyroid has a major role in Calcium utilization, which if compromised can manifest as depression, and weak skin and tissues (sagging). You have a low risk for these.

The top things that stand out in your eyes at this time are

1. Lymphatic system congestion
2. Liver/gallbladder

The vessels of the lymphatic system are the body's sewage system, they move the cellular metabolic waste toward the eliminative organs to rid the body of. The lymph nodes are where the body manages cellular waste, they are the "septic tanks" in the body where these lymphocytes go to work on cancer cells, bacteria, dead cells, etc. When we make non-optimal choices and increase the body's overall exposure to toxins, over time the system becomes stagnant and worn out without regular

maintenance and consistency of optimal choices. The cells become congested, our eliminative organs become less efficient, and the lymphatic system becomes congested and constipated upstream. The rosary presents all around the eye, like a rosary or chain, which means the lymph nodes around the body are congested, not only a few. One of the functions of the spleen is to make lymphocytes or cells of the lymphatic/immune system. Knowing this, you can see how the lymphatic rosary seen in your eyes is closely tied to the congestion and weakness seen in your spleen. Lymphatic rosaries are commonly seen in blue-eyed individuals and are an important sign to work on hydrating and moving the lymph fluids throughout. Adding more hydrating, raw foods (fruits) and movement will improve the health of your lymphatic system.

Based on these eye photos, your liver and gallbladder are areas to focus on deeper detoxification. The liver is the “chemical processing plant” of the body and holds many functions. It processes the nutrients and chemicals in the blood, produces cholesterol for the body to use as a buffer against acidosis, processes bilirubin (a byproduct of red blood cell breakdown), and more. The gallbladder manages bile from the liver, and excretes this bile into the digestive system to assist in fat breakdown and absorption. When the eliminative organs and lymphatic “sewage” system become backed up with waste (acids), so do the liver and gallbladder. Problems with the liver/gallbladder area can show as pain in the right upper quadrant area of the abdomen and/or upper back pain, especially after eating higher fat, and jaundice (yellowing of the skin or whites of the eyes) due to a build-up of bilirubin in the blood from poor bilirubin management. Anger is an emotion known to get trapped in the liver/gallbladder area of the body.

All organs of the body can be simplified down to cells, and all cells consume and eliminate energy through the blood and lymphatic system. When the lymphatic system becomes clogged, the eliminative organs become less efficient and acidosis eventually accumulates in the organs. For you, the liver and gallbladder seem to be most affected by this process. Working on the lymphatic system, as described before, along with the eliminative organs will be key to allowing the liver and gallbladder to remove accumulated waste and start to breathe and regenerate again (and heal the deep lesions in your irises).

Almost everyone has some form of malabsorption due to exposure to and consumption of toxins and simply working on cleaning up the gastrointestinal tract will fix this issue. Remember that the digestive tract is where most disease starts as the stomach and digestive tract areas of the iris are located in the center, and the rest of the organs and tissues branch out from there. The digestive system is the tree trunk, and the extending tissues and organs are the branches. Clean, hydrate, and massage the colon with your fingers to get the blood and lymph flowing to these areas. Notice where you feel pain while massaging the tract. Working near the right upper quadrant of the abdomen will also help move the fluids and release pressure in this area, which will assist the liver and gallbladder in detoxifying and regenerating.

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Support your organs of elimination:

- Colon – massage the colon daily and aim for at least 2 bowel movements a day (or as many meals as you have the day before), diaphragmatic breathing (“belly breathing”) will activate the parasympathetic nervous system to assist in peristalsis and keep stress levels low
- Kidneys – kidney herbs, dry fasting up to 24-36 hours, lower back massage to move acidic waste.

Kidney Filtration: Urinate in a jar first thing in the morning, let it sit for 8-12 hours, and check for any sediment or mucus present. Anywhere from small white flakes to large strands of mucus counts as filtration. Clear urine is a sign of low kidney filtration, cloudy urine is a sign of better filtration. The cloudier the urine, the better. Depending on what you eat and what your body is eliminating, the type of waste sediment will differ. Dry fasting is the most powerful method of achieving kidney filtration. The more you filter, the more cellular waste is removed from the body, energy will be less obstructed, and better you will feel.

- Lymphatic System – lymphatic herbs, dry fasting up to 24-36 hours, exercise or any movement or stretching, body self-massage, hot and cold showers (alternating), diaphragmatic breathing (“belly breathing”)
- Skin – body self-massage, sweating (exercise, sauna, steam, moving in the sunshine)
- Lungs – diaphragmatic breathing (“belly breathing”)

Conclusion:

I hope this iris reading has helped you gain a deeper understanding of the condition of your body and has empowered you to keep on working on proper detoxification! Remember that we all have weaknesses and some form of toxicity to work with in the beginning. Use the findings in this analysis to better tailor your detoxification routine and focus on your weakest areas. You are not alone in the path toward better health and you have friends willing to help! Iridology is a great tool to measure your progress on your health journey. Best wishes to you!

Valeria Evans
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