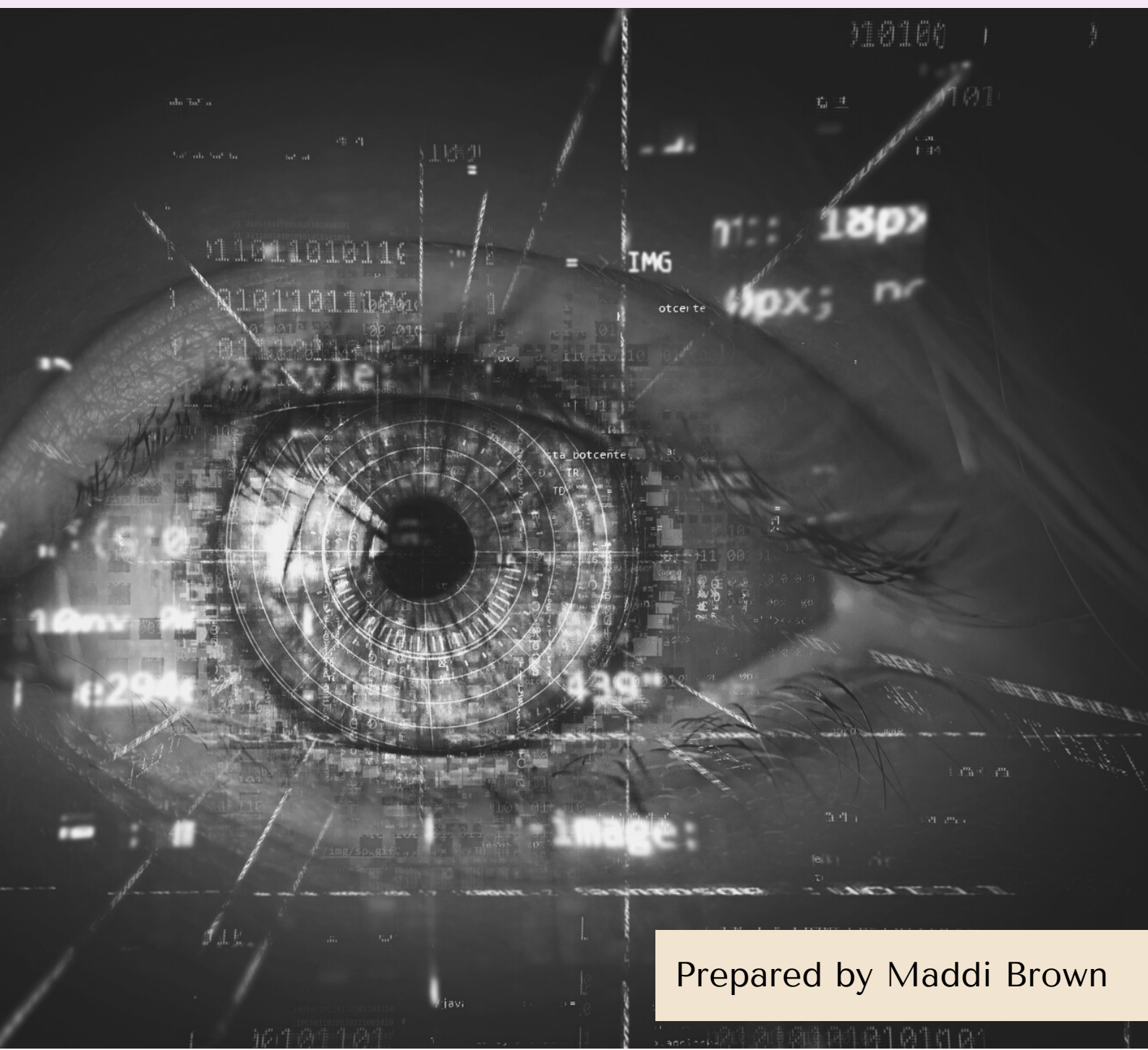


Georgina Sarkis

# IRIDOLOGY REPORT



Prepared by Maddi Brown

# INTRODUCTION

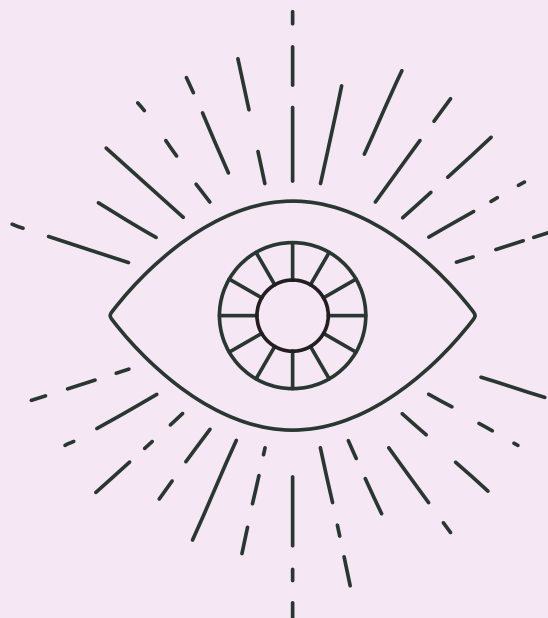
The iris of the eye is among the most complex tissues of the body.

Endowed with over 28,000 nerve endings, the iris is connected with the dura mater (the fibrous membrane covering the brain and spinal cord) of the brain via the optic nerve or optic tract, which is part of the central nervous system. The iris is thereby connected to the sympathetic and parasympathetic nervous systems and the spinal cord.

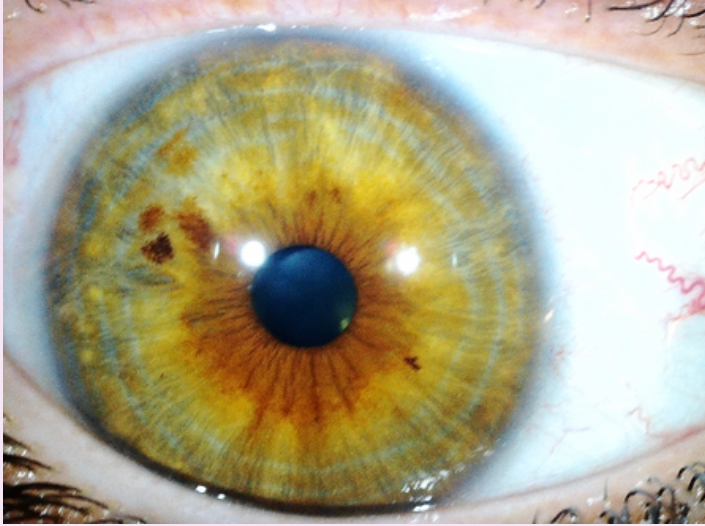
The iris is also directly and indirectly connected to every organ, gland, and tissue of the body by way of its association with the brain and nervous system. In this way, it is believed that both genetic tendencies and overall potential current health status are reflected in the structures of the iris.

Through observation of the iris's pigmentation, colour and structure, information can be obtained about a person's genetic strengths and deficiencies. Nerve fibers in the iris respond to changes in body tissues by manifesting a reflex physiological response that corresponds to specific tissue changes and their locations.

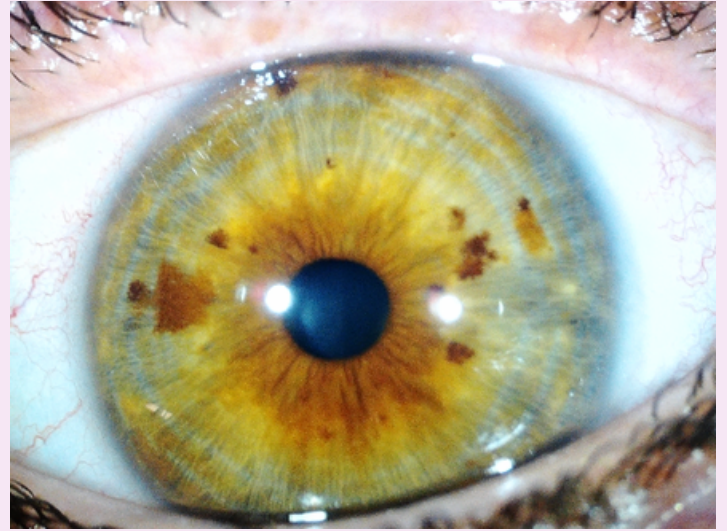
It is believed that iridology reveals the areas of genetic strengths and deficiencies within the body. Further, iridology may show the presence and location of tendencies for tissue irritation and inflammation. These features of the eye make it the perfect window for observing a person's health potential.



# YOUR IRIDOLOGY ANALYSIS



right eye



left eye

## Constitution: Mixed Biliary (Primary Lymphatic)

Primary nurture point: Liver, gallbladder, digestion and pancreas.

This iris contains a mixed presentation between a blue iris and brown overtones, usually seen where one parent has blue eyes and the other has brown or mixed.

General susceptibility to:

- Gastrointestinal weakness: constipation, flatulence, liver and gallbladder problems.
- Diabetic tendency
- Childhood ear, nose and throat complaints with various allergies
- An overactive lymphatic system, often with swollen glands
- Upper respiratory weakness including asthma, bronchitis and sinusitis
- Hyperacidity resulting in inflammatory conditions including arthritis and rheumatics
- Hardening of arteries is common in advancing age

Many Lymphatic constitution types enjoy life relatively free from complaints in early life. The main pathway to disease concerns the mucous membranes, which surround all our internal organs and act as our first line of defence when we are exposed to infection. This process depends on adequate and correct lubrication. It is essential to nurture the health and function of these vital membranes to secure and maintain optimum health for all Lymphatic constitution types.

Generally with this constitution we see an overactive immune system that can lead to allergic reactions producing skin complaints such as eczema and dermatitis of a more chronic nature. There is a tendency for excess mucous production, resulting in discharges from the ears, nose and throat. Upper and lower respiratory problems are prevalent due to chronic catarrh and inflammation of the mucous membranes.

#### **Common Deficiencies**

A sluggish liver can affect the uptake of fat soluble vitamins: A, D, E, B12 and K.

#### **Temperament**

As a mixed type this constitution experiences both attributed from the lymphatic and hematogenic types which can create confusion about their personality. They regularly alter their opinions and can have trouble with decision making.

#### **Life Lesson**

The expression "I'm of two minds about what to do" well describes this constitution. Listen to the people who love you. They want what's best for you and would never advise you to do something that would be bad for you.

## **Diathesis: Dyscratic Constitution**

#### **Primary Nurture Point: Elimination & Immune Systems**

The term dyscratic indicates disturbances within the connective tissue, the blood and lymph fluid.

Digestive disturbances produce poor immunity and increase the likelihood of allergic reactions. Bowel movement tends to be of slow transit time and increase likelihood of bouts of constipation. Malaise and lethargy are frequent complaints. Liver, gallbladder and pancreatic symptoms are frequently noted. This diathesis often indicates a predisposition to Diabetes Mellitus and hypoglycaemia should be monitored. Joint disease and soft tissue rheumatism later in life are part of this picture when no preventive action is initiated. Working in an office with a fairly sedentary lifestyle exacerbates the potentials associated with this constitution.

Regular exercise in fresh air and sunshine keeps this type healthy on the inside and the outside. Skin brushing is especially beneficial.

#### **Temperament**

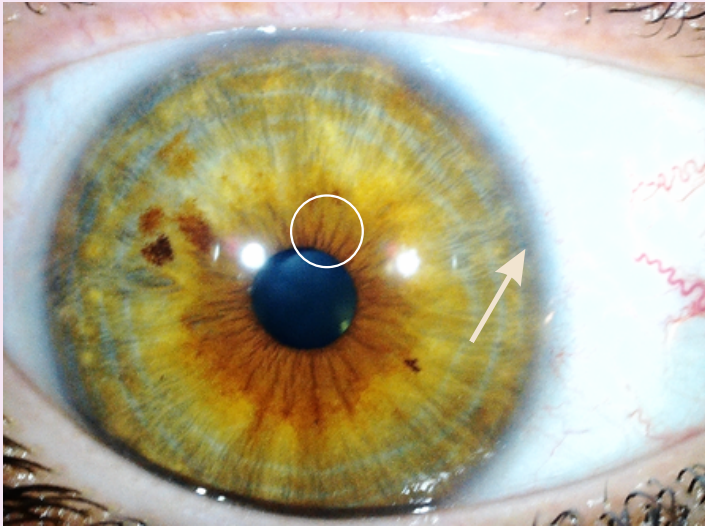
There is an underlying attitude of needing to hold onto their stuff and their emotions, that induces a tendency to hoard. If they examine why they keep their stuff or hang on to certain feelings and experiences, there will be two categories – either it's sentimentally important or they might need it one day.

#### **Life Lesson**

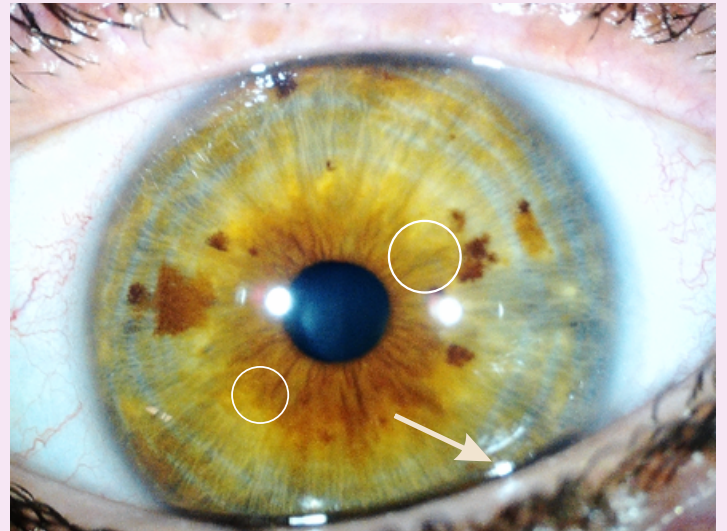
Learn to let go!



# SIGNIFICANT IRIS FEATURES



right eye



left eye

**Contraction Furrows:** also known as nerve rings, suggest increased neuromuscular tension. The presence of contraction furrows in the ciliary zone indicates abnormal tension in the sympathetic nervous system and a compromised sympathetic/parasympathetic system disposition, indicating the tendency to hyper-function of all organs. They indicate spasmodic tendencies in previous generations which can affect major organs including the pancreas, heart, thyroid and lungs. They can affect nutrient delivery at a cellular level, especially in the case of vital minerals.

**Psoric spots:** A psoric spot is a spot of colour, in your case it is brown. This can signify an inherited genetic weakness, or it can mean an accumulation of waste in your current lifetime (often from excessive exposure to toxins – drugs, medications, environmental toxins etc). Brown is the liver colour meaning that liver support is indicated. The location of the spots correlates to your pancreas, gallbladder, kidney and bladder – this means that the accumulation of waste in the body can have an effect on this organ.

**Yellow pigmentation:** This light yellow pigment is seen as a primary indication of digestive fermentation. There is a disposition to irritable bowel symptoms including periodic diarrhoea, especially when the collarette is this colour.

**Brown pigmentation:** The brown shading signifies influence in the liver and the interplay with the nervous system.

**Scurf ring:** A dark border at the outermost edge of the ciliary zone represents the skin. A scurf ring can indicate problems such as altered sweat regulation and rashes. Dry brushing is recommended to minimise skin presentations.

# DIETARY & LIFESTYLE RECOMMENDATIONS

Include	Limit
<ul style="list-style-type: none"><li>• Dry skin brushing</li><li>• Alkalizing foods</li><li>• Lemon water first thing in the morning (to increase Hcl)</li><li>• Bitters such as dandelion leaf and endive in salad or in a tea</li><li>• Good quality protein at every meal to balance blood sugar.</li><li>• Omega 3 fatty acids (almonds, walnuts, purslane, pumpkin, flaxseed)</li><li>• Magnesium and calcium rich foods</li><li>• 2L water daily</li><li>• Fibre supplement such as PHGG or psyllium husk</li><li>• Natural mineral water</li></ul>	<ul style="list-style-type: none"><li>• Foods that tax the liver: alcohol, cigarettes, saturated fats, dairy, red meat and rich desserts.</li><li>• Wet mucus forming dairy (milk, cream, ice cream, sour cream)</li><li>• Refined sugar</li><li>• White flour products</li><li>• Acidic foods</li><li>• Purine foods (cured meats, alcohol)</li><li>• Eating when stressed</li></ul>

## REFERENCES:

Information referred to in this report are drawn from the following publication resource:  
Miller, T. (2016). Integrated iridology textbook. Inner Health AUST

# THANK YOU



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Thank you Georgina for the opportunity to prepare this iridology analysis for you.

If you have any questions or queries regarding the findings or you would like to explore anything in more detail please let me know.

Thanks so much,

*Maddi xx*

