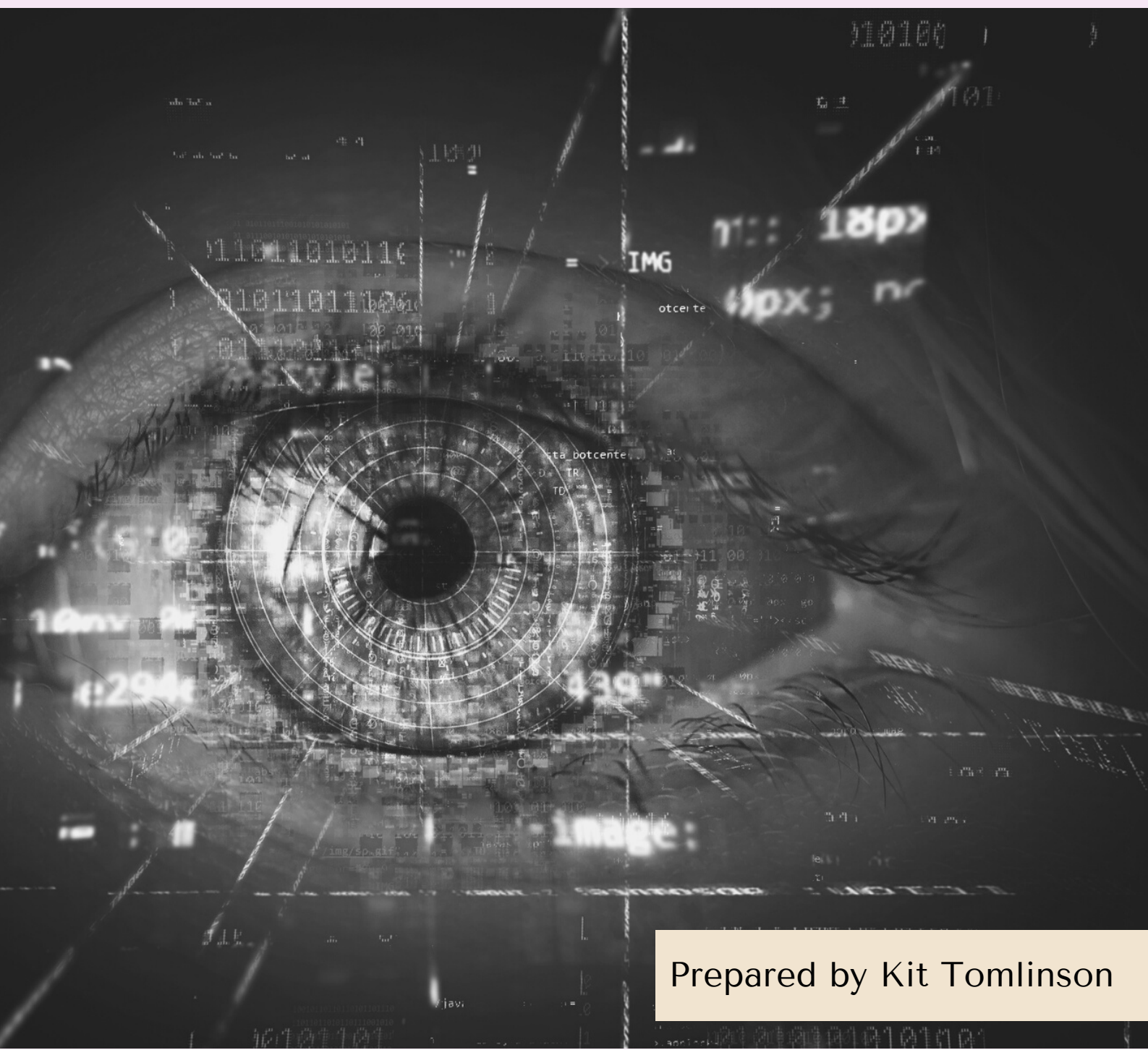


Ali Reynolds

IRIDOLOGY REPORT



Prepared by Kit Tomlinson

INTRODUCTION

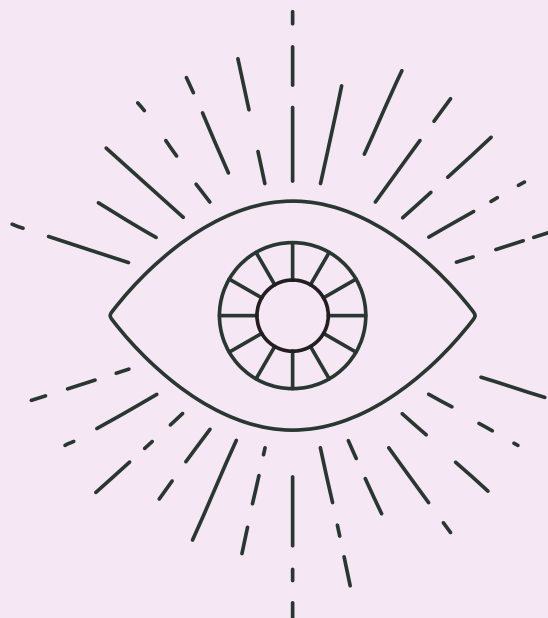
The iris of the eye is among the most complex tissues of the body.

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.

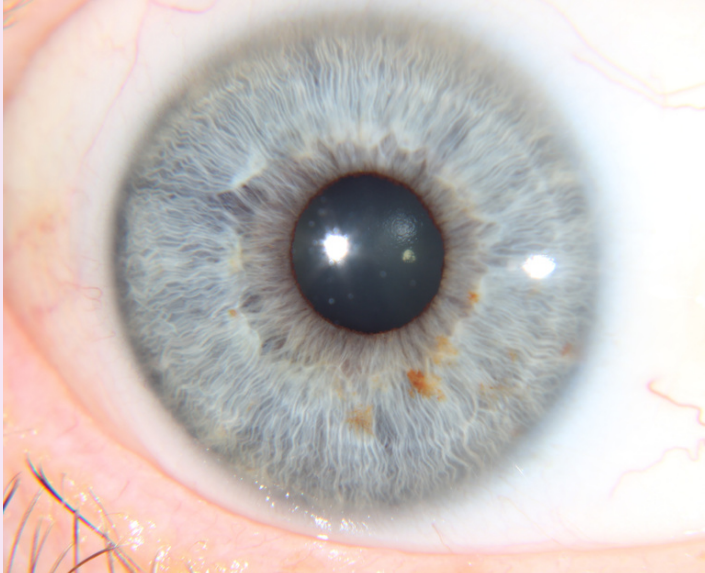
The iris is also directly and indirectly connected to every organ, gland, and tissue of the body by way of its association with the brain and nervous system. In this way, it is believed that both genetic tendencies and overall potential current health status are reflected in the structures of the iris.

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.

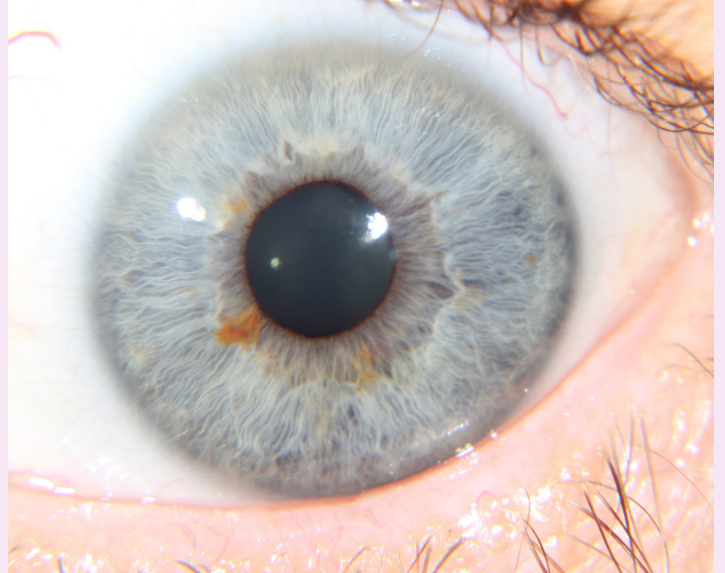
It is believed that iridology reveals the areas of genetic strengths and deficiencies within the body. Further, iridology may show the presence and location of tendencies for tissue irritation and inflammation. These features of the eye make it the perfect window for observing a person's health potential.



YOUR IRIDOLOGY ANALYSIS



right eye



left eye

Constitution: Lymphatic

Primary nurture point: Lymphatic system

This blue iris is most often seen in blonde haired, fair complexioned people. Blue eyes generally indicate susceptibility to:

- 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. These membranes are designed to prevent the adhesion of one organ to another. 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

Iron, Zinc, Magnesium and Calcium.

Temperament

When in balance, these people are generally agreeable, grounded and perceptive. They love to bring people together. They may experience insecurities about social or material dynamics. Their symptoms include a variety of skin and mucous membrane issues. These are a reflection of their emotional issues. For example, itching skin related to someone or something "getting under their skin".

Life Lesson

Love the skin you're in. Accept your own limitations.

Neurogenic Structure: Hyper Acidic

Primary Nurture Point: Skeletal and urinary systems

Many of the problems common to this constitution are due to faulty protein metabolism, which induces an increase in uric acid formation and re-absorption. This group is particularly prone to producing excessive lactic acid after exercise. A scurf rim is often present, indicating reduced elimination via the skin. There is also a predisposition to rheumatoid conditions and collagen diseases. Gut dysbiosis is common as is a sluggish lymphatic system. Blue-eyed people are twice as likely to develop kidney stones as those with brown eyes.

Common ailments:

Gout, Arthritis, rheumatism, SIBO, lymphoedema, UTI, kidney stones

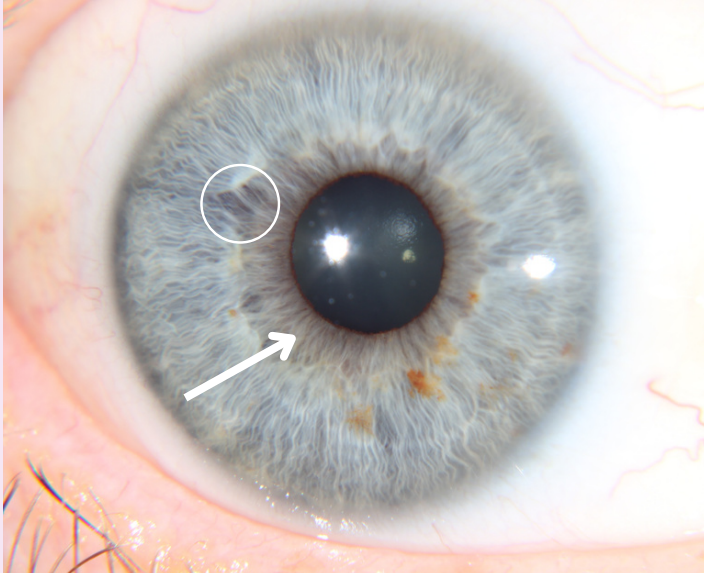
Temperament

These people often have to carry many burdens in life and when they are in a state of imbalance this can turn to resentment and bitterness. They have to work hard on getting to know their inner self so they can release all that is behind them. Due to an inherited strong constitution, they are capable of anything they put their minds to and can overcome any hardship.

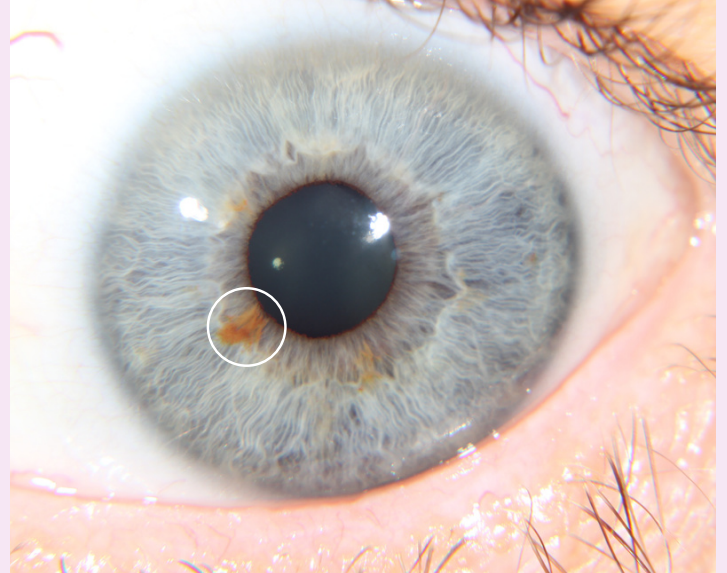
Life Lesson

Acceptance is liberation.

SIGNIFICANT IRIS FEATURES



right eye



left eye

Lacuna/e:

Lacuna signify an inherited familiar weakness and potential under activity of a particular organ or tissue. The presence of a lacuna does not mean a pathology will occur but act more as nurture points for the individual to focus on. Your identified lacunae correspond with potential inherited weaknesses in the duodenum, kidney, sinus and pancreas.

Under acid stomach: Darkness in the area surrounding the pupil, represents imbalanced stomach chemistry in which protein digesting hydrochloric acid is insufficient. This condition is known as hypochlorhydria. This major gastric juice facilitates metabolism of many vitamins, minerals, fats and protein in particular. Hydrochloric acid has a role in maintaining probiotic balance in the small and large intestines. If this balance is lost, it is possible to experience a whole range of gut problems including harmful yeast, bacterial and parasite overgrowth. It plays an essential role in digestion which is absolutely vital to human health and wellbeing.

Psoric spots: A psoric spot is a spot of colour, in your case it is orange. 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). orange is the pancreas colour meaning that pancreas support is indicated and that there is likely a family history of diabetes / dysglycemia. You have psoric spots on the duodenum, bladder and kidney.

This means that the accumulation of wastes in the body can have an effect on these organs.

DIETARY & LIFESTYLE RECOMMENDATIONS

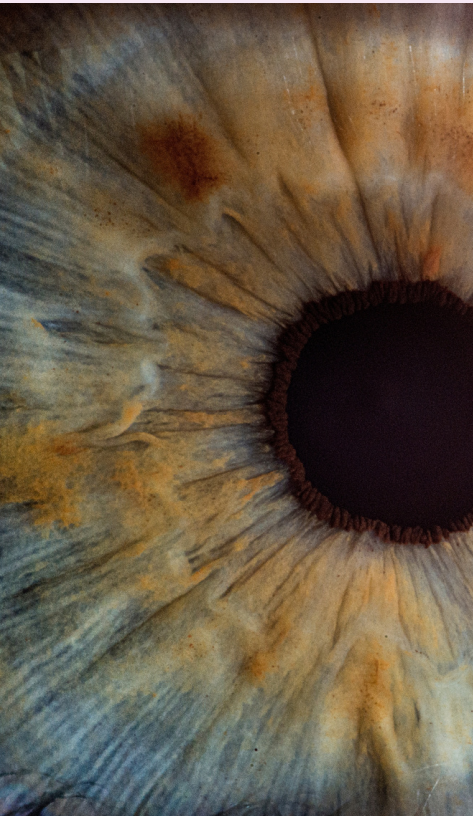
Include	Limit
<ul style="list-style-type: none">• Dry skin brushing• Alkalizing foods• Lemon water first thing in the morning (to increase Hcl)• Good quality protein at every meal to balance blood sugar.• Omega 3 fatty acids (almonds, walnuts, purslane, pumpkin, flaxseed)• 2L water daily• Natural mineral water	<ul style="list-style-type: none">• Wet mucus forming dairy (milk, cream, ice cream, sour cream)• Refined sugar• White flour products• Acidic foods• Purine foods (cured meats, alcohol)

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 Ali for the opportunity 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,

Kit xx

