

## **Iridology - Denise Mallitt - 25/11/22**

### **Constitutional Genotype -Mixed Biliary (Mixed Colour)**

Genetic potential for:

- Liver, gall bladder, pancreas and gastrointestinal dysfunction
- Digestive disorders resulting from liver and gall bladder deficiencies
- Gastrointestinal and bowel dysfunction causing flatulence, constipation and diarrhoea.
- Digestive disturbances due to lack of digestive enzymes
- Glandular disturbances including fluctuating blood sugar levels

Consider:

- Low saturated fat diet
- Abstaining from fried foods
- Plenty of essential fatty acids
- Plenty of vegetables to increase fibre for cholesterol clearance and regular bowel elimination
- Restricting processed sugars and carbs
- Drink ample amounts of filtered water
- Quality protein serves with each meal and small meals frequently for fluctuating blood sugar levels

### **Structural Constitution - Moderately resilient**

**Constitutional Subtype** - Polyglandular (presence of lacunae or separations between iris fibres)

- Areas to watch in your eyes are liver, pancreas, shoulder, neck, heart and lung, kidneys, adrenals.
- Personality and Temperament: emotive, warm, approachable empathic and compassionate. Can become emotional if experiencing glandular imbalance. Need to express creatively or else can suffer low mood

**Constitutional Subtype Diathesis** - Central Heterochromia (darker coloured ring around pupil)

Genetic potential for:

- Difficulty with nutrient assimilation
- Tendency to constipation
- Underactivity in digestive secretions

**Constitutional Subtype Diathesis - Scurf Rim** (Dark rim around the edge of iris)

Genetic Potential for:

- Kidney dysfunction
- Poor circulation in hands and feet
- Suppressed or inefficient skin elimination
- Various skin conditions such as acne, dermatitis, psoriasis, eczema, flaking and reactive skin.

Consider:

- Herbal, nutritional, and biochemical support for optimal peripheral circulation and skin health
- Kidney supportive foods and fluids
- Silica-rich foods, fluids and therapeutics,
- Skin brushing daily to encourage skin elimination

**Peripheral Circulation Sign (blurring of outer rim of iris)** - this is an acquired sign

Associated Symptoms:

- Aching legs and feet
- Cold hands and feet
- Difficulty with concentration
- Faltering short-term memory
- Headaches
- Poor circulation to extremities

Consider:

- Regular exercise
- Avoid sitting for long periods

## **Contraction Furrows (semi-circular arcs) - present**

Genetic potential for:

- Calcium and vitamin D deficiency
- Neuromuscular and neurovascular tension
- Parathyroid deficiency - affecting calcium metabolism
- Tendency higher stress

Consider:

- Stress management
- Relaxation techniques
- Healthy diet to avoid spasm, cramping and pain.

## **White (acute) signs in the eyes (acquired)**

Areas to watch:

- Heart, lungs, liver, thyroid
- Cervical spine
- Bladder, perineum
- Abdomen and chest

## **Brown signs (inherited and acquired)**

Areas to watch:

- Heart, bladder, kidneys, liver and stomach
- Ascending Colon
- Hypothalamus and ovaries
- Shoulders