



# iridology

**Looking into someone's eyes can be mesmerising and they tell us so much about a person. Vicki Pitman explains how, for an Iridologist, they can reveal even more.**

Our eyes are often referred to as 'the windows to our soul'. They can give plenty of information about our physical state too! Iridology is the study of the iris of the eye. As early as 1670 European physicians were noting that markings in the irises relate to health and disease. Researchers have continued to observe these and today we have a 'map' by which information about vital organs and systems can be observed. The colour, markings and structural patterns of the iris also reveal information about the functional state of the body. This study is similar to pulse, tongue or facial assessment by Chinese and Ayurvedic practitioners. Iridology complements all therapeutic sciences by providing vital information needed in order to establish the root cause of ailments and revealing the appropriate treatments required.

## interpreting your iris

The iridologist is trained to observe and interpret the pattern of markings and structures in the irises which are unique to each individual. When you come for an assessment the iridologist will ask about your medical history and then make observations using a specialised iris camera, bioscope or perhaps simply a medical torch and magnifying glass. The aim of the assessment is not to diagnose disease but to look deeper into the factors influencing the onset of the disease, or the symptoms - what has been called the terrain or environment in the organism that allows a disease to take hold. These may include mental-emotional factors as well as physical ones, as iridology strikingly reveals that holistic balance is inherent within us. By identifying the significant factors, the iridologist can guide the person as to the best steps to redress them. I recall one of my earliest cases, where a woman was experiencing a lot of pain in her left chest. She had been to specialist consultants and they had not found any disease of the heart or other organ, yet the dreadful pains persisted. By observing her iris, I pinpointed a poorly functioning bowel that was putting pressure upwards on her chest. With the right treatment to correct this, the condition resolved.

By observing the signs revealed in the iris, the practitioner can see into the body in a unique way and it can show how superficial or deep-seated such conditions are, identifying how

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the body is coping, and which systems are primarily involved. An important detection to make is that of the person's constitutional type - a fundamental indicator of our strengths and weaknesses. Iridology recognises three basic constitutional types along with several sub-types. Blue eyes correspond to the lymphatic constitution, brown eyes to the haematogenic constitution and mixed coloured eyes indicate the biliary constitution. Understanding your constitutional type and thus how your body tends to respond to life's conditions and experiences is a great gift. It helps explain why you as an individual react to your environment in a way that is slightly different from others and how you can harness this knowledge to your advantage. It shows both the pathways to maintain good health, and, if you become ill, the best means to recovery.

## true blue

If we take, for example the lymphatic blue irises: these reveal a constitution that tends to react swiftly to imbalances or irritations. The body's initial-reaction stage is one of inflammation and/or, increased mucous production. These symptoms, which are experienced by all of us from time to time, are part of our natural immune response, but lymphatic types tend to experience more frequently irritation or inflammatory conditions such as tonsillitis, frequent colds, skin eruptions, swollen glands and arthritis. Though troublesome, the early expression of such symptoms allows this metabolic type to take corrective measures that will shorten their duration and restore balance. Importantly, this will prevent the imbalance settling deeper into body tissues where, if left unresolved, it begins to weaken healthy function. The individual markings in the lymphatic constitution will be unique and this is where assessment and treatment options can be carefully made to help restore optimum health.

The Guild of Naturopathic Iridologists International maintains a register of fully trained and qualified iridologists. To find a practitioner in your area go to [www.gni-international.org](http://www.gni-international.org). For a deeper personal understanding, I can recommend Practical Iridology by Peter Jackson-Main (Carroll and Brown, 2004), great introductory book to help shed light through the windows of your soul!

Vicki Pitman from Integrated Therapies, Bradford on Avon, began her practice in 1986. Registered with the relevant professional associations, she practices Herbal Medicine, Ayurveda, Aromatherapy, Reflexology, Iridology & Lymphatic drainage. [www.vickipitman.com](http://www.vickipitman.com)