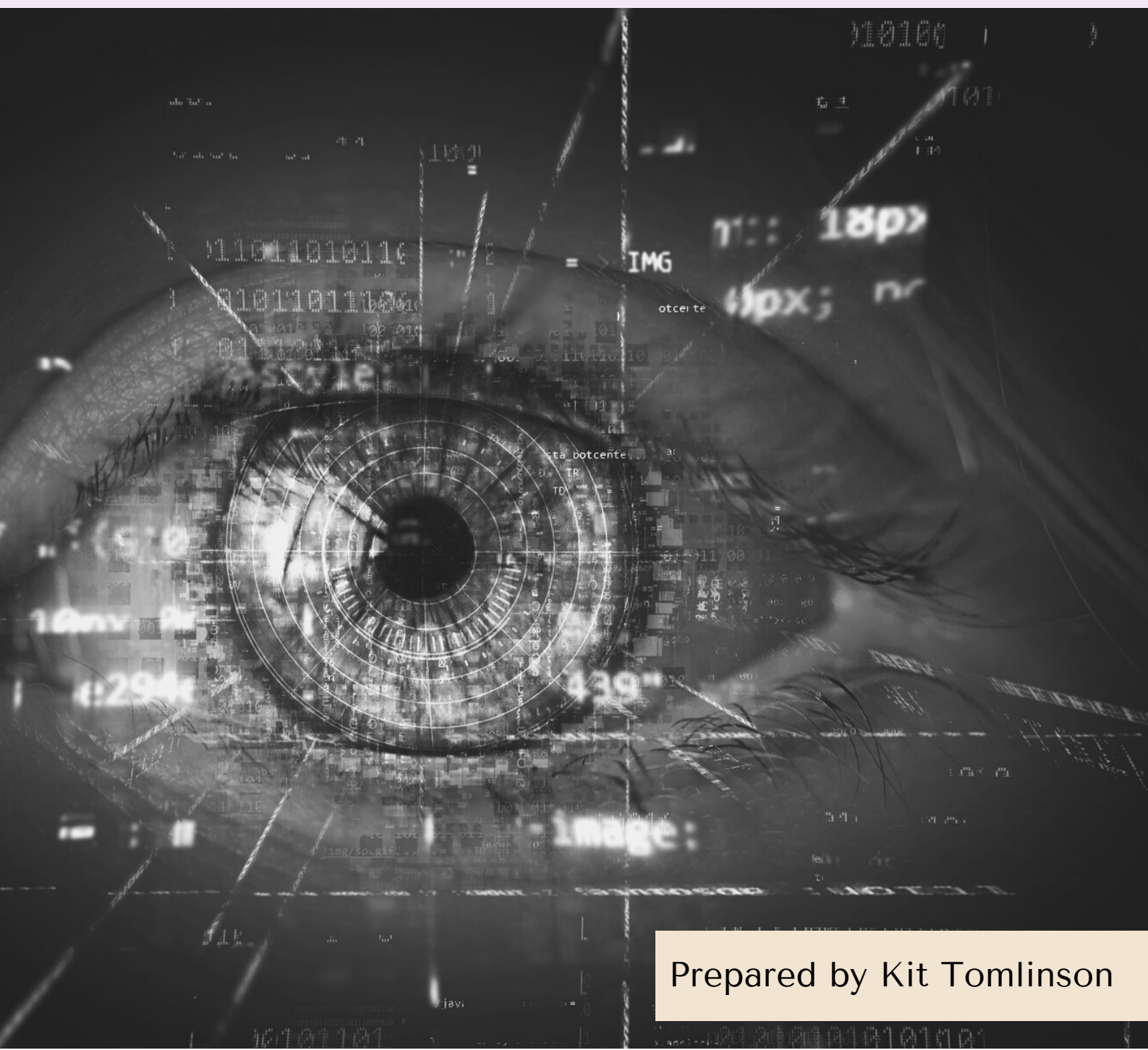


Lily Diver

# IRIDOLOGY REPORT



Prepared by Kit Tomlinson

# INTRODUCTION

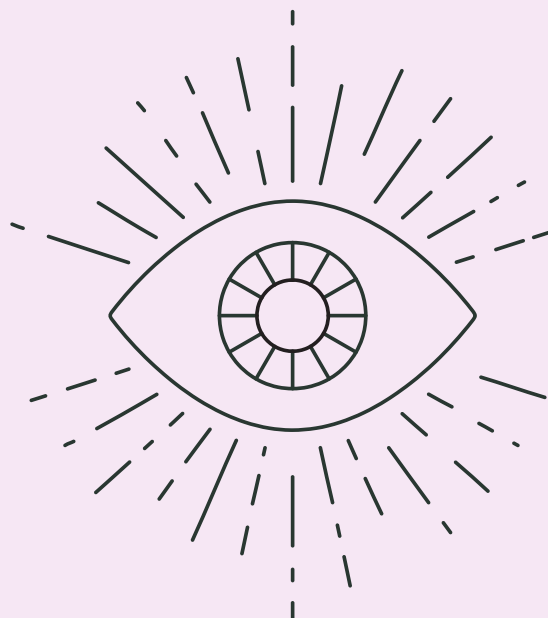
The iris of the eye is among the most complex tissues of the body.

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.

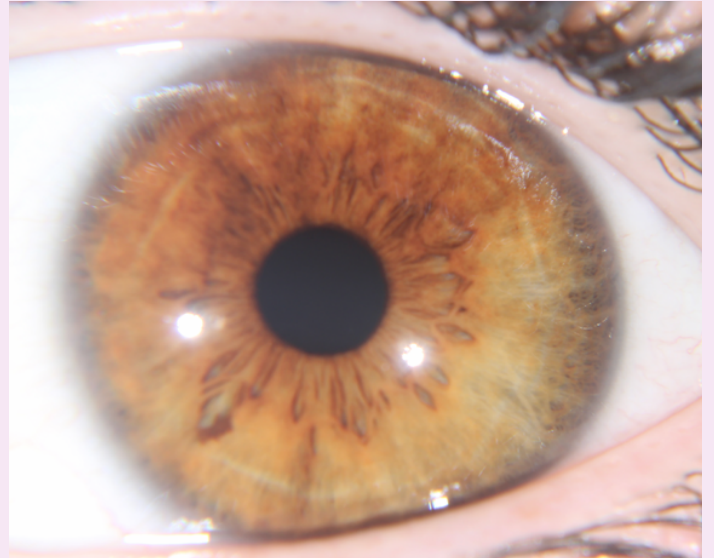
It is believed that iridology reveals the areas of genetic strengths and deficiencies within the body. Further, iridology may show the presence and location of tendencies for tissue irritation and inflammation. These features of the eye make it the perfect window for observing a person's health potential.



# YOUR IRIDOLOGY ANALYSIS



right eye



left eye

## Constitution: mixed

Primary nurture point: Liver, gall bladder, digestion and pancreas.

This iris type is usually related to a family where one parent or grandparent has blue eyes and the other will either be brown or mixed. Mixed colour eyes generally indicate susceptibility to:

- Sluggish liver and Gall bladder conditions
- Erratic bowel transit time
- Flatulence
- Glandular conditions
- Dysglycaemia

This constitution is also called the Biliary type due to the heavy emphasis on gastrointestinal weakness. Symptoms include constipation, flatulence, liver and gall bladder problems. It is possible for those with mixed eye colour to experience variable bowel transit time and many will experience dysglycemia - emphasising both enzyme deficiency and a diabetic tendency. Radial furrows (the lines emanating from the pupil) suggest nerve weakness and reduced function wherever they appear but in the mixed type major radials have a huge impact on digestion. A radii solaris can indicate inhibition of function due to contraction in the localised tissue, producing tension when they're under stress. This can be experienced as tension in the

stomach. It is ideal that they avoid eating large meals when they're processing their emotional issues. Minimise foods that burden the liver. Always consider the possible effects on the digestive system.

### **Comon Deficiencies**

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

### **Temperament**

This constitution experiences the nature of both the Lymphatic and Hematogenic types, which can create confusion about their personal identity. One of the identifying marks of this type is that they constantly alter their opinions and have trouble making up their mind. They are attracted to both Lymphatic and Hematogenic types in relationships.

### **Life Lesson**

The expression "I'm of two minds about what to do" well describes the Mixed constitution, who have great difficulty making decisions. 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.

## **Structure: Dyscratic diathesis**

**Primary Nurture Point:** Elimination and immune systems

Distinguished by a multiple pigmentation layers of different types including foreign pigmentation – not constitutionally based. A central heterochromia – covering both the collarette and humoral zones and lymphatic plaque is present, indicating a dyscratic condition. The term dyscratic indicates disturbances within the connective tissue, the blood and lymph fluid.

### **Common ailments:**

Digestive issues, low immunity, constipation, lymphatic congestion, sluggish liver function, hypo/hyperglycaemia.

### **Temperament**

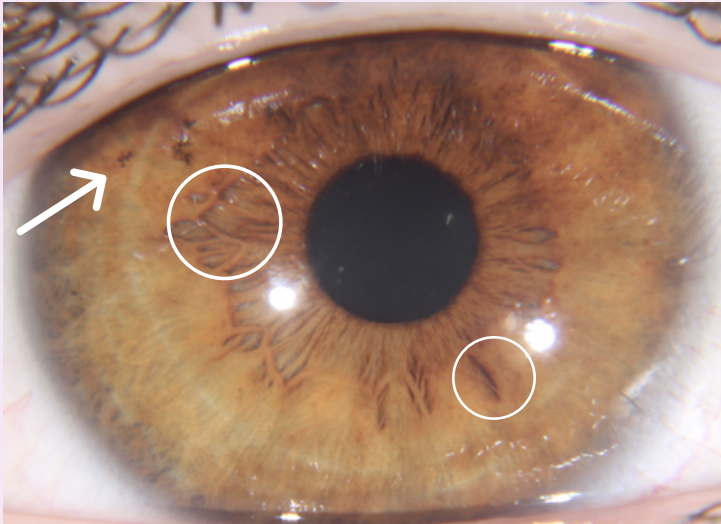
There is a tendency to struggle at times with letting go. Sometimes of emotions, sometimes material items. This can be due to a sense of a lack of safety or trust in life.

### **Life Lesson**

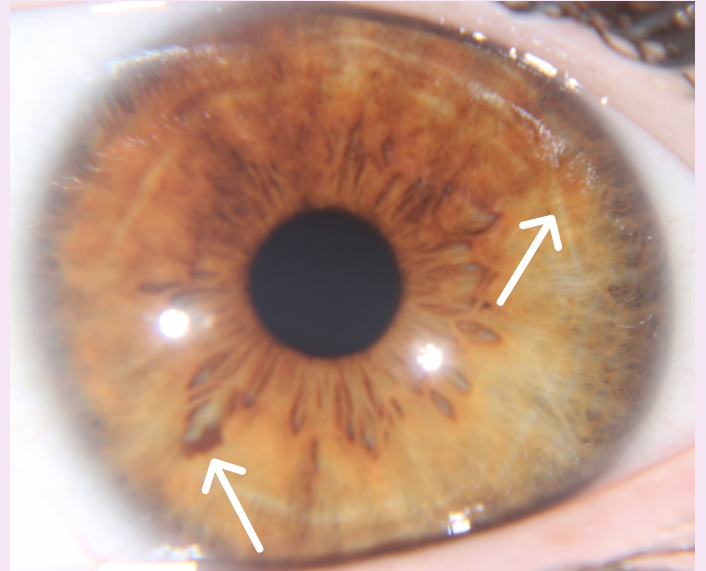
Trust that you will always have within you what you need to succeed. It is safe to let go of the past.



# SIGNIFICANT IRIS FEATURES



right eye



left eye

## Lacuna/e:

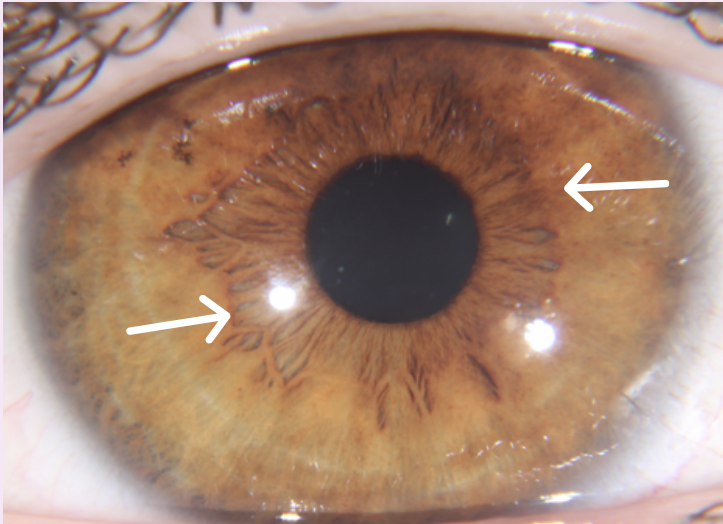
Lacuna is an oval shaped separation of fibres. They signify an inherited familiar weakness and potential under activity of a particular organ or tissue. The presence of a lacuna does not mean a pathology will occur but act more as nurture points for the individual to focus on. Your identified lacunae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

**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. You have psoric spots on the liver and lung zones. This means that the accumulation of wastes in the body can have an effect on these organs.

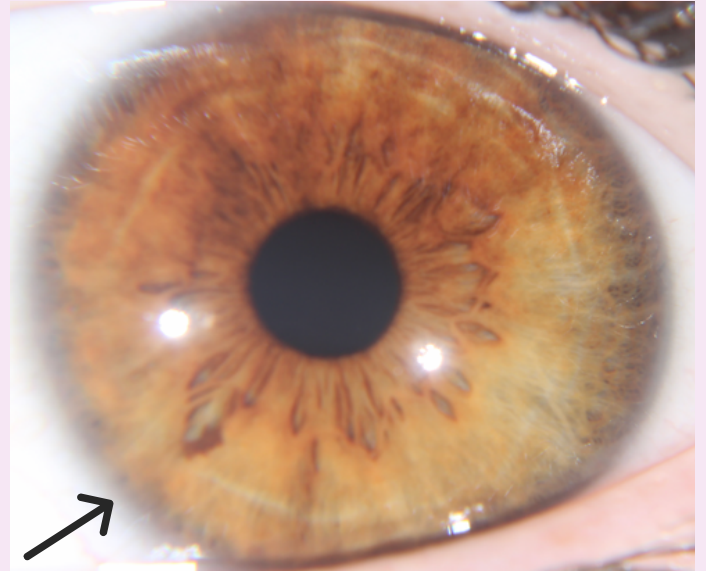
**Contraction rings:** These are indicated by broken concentric circle lines. They are caused by a genetic predisposition to an increase in sympathetic nervous system stimulation (tension and stress).

Contraction rings show industriousness. Emotionally, they show vulnerability to outside influences and an increased susceptibility to anxiety.

# SIGNIFICANT IRIS FEATURES



right eye



left eye

## Hazy iris border:

The outer border of the iris' definition is hazy and has a blue tinge. This is a sign of reduced oxygenation and circulation. This is commonly caused by iron deficiency and anemia.

## Thickened/Wispy Collarete:

You have both a thickened and wispy collarette. The collarette is the border on the inner third of the iris. In iridology the collarette is correlated with the gastrointestinal tract. on the left portion of the iris collarette the border is thick and ropey. This is an indication of disturbances in the gastrointestinal including elevated fermentation causing bloating and abdominal distension.

The right part of the border is less defined and much thinner. this is a sign of nervous system sensitivity and reduced energy physically and emotionally. This includes an increase in sensitive to spices, refined foods, environmental allergens and toxins, and disruptive environments (loud noises, negative energies etc).

# DIETARY & LIFESTYLE RECOMMENDATIONS

Include	Limit
<ul style="list-style-type: none"><li>• High quality protein at every meal</li><li>• Bitter and sour foods</li><li>• Magnesium rich foods</li><li>• Lots of fibre</li><li>• In season fruit</li><li>• Omega 3 fatty acids (almonds, walnuts, purslane, pumpkin, flaxseed)</li><li>• 2L water daily</li><li>• Natural mineral water</li></ul>	<ul style="list-style-type: none"><li>• Excess alcohol</li><li>• Caffeine</li><li>• White flour products</li><li>• Acidic foods</li><li>• Greasy food</li><li>• Processed foods</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 Lily 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,

*Kit xx*

