

Carol Hawken

IRIDOLOGY REPORT



Prepared by Kit Tomlinson

INTRODUCTION

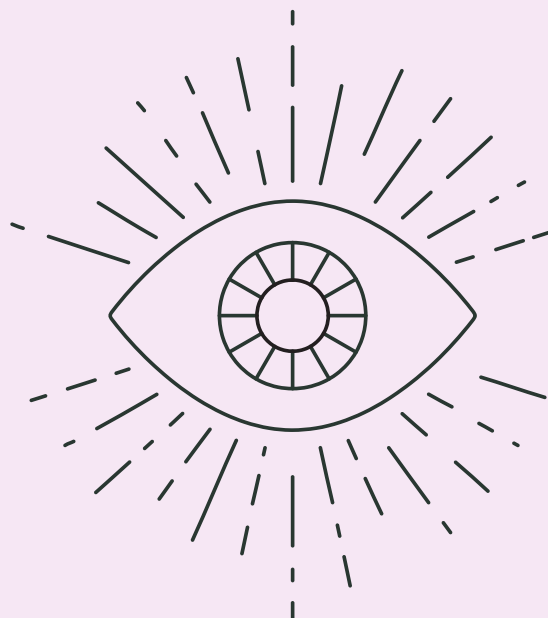
The iris of the eye is among the most complex tissues of the body.

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.

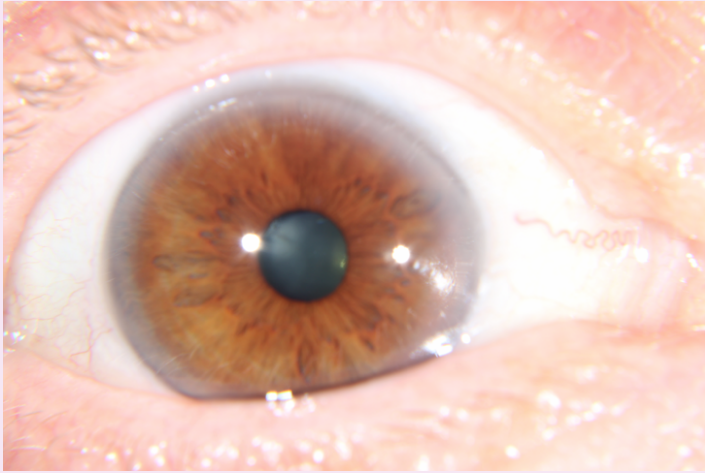
The iris is also directly and indirectly connected to every organ, gland, and tissue of the body by way of its association with the brain and nervous system. In this way, it is believed that both genetic tendencies and overall potential current health status are reflected in the structures of the iris.

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.

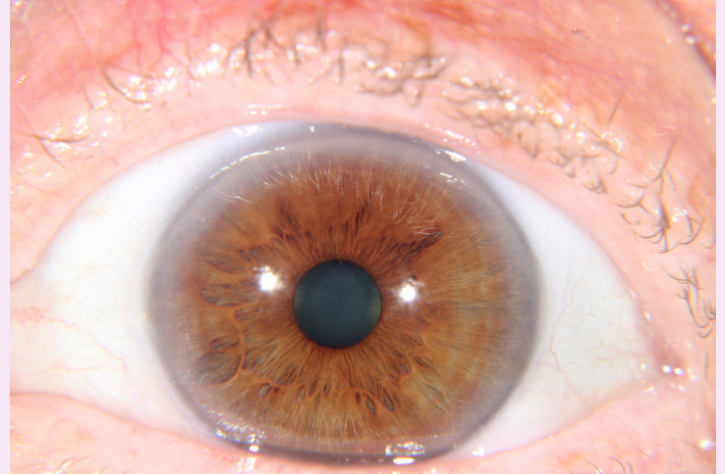
It is believed that iridology reveals the areas of genetic strengths and deficiencies within the body. Further, iridology may show the presence and location of tendencies for tissue irritation and inflammation. These features of the eye make it the perfect window for observing a person's health potential.



YOUR IRIDOLOGY ANALYSIS



right eye



left eye

Constitution: Mixed Biliary (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

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 them to experience variable bowel transit time and many will experience dysglycemia - emphasising both enzyme deficiency and a diabetic tendency.

This type often experience radial furrows showing nervous tension which has an impact on digestion. This can be experienced as tension in the stomach.

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.

Structure: Plethoric

Primary Nurture Point: Connective tissue and digestive system

The word plethora literally means excessive blood volume. Sluggishness in blood movement, especially of the venous back-flow, leads to conditions associated with stagnation and blood congestion. This may include varicose veins, thromboses, congestion and a loss of tone in the veins. The facial skin looks healthy and well circulated but the pulse is often difficult to compress and is occasionally irregular. This means that this structural constitutional type has a focus on the connective tissue of the gut and digestive capabilities.

Common ailments:

These include headaches, asthma and endocrine disturbances, especially of the thyroid. They may suffer gall bladder conditions due to liver congestion, and reduce bile flow. Elevated cholesterol and atherosclerosis can be considered as a potential part of this picture. High uric acid levels increase the risk of inflammatory conditions. Portal vein congestion predisposes them to varicose veins, hemorrhoids, and heart conditions. Weight gain increases all symptoms and the likelihood of daytime sleepiness. It is a catalyst for spinal aches and pains.

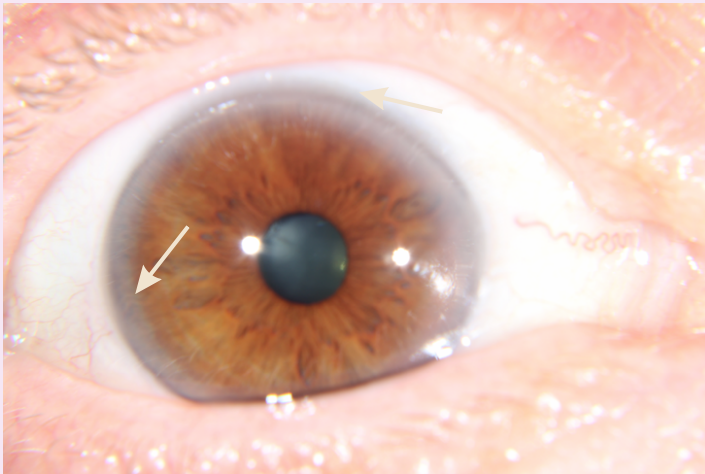
Temperament

The susceptibility to accumulating large volumes of waste flows over into their material life. Plethoric types can become hoarders and collectors. They will often have vast collections of spoons, mugs, stamps, memorabilia or animals.

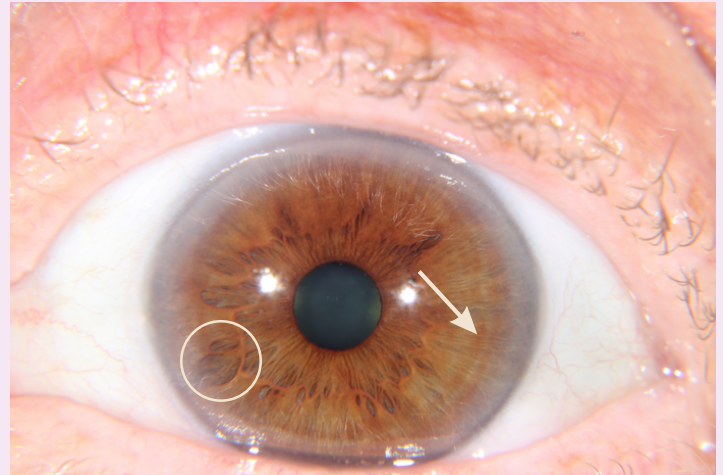
Life Lesson

There is a need for tolerance and letting go. Practice allowing. Plan or delegate so that what needs doing gets done. Never put off till tomorrow what you can do today.

SIGNIFICANT IRIS FEATURES



right eye



left eye

Corneal arcus/cholesterol ring: can indicate a genetic predisposition however it can be acquired and once present will never be removed. The cholesterol ring indicates a high possibility of elevated blood lipids. On presentation the cardio-vascular nurture point should be the primary nurture point for treatment.

Contraction furrows: Often genetic, contraction furrows suggest a temperament that is soft and vulnerable and indicate increased tension in the sympathetic nervous system. They indicate spasmodic tendencies in previous generations which can affect major organs including the heart, airways, liver and reproductive organs and can affect nutrient cellular uptake.

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 heart, thyroid, spine and kidney.

DIETARY & LIFESTYLE RECOMMENDATIONS

Include	Limit
<ul style="list-style-type: none">• Eat lots of leafy greens and fresh fruit• Replace table salt with celtic sea salt• Dried apricots, raisins, almonds, black strap molasses and shellfish are good sources of bioavailable iron• Fish and free range poultry are good sources of clean protein• Snacks of nuts, hummus and vegetable sticks• Meal routine• A balanced diet of quality protein, carbohydrates and good fats• Digestive enzymes and fat metabolisers with meals.• Dark green leafy vegetables.• Plenty of in season fruit• Omega 3 fatty acids (almonds, walnuts, purslane, pumpkin, flaxseed)• 2L water daily• Natural mineral water• Low impact exercise	<ul style="list-style-type: none">• Reduce stimulants such as black tea, coffee, alcohol and refined sugar.• Saturated fats• Red meat and full cream dairy• Heated oil and fried food• Eating within 3 hours of bed time.• Reduce dairy foods• White flour products• Junk food snacking• Eating large meals• Eating when emotional or stressed• Foods that burden the liver

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 Carol 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

