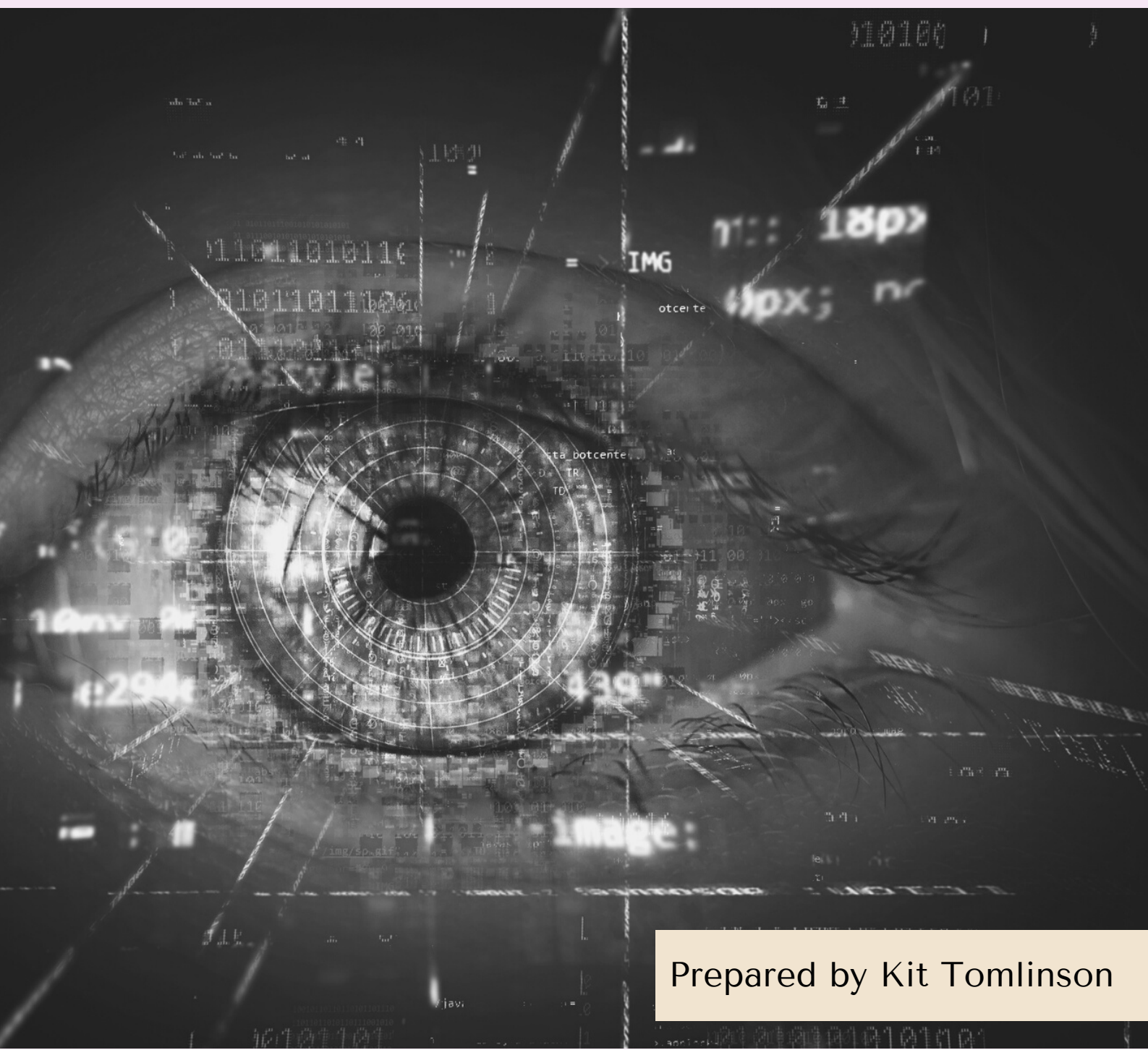


Celine Witcamp

IRIDOLOGY REPORT



Prepared by Kit Tomlinson

INTRODUCTION

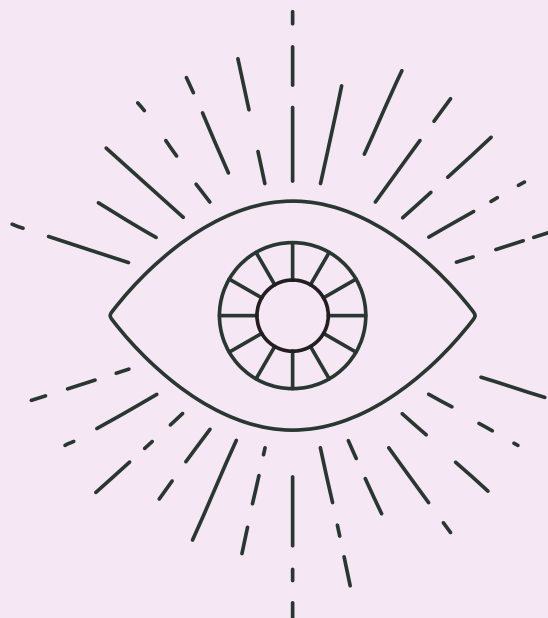
The iris of the eye is among the most complex tissues of the body.

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.

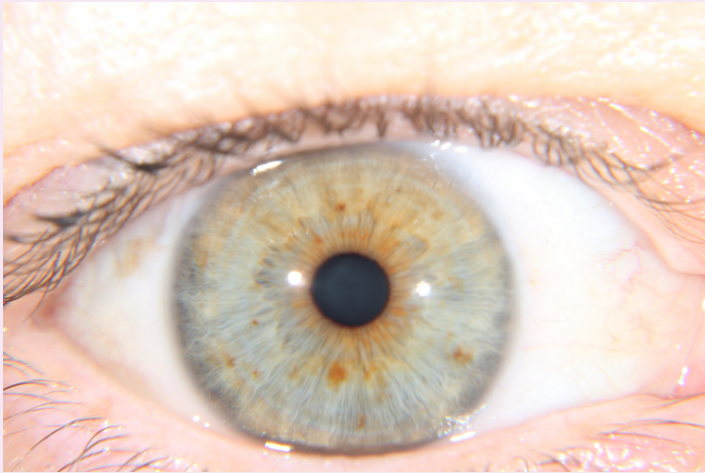
The iris is also directly and indirectly connected to every organ, gland, and tissue of the body by way of its association with the brain and nervous system. In this way, it is believed that both genetic tendencies and overall potential current health status are reflected in the structures of the iris.

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.

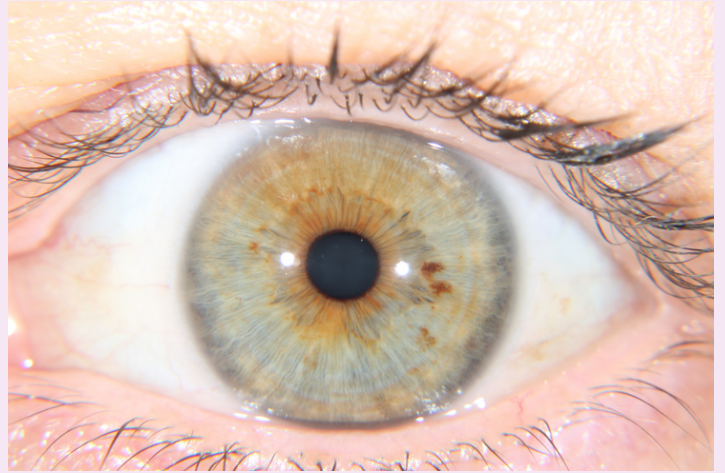
It is believed that iridology reveals the areas of genetic strengths and deficiencies within the body. Further, iridology may show the presence and location of tendencies for tissue irritation and inflammation. These features of the eye make it the perfect window for observing a person's health potential.



YOUR IRIDOLOGY ANALYSIS



right eye



left eye

Constitution: Mixed Biliary (Primary 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

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. 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

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.

Diathesis: Pancreatic

Primary Nurture Point: Pancreas

Commonly found with familial history of diabetes, this type may experience sugar cravings and fluctuating blood sugar levels. Skipping meals may bring about mood swings and they often require small frequent meals to stabilise. The pancreas is one of our most emotionally responsive organs. It needs us to feel that we are loved, nurtured, needed, appreciated, acknowledged and rewarded when we achieve our goals. Jealousy, peer rejection, grief and being overlooked can trigger the onset of diabetes.

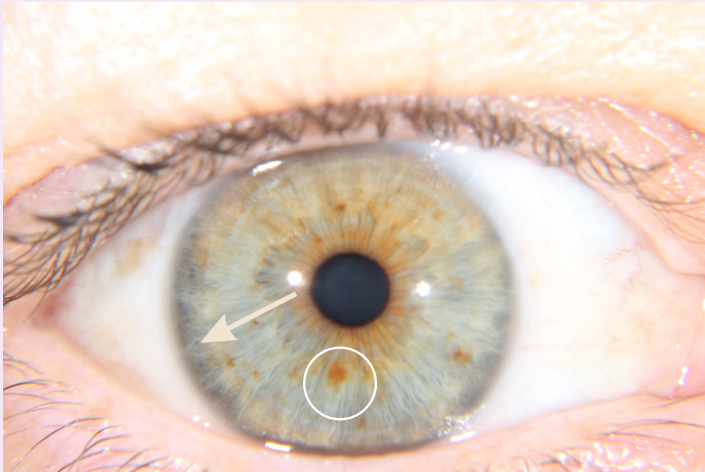
Common ailments:

- Digestive reactions to starchy foods – bloating, belching and pain in the upper abdomen – due to enzyme deficiency.
- Shakiness, tremors and anxiety when fasting

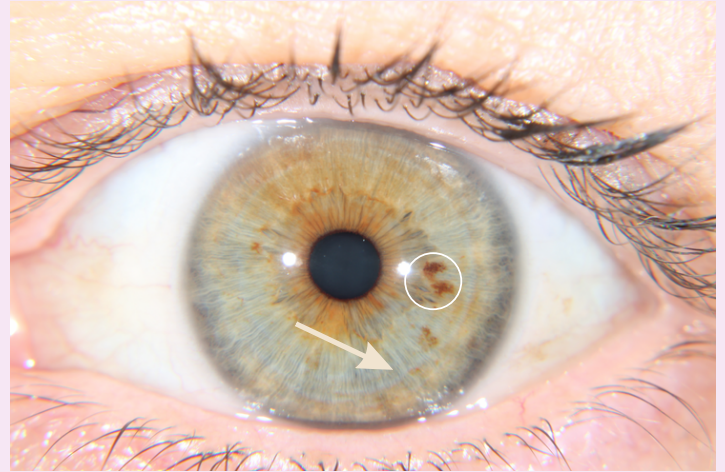
Temperament

The pancreas is about the sweetness in life, about your connectedness with your family, about the recognition of what you do well. The Pancreas type often gets bound up by an overwhelming need for things to be perfect. This is a major cause of frustration for themselves and those who live and work with them.

SIGNIFICANT IRIS FEATURES



right eye



left eye

Scurf ring: A dark border at the outermost edge of the ciliary zone represents the skin. A scurf ring can indicate problems such as altered sweat regulation and rashes. Dry brushing is recommended to minimise skin presentations.

Contraction Furrows: also known as nerve rings, suggest increased neuromuscular tension. They indicate spasmodic tendencies in previous generations which can affect major organs including the heart, the airways, the liver, the reproductive organs and the digestion. They can affect nutrient delivery at a cellular level, especially in the case of vital minerals.

Psoric spots: A psoric spot is a spot of colour, in your case they are orange and 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 and orange signifies the pancreas, meaning that liver and pancreatic support is indicated.

Orange colouring: The orange colouring is indicative of the pancreatic diathesis and shows pancreatic loading. It suggests functional disturbance in the pancreas and an elevated likelihood of dysglycaemia. This should be monitored in those with a family history of diabetes.

DIETARY & LIFESTYLE RECOMMENDATIONS

Include	Limit
<ul style="list-style-type: none">• Dry skin brushing• Resistance weight training• Frequent small meals• Wet mucus forming dairy (milk, cream, ice cream, sour cream)• A balanced diet of quality protein, carbohydrates and good fats• Plant based protein• White flesh fish• In season fruit• Omega 3 fatty acids (almonds, walnuts, purslane, pumpkin, flaxseed)• 2L water daily• Nutrient-rich breakfast• 3x small protein meals daily	<ul style="list-style-type: none">• Wet mucus forming dairy (milk, cream, ice cream, sour cream)• Refined sugar• High GI foods• White flour products• Acidic foods• Alcohol and coffee - as this can be stimulating• Fats• Dairy products• Red meat• Rich sweet foods.

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 Celine 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

