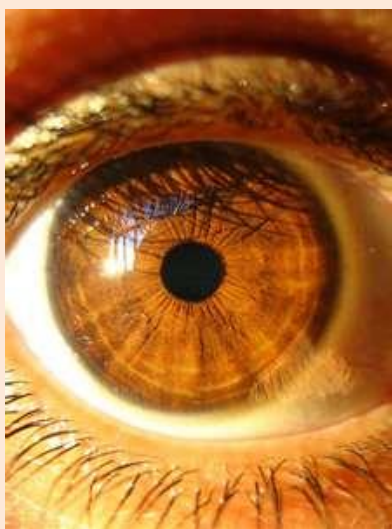


# IRIDOLOGY SCLEROLOGY AND PUPIL ANALYSIS

Part 1

An Extract from  
NATURAL DIAGNOSIS AND THERAPEUTICS

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## HISTORY OF EYE READING AND THE EYE-BODY CONNECTION

### INTRODUCTION TO IRIDOLOGY

The eye is the window of the body and soul. Various writings, ancient and modern point to the relationship existing between the eyes and the body. One of such statements that are notably striking is recorded by Luke in the Bible. *“When your eyes are good, your whole body also is full of light. But when they are bad, your body is full of darkness” (Luke chapter 11 verse 34).* So swift in registering impressions are our eyes that even our emotional states and dispositions can unconsciously be broadcast by us and read by

very observant lay men. We always sense something “cold” emanating from the enemies eyes and those planning evil and something “warming” radiating from the eyes of a true child, a friend’s eyes or eyes of strangers that bring good tidings. Emotional disturbances such as fear, anger, disappointment etc always leave their subtle impressions in the eyes. Expressions like evil eyes, lonely look, forgiving look, empty look, weary look, romantic eyes, etc are used very commonly in our daily conversations.

Iridology; a health evaluation technique from the iris is sometimes also referred to as iris diagnosis or iridiagnosis; it is a science based on the theory that vital organs of the body have their reflex zones in the irises of the eyes and that changes in functions of organ leave certain imprints on the irises. These imprints and signs are what iridologists decode as they examine the irises with a penlight and a hand-held magnifying lens.

#### **HISTORY OF IRIDOLOGY**

Iridology (pronounced as eye-ree-dology) is believed to have been practiced as far back as 1000 BC by the Chaldeans; many sources give an earlier date. In 1881, a neurologist and Doctor of Medicine, Ignatz von Peczely (1822-1911) from Eger, near Budapest Hungary published a book on the subject entitled, *‘Discovery in Natural History and Medical Science, a Guide to the Study and Diagnosis from the Eye’*. The book internationally became a classic and Ignatz von Peczely came to be recognized as the father of modern iridology. His childhood experience led him serendipitously to develop this system of health evaluation. History has it that as a small boy (11 years old), Ignatz accidentally broke one of the legs of his pet owl and noticed instantly that a black line appeared at a section in the owl’s iris (corresponding to the six o’clock position of a clock). He further observed that this line appeared only in the iris located at the same side with the fractured leg. Ignatz reportedly commenced treating the fractured leg and watched as days passed by that the ‘black line’ receded progressively as healing became established until there was no longer any trace of such mark in the owl’s iris.

Ignatz grew up and became a physician. His childhood experience with an owl propelled him to scrutinize his patient’s eyes at the hospital’s emergency ward where he worked. In a short time, in the course of his scrutiny, consistent patterns began to emerge; he observed that patients with fractured legs always portray irises with markings at six o’clock in the irises, those with skull injury reveal irises with markings around 12 O’clock and many more correspondences that he arrived at helped him to design his first iris diagnosis chart in 1880.

Iridologists that followed on his heels in Europe include Reverend Nils Liljequist of Sweden, circa 1800 and Pastor Felke Sweden, born 1856. Much

later the following Germans practiced and propagated iridology; Josef Deck, Theodore Kriege, Rudolf Schnabel and Josef Angerer.

In America, the roll call of iridology pioneers includes Edward Lane who was an Australian medical doctor, Henry Lindlahr, Dr Kritzer and Dr Bernard Jensen a Chiropractor. Dr Jensen studied the teachings of Edward Lane and Henry Lindlahr. Dr Bernard Jensen DC, ND, PhD of Escondido California USA who passed on at the age of 93 in 2001, made the greatest developmental impact on iridology. He was really a workaholic, Dr Jensen from childhood to old age experienced serious health challenges; tuberculosis, paralysis, cancer etc and he overcame all health setbacks with natural healing modalities. He went back to work in his health ranch in each circumstance where, even in his nineties, he continued his practice and advocated iridology as a natural diagnostic tool. He raised iridology to the stage it is today. He erected an iridology chart regarded universally as the simplest and very comprehensive. His iridology chart is believed to have been distilled from over 200 iridology charts across the globe. Dr Jensen wrote a book on the science and practice of iridology in 1952 following his various training and educational tours. His text books on iridology and nutrition are still regarded as basic teaching texts on the subjects. Up till late 1990's he was known to have diagnosed 'diseases' from over 350,000 eyes. His philosophy on iridology which is reproduced in this chapter is now christened the iridologists' creed.

Still in America, Harri Wolf and Dr Bill Caradonna in 1982 were credited to achieving the synthesis of European and American iridology models. In recent times, Ellen Tart Jensen PhD entered the scene and added few details to Dr Bernard Jensen's chart making it even more user-friendly. Her latest version of *improved* Jensen's iridology chart is largely used in this book.

#### Historical Landmarks in Iridology Evolution

1. Archeologists excavated clay tablets of Chaldeans with human irises engraved on them and inscriptions of few vital organs on the irises as well.
2. In ancient Egyptian hieroglyphics, one frequently encounters the eyes and irises with various markings on them.
3. In ancient Greece, Hippocrates taught his students how diseases leave their imprints on the eyes.
4. Philippus Meyens of Germany wrote in the 16<sup>th</sup> century a book titled *Chromatica Medica* in which he pointed out

*the link between the irises and the physical health of an individual.*

5. Around 1786 Christian Haertels wrote a book with the title *De Oculo et Signo (The Eye and its Signs)*
6. In 1881 Dr Ignatz von Peczely wrote a book titled *Discoveries in the Field of Natural Medicine* which among many subjects extensively dwelt on eye diagnosis.
7. Modern researchers on iridology including Dr Henry Lindlahr, Dr Bernard Jensen, and Theodore Kriege etc continued the development of iridology till the present generation of iridologists took up from where they stopped.

#### MECHANISM AND SCIENCE OF IRIDOLOGY

It is a known fact that pilots and captains utilize inbuilt compasses in their aircrafts and ships respectively to fly and navigate to their destinations. Also a computer operator sitting before his system's screen can monitor the production processes and output in a factory. It is logical to believe that the Creator provided in man a means for him to access and assess from the external, the conditions of internal organs; this providential wisdom, iridologists believe comes to full manifestation in the eyes, that *glassy, reflective* sensory organ. The eye serves as a window to the internal organs of the body.

Iridologists observe the illuminated and magnified irises to determine the state of body tissues. Organs of the body have their reflex zones in the irises. Changes in the vital organs of the body, be they functional, biochemic or structural are reflected in their corresponding iris reflex zones through neuro-optic reflex action. In the irises therefore, *weak* organs can be identified, *why* they are weak can be discerned, *how* they became faulty can be interpreted. With these clues, recovery health steps can be worked out by an experienced iridologist (more so if he is a naturopath) and the patients just need to follow those steps to return to wellness again.

Explaining how the eyes register the health conditions of various organs, the founder of pro health herbs and vitamins said '*from the physiological aspects, the eyes are connected and continuous with the brain durra matter through the fibrous sheath of the optic nerves. The eyes are connected directly with the sympathetic nervous system and spinal cord. The optic tract extends to the thalamus area of the brain. This creates a close association with the hypothalamus, and pineal glands. These endocrine glands, within the brain, are major control and processing centers for the entire body. Because of this anatomy and physiology, the eyes are in direct contact with the biochemical,*

*hormonal, structural and metabolic processes of the body via the nerves, blood vessels, lymph and the connective tissues. This information is recorded in the various structures of the eye i.e. iris, retina, sclera, cornea, pupil and conjunctiva. Thus it can be said that the eyes are reflex or windows into the bioenergetics of the physical body and a person's feelings and thoughts'.*

Iridology does not concern itself with names of diseases. Numerous diseases afflicting mankind generally impact on specific body organs and systems. The degrees of affection of these organs and the patterns in which they are affected are responsible for the myriads of diseases identified by pathologists. The picture of the current state of organs and *dis-ease* [not disease] that register in the iris by this reflex action is the primary concern of iridologists. Is it not thought provoking that since the creation of Adam to the present time that the number of body organs is a constant and yet new diseases keep on increasing arithmetically or geometrically whichever school of thought is correct? It is a generally accepted maxim that one should deal with the known than the unknown. Therefore iridologists are contented in assessing the state of the 'known' (fixed organs). Iridologists know that when weak organs are strengthened with the aid of natural remedies, their vibratory rate assume normal, healthy tone and consequently all factors causing *dis-ease* are dislodged through the nature-programmed command grafted into our marvelous genetic code. Indeed we '*are fearfully and wonderfully made*' (Psalms, 139 verse14). Doctors only provide the opportunity for healing to take place. 'Nature heals and heals perfectly and doctors collect the pay' a popular saying goes.

Iridologists determine the level of damage to body organs from the irises by studying iris colours, shades and markings. Acute, chronic and degenerative stages of disease processes can be ascertained from an iris examination. When a patient is placed under a good healing modality and healing is initiated, certain signs indicative of healing will start to register in the irises. It is important to note that the irises only register *pathological* changes in the body tissues. Healthy, natural body tissue changes accompanying for instance growth, menstruation or pregnancy do not register in the irises. The latter changes are not abnormal; they are not out of sync.

As the Eye of the Lord of all Creation surveys His World and ensures that not a farthing of wrong be remitted unless it be fully expiated, and as engineers through scientific ingenuity have successfully designed security cameras whose eyes (camera lens) captures all events in the location it is mounted, so also the human eyes monitor and register the lifestyles, diets, emotions, and mental inclinations of its owner. An iris pattern of an individual tells a lot of stories of what has *gone in and out of that man*. It is a reliable witness ever reminding its owner of the immutable law; '*what a*

*man sows, he shall reap*'. The reaping always comes manifold for good or for evil depending on the nature of the seeds sown. In biblical parlance; '*...they have sown wind they shall reap whirlwind.*' How soothing and reassuring therefore it is to realize that a little effort one makes at genuinely improving ones health will be generously rewarded from the bounty of nature's endless treasures. The German philosopher, Goethe once remarked;

*'Nature knows no trifling; she is always sincere, always serious always stern; she is always right and the errors and mistakes are invariably ours.'*

HEALTH BUBBLES