



Work Smart Live Smart

What Is Iridology

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Iridology is the science of determining acute, sub-acute, chronic and degenerative stages in the tissues of the body through a reflex condition in the iris of the eye. These tissue states register in the iris in various colors and shades that are different than the normal iris color. Frequently an iridologist will examine a clients eyes and see that the true iris color is not what the client sees in the mirror every day. As toxins are accumulated throughout the body they register in the iris changing the fiber structures and color. As the person makes “Right Living choices” they will notice not only marked differences in their overall sense of well being but in their eyes as well.

There are iris charts developed by the Europeans and North Americans. There are charts used that reveal personality and emotions as they reflect in the iris. This makes our approach holistic as we see mind, body and emotions interweave to draw a complete picture of you. The body is so connected that no one element does not affect the other. As with all health practices, medical and complimentary, there is still much to learn about the intricacies of the human mind, body and soul.

Many caring professionals from all divisions of health care have developed the iridology map, from the medical doctor, naturopath, chiropractor, psychologist to brain specialists. Their interest is in developing a diagnostic tool that assists in reducing or eliminating needles, x-rays, surgery or invasive tests to determine the cause of our concerns. Iridologists have a respect for the medical profession with the role it plays in our health care and that some of the above procedures may be necessary. An iridologist should never suggest that you stop taking your medications or other health choices in the medical field.

What Iridology Reveals

Iridology does not name disease and cannot see actual blood levels, what it can and does do, is determine where the cause of the problem is in the body but not limit its vision by naming the symptoms to a disease name. We can determine that there is a deficiency in iron, B-vitamins, potassium, sodium, calcium etc.

Once the iridologist determines your body’s nutritional requirements she makes dietary suggestions. As the body heals this will also register in the iris in the form of healing lines or color and fiber changes.

How Does Iridology Work?

Tissue changes in the body reflect in the iris through our central nervous system that is connected to every part of the body. The eyes are an extension of the brain complete with all the nerve endings that we think stop at the brain. Black is an indication of a degenerative stage in the tissues as in the instance of a broken leg. As the break heals after being properly set by a doctor the healing changes will also register in the iris as changes occur in the color from black to dark gray (chronic), to light gray (sub-acute), to white (acute), to normal once again. If the break was not set or healed properly this also will be indicated in the iris.

What Next?

After an iris analysis the iridologist will discuss dietary alterations that would best rebuild your body and eliminate any toxic accumulations. Most iridologists work with herbs to assist the body in rebuilding and eliminating. The use of herbs as nutritional supplementation has been used since the beginning of man because they are a food source. They are referred to throughout the bible, and all of history. The Chinese have reportedly used them successfully for over 4,000 years. There is a responsible way to introduce herbs to your lifestyle and I highly suggest that you get some guidance in this area before you start buying. It is true there are many “safe” herbs, like garlic, ginger and thyme but a lot of what we see on the shelves today are from around the world, have medicinal properties and should be taken wisely. The taking of herbs is not about loading up your shelves with something for every ailment, which most people are doing. They buy something for stiff joints, sinus congestion, loose stools, weak nails, dull hair, etc. There is a weak link or underlying cause and if you address it then the symptoms it is creating will often disappear. That is why an iris analysis is so beneficial as it can determine where that weak link in your body system is. Along with dietary suggestions an iridologist may suggest you get some bodywork done. Usually this means massage, relaxation techniques, cranial-sacral, muscle testing for food sensitivities, reflexology, etc.

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