

HEALTHY LIFESTYLES

The eyes show diseases in body years before symptoms appear

Iridology is an ancient technique which reveals the pathological and functional disturbances in the body by reading the markings in the iris and surrounding areas of the eye.

Location of disease, its history and progression and even clues to the cure can be read in the eyes.

The emotional make-up of the individual, personality and the manner in which they handle stress is also revealed.

The history of Iridology dates as far back as 50 AD.

It wasn't until the mid-1800's, however, that an Hungarian doctor by the name of Ignatz von Peczely made the iris-brain connection. The following is an extract from Iris Science written by Dr. H.W. Anderschou in 1916 which formed the catalyst for Von Peczely's interest in iridology.

"I was only 11 years old, when one day I tried to catch an owl that defended itself violently, and plunged its claws into my hand, the more I tried to free my hand the deeper did the owl, resulting in my flesh being pierced.

"There was no other way but to try to force to break the one leg of the owl in order to extract the claw, and as I was a strong boy, I succeeded in doing so.

"During the struggle, I and the owl chanced to look each other sharply into the eyes, and the very moment I broke the leg in two, I observed to my surprise a black streak appearing in one eye of the owl.

"However, a friend of animals, I took the bird home, bandaged its leg and treated it until it again was well during which

time the bird became so tame that it returned and ate at my table in the garden, and continued doing this a long time after it was liberated.

"In the fall of that year the owl flew away, but next summer it returned and was quite tame as it had been the previous year. And one day sitting with it on my hand, I happened to notice the black streak in the one eye of the bird, and saw that it was there just as plainly as on the day when it originated, but it was now bordered and surrounded by white lines!"

Dr. Von Peczely created one of the very first Iris Charts determining the major organs and body systems and their position in the iris, and the change in markings as body tissue healed. The eyes and the brain are closely related.

In the embryo, the eye starts out as part of the brain. It then slowly separates, yet remains connected to the brain via the optic nerve and the optic thalami, and the sympathetic and para-sympathetic nervous systems.

In fact, the iris is an extension of the brain, being endowed with hundreds of thousands of nerve endings, microscopic blood vessels, muscles and connective tissue.

The nerve cells within the iris appear to record the vibratory rate of cells in other parts of the body and to respond to change in body tissue.

The markings and colours in the iris change as the condition of the body tissue changes.

Even though there is a lot we don't know about the eye, there is no doubt that it is a complex organ and that there is an intimate connection between the eye and the brain by way of the nervous system.

We do know that both the eye and the iris change in form with changes in our body chemistry.

Therefore, the different markings, colours and structural deviations in the iris indicate the state of the tissue in a specific area in the body. An iris analysis reveals a complete overview of the individual both emotionally and physically. It is not a treatment.

Because Iridology provides such a complete evaluation, it can determine deficiencies months, even years before symptoms manifest.

This article was submitted by Jeannie Wardleworth, an iridologist and owner of Hummingbird Holistic.

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