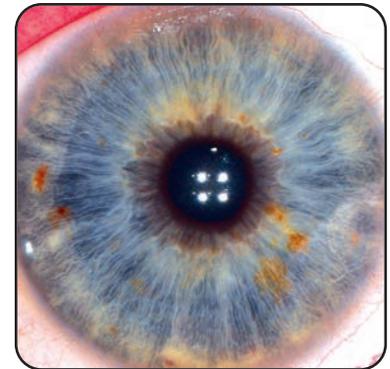
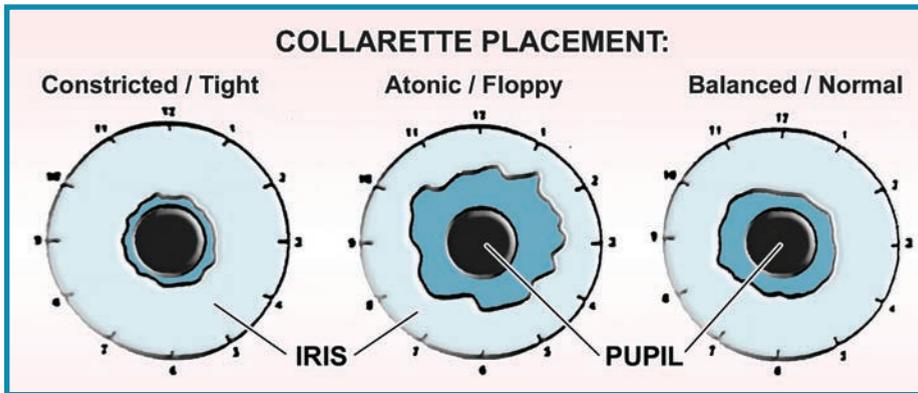
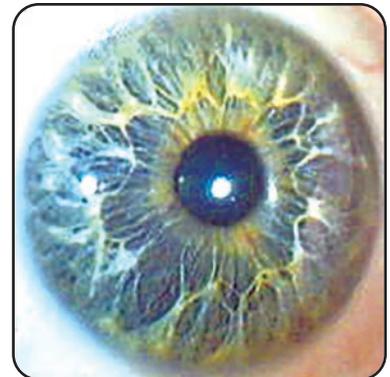


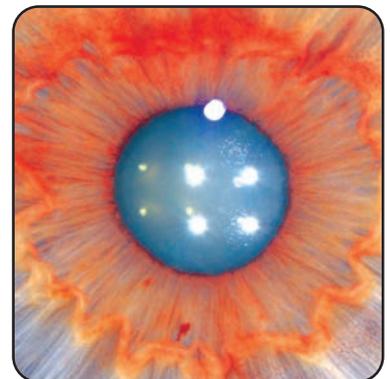
IRIDOLOGY: THE COLLARETTE



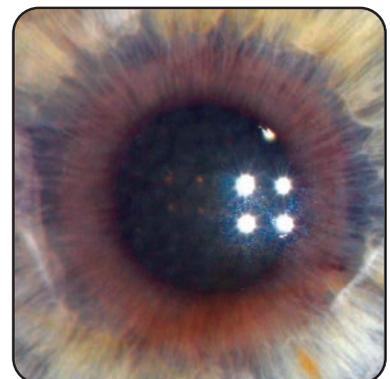
#1) Constricted



#2) Atonic/Floppy



#3) Thick/Raised Wreath



#4) Thin/Wispy Wreath

I hope you have been enjoying the last four or five issues where I have covered many aspects of how Iridologists conduct an iris reading. If you have, then you're getting a good understanding of the basics of Iridology. (If you've missed a few—no worries, just go to the *Natural Life News Archives** to catch up.) In this issue, we are going to learn some of major ways iridologists look at the collarette in relation to the rest of the body. The collarette surrounds the pupil and is the dividing line between the Nutritive Zone and the Ciliary Zone. The collarette is also called the Autonomic Nerve Wreath, or the wreath for short.

The collarette tells us many things about the colon and the nervous system. If it is light or even white in color, it shows structural contraction, irritability and inflammation. The color of the wreath also suggests different tendencies to the corresponding organs. The iridologist breaks it down into two aspects or sections: Placement and Appearance. When we look at appearance, we break it down again into two sections: Quality and Shape.

First there is placement. Is it

too close to the pupil, too far from the pupil, or is it balanced?

When the collarette is in balance (approximately 1/3 the distance between the pupil and the outside edge of the iris), it means there typically is not any negative influence on bowel behavior.

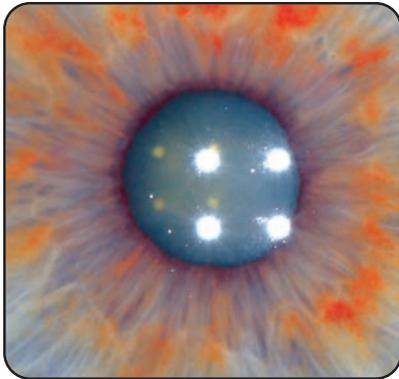
Here (#1) is a picture of the collarette too close or constricted. When the collarette is too close to the pupil, the person tends to be more of an introvert and the intestines are narrowed. Contraction and stricture of the bowels may cause constipation.

There are several names for this type: Atonic, floppy, distended, relaxed and mega colon wreath.

Picture #2 is of the collarette too far away from the pupil. There are several names for this type: Atonic, floppy, distended, relaxed, and mega colon wreath. Usually a Polyglandular subtype, the collarette is widely distended and appears flowery. When this occurs, the tendencies include: The person is more of an extrovert, a gastric type with inherited weakness of the intestinal glands,



#5) Absent Collarette



#6) Jagged/Star-Shaped



#7) Double Collarette

general atony of the intestinal tract, motor disturbances, low tonus, poor peristalsis, slow motility (constipation), and poor absorption of nutrients. They would benefit from eating smaller meals (4–6 times per day).

The appearance of the collarette, or wreath, comes in many shapes and sizes, each with their story to tell.

WREATH QUALITY

See #3 for a picture of a **thick and raised collarette (overactive)**. Tendencies can include gastro-intestinal problems, food intolerance, lymphatic insufficiency and environmental-weather sensitivity. The body could have fermenting going on and/or an acid base imbalance.

Picture #4 shows a **thin and wispy collarette (sensitive, irritable)**. This collarette indicates lack of stamina, and so the body has difficulty enduring long hours of work without periods of rest. The digestive system is sensitive and tends to get easily irritated. This person may have poor peristalsis, meaning that there is not much energy to push food through and out of their bodies.

Absence of collarette (underactive) is shown in #5. This type of collarette can also be overshadowed by pigmentation. Tendencies can include spasms, appetite disorders, poor absorption of minerals (magnesium, calcium) and Vitamin A. The body has a hard time digesting enzymes, which makes the digestion delicate. The body doesn't seem to have enough energy, causing fatigue and weakness.

WREATH SHAPE

The **jagged and/or star-shaped collarette (#6)** is characterized by loose stools under stress. This type of collarette tends to have more irritation to the gastrointestinal system. If the subtype Ferrum Chromatose is present, then there is more of a tendency for absorption of iron issues, and

the person is predisposed to liver problems. Other tendencies can include compromised nerve energy at the jagged points, sometimes constipation, and sometimes diarrhea. This shape tends to be found in people who have had a history of drug use.

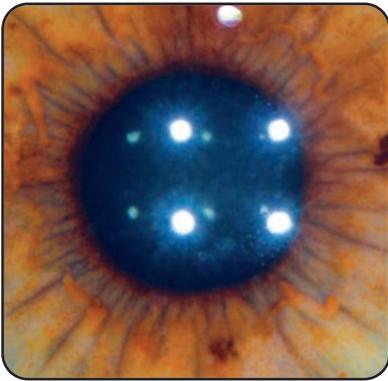
Double collarette (#7) shows **too much energy**, where the person is extra-sensitive and irritable. This type of collarette indicates abdominal spasms and hypermotility or hyperperistalsis. Because of this, the body can have both diarrhea and constipation, going from one extreme to the other. They end up being too sensitive when taking psyllium fiber. Where the wreath is doubled will be affected by the neural reflex arc, which creates negative tendencies to the organs adjacent to the double wreath. If the person is a Connective Tissue subtype, they can have added tendencies,



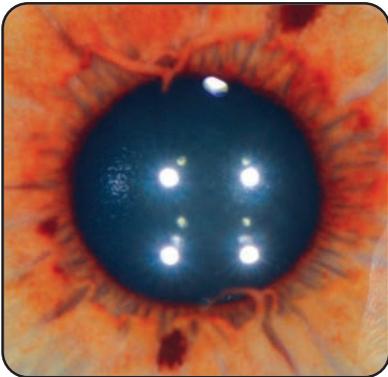
CRYSTAL MACEIRA is a Certified Bowenwork Practitioner, practicing in Helena. She has been a massage therapist for 20 years. She

is also a Master Herbalist and certified IIPA Iridologist. She prepares her own single and formula-blend herbal tinctures. Find out more by visiting PositiveLifeChange.info.

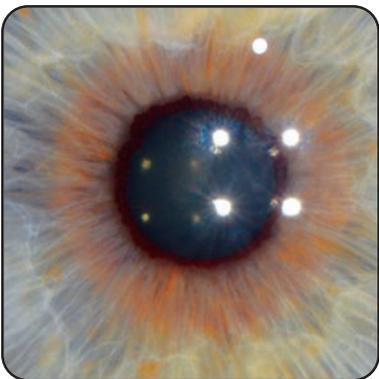
Call Crystal at (406) 616-2599
or email her at:
crystalclearhealth@gmail.com



#8) Intermittent



#9) Misshapen



#10) Squared Collarette

such as prolapse from weak connective tissue, with stomach pressing on the colon, giving the “fish hook effect,” where acids puddle in the bottom of the stomach, causing burning.

The intermittent collarette (irregular pattern of over- and underactive) is shown in #8.

This is much like the absent collarette, as it shows the tendency to spasms, appetite disorders, and poor absorption of minerals, such as magnesium and calcium. The person may have poor assimilation of vitamins, especially Vitamin A, a deficiency in digestive enzymes, or delicate digestion. They are fatigued and weak, with not enough nerve energy.

The misshapen thick and indented collarette, also called Angle of Fuchs, is shown in #9.

This shape indicates tendencies toward stricture, deformation, and motor disturbances. Other tendencies include pancreatic insufficiency, exocrine and endocrine disturbances, and a disposition to diabetes mellitus. Indentation of collarette across the top can have a tendency for connective-tissue weakness in the colon.

Squared Collarette (#10). This type of collarette can have tendencies such as compromise in nerve energy to the pancreas,

also tendencies toward lowered immune function, mood swings, and sugar highs or lows.

So, there you have it—another important area that iridologists use to help you understand what tendencies you have inherited from your parents, grandparents—even up to seven generations back!

It is amazing that the eyes can hold so much information! I will be finishing this series next time, when we have a closer look at the Ciliary Body. If you have any questions, don't hesitate to contact me. **Mention this article for a summer special of 30% off a full iris analysis! Good Health to You! ■**

*Crystal's Iridology articles are at: [NaturalLifeNews.com /tag/crystal-maceira](http://NaturalLifeNews.com/tag/crystal-maceira).



Turn your hands into powerful healing tools with Bowen therapy.

Intro to Bowenwork with Crystal Maceira, CBP

Bowenwork is a gentle, effective, noninvasive touch therapy that stimulates the body's ability to heal itself. It is safe and appropriate for all. **NEW CERTIFICATION TRAINING BEGINNING IN OCTOBER.**

Go to AmericanBowen.academy.com “Find a Class” for more info.

Complete Holistic Approach to Good Health!

Crystal Maceira, LMT, MH

IIPA Certified Iridologist, Master Herbalist & Licensed Massage Therapist, Trained in many modalities including: BOWENWORK, Pregnancy Massage and Sports Massage. *Quiet home studio.*



POSITIVE LIFE CHANGES, LLC ~ PositiveLifeChange.info
(406) 616-2599 • crystalclearhealth@gmail.com
1st Massage \$50 (mention this ad). In HELENA

