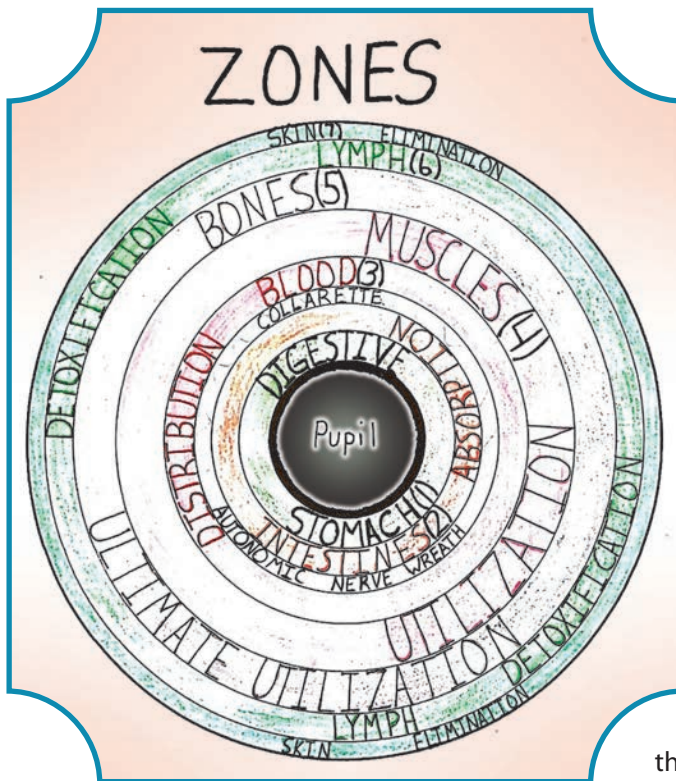
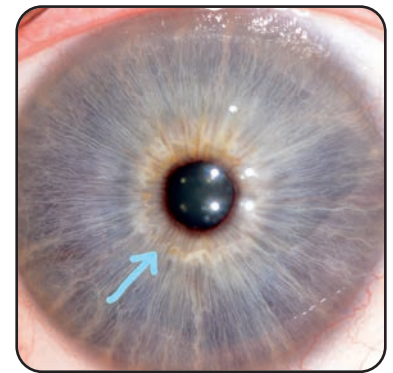


IRIDOLOGY: THE NUTRITIVE ZONE

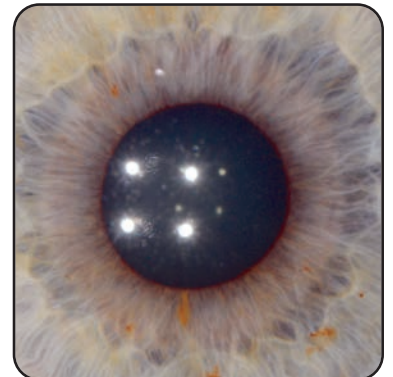


The first two zones are inside the collarette (Autonomic Nerve Wreath) and make up the Nutritive Zone, which has a direct effect on the digestive system. The other six are in what is called the Ciliary Body. That is where all the other organs and systems are. If you look closely at the stomach and intestinal zones, you can see why they are called the Nutritive Sone. If the stomach and intestines can't digest and absorb nutrients, then

the rest of the body suffers.



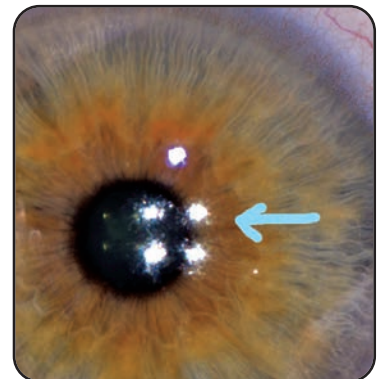
1) The stomach ring



2) Grey stomach ring



3) White stomach ring



4) Orange stomach ring

If you have been keeping up with the last four or five issues, then you are starting to get a basic grasp of Iridology. If you have missed a few—no worries, just go to the *Natural Life News Archives** to catch up. In this issue, we're going to dive just a little deeper in what we Iridologists look for in the "Nutritive Zone."

Nutritive Zone vs. Ciliary Zone

What is the Nutritive Zone? Iridologists use two methods to find out where certain markings, organs and systems are. In this issue, we will learn about one of them, zones. There are seven zones (see chart above):

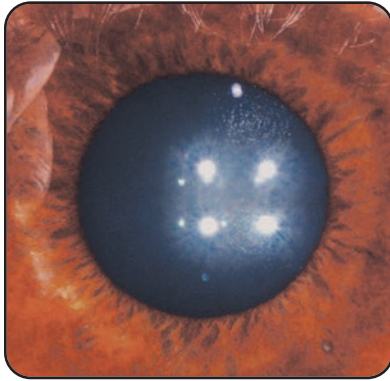
1. Stomach Zone-Digestive
2. Intestinal Zone-Absorption
3. Blood Zone-Distribution
4. Muscle Zone-Utilization
5. Bones Zone-Ultimate Utilization
6. Lymph Zone-Detoxification
7. Skin Zone-Elimination

There are many signs an Iridologist looks for to determine how the digestive ability is affecting the rest of the body. But first, they look at the "Digestive Zone versus Ciliary Zone Resiliency." If the digestive zone has many tight fibers and the ciliary zone has loose fibers, then all the stress, negativity, and symptoms will end up in the ciliary zone to express or discharge in other parts of the body. (This would be similar to the Physical Integrity as a whole as we learned in the last issue.)

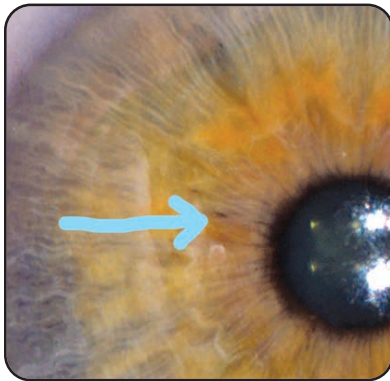
There are six other signs that influence digestion. They are stomach ring, comb-teeth (or cog-wheel), crypts, heterochromia, radial furrows, and contraction furrows.

1) The Stomach Ring

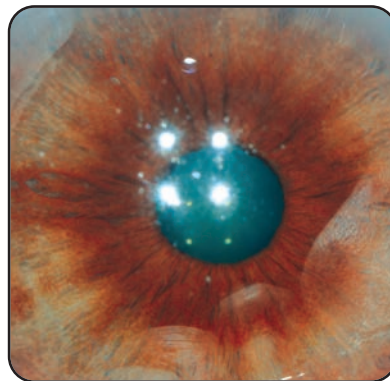
The stomach ring is located in the Stomach Zone or Zone 1, just around the pupil. When a complete round



5) Comb-teeth



6) Crypt



7) Heterochromia

circle shaped like a donut is visible, it is because the sphincter muscle is showing up through the stroma fibers. This ring can have a gray inner iris border, a white inner iris border, an orange inner iris border, or it's not visible. The fibers can be dense or loose. When the fibers are dense, the ring cannot usually be seen, which indicates the person's digestive ability is strong. When the fibers of the stomach ring are thin they are more visible, which

indicates the person's resiliency is lacking and has tendencies toward digestive disorders.

2) Gray Inner Iris Border

When Zone 1 is gray or darker than the rest of the iris, there could be a tendency to deficiency in enzymes and hydrochloric acid in the stomach. The stomach could be underactive and sluggish.

3) White Inner Iris Border

When Zone 1 is white or lighter than the rest of the iris, there is a tendency for reaction or reactivity. The stomach could be producing too much acid in the stomach.

4) Orange Inner Iris Border

This indicates a tendency to decreased functions of the stomach and pancreas, which could be producing too much or too little HCL acid, and may not be producing the enzymes needed to break down protein and carbohydrates.

5) Comb-Teeth

This is a term used to describe the resiliency of the digestive zone, which has many open fibers, while the ciliary zone has tightly woven fibers, so all the stress, negativity and symptoms will end up in the stomach and intestines, because the body lacks other avenues to express or discharge, leading to decreased tissue resiliency, with perhaps decreased stomach function.

6) Crypts

These are small, black or dark markings in the nutritive zone, mainly in Zone 2, commonly indicating a family history of bowel disorders. The tendencies include polyps,

diverticulitis, or colitis. Many times they are near or on the collarette in the colon or intestinal reaction fields. They are "topostabile" to the bowel and intestinal tract and indicate an inherited predisposition of gastrointestinal disorders. Collarette crypts can signify a familial history of intestinal and bowel diseases.

7) Central Heterochromia

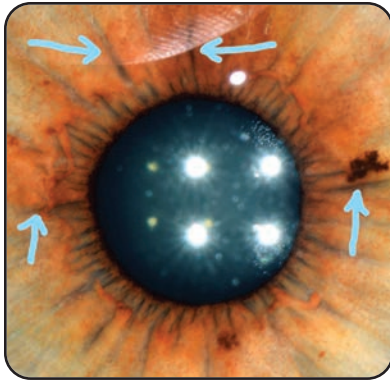
This is when there is pigmentation covering Zones 1 and 2. It is common for the color to be dark-brown to orange. If the color is on the brown side, then tendencies would include digestive difficulties that would be also affecting the liver. If the color is orange or on the orange side, then the digestive difficulties would be affecting the pancreas. Sometimes the color is partly yellow, which would indicate the digestive disorders are also affecting the kidneys.



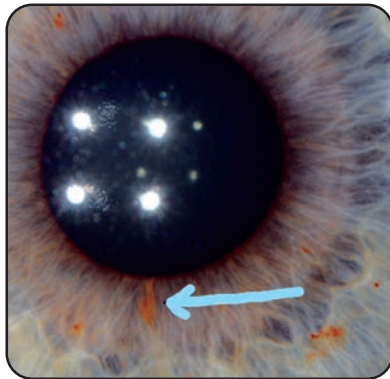
Intro to Bowenwork with Crystal Maceira, CBP

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8) Radial furrow



9) Pigment



10) Contraction furrow



11) Lacuna

8) Radial Furrows

This indicates decreased nerve supply to the digestive and intestinal tract. The corresponding area of the marking is vulnerable to toxins. These often develop because of digestion or bowel disturbances.

9) Pigments

These are spots in the iris. They can be various colors, shapes and sizes. Each color represents an organ. Where it is and how it is resting on the iris tell us more about that organ. Size matters. When there are several, the most important one is actually the smallest one. A group of pigments in the lower section is usually called Psora.

10) Contraction Furrows

Show higher sympathetic nervous system ("fight or flight") activity levels. Efficient digestion requires parasympathetic nervous system ("resting state") activity. Hence, contraction furrows can indicate a "wound-up" state of being, which is counterproductive to good digestion. I rarely see this sign in the nutritive zone.

11) Lacunas

These are formed by a separation of the iris fibers that make up the stroma. Their appearance is as a hole in the fabric of the iris and represent a genetic deficiency. In certain shapes, they may represent a more serious sign or symptom.

I have not seen this sign very often in the nutritive zone.

As you can see, there is much to learn about the body through the iris! Be looking for the next article where we will dive deeper into Iridology as we examine the collarette.

When you schedule a **Full-Analysis Iridology** appointment, mention this article for a **20% discount**. Good health to you! ■

*Crystal's Iridology articles at: NaturalLifeNews.com/tag/crystal-maceira.



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

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