

## **IRIDOLOGY: Subtypes of the Main Iris Types** **Based on *PHYSICAL INTEGRITY***

I hope you've been following the series about Iridology here in *Natural Life and News Directory*. If not, you may want to go to the archives and read the previous three articles to help you get a good understanding of the basics of this ever-evolving subject. So far, I have covered the main iris constitutions and subtypes of the main iris types based on color. This time, we're going to talk about the iris types based on physical integrity, which means the structure of the iris.

The constitutional strength shown in the iris will also show how well the body holds up under stress. When the iris fibers are tight and evenly distributed, then the body has a strong and vital genetic heritage. It can resist illness and disease, recovering quickly. Each person's iris can have various degrees of fiber density. The looser the fiber, the weaker the constitution and the ability for the body to ward off disease or recover quickly. When there is a flower with petal-like openings or separated trabeculae in the iris, this is when the iridologist can determine where they are located. If the iris is murky, with a dull overcast, causing the true iris color to not come through, it means that there are toxic settlements in the body on a systemic level that are all-pervasive.

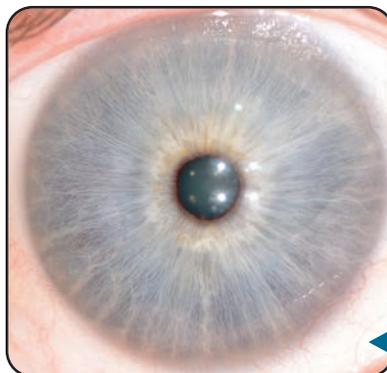
Many Iridologists rate the fiber density on a scale, with 1 being very tight and 10 being very loose. Josef Deck of Germany named the four main iris constitutions based on physical integrity as follows: Neurogenic, Anxiety Tetanic, Polyglandular, and Connective Tissue.

### **NEUROGENIC**

A Neurogenic pattern has a smooth, silk-like pattern, meaning the iris stroma is tightly woven without open-

ings. These people have a strong constitution, so they have a strong ability to resist disease. When they do get sick, they recover quickly.

They are hard workers, have a strong drive, and often "burn the candle at both ends." They will work until they drop. Even though these people are strong physically, their nervous system is very sensitive, because they are so intense.



They are more aware of their surroundings, so because of this, they tend to get headaches, skin eruptions, and ulcers. Because of their hard-working tendencies, as neurogenics get older, they can develop disorders "out of the blue." A heart attack can come on without notice, acid reflux or other digestive disorders can come on suddenly. This picture illustrates the neurogenic constitution.

### **ANXIETY TETANIC**

These types have circular rings or contraction furrows generally in Zones 5 to 6. They also generally have radial furrows going straight out toward the iris edge. Some iridologists call these "stress rings" or "nerve rings," because this condition affects the nerves. People are generally born with these rings, and they tend to have "many irons in the fire." The tendency to a "type A" personality creating lots of stress. They are usually highly motivated and ambitious. They tend to take on more projects than they can handle, which creates much tension, cramping, and jaw clenching.

This is an inherited trait and more than likely, one or both parents were the same way and, in many cases, pushed their children into that disposition. Anxiety Tetanics need to make sure they have plenty of minerals and B vitamins in their diet. They need to breathe deeply, relax and learn to say "no." Other tendencies or symptoms this excess tension and stress can create are: headaches, heart stress, muscle tension, TMJ, and blood-sugar metabolism fluctuations. The picture (next page, top) is of my iris. I am both Neurogenic and Anxiety Tetanic. It is very rare to see that many rings.



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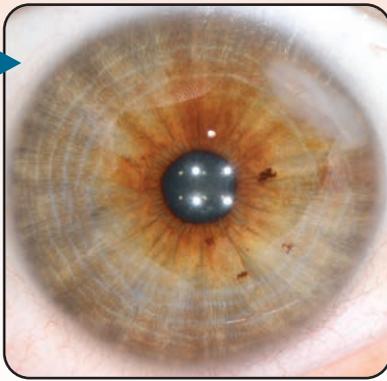
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### POLYGLANDULAR

These types have strong iris fibers but have openings in the glandular reaction fields, which are located around the collarette (the ring closest to the pupil). These people tend to have an overall glandular weakness, including adrenals, thyroid, pituitary, ovaries, prostate, and pancreas. This glandular imbalance also can affect the digestive system and endocrine system. Iridologists consider the iris a polyglandular type when there are more than three lacunas (splits in the fibers).

Tendencies include craving sweets, fatigue, hair loss, skin afflictions, prostate problems in men, and menstruation difficulties in women.



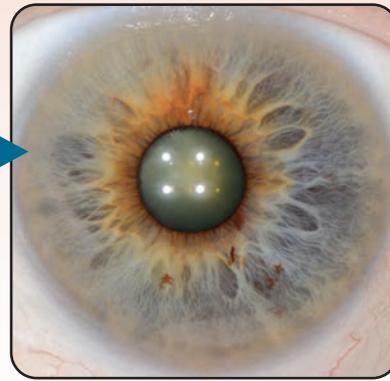
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also a Master Herbalist and certified IIPA Iridologist. She prepares her own single and formula-blend herbal tinctures. Find out more by visiting [PositiveLifeChange.info](http://PositiveLifeChange.info).

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Adrenal and thyroid are common organs to manifest symptoms. This picture (at right) illustrates the Polyglandular iris condition.



### CONNECTIVE TISSUE

This type of iris has the fibers loosely woven. There are lots of openings throughout the iris. If this person is born with this iris type, then the connective tissue is what needs to be addressed. Hemorrhoids, varicose veins, hernias, and problems with the back (scoliosis, kyphosis, lordosis) are common ailments with the connective tissue type iris. Stamina is an issue, for example, standing or working for long hours is especially hard. Other tendencies that can affect Connective tissue types are possibly prolapsed organs, which mean that the abdominal, bowels, and organs may not hold in place very well. Also, any large lacuna in the abdominal, pelvic, urogenital, and spinal areas should be given special attention. This is a connective-tissue iris.

Ellen Tart Jensen writes in two of her books: *Through the Eyes of the Masters—A History of Iridology*, and *Techniques in Iris Analysis*, about a Russian doctor and iridologist, Victor Yaky-movych, MD, who did a study on human endurance of almost a thousand people over four years. He performed iris analysis on them and put them into the categories listed above, and a few in between to help with clarity. The findings were recorded based on their frequency of illness and sickness. Connective tissue and extreme Polyglandular types called out sick from work 17 times

more often than Neuro-genics, who generally outperformed and were more reliable than Connective-Tissue types.

Thank you for taking the time to learn about this fasci-

nating subject. I have been an Iridologist for 10 years and still have only scratched the surface of the many areas that the iris and sclera (the whites) reveal. Iridology is a good diagnostic tool to find out what is the cause of the symptoms or issues going on in your body.

You can thank your ancestors for the genetic tendencies you have

inherited. These come from up to seven generations back and make you who you are. Once you understand your blueprint, then you can be preventative in strengthening your body instead of just

treating ongoing symptoms. I also have herbal tinctures (herbs in a concentrated liquid form) to strengthen or heal any organs or systems.

I will travel up to 270 miles if you have a group of four or more people who would like to receive a full iris analysis. (I will do a mixture of massage and/or Bowenwork too!) I am in Bozeman every other week seeing clients for massage, iris analysis, and Bowenwork.

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