

# What Is Iridology?

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## Can Iridology Help Me Gain Control of My Health?

I have two favorite definitions of **Iridology**. The first is from *Dorland's Medical Dictionary*: Iridology is a diagnostic technique based on the premise that early pathologic changes elsewhere in the body are reflected in the iris before disease becomes clinically apparent. An analysis of a person's state of health may be made by visual examination of the iris, with the color, density, and position of deposited pigment helping to identify the pathologic process and the organ involved.

The second is from *Dr. Ellen Tart Jensen*, the person from whom I received my training: Iridology is the study of the color, pigmentations and structure of the iris or colored portion of the eye as they relate genetically through reflex response to the strengths and deficiencies of the body's systems.

Iridology dates back more than 6000 years. The physician Hippocrates practiced it in ancient Greece, as well as the Chinese and Japanese who have used the whole eye for thousands of years to detect diseases of the body. Findings and study about the eyes were discovered in King Tut's tomb. The Chaldeans had recorded writings of iris analysis in 1000 BC.

In Europe, interest in Iridology began in the late 1800s. Ignatz Von Peczely of Hungary, when a child of 10 years old, was playing with an owl and accident-



ly broke one of its legs. At that moment, while looking into the owl's eyes, he noticed that a dark stripe appeared in the lower region of the bird's iris. He later realized that this darkened area corresponded to the location of the broken leg. As the leg healed, the black stripe became a black spot with white lines and shading. This experience left a lasting impression on the future doctor.

While working at the hospital as a college intern, Dr. Peczely took the opportunity to observe patients who had injuries or surgeries. From these findings, Dr. Peczely constructed his first iris chart in the early 1860s and wrote his first book on Iridology in 1866.

A Swedish pastor, Nils Liljequist, also made many improvements to iris diagnosis. It's interesting that here were two men who lived about 1,000 miles apart and didn't know each other, yet wrote similar books at the same time with some of their observations even being word-for-word! Liljequist brought his work to America. After that, Pastor Emmanuel Felke,

Rudolph Schnabel, Joseph Angerer and Josef Deck, all from Germany, did much in furthering the science of Iridology. In the United States, Henry Lindlahr, Dr. Bernard Jensen, and Ellen Tart-Jensen have helped to further the science of Iridology to what it is today.

Bernard Jensen is considered the modern-era "Father of Iridology." Ellen became Dr. Jensen's protégé and is the only person who



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**Crystal Maceira, CBP, LMT, MH**

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

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