



*"Iridology is a 'wholistic' tool in that it does not deal specifically with one segment of the body, but realizes the trinity of body, mind and spirit as having interrelated functions"*  
**Dr. Bernard Jensen D.C. Iridologist**



## *Discovering Iridology*

Iridology is grounded in reflexology principles. The eye, with its intricate iris, is a direct extension of our brain. Remarkably, it's the only brain tissue visible without surgery.

The optic nerve comprises numerous individual nerve fibers connected to every part of our body. Information about distant tissues first travels to the brain through the spinal cord, then reflects in the iris.

This means that inherent weaknesses and their locations can be identified.

By examining the iris, an iridologist can gauge the level of toxic buildup in these tissues and identify nutritional deficiencies.

Iridology is uniquely non-invasive and provides insights no other diagnostic method can match. Approximately 500,000 nerves link the iris to the brain, making it a reservoir of knowledge.

*"The body is a servant to our mental leadership, discipline and discernment; it knows so little without a good leader. Truly, the body needs a good path on which to travel, and the body molds to that good path. A more natural life is the means of obtaining a cleaner body. One who has earned a clean body, has a zest for living."*

## *Services offered*

Iridology/Sclerology Examination  
Nutrition Consultation  
Herbology

## **For an appointment contact**



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## Exploring Key Iridology Factors

1. **Constitutional Resilience:** Are you built strongly or weakly? How well does your body handle stress?
2. **Health Potential:** What is your inherent capacity for health and well-being?
3. **Innate Strengths and Weaknesses:** What are your specific strengths and vulnerabilities, and where do they manifest?
4. **Nutritional and Chemical Requirements:** Which essential elements are deficient, and where do these deficiencies exist?
5. **Environmental Toxins:** Where are the body's environmentally acquired toxic accumulations located?
6. **Nervous System Condition:** What is the state of your nervous system's vitality and balance?
7. **Healing Response:** How effectively and at what rate is your body recovering from treatments?
8. **Acidic/Catarrh Levels:** Where do accumulations of acidity and catarrh occur in your body?
9. **Holistic Health:** How does your overall health measure as a unified and interconnected system?



1. Iridology does not diagnose diseases. It often reveals tissue strengths and weaknesses before specific symptoms or disease names emerge. Our focus is on improving overall health quality.

2. Iridology cannot uncover operations conducted under anesthesia, as nerve impulses are disrupted in these cases.

3. Iridology does not disclose pregnancy since it's a normal condition for the female body.

4. Iridology does not detect the presence of gallstones.

5. Iridology is not a form of psychic analysis.

6. Iridology cannot determine the specific nature of accidents, but it can identify damaged tissue.

7. Iridology does not pinpoint particular pathologies as individuals vary in their ability to tolerate stress. What may seem like a pathology in one person might not be an issue for another.

8. Iridology cannot precisely locate parasites, germs, or bacterial invasions in the body. However, it can reveal tissue conditions and the development of a situation that may allow these issues to manifest.

## Why Nutrition Therapy?

Nutrition Therapy applies the science of nutrition to enhance individual health, promoting physical, mental, and emotional well-being. It employs various tools to detect and address potential imbalances contributing to health concerns, ensuring overall well-being. In severe cases, the body may require assistance in healing itself, where natural holistic practices serve as a gentle and side-effect-free approach, respecting the body's physiological processes.

These practices consider the complex relationships among different organ systems and their impact on health. Any disruption in one area, whether structural, biochemical, or mental/emotional, can lead to dysfunction in other areas. This interconnectedness underscores the inseparable relationship between Iridology/Sclerology and Nutrition. Our approach aims to provide the body with the essential elements it needs to achieve optimal health, fostering holistic wellness.

## How Nutritional Therapy Can Help You.

- Improve your diet
- Support energy levels
- Improve sleep
- Lose Weight
- Improve digestive function: Constipation/Diarrhea
- Identify and address food intolerances
- Improve skin conditions/treat underlying cause of Acne, Eczema, Psoriasis
- Support fertility
- Improve workplace/school performance
- Balance hormones
- Support Thyroid Function
- Boost your immune system
- Blood/Sugar balancing and more...