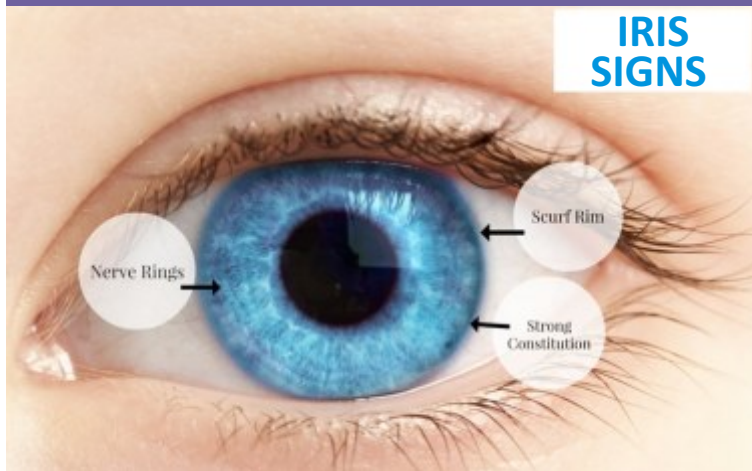


Health Notes



IRIDOLOGY

IRIS SIGNS



The fundamental goal of iridology is prevention of serious degenerative processes.

The four principles that form the cornerstones of iridology are:

- The condition of the nerves
- The condition of the blood and lymph system
- Adequate circulation
- Nutrition - rest quality, breathing - state of mind

Some of the benefits of iridology are:

- Overall health awareness
- Understanding how the organs interact
- Knowing which organs are under or over active
- Becoming familiar with the body's overall chemistry
- Knowing the conditions of the nervous, digestive, elimination, lymphatic and structural systems of the body.

The Science of Iridology is based on the analogy of one of the most complicated tissue structures of the whole body - **the iris**.

Nature has provided us with an invaluable insight into the vital status of the health of the body by transmitting this information to the eye. Iridology offers a unique perspective to the concept and practice of preventive health care.

It is known that approximately 300 thousand nerves from various parts of the body make their way to the optic nerve. Therefore, projection of systemic activity may be visible at the iris.

IRIDOLOGY CHART

