

Iridology — an Eye on Health

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Iridology is an alternative medicine technique whose proponents believe that patterns, colours, and other characteristics of the iris can be examined to determine information about a patient’s health. Practitioners match their observations to iris charts which divide the iris into zones which corresponds to specific parts of the human body.

Iridologists see the eyes as “windows” into the body’s state of health. They use this information to demonstrate a patient’s susceptibility towards certain illnesses, to reflect past medical problems, or to predict health problems which may be developing.

Iridology is primarily used as a diagnostic tool. As it is not a method of treatment, its practitioners often study other branches of alternative medicine, such as naturopathy. It is a holistic endeavour which addresses a person’s whole being in the reading.

One potential benefit is that iridology is non-invasive; the only discomfort to be tolerated is light being shone in the eyes.

“Iridology is the scientific analysis of patterns and structures in the iris of the eye which locates areas and stages of inflammation throughout the body”, as Dr. Noorul Ameen of Samkkya, Centre for Natural Health & Healing, explains. The iris is the portion of the eye showing colour. “It reveals body constitution, inherent strengths and weaknesses, health levels, and transitions that take place in a person’s body according to their way of life”, Dr. Noorul adds.

In the 1800’s, a young boy, Ignatz Von Peczely, happened to catch an owl in his garden. The boy clearly saw a black line rising in the owl’s eye after accidentally breaking its leg during the struggle. He kept the bird until it had regained its health and then observed the appearance of crooked white lines across the black area in the owl’s eye. Von Peczely later became a physician and had the opportunity

to study the irises of many patients. He grew certain that there existed a reflex relationship between tissue changes in the body and iris markings and developed the first iris chart, which has been continually researched and revised over the years.

A complete iris analysis will show whether a person exhibits a generally good constitution or a poor one, depending upon the density of the iris fibers. The patterns, structures, colours and degrees of lightness and darkness in the iris tell if an area of the body is inherently strong or weak. It also reveals the relative site of over-activity, irritation, injury or degeneration of the tissues and organs. Toxic accumulation levels can be observed as well as nutritional and chemical imbalances.

The complex iris is composed of hundreds of thousands of nerve endings which are connected by impulses to every tissue of the body through the brain and nervous system. The nerve fibers respond specifically to tissue and organ conditions with a corresponding physiological reflex manifested in the iris as lesions and colour variations. The iris chart, which is the result of many years of clinical observation and intensive research, represents the basic placement of body organs and tissues similar to a map. An accurate iris analysis is possible by superimposing the chart over an iris image projection, allowing detailed observation of the valuable and reliable data recorded there.

The various markings revealed in the iris include:

- Areas of stress;
- Inflammation;
- Toxicity in your body;
- Lymphatic congestion;
- Your genetic predisposition to health and disease;
- Body constitution;
- Colon conditions;
- Digestion tendencies;
- How efficient nutrients are absorbed; and
- Your ability to “bounce back” after illness.

Iridology will not show or name a specific disease but provides information about the body tissues which indicate tendencies toward conditions of "dis-ease", often before symptoms appear, as Dr. Noorul Ameen further explains. Iridology cannot locate parasites, gallstones, or germ life, but will indicate the presence of inflammation and toxic conditions which are a refuge for their development. It will not show pregnancy, as that is a normal function of the female body.

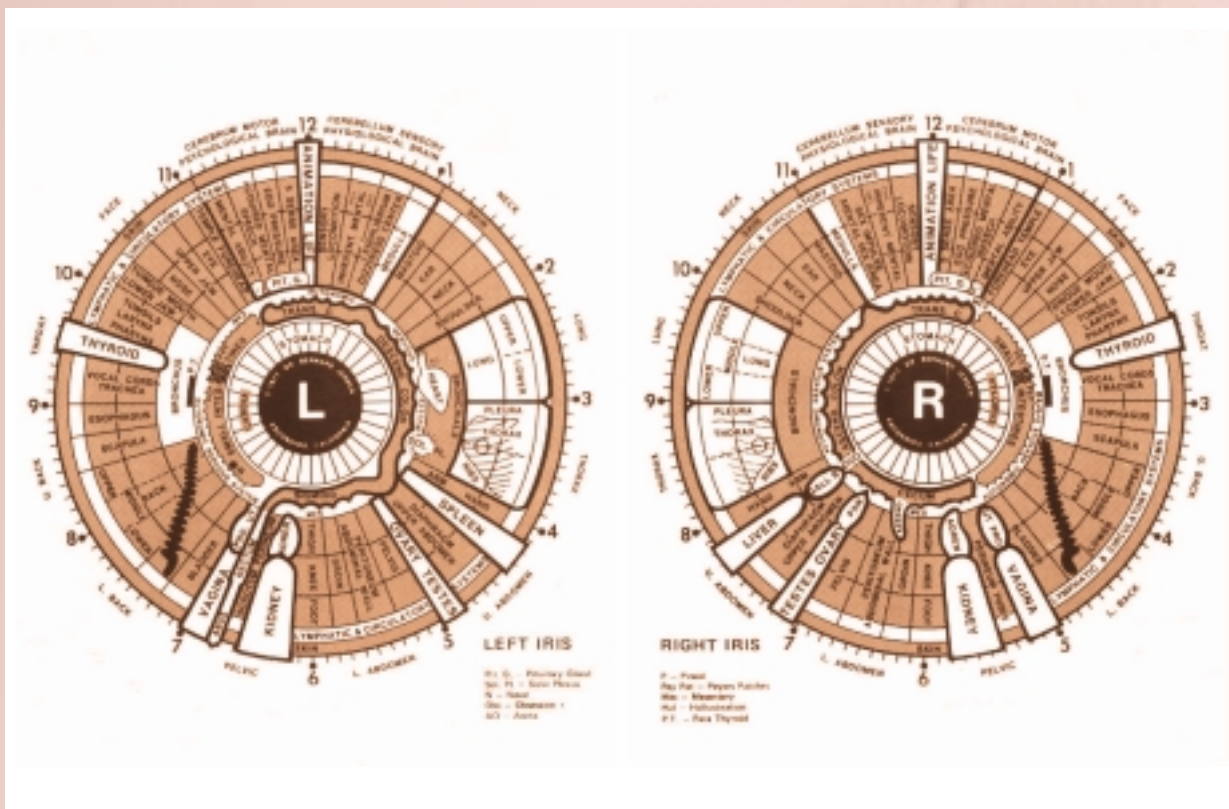
Iridology is potentially an integral part of preventive health care. It has the ability to forewarn of approaching difficulties or signs of "dis-ease". It can be a powerful tool, allowing one to determine what is transpiring inside the body from a simple, painless, and economical external vantage point. In effect, it will reveal how well your body functions. Improper nutrition and lack of exercise undermines the body's integrity until eventually it becomes unable to reverse damaging toxic conditions through its own natural self-healing mechanisms, thus becoming susceptible to ailments of a chronic nature. Therefore, nutrition and iridology are inseparable in one's pursuit of a healthy way of life and holistic health care programme. Iridology helps us understand our weakness so we may strengthen and cleanse our bodies to obtain maximum health potential. It brings to us an awareness of how to prevent illness, thus allowing us to earn our most precious earthly treasure - vibrant physical, mental and spiritual health!

Using a holistic approach that considers each client as an individual with unique health patterns and concerns, behaviours, and experiences, the iridologist will examine the eyes and make a health assessment. Based on the results of that reading, the iridologist generally recommends a wellness programme tailored to the individual's physical, emotional, and life situation. This programme may incorporate various health improvement, maintenance, and prevention regimes. Recommendations may include vitamins, minerals, herbs, supplements, and/or diet and nutrition, among other suggestions.

As long as an organ is in normal condition, the corresponding area in the iris presents the normal colour, either light blue or light brown, without any mark, sign or discoloration whatsoever.

People can use the information from iridology readings to improve their health and make better behavioural choices in the future, thereby heading off problems before they occur.

Iridology provides a patient great insight into the plains of the unknown and to improve one's health condition from that insight and that is why it will probably play a staffing role in preventative medicine at the bioelectric level, which is well on its way to becoming the medicine of the future. YL





WHY SUPPLEMENT A BALANCED DIET WITH TOPICALLY APPLIED ANTI-OXIDANTS?

Eating a balanced diet rich in trace minerals, lean proteins, whole foods and a variety of fresh produce is a sure-fire way to maintain good general health. To keep our skin looking its best, the topical application of preparations that deliver vitamins direct to the epidermis and dermis can offer additional benefits that minimise the effects of daily environmental stress and damage.

Oxidation refers to cell damage caused by free radicals. The process occurs in our bodies as part of everyday metabolic functioning, however as part of a total wellbeing approach to health we try to minimise the introduction of additional free radicals which can lead to excessive oxidation. Free radicals are introduced to our skin both through environmental exposure to pollution, sunlight and humidity and self-inflicted stress. Poor diet, lack of sleep and even occasional recreational drug use can heighten our exposure and susceptibility to free radicals.

The term 'anti-oxidant' in a skin care context refers to an agent that stops or decreases the speed of oxidation. A simple analogy is that of a sliced apple: left unprotected, the flesh of the apple will quickly turn brown as it 'oxidises', chemically reacting with the air. Rubbing the slice of apple with lemon juice (rich in anti-oxidant Vitamin C) will prevent this oxidation from occurring. Applying stable anti-oxidant formulations topically on the skin has a similar effect.

Free radicals multiply quickly and, if left unchecked, can cause healthy cells to mutate or degenerate. They occur in greater numbers after the skin is exposed to UVA and UVB rays, environmental pollutants or when the skin experiences minor trauma. Because they are easily absorbed by the skin, Vitamin E (Tocopherol) and Stabilised Vitamin C (Sodium Ascorbyl Phosphate and Magnesium Ascorbyl Phosphate) are anti-oxidants that can be effectively incorporated into skin care products used to 'quench' and 'scavenge' free radicals. They work by impeding further damage and even assist in restoring skin cells to their normal, healthy state.

Aesop skin care preparations containing Vitamins C and E are designed to take advantage of the anti-oxidant properties of these potent ingredients and not only inhibit the negative effects of free radicals, but also hydrate the skin to support the synthesis and further production of collagen and elastin.

At Aesop, we don't believe in propagating misconceptions about 'magic anti-aging creams' – when used in conjunction with sunscreens and incorporated into a healthy lifestyle, anti-oxidants in the form of topically applied vitamins have a well-documented positive effect on all skin types.

Slogan Contest

Win an Aesop Hamper comprising a luxurious skin care range complete for your daily skin care regime, by writing a winning slogan appropriate to our brand Aesop, of not more than 25 words.

Fill in the details below:

Name: ----- Gender: -----

Address: -----

Contact No. ----- Email Address: -----

Terms & Conditions:

1. Closing date is the 31st August 2007.
2. Winners will be judged based on the first three best slogans provided.
3. Winners will be notified either by mail or post.
4. Only original entries will be entertained.
5. Send in your slogan entries to Yogalife Publishing Sdn. Bhd., 79-1A, OG Business Park, Jalan taman Tan Yew Lai, 58200.

