



Bionutri®

Iridology: an introduction

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www.bionutri.co.uk

What is Iridology?

“Around the pupil of each of your eyes is a structure for which conventional science has, as yet, no full explanation.

In our terms, it is a recognised indicator of heredity, differentiated primarily by colour: the iris”.

Practical Iridology: using the eye as a guide to health risks and wellbeing by Peter Jackson-Main, 2023

- Iridology is a naturopathic ‘diagnostic’ technique
- Each iris is unique
- ‘Blueprint’ of your genetics
- The way the iris displays can give us insight into a person’s health susceptibility, or clues to what may be driving their health issues



History of Iridology

We think it may have been used as early as ancient Egypt.



Modern day iridology began in the 1800s.

Ignatz von Peczely (Hungarian) began being interested in the iris from a young age.

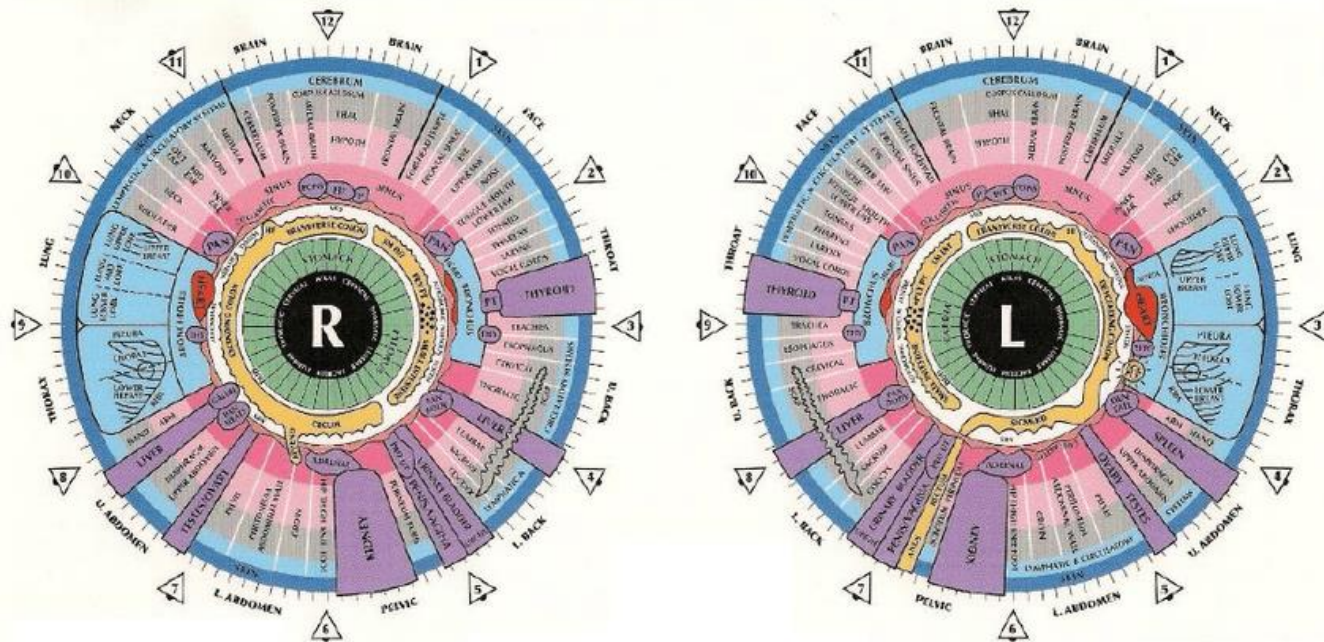
His interest led him to study it over his long life, it led him to train as an MD to be able to access cadavers and to link iris signs to dis-ease states. He published 'Discoveries in the Realm of Nature and Art of Healing' in 1880.

In the 1900s, Joseph Deck founded the Iridology Research Institute in Ettlingen, Germany. He regarded the iris as an indicator of genotype. He wrote 'The Principles of Iris Diagnosis' in 1965.

History of Iridology

Dr Bernard Jensen and Dr John R. Christopher were Americans who studied iridology too and published their own books.

Jensen's iris chart/map was probably the most influential and is often still used today.



TISSUE CLEANSING THROUGH BOWEL MANAGEMENT

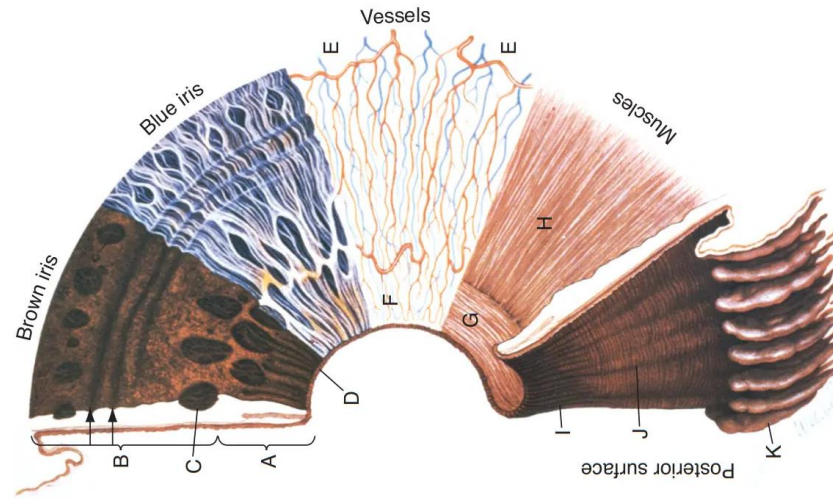
By BERNARD JENSEN, D.C., Ph.D., Nutritionist



WITH THE ULTIMATE TISSUE CLEANSING SYSTEM
Coauthored with Sylvia Bell

The Iris

The iris is a donut-like shape. With the muscles being deep in the structure and the stroma being in front.



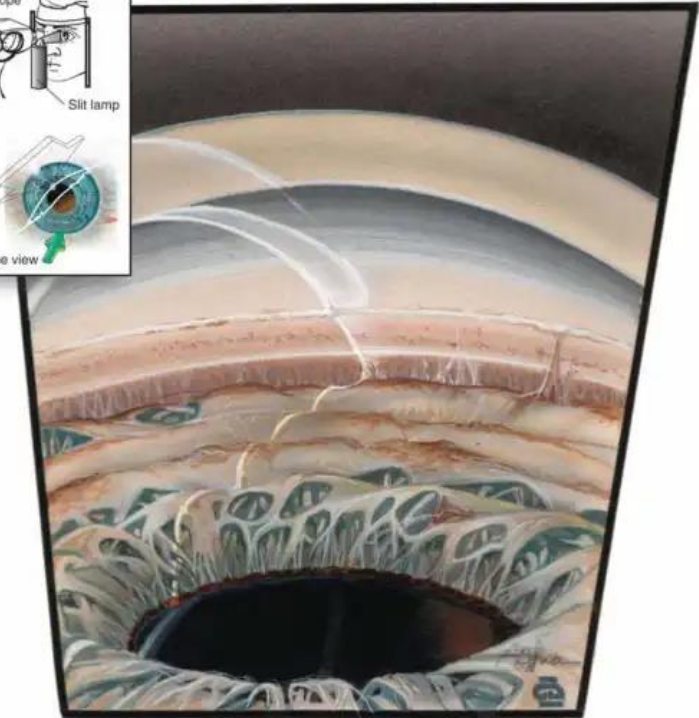
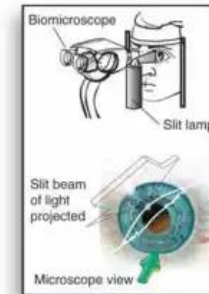
Stroma –

This connective tissue holds thousands of vascular filaments and nerve endings.

The stroma has around 28,000 ‘blind’ nerve endings, which lead back to a special part of the thalamus called the ‘lateral genicular body’. This could be where they connect to the rest of the organs in the body.

Modern science cannot yet explain this phenomenon.

The theory is - it could be a feedback system.

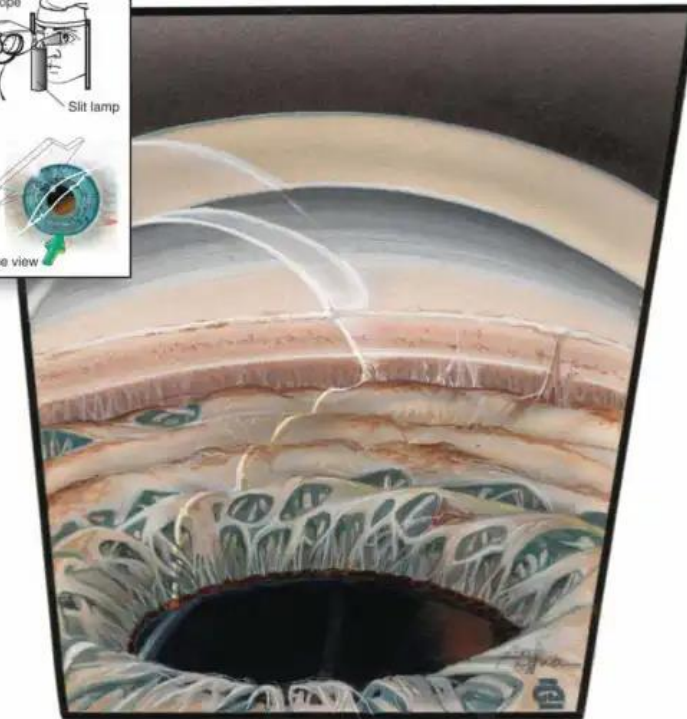
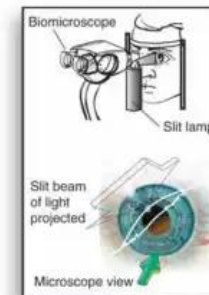
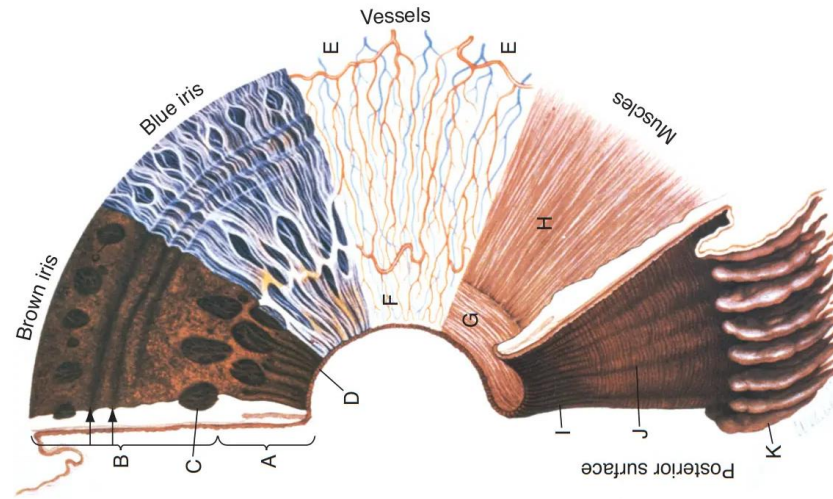


<https://eyeanatomyblog.wordpress.com/2012/10/02/the-iris-part-2/>

The Iris

The iris fully develops at around 3-4 months old. It is totally unique, no two irises are the same. Pigmentation can occur up until teen years and some other iris signs can be acquired over time, due to age-related issues.

At the base of every iris is a layer of tissue called the base leaf, which is dark blue in everyone. Blue eyes occur because the fibres above are white or pale grey. For brown or hazel eyes, pigment-secreting cells are creating a darker pigment, which is needed for UV protection, akin to melanin in skin. These cells in blue eyes are dormant.



<https://eyeanatomyblog.wordpress.com/2012/10/02/the-iris-part-2/>

Different types of Iridology

There are several different variants of iridology. Some focus on the pupillary ruff (edges the pupil) for example.

There are different iris charts too, but the bulk of the information is very similar.

We will focus on physical signs (there are also emotional/behaviourial)

- Colour types
- Muscle types
- Smaller signs

Benefits of using Iridology in practice

- ✓ Gives a focus
- ✓ Pinpoint key driver
- ✓ Reveal a missing link
- ✓ Ease-for practitioner
- ✓ Non-invasive
- ✓ Free of cost
- ✓ Fast results



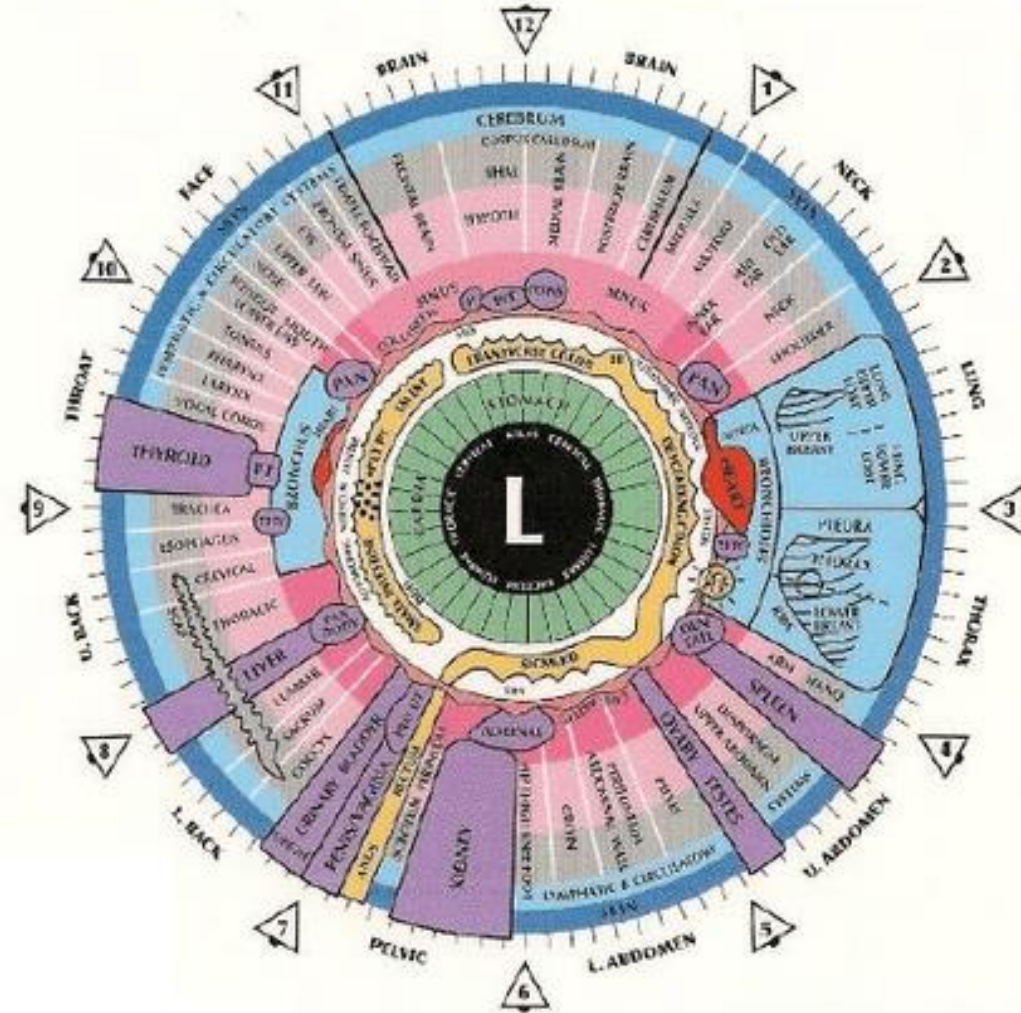
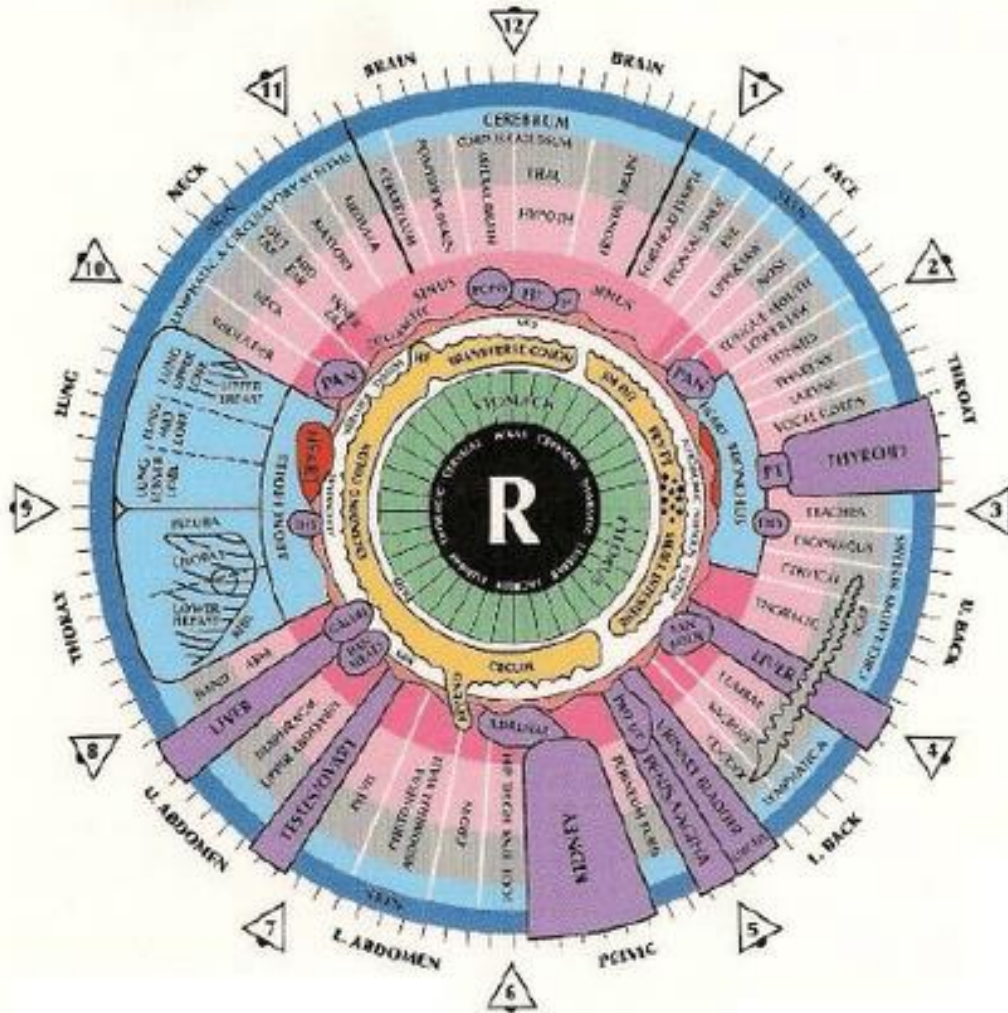
Jensen Iridology map/chart

Right eye

- Paternal influence

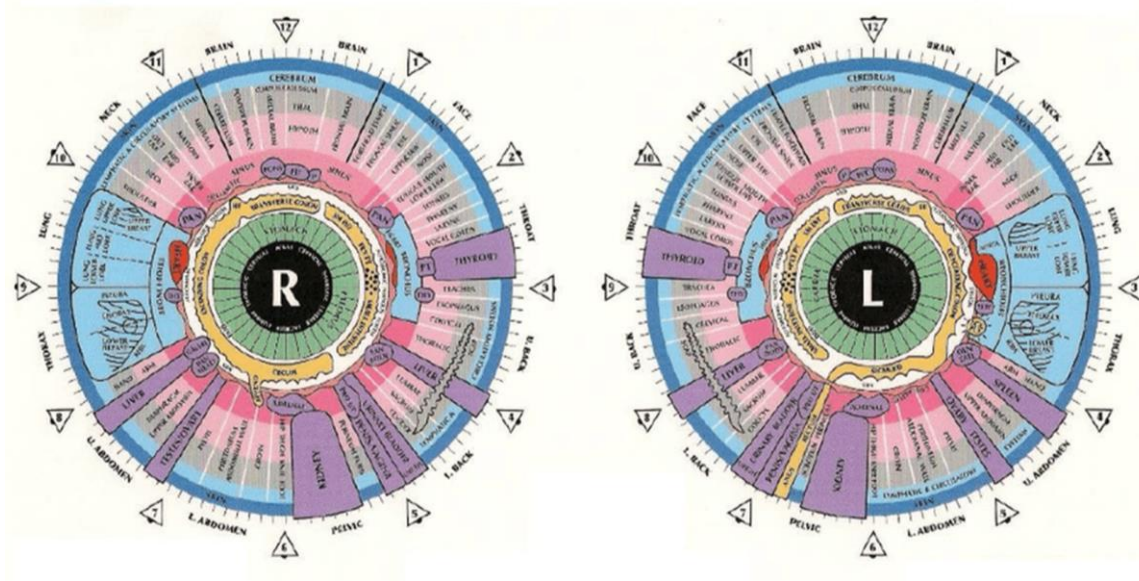
Left Iris

- Maternal influence

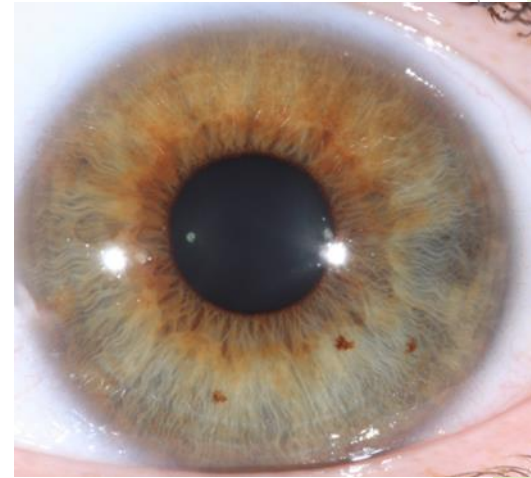
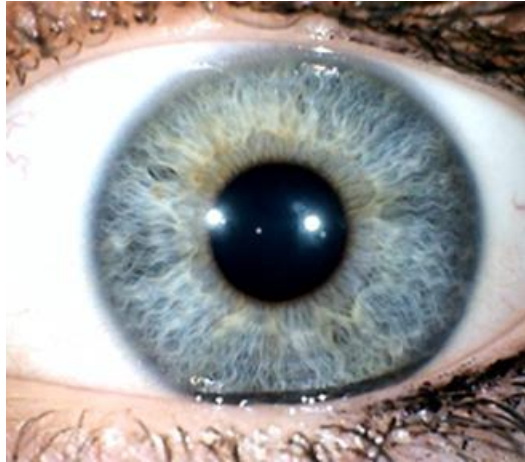


Jensen Iridology map/chart

Certain areas of the iris correlates to certain organs - similar to reflexology



Constitutional types - colour



Constitutional types: brown

Brown (Haematogenic)

- 60% of the world's population
- Uniform pigment that penetrates all four layers of the stroma
- Of African or Asian decent – adaption to hotter climates
- Fever is a more serious sign



Key:

- ✓ Blood dynamics and composition e.g. blood pressure and circulation
- ✓ Less reactivity/inflammatory response in mucus membranes, skin and lymph
- ✓ Late-onset issues – chronic disease shows up later in life
- ✓ A tendency toward accumulation

Constitutional types: brown

Brown (Haematogenic)

Challenges:

- Blood sugar imbalances inc. diabetes
- High triglycerides
- Circulatory issues
- Heavy clotted menses in women
- Kidney stones, lumps, cysts and tumours

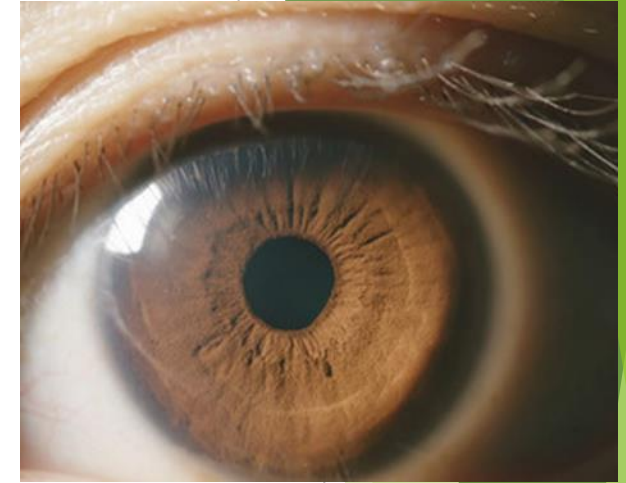


“The study found that the chance of developed diabetes was significantly higher for black adults than for white adults. They found that biological risk factors accounted for most of the health disparity”. <https://pubmed.ncbi.nlm.nih.gov/29279935/>

Constitutional types: brown

Nutrition

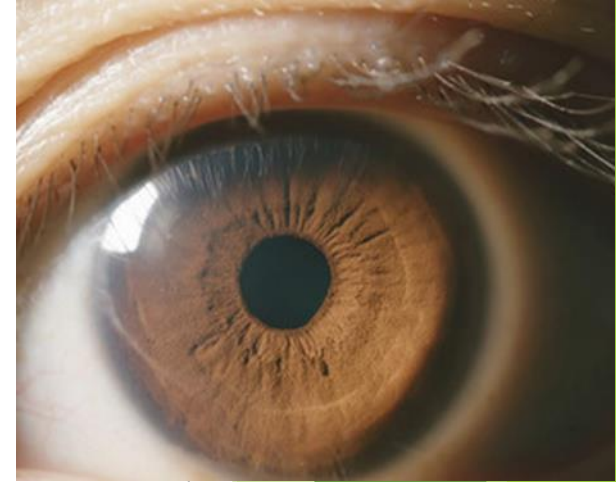
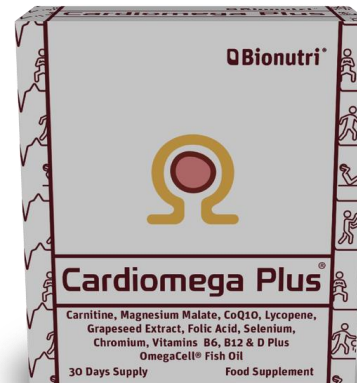
- ✓ Blood supporting – fresh plants, especially green and red.
 - ✓ Mineral-rich fruit and vegetables
 - ✓ A diet more akin to native roots (hot countries) e.g. spices, lots of plants
-
- ☹ Refined sugars
 - ☹ Saturated fats and trans fats



Constitutional types: brown

Herbs

- **Circulation** – garlic, ginger, rosemary, cayenne, cinnamon, cumin, coriander, clove, cardamon, black pepper
- **Heart supporting** – artichoke, hawthorn, nettle



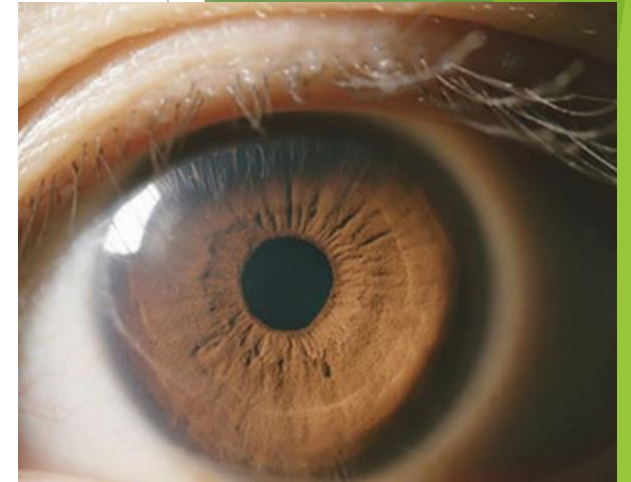
Constitutional types: brown

Lifestyle

Exercise that focuses on heart health and blood sugar support:

- Resistance training
- Aerobic work

Keeping warm in a cold environments



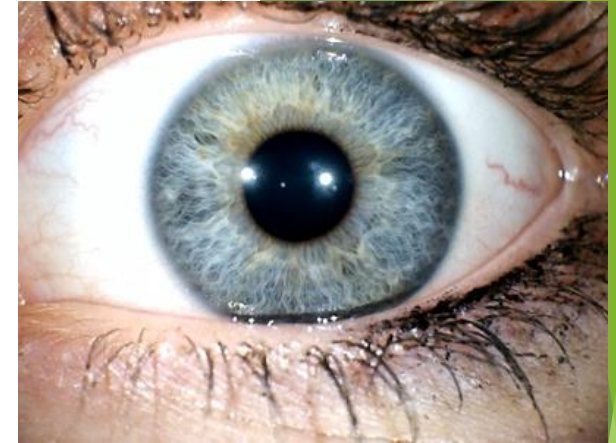
Constitutional types: Blue

Blue (Lymphatic)

- 8-10% of world's population
- Can have different shades of blue
- No pigment, just white or grey fibres on top of the blue stroma
- Naturally adapted to cooler climates
- Easy on-set of fever

Key:

- ✓ Reactivity – from responsive inflammation (early-onset dis-ease)
- ✓ Lymph system – hence name
- ✓ Elimination, detoxification & immunity

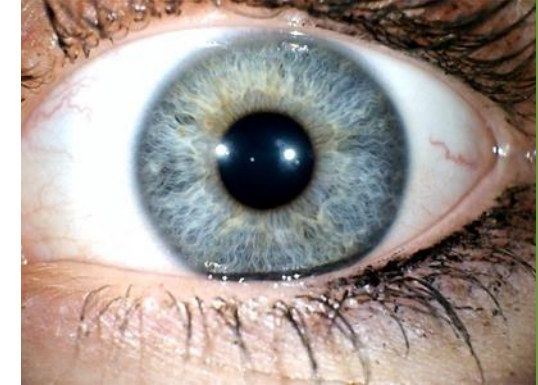


Constitutional types: Blue

Blue (Lymphatic)

Challenges:

- ✓ Upper respiratory tract issues
- ✓ Atopic – asthma, eczema, hay-fever
- ✓ ENT issues – sinuses, infections, tonsils
- ✓ Autoimmunity
- ✓ IBS (reactivity)
- ✓ Prone to degenerative diseases

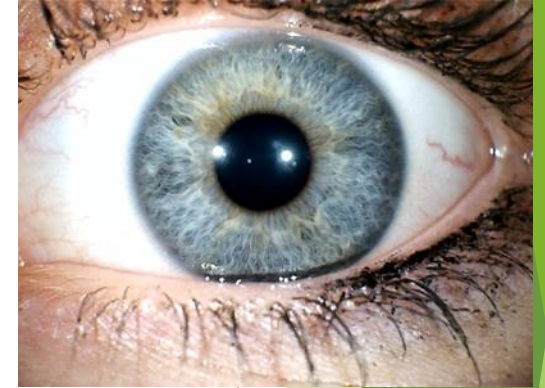


Constitutional types: Blue

Nutrition

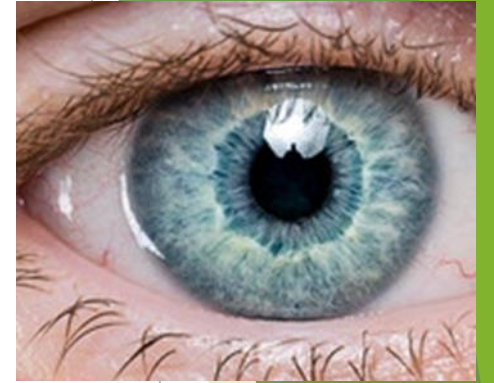
- ✓ Hydration and electrolyte balance
- ✓ High amounts of fruits and vegetables
- ✓ EFAs – omega 3

- ☹ Dairy products
- ☹ High amounts of animal fat and protein – red meat and pork especially
- ☹ Refined carbs – hard to eliminate the byproducts (uric and lactic acid)
- ☹ Coffee and alcohol (adds to dehydration)



Constitutional types: Blue

Herbs



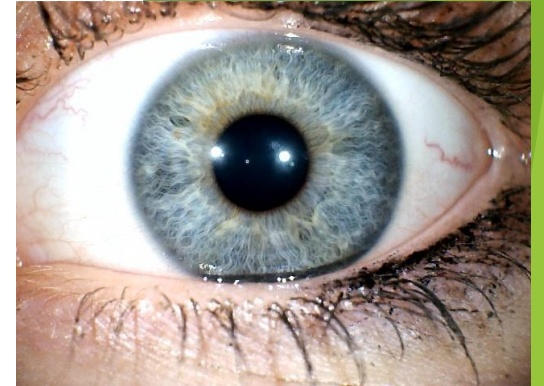
- Alternatives/cleansers – dandelion, burdock, nettle, cleavers, red clover
- Immunomodulators – echinacea, garlic, ginseng, elderberry, elderflower
- Carminatives – ginger, spearmint, rosemary



Constitutional types: Blue

Lifestyle

- Hydrotherapy – cold water therapy (caution with those with low vitality)
- Skin Brushing – move lymph
- Supporting liver – diet and balancing anger



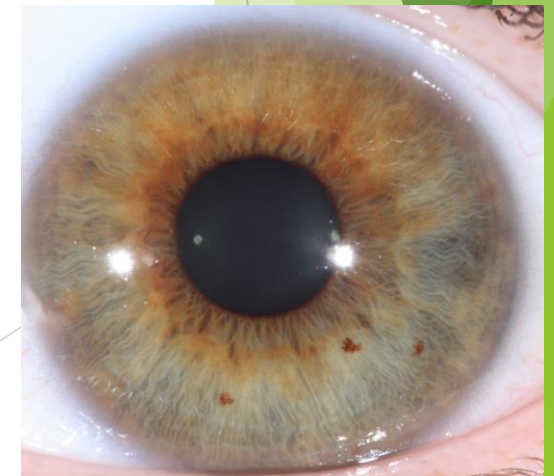
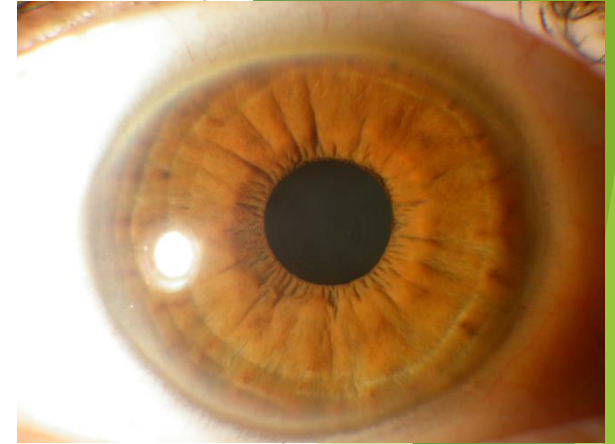
Constitutional types: mixed

Mixed (Mixed **Biliary**)

- Can appear hazel or green
- They can be quite dark or quite light
- Mix of two constitutions (brown and blue)

Key:

- ✓ Digestive concerns (exocrine) – low secretions
- ✓ Biliary system is susceptible and pancreas
- ✓ Low absorption can lead to HPO and HPA imbalances

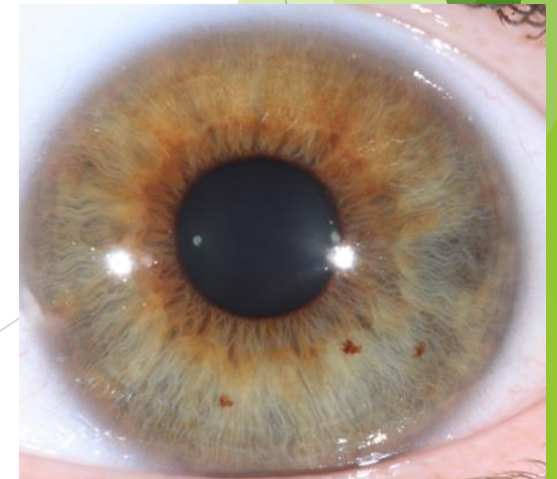
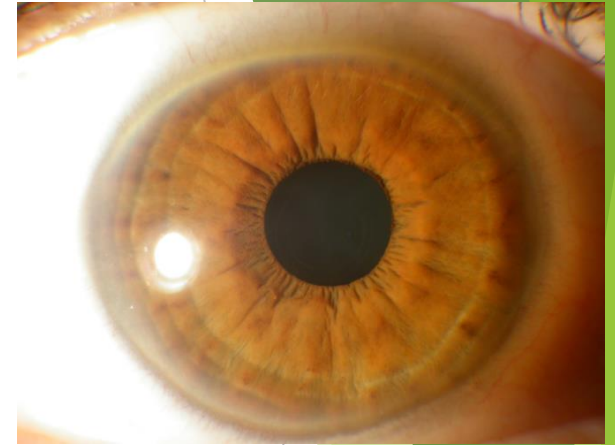


Constitutional types: mixed

Mixed (Mixed **Biliary**)

Challenges:

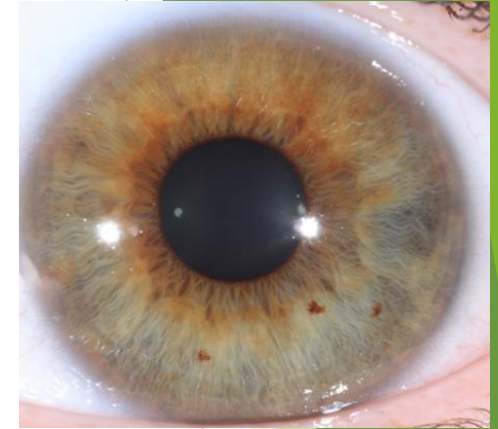
- Bloating, indigestion, belching, flatulence
- Greasy stools, poor stool formation
- Low absorption
- Candida/yeast overgrowths
- SIBO
- Long term – hormonal imbalances



Constitutional types: mixed

Nutrition

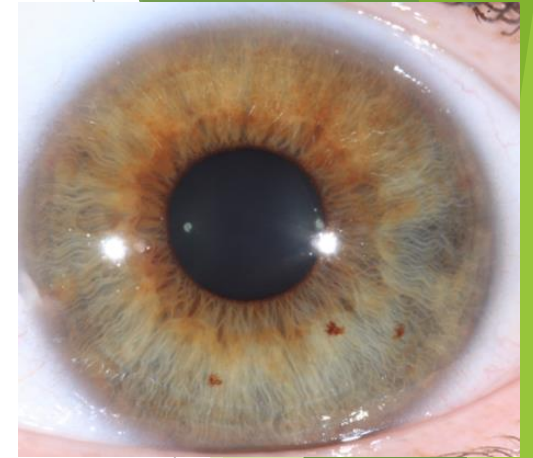
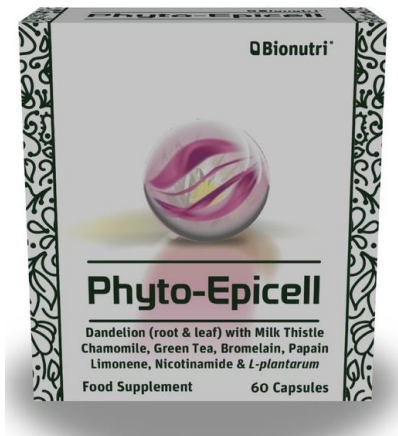
- ✓ Smaller meals – not overloading digestion
- ✓ Chewing well and eating consciously
- ✓ Food combining – avoiding starchy carbs with meat
- ✓ Vegetable juices to optimise vitamins and minerals
- ☹ High fats, saturated fats and high amounts of meat
- ☹ Dairy products



Constitutional types: mixed

Herbs

- **Bitter herbs** – artichoke, dandelion, gentian, chamomile, wormwood
- **Carminatives** – mint, rosemary, basil, oregano

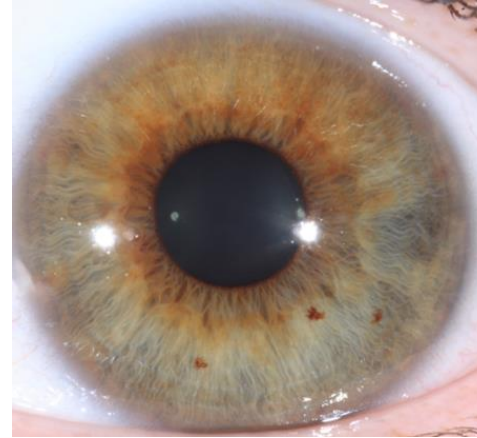


Constitutional types: mixed

Lifestyle

Movement after meals

- Walking
- Stretching

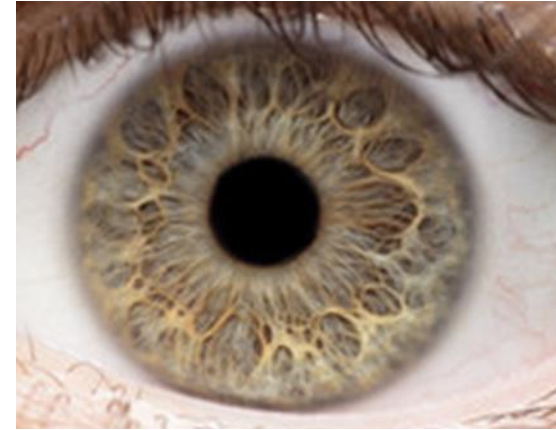
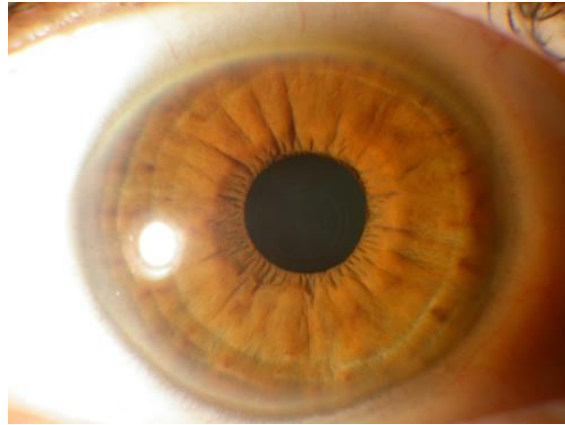


Yoga poses

- Headstand
- Floor twists
- Triangle pose



Structure/disposition types



Structure/disposition types: Neurogenic

High-Resistance (Neurogenic)

- “strong constitution”
- Fibres are close together
- ✓ Stamina & endurance
- ✓ Resist microbes and pathogens more easily
- ☹ Can easily over-do it / lack of rest
- ☹ End up relying on caffeine and stimulants
- ☹ Prone therefore to adrenal issues & nervous system diseases



Structure/disposition types: Neurogenic

Nutrition

Nervous system support

- B vitamins, vitamin C
- Magnesium
- Wholegrains – a need for ‘good’ carbs
- Avoid stimulants – sugar, caffeine etc..



Structure/disposition types: Neurogenic

Herbs

- Adaptogens – ashwagandha, ginseng, licorice
- Nervines – wild oat, vervain, chamomile, passionflower, valerian

Flower Essences

- Cherry Plum – fear of loss of control
- Chestnut bud – failure to learn from past mistakes
- Impatiens – suited for those easily irritated
- Oak – strong but keeps going when exhausted
- Vine – dominant personalities
- Vervain – over-enthusiasm, with fixed ideas

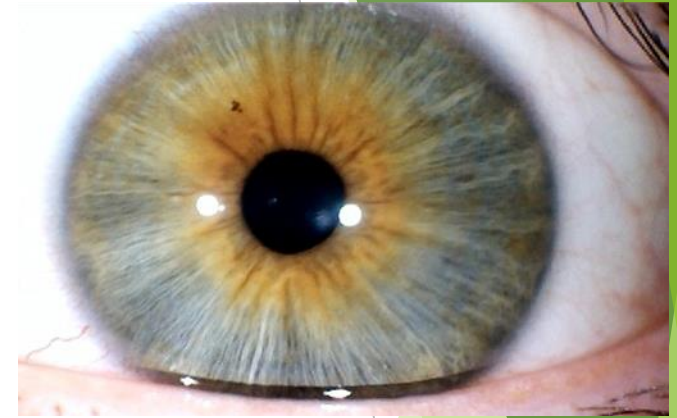


Structure/disposition types: Neurogenic

Lifestyle

- Learning to say no!
- Learning patience
- Learning relaxation

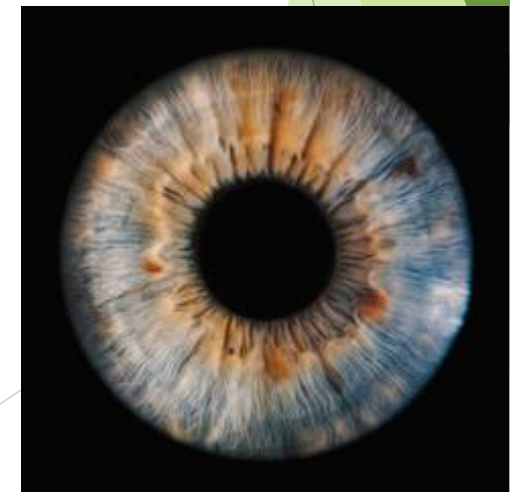
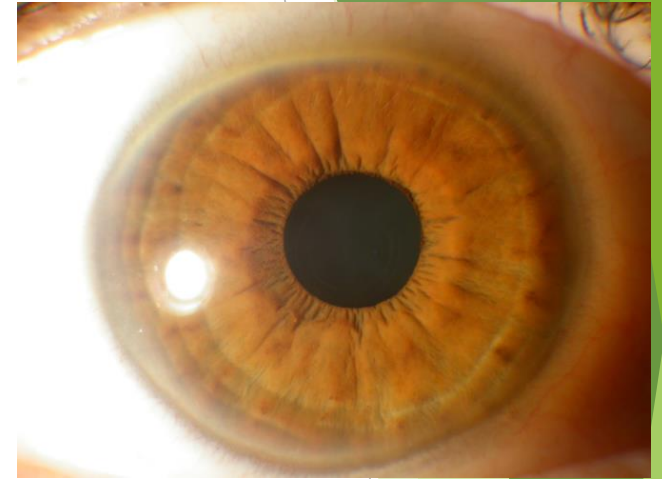
- Regular exercise to release endorphins
- HIIT can suit this type if not already burnt out



Structure/disposition types: Self-protective

Self-protective (Larvate Tetanic)

- Contraction furrows (rings outer iris)
- Radial furrows (like spokes of a bike)
- ✓ High resistance, driven often by anxiety
- ✓ Confident exterior often hides a vulnerable person inside
- ✓ Sociable but need time to retreat
- ☹ Large amounts of energy used
- ☹ Pressure on gut, nerve supply to gut can be restricted
- ☹ Tire easily and suffer with cramps and tension
- ☹ Cramps – muscular, digestive and menstrual

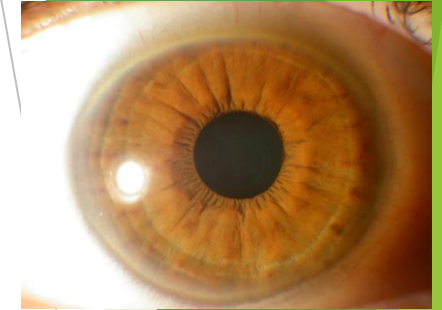
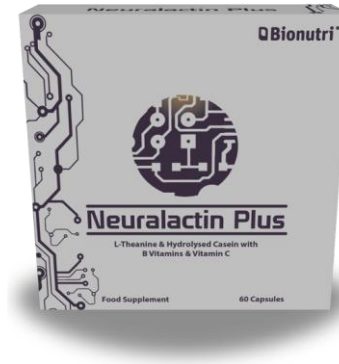


Structure/disposition types: Self-protective

Nutrition

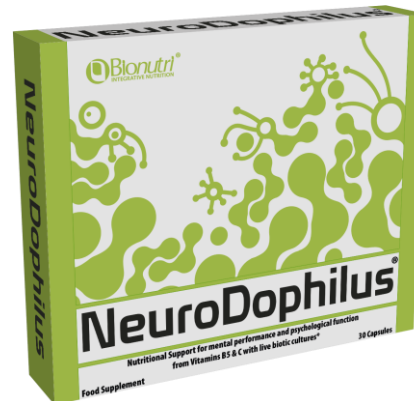
Nervous system support

- B vitamins, magnesium, vitamin C, theanine
- Wholegrains – a need for ‘good’ carbs
- Avoid stimulants – sugar, caffeine etc.



Superfoods and antioxidants

- Colourful fruit and veg
- Mineral rich



Structure/disposition types: Self-protective

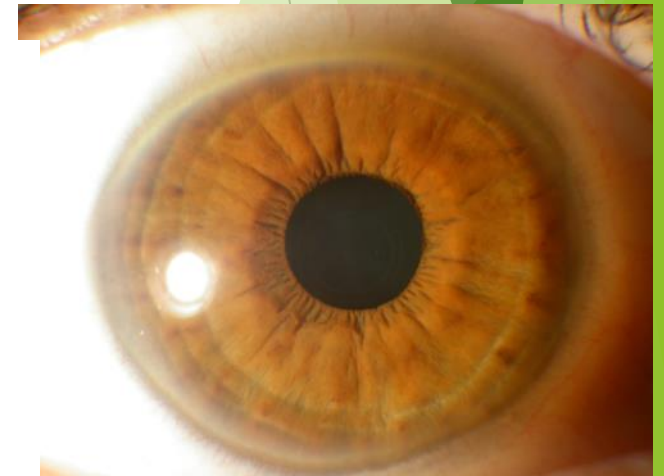
Herbs

- Relaxants – wild oat, vervain, cramp bark
- Digestive – bitters (dandelion, yarrow, artichoke)
- Adaptogens – ginseng, schisandra



Flower Essences

- Oak – strong but keeps going when exhausted
- Agrimony – seem carefree but suffer anxiety underneath
- Aspen – worrier
- Elm – overwhelmed by responsibility
- Olive – exhausted in body and mind



Structure/disposition types: Self-protective

Lifestyle

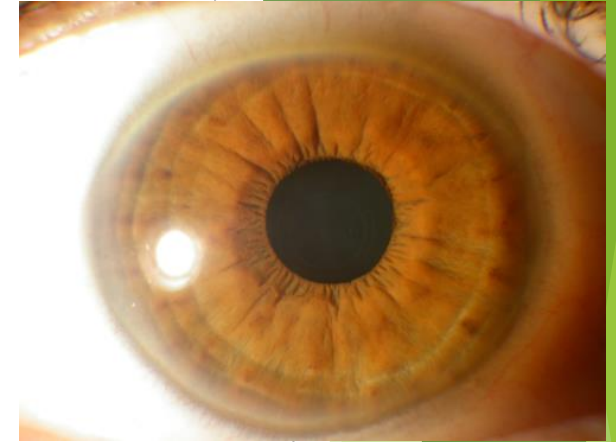
Bodywork

- Massage
- Osteopathy
- Yoga

Learning to let go

Meditation

Vagus nerve toning



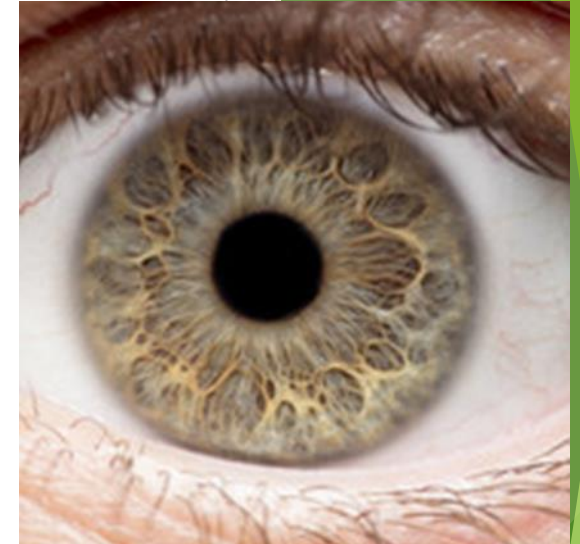
Structure/disposition types: Polyglandular

Glandular-Emotional (Polyglandular)

- Lots of lacunae (looks like holes) outside collarette
- Focus on hormonal/endocrine system

- ✓ High energy output
- ✓ Driven by strong emotions – wear their hearts on their sleeves

- ☹ Mood swings
- ☹ Erratic functioning of glands – pituitary, thyroid, adrenals and pancreas
- ☹ Perimenopausal issues can be heightened, T2D risk
- ☹ Unmanaged hormones in younger years can become chronic when older



Structure/disposition types: Polyglandular

Nutrition

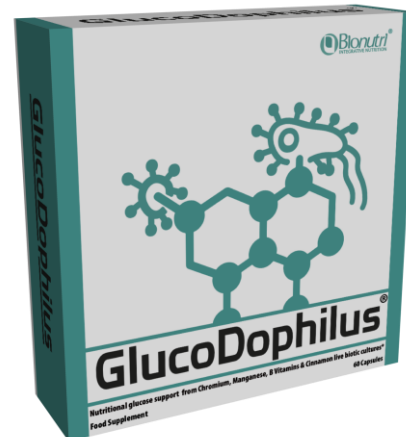
Eat little and often

Food combining – to make it easier on pancreas

Hormone support

- B vitamins, especially B6
- Chromium and zinc

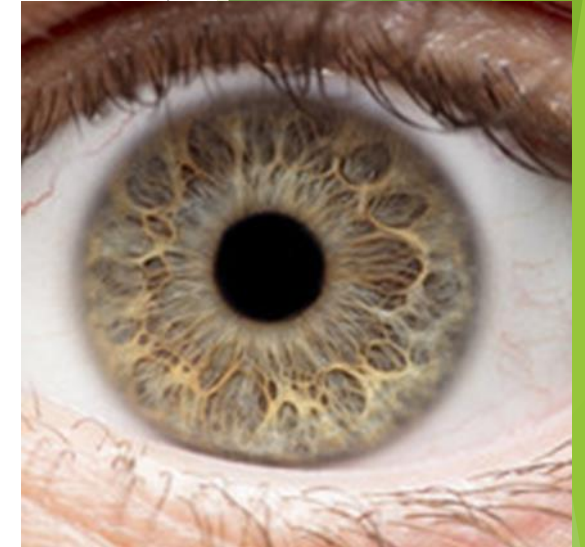
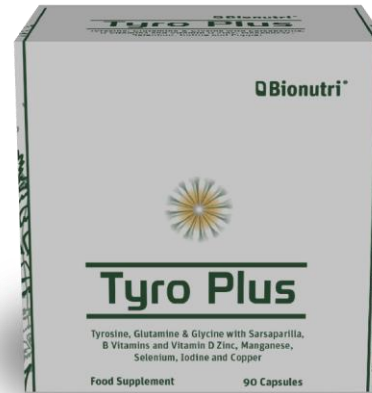
Avoid sugars



Structure/disposition types: Polyglandular

Herbs (endocrine supportive)

- Pituitary – dong quai, ginkgo biloba
- Thyroid – kelp, nettle, sarsaparilla
- Pancreas – bitters, dandelion, artichoke
- Adrenals – ginseng, licorice



Structure/disposition types: Polyglandular

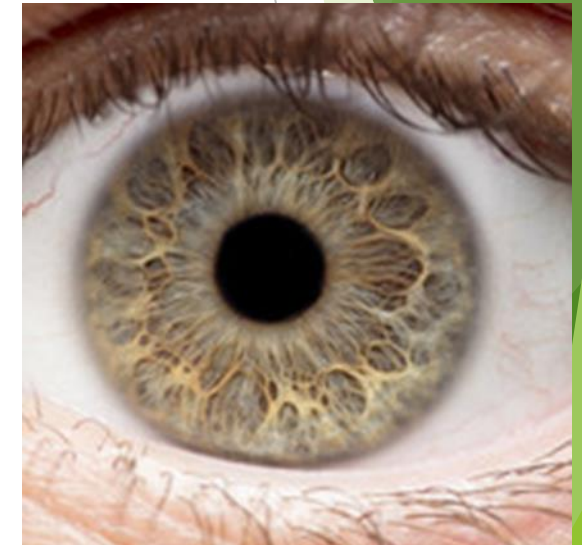
Lifestyle

Exercise

- Yoga
- Tai chi
- Qi gong



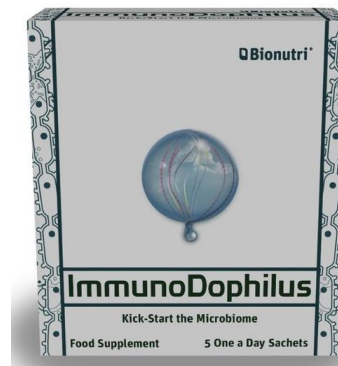
Resistance training – muscle mass



Structure/disposition types: Gastric

Similar to Poly-Glandular (sub-type)

- Lacunae on inside of collarette
- Rely on 'gut instinct' types
- **Challenges** – candida, colitis, diverticulitis, SIBO, constipation
- **Support** – fibre, antimicrobials, microbiome, bitters, avoid empty calories



Structure/disposition types: Flexible-Adaptive/CT

Flexible-Adaptive (Connective Tissue weakness)

- Low density fibres (opposite to neurogenic)
- More light can enter the inner iris and stimulate reflex sites and nerves
- ✓ More adaptive in personality and can make lifestyle adjustments to their health more easily than a neurogenic can
- ✓ Receptive to change
- ☹ Less robust – connective tissue weakness in organs
- ☹ Injury prone – hypermobility can be present



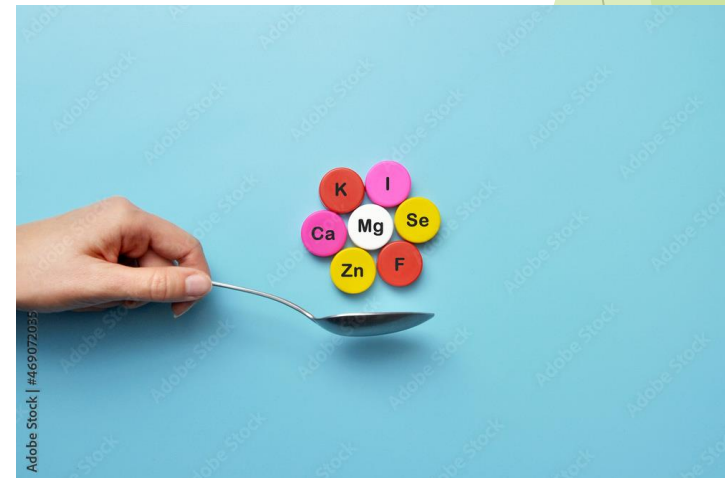
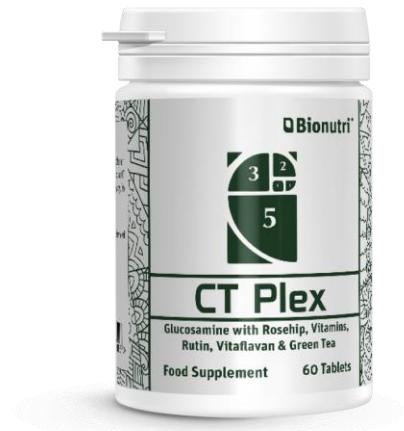
Structure/disposition types: F-A/Connective Tissue

Nutrition

- Fresh fruit and vegetables
- Naturally cleansing foods

Key nutrients:

- Protein
- Vitamin C
- Rutin
- Glucosamine
- Collagen
- Zinc
- D3, K2, Mg, Ca



Structure/disposition types: F-A/Connective Tissue

Herbs

Adaptogens – ashwagandha, ginseng, astragalus

Connective tissue – horsetail, gotu kola

Cleansing tissues – nettle, dandelion, cleavers, red clover



Structure/disposition types: F-A/Connective Tissue

Lifestyle

Exercise (core strengthening)

- Pilates
- Yoga
- Swimming

Prolapse Support

- Pilates
- Hypopressives
- Women's health physio

Relaxation techniques



Pigment

Dyscratic overlay – tendency to toxic overloading of blood, lymph and connective tissue. Risk of liver, gallbladder and pancreatic imbalances.



Pale Yellow – Kidneys – can indicate bowel toxicity



Yellow – Liver/gallbladder – intolerance to rich & high fat foods



Orange – Pancreas – spots/patches of bright orange indicate blood sugar



Brown – Liver/colon – often around centre but can be spots/patches – toxicity/constipation



Black – Lymph/immune – spots/freckles – low immunity, depression, overthinking



Pink – Stomach – in stomach zone, low enzymes/secretions, ulceration risk

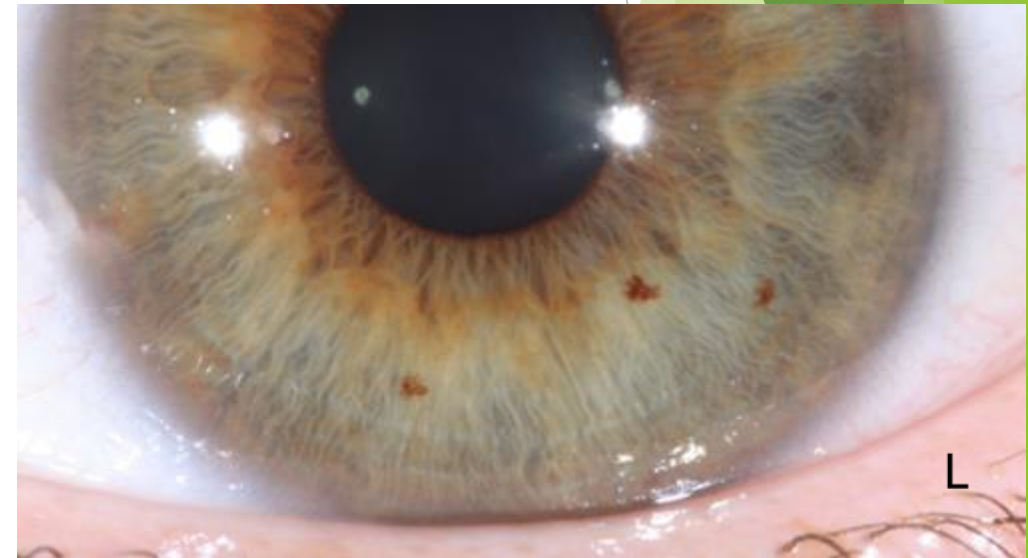
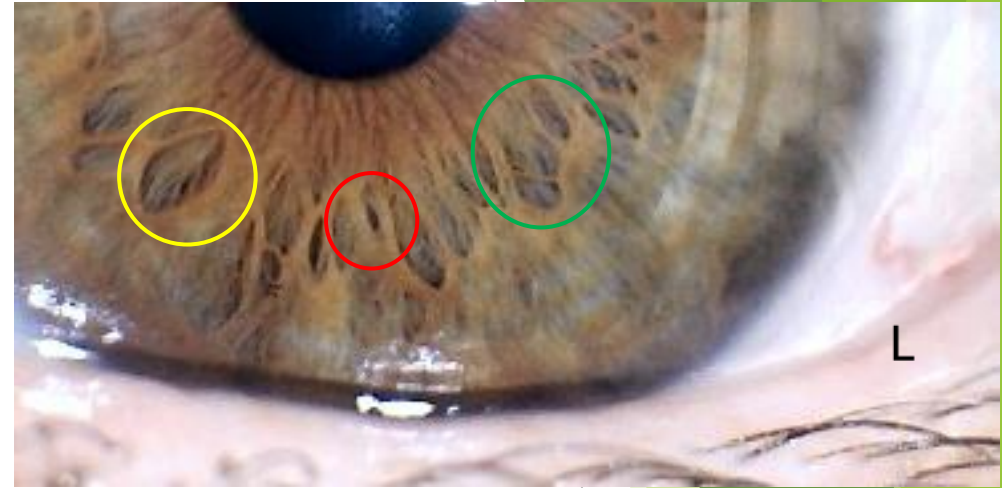


Structural Signs: Lacunae

Disruptions in the iris fibres indicate an area that needs: restoring, nourishing, strengthening, stimulating, improving blood flow, enhancing lymph movement or boosting energy.

Closed Lacuna (yellow)

- Have a complete fibre border
- Most common type of lacuna
- Often shows where an ancestor had trouble



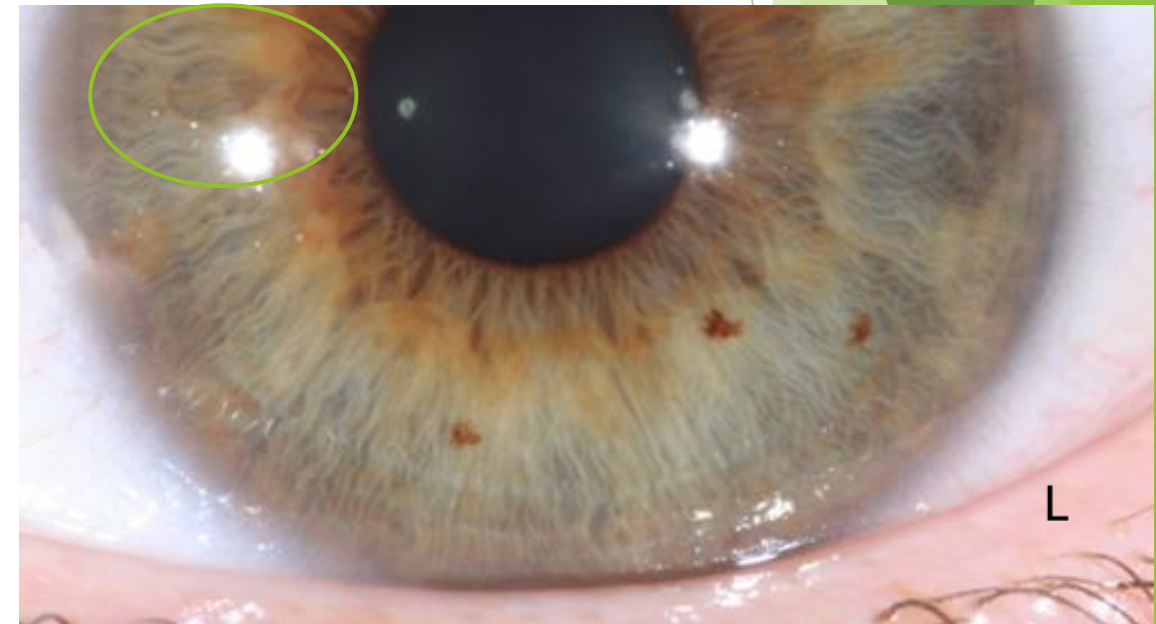
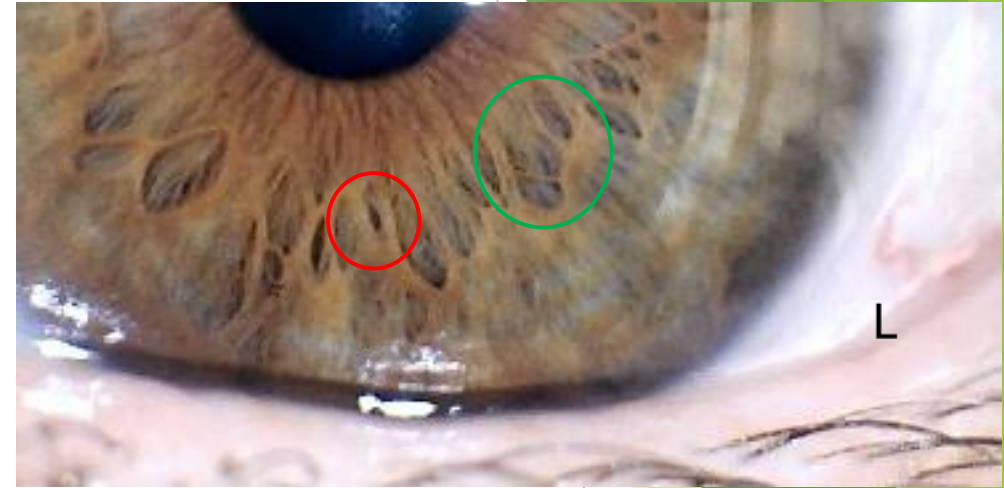
Structural Signs: Lacunae

Disruptions in the iris fibres indicate an area that needs: restoring, nourishing, strengthening, stimulating, improving blood flow, enhancing lymph movement or boosting energy.

Open Lacuna (green)

- Has a fibre border but opens up
- Potentially more serious
- Here is a thyroid sign (mother had overactive thyroid)
- Needs focused support

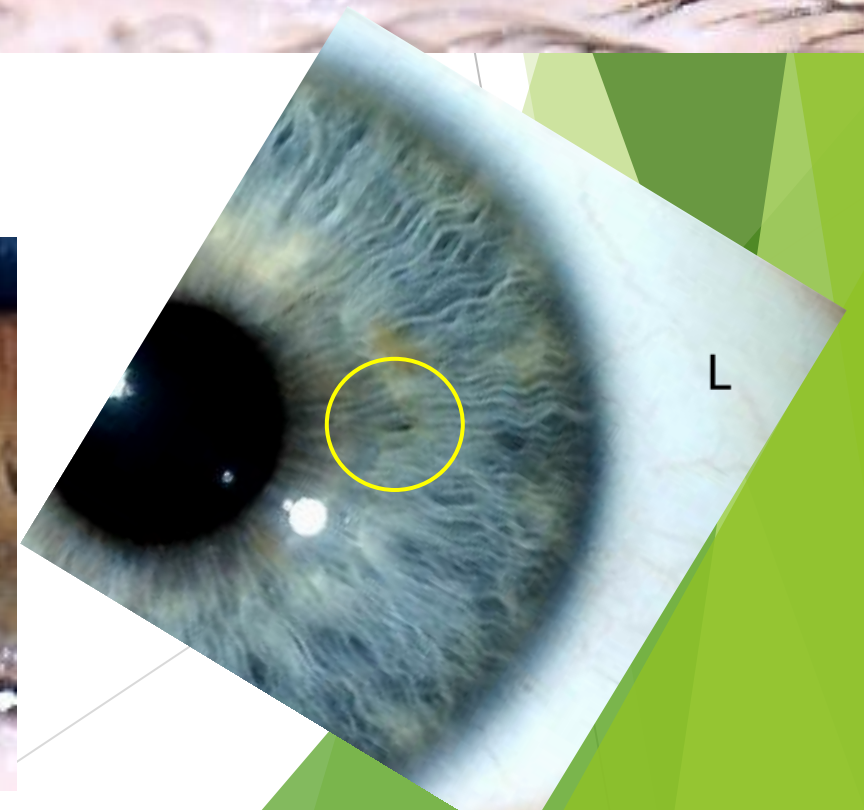
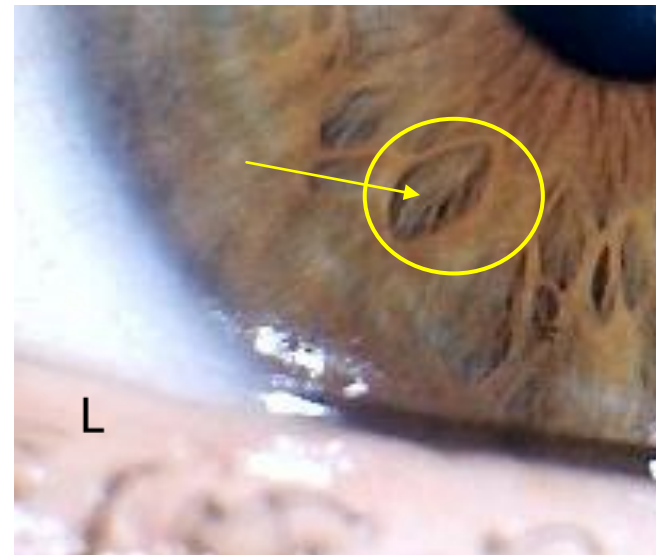
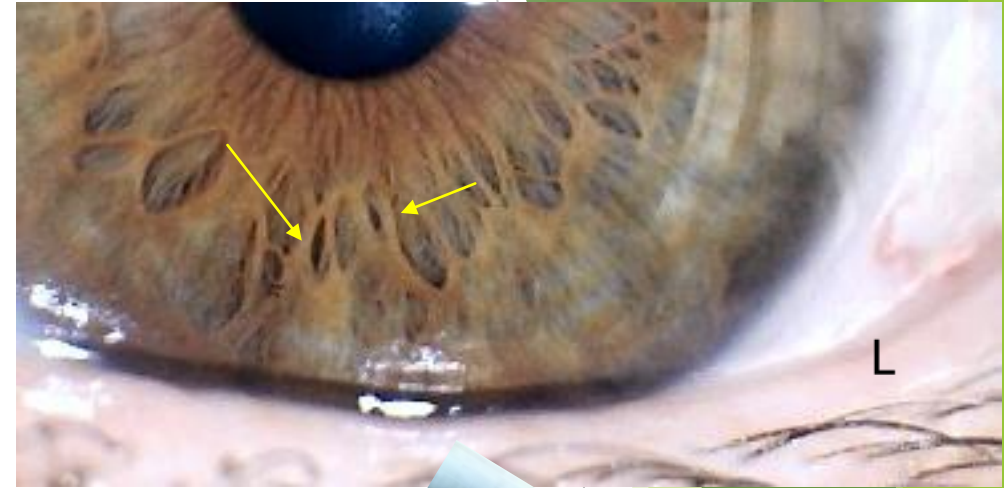
The 'deeper' the lacuna, the more serious a sign



Structural Signs: Lacunae

Crypts

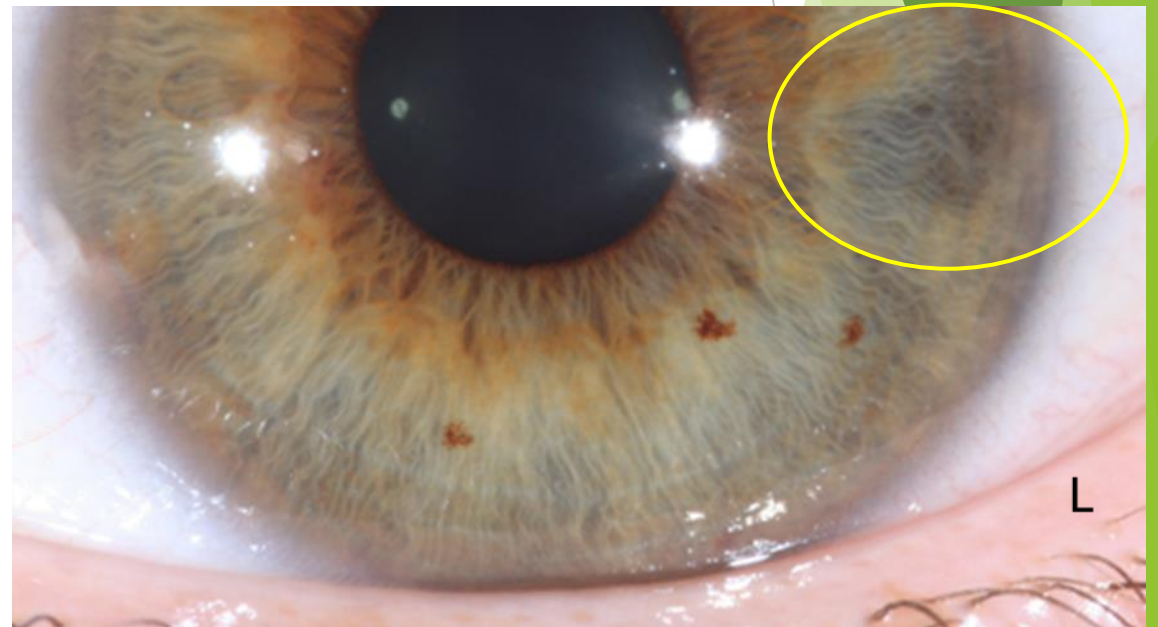
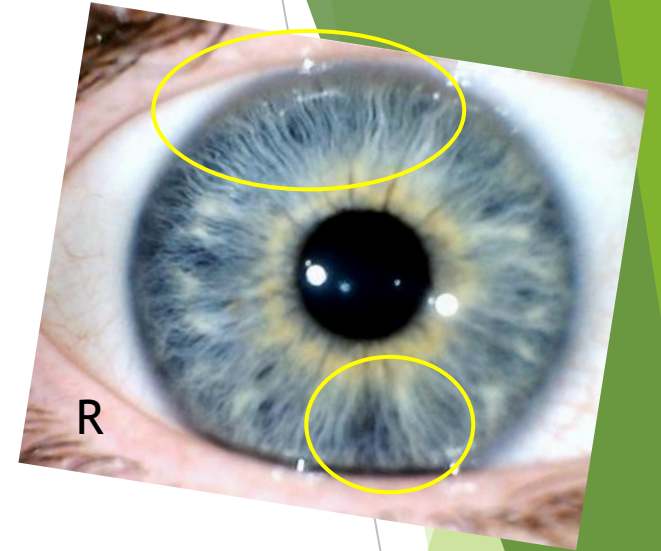
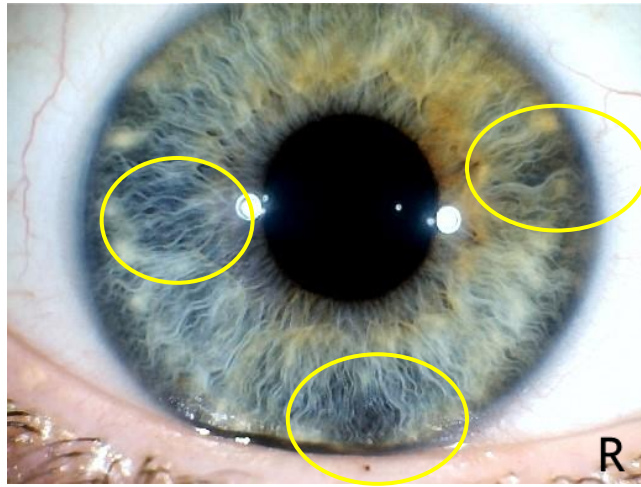
- Like a closed lacuna, but it penetrates deep into layers
- Often found in intestinal zone
- Risk of degeneration of processes
- Can be linked to susceptibility to parasites
- They can be found within lacuna – which can be an area where parasites like to reside



Lacunae

Rarefaction

- Variations in fibre density with no border
- Appears looser and darker
- Low vitality/energy in organ
- Affected organ may need energising



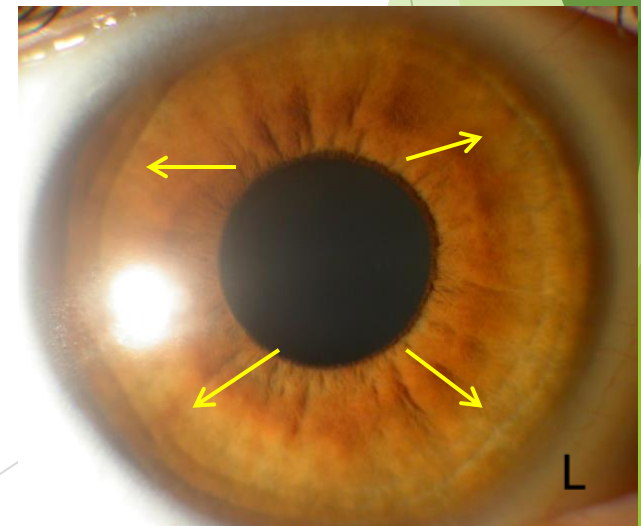
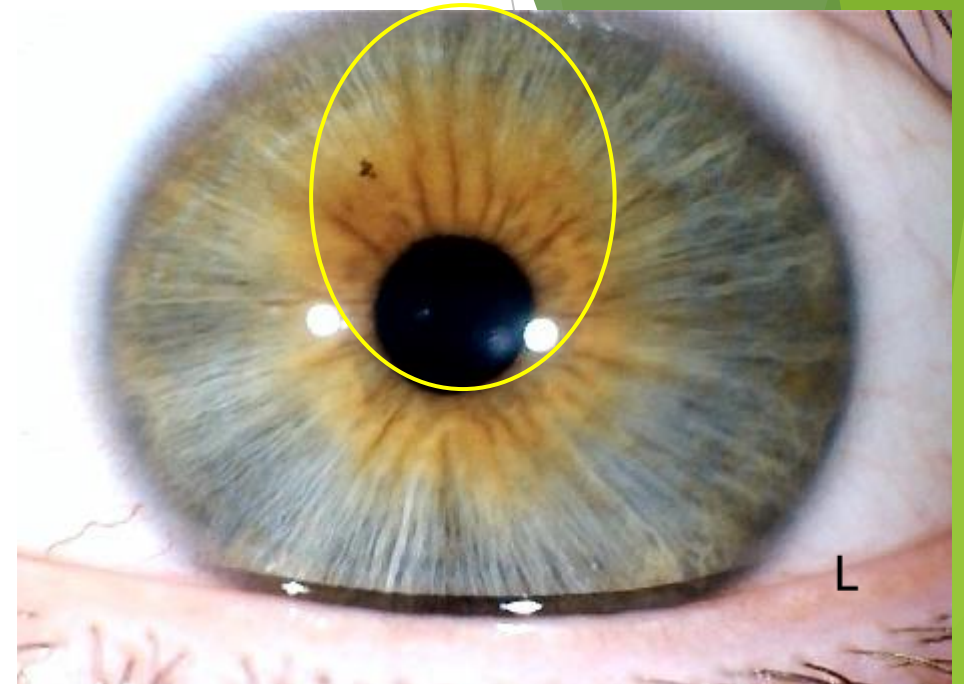
Furrows (in both are present = self-protective type)

Radial furrows

- Major - Go from pupil to outer edge = Weakening of the autonomic NS
- Minor – go to the collarette
- Both signs of potential toxic leakage from a congested bowel

Contraction furrows

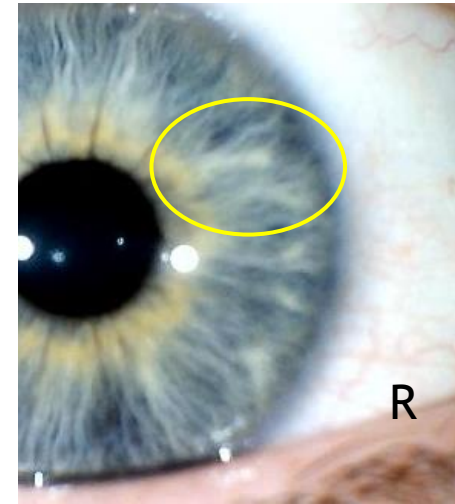
- Ripples around the outer edge of iris
- Portrays nervous tension
- Breaks in the rings emphasises problematic areas
- Portrays internal angst and turmoil – need to learn to find freedom physically and emotionally



Fibre Signs

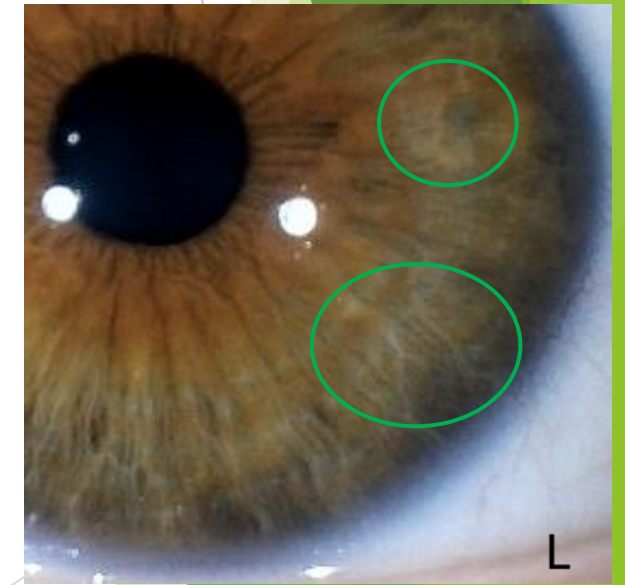
Irritation fibre (yellow)

- Bright/white strand that runs from collarette to the edge
- Signifies reactivity in that organ area



Transversal fibre (green)

- Runs across the iris, perpendicular to irritation fibre
- Acute or chronic inflammation and potential damage to tissue



Vascularisation

- Red fibre in the iris from engorged blood. Can be caused by physical trauma or can be a sign of stored emotions

Spleen-heart transverse =
risk for heart attacks

Collarette Signs

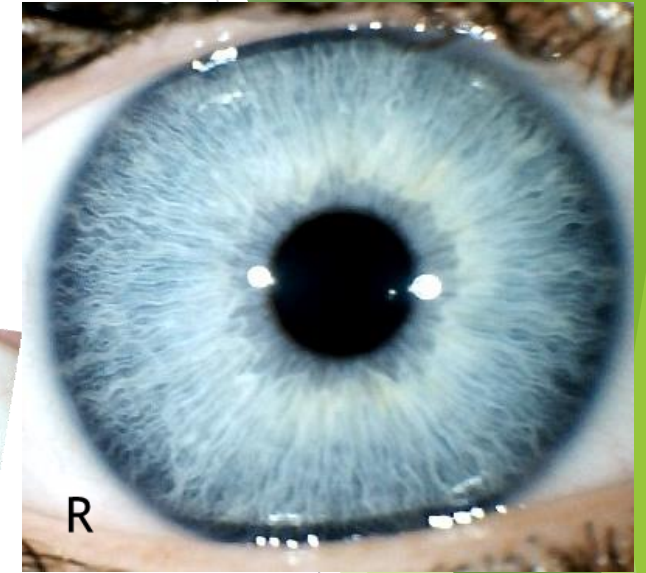
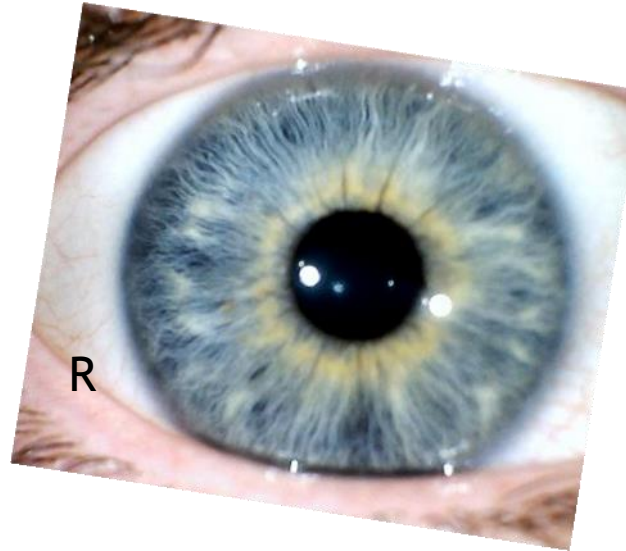
The collarette is the reflex site for the autonomic nervous system

Prominent & White/bright

- Could indicate IBS
- Look at nervous factors involved

Invisible or thin

- Could be sluggishness
- Need to stimulate enzymes & secretions



Collarette Signs

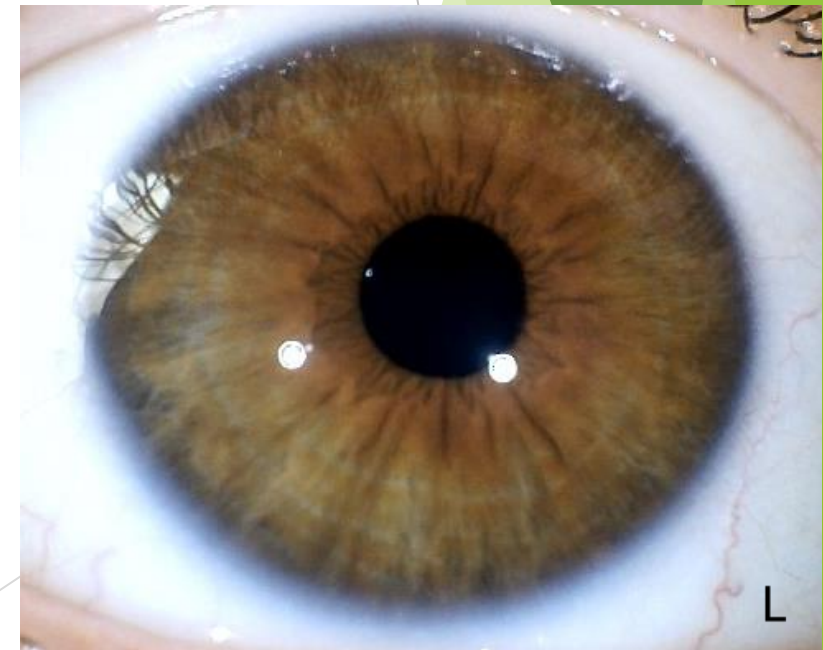
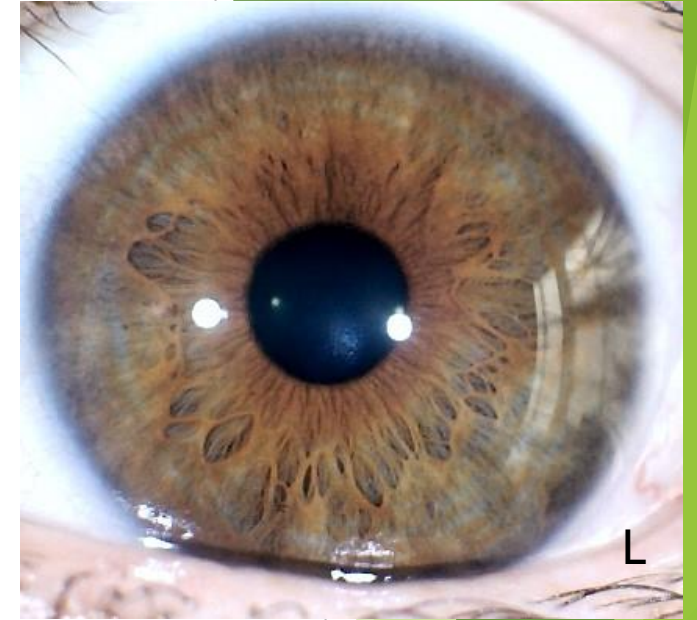
The collarette is the reflex site for the autonomic nervous system

Wide/expanded

- A focus on bowel health
- If the fibres are loose in the pupillary zone – could indicate atonal constipation
- Lacuna in the collarette can point toward diverticular

Contracted

- Constipation caused by spasms
- Need for relaxation



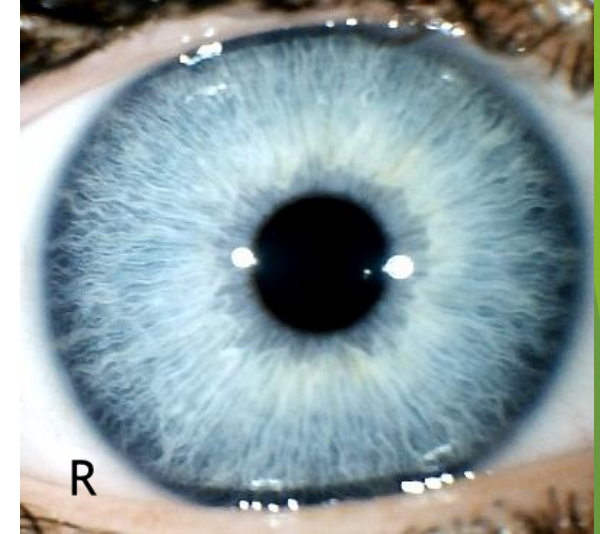
The outer edge

Scurf Rim

- Dark band on outer edge of iris
- Under-reactivity of skin = congestion
- Eczema, acne, sensitivity, itchiness or dry skin

Venous Ring

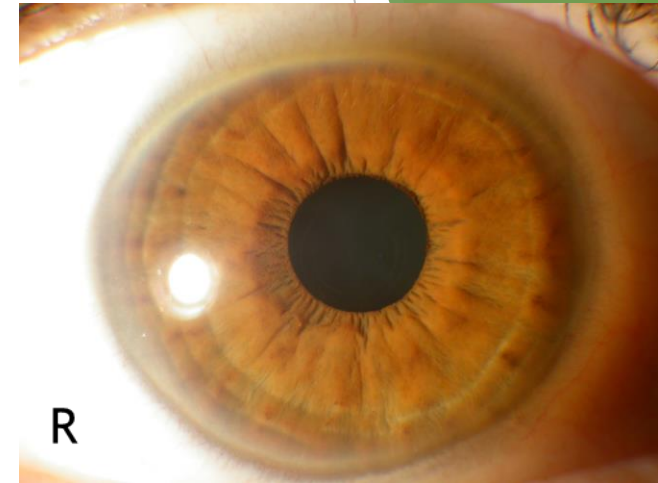
- Blue tinge on edge
- Core congestion & liver stagnation
- Varicosed veins & haemorrhoid risk



The outer edge

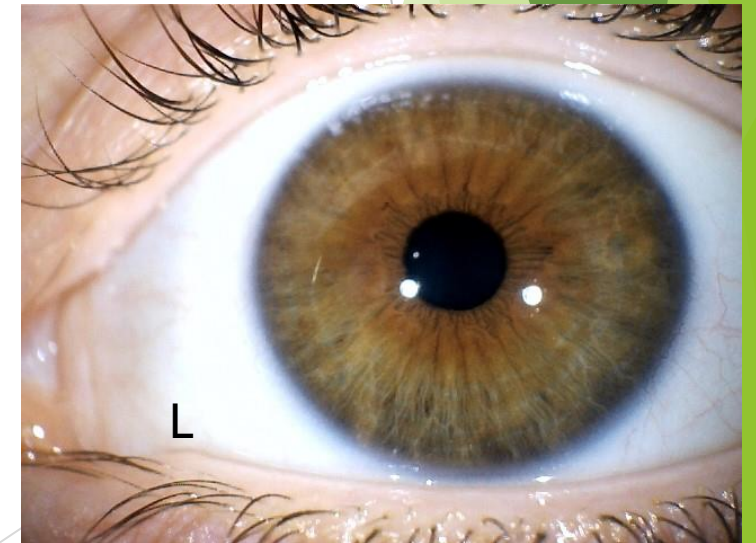
Cholesterol Ring

- Acquired sign
- Medically recognised sign – in cornea
- Can mean high blood fats, insufficient nourishment & oxygenation
- Complete ring can indicate coronary artery blockages



Anaemia Ring

- Fuzzy edges/blurred
- Indicates cold extremities / lack of blood to hands & feet



Allergy Sign

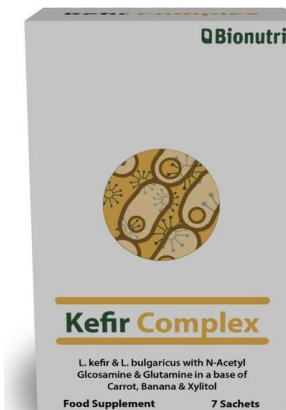
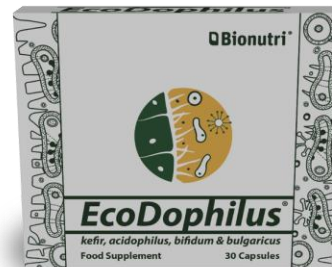
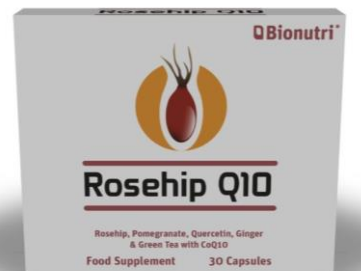
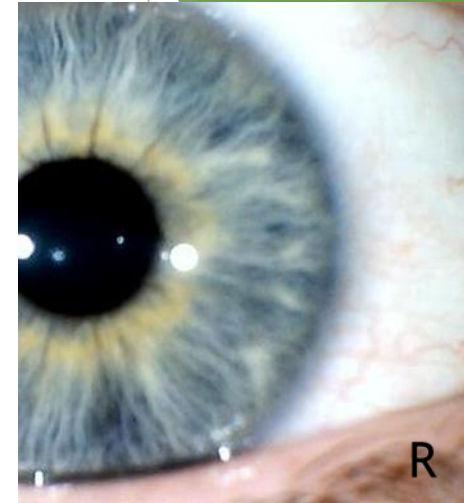
Signs:

- Redness and small red vessels in white of the eyes – invading the iris border
- Seen in all colour types

Increased immune reactivity – it is acquired over lifetime

May have true allergies or may be just food intolerance and hay-fever

Aim: Strengthen digestion, energy and removing toxicity



Behavioural Iridology

Complex part of Iridology

There are two main polarities of personalities – ‘Thinker’ and ‘Emotional’

Pigment = thinker



Lacunae = emotional



Behavioural Iridology

Pigment = thinker



- Reason, logic, analysis, intuitive
- Left-brain dominant
- Opinionated and think they're right
- Strong desire to understand
- Not morning people
- May inherit more from father's line

Lessons: learning to let go and trust in the unknown

Challenges: poor sleep, critical of others, worriers

Lacunae = emotional



- Passionate, joyful, spontaneous, creative
- Right-brain dominant
- Centre of the party, like attention
- Usually close to their fathers, or wish so

Lessons: taking responsibility in their lives

Challenges: anger and blame

Behavioural: secondary modifier of personality

Neurogenic/close fibres = empath

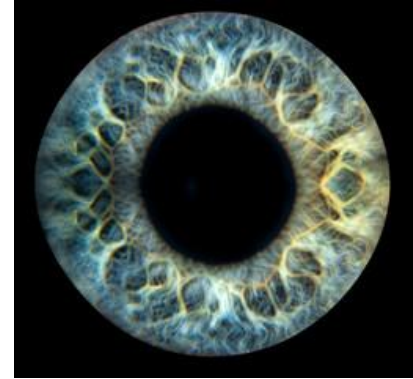


- Agreeable, enjoy calm and solitude of nature
- Like to create harmony and balance
- Highly intuitive and sensitive
- Have a practical approach to life

Challenges: anxiety, frustration, over-compromise, avoid conflict

Lessons: express hearts desire, be individual

Pigment + lacunae = driver



- Dynamic personality
- Driven to initiate and make change to themselves and others
- Diverse interests, can assimilate large amounts of energy

Challenges: loneliness and bitterness, they need constant stimulation

Lessons: learning to delegate

A bit about the pupils

The size of the pupils can provide some insight into working of the nervous system

Pupils that appear often larger:

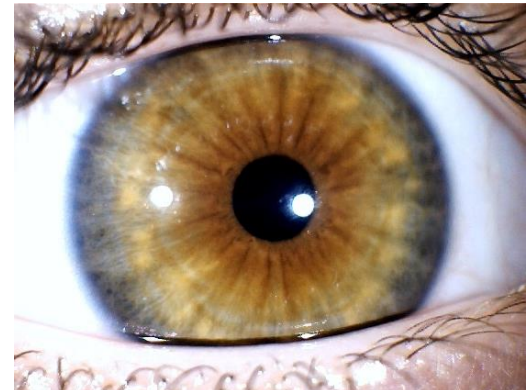
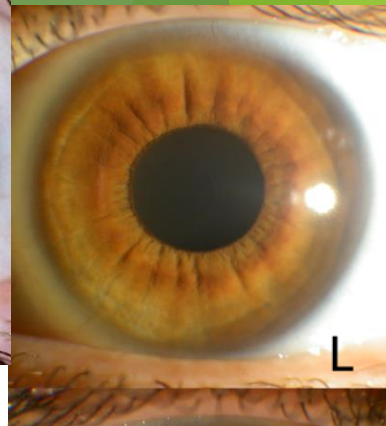
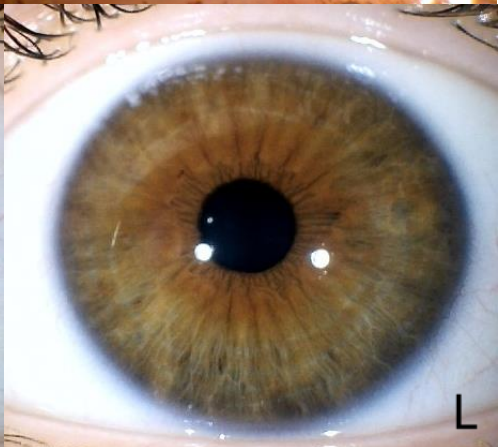
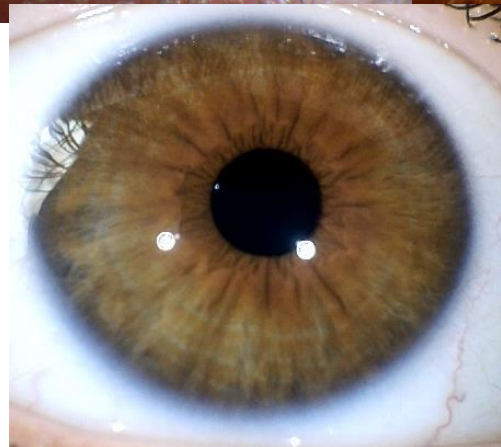
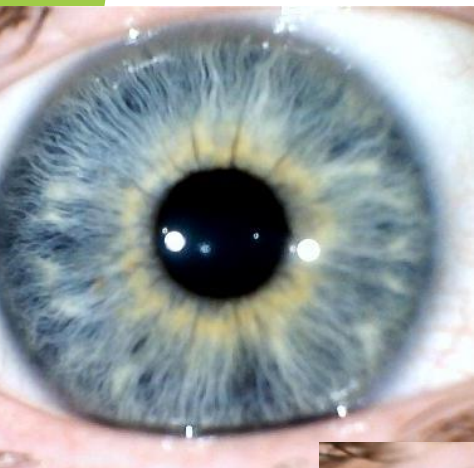
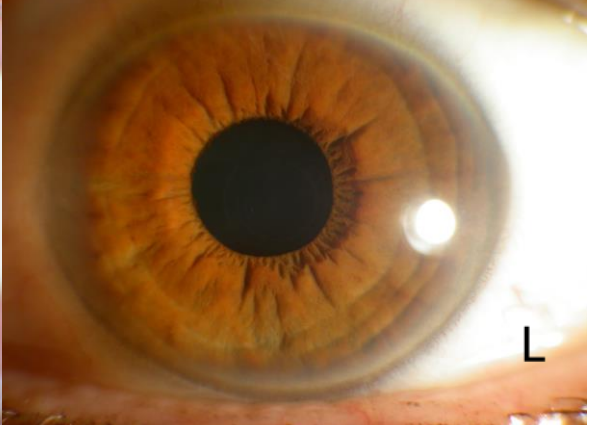
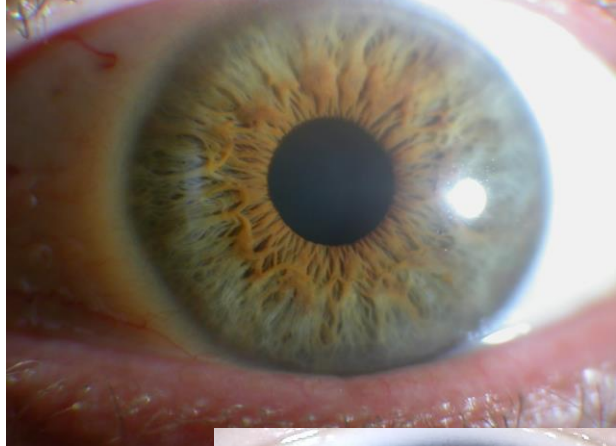
- Sympathetic nervous system dominance
- Potentially more extraverted
- Often an active person, open, trusting, enjoys challenges
- Tendency to over-stimulate adrenals

Pupils that appear often smaller:

- Parasympathetic nervous system dominance
- Potentially more introverted
- May be distrusting and careful. May become demotivated easily or sleep too much



Sudden change in pupil size, especially if they aren't equal needs medical attention



Remember if you use a mirror for self-assessment, iris is reversed

HEALTH & WELLBEING



Sleeping and feeding times are important determinants of overall health. Sleep 7-9 hours ideally starting before midnight. Eat regular meals and avoid snacking.

EAT A RAINBOW

7 a day

(5 veg and 2 fruit)

EXERCISE



Keep moving and stay active. Use the stairs, walk whenever you can. Walk an extra stop. Park further away. Stand rather than sit at your desk.

SALADS & VEGETABLES



Unlimited salads, leafy greens and vegetables, excluding root vegetables.

DRINKS

Drink water, tea (black, green fruit and herbal infusions), avoid drinks that are high in sugar or artificial sweeteners including fruit juice.



FRUIT

Eat 1-3 palm-sized portions of fruit a day. Berries in abundance and local and seasonal fruit.

Eat root vegetables as well as whole grains (like wild and brown rice, whole oats, quinoa). Limit refined grains (like pasta and bread) which affect the body in a similar way to sugar.



OILS

Use olive oil as your everyday fat for both cooking and seasoning, and butter in moderation. Avoid margarines and trans fats. Eat raw nuts, seeds and avocados.

PROTEIN

Make fish, poultry and eggs your principal sources of protein, and eat lean red meat, bacon and other processed meats only occasionally. Eat pulses (lentils, beans, chickpeas) and nuts and seeds as vegetable protein. Limit dairy to a small matchbox of cheese, half a cup of live unsweetened yoghurt or a small glass of milk a day.



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- Colonises small and large intestine
- Helps balance inflammatory processes

Transient (*L. bulgaricus* & *L. kefir*)

- Enables other good bacteria to flourish
-
- For sensitive clients and long-term maintenance
 - Dose can be increased in cases of gastroenteritis
 - Can be titrated for difficult complex cases
 - Human-strain probiotics



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 - Astaxanthin
 - Lycopene and Lutein
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- Especially supportive for eyes health and protection from skin damage
 - Potent antioxidant for cellular health
 - Mixed in avocado oil as the fatty acid profile is the perfect carrier for lipid nutrients



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- upcoming free webinars
- previous CPD webinars
- product info
- technical team contact details

Practitioner Facebook group & page – facebook.com/bionutriuk

- fellow practitioners
- responsive help from technical team

1:1 Technical Support – via Zoom, Teams, phone, email

- Sue McGarrigle ND, mBANT, mGNC suem@bionutri.co.uk
- Edward Joy, Herbalist ed@bionutri.co.uk
- Rosie Rayner, ND, mANP rosie@bionutri.co.uk



Thank you

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February webinars

Pomegranates



Wednesday 21st February 2024
11am – 12pm

QBionutri®
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Edward Joy

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Nutrition for Adrenal Hormone Balance

Wednesday 28th February 2024
11am – 12pm



Sue McGarrigle ND

References

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- Practical Iridology: using your eyes to pinpoint your health risks and your particular path to wellbeing, Peter Jackson-Main, 2004
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- Behavioral Iridology: Personality Assessment through the eyes, Jim Verghis, 2006
- Iridology 1: Information from Structure and colour, Hauser, Karl & Stolz, 2000