

Iridology Assessment Report

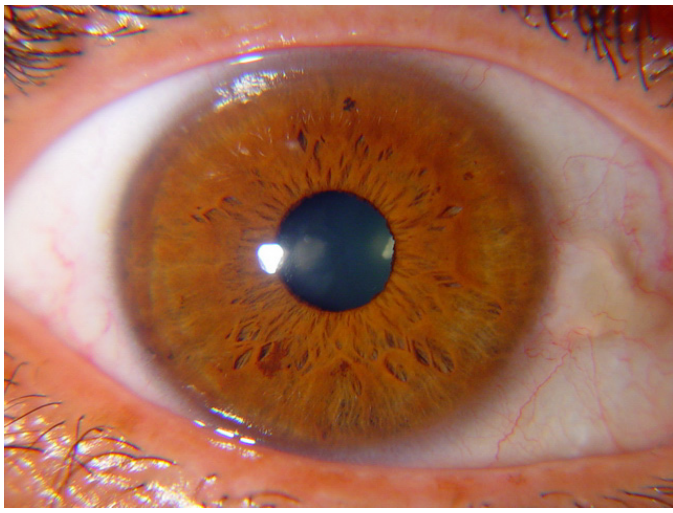
CLINIC

Sample Clinic

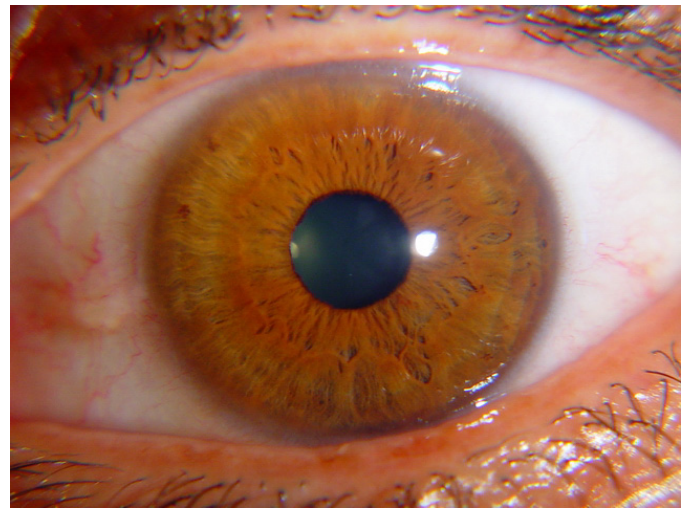
EMAIL

helpdesk@iridology-research.com

RIGHT EYE



LEFT EYE



DATE

07/03/2019

NAME

Sample Assessment

AGE

55

GENDER

- Male

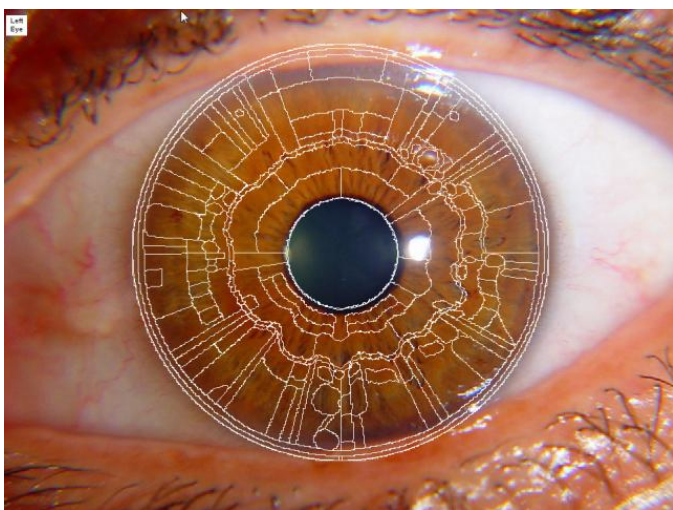
MAIN COMPLAINT - HEALTH HISTORY

He has bronchial asthma for 2 years. He has been using inhaler treatment for asthma. He has stomach pain while hungry or on a full stomach.

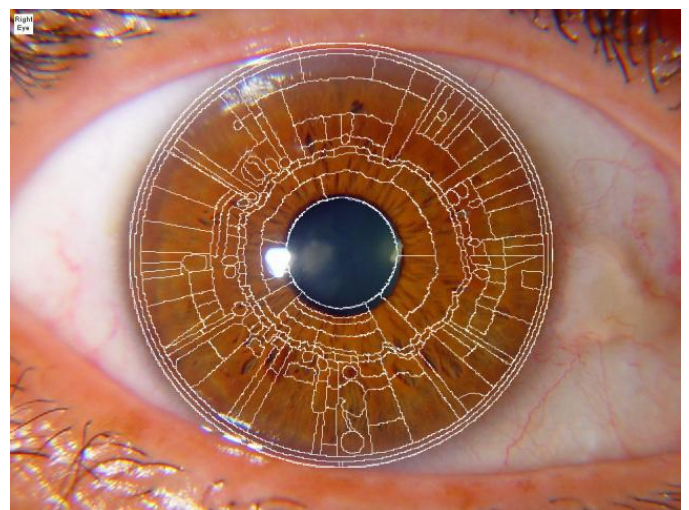
HEALTH GENEALOGY BACKGROUND

There is history of lung carcinoma in his father.

RIGHT EYE



LEFT EYE



Constitutional Type & Subtypes

BILIARY CONSTITUTION

Constitutional Types & Subtypes:	Classic Biliary Constitution
Inclination:	Inclination towards damage of the liver parenchyma, gallbladder and biliary tract with associated disturbances in the gastrointestinal tract. Often aggravated by dietary errors.
Predisposition:	Particular physical dispositions may include constipation, diarrhea, flatulence, blood sugar highs and lows, liver problems, biliary tract and gallbladder problems.
Homeopathic Constitutional Therapy:	Nux Vomica, Lycopodium, Berberis

Conditions For Consideration

ANEMIA IN EXTREMITIES

Anemia in Extremities:	Mild
Explanation:	This shows that there is a lack of blood supply in the arms and hands, legs and feet. The feet will show the first signs due to being the farthest from the heart. This is why circulatory problems usually occur first in the feet and legs.
Herbs:	Gentian, Spirulina, Alfalfa
Nutrition:	Ferrous fumarate, glycerate or glycinate, Vitamin C, Vitamin B12, Folic acid, Omega-3 and -6 essential fatty acids, Blackstrap molasses. Cold water leg baths are very beneficial in increasing circulation in the lower extremities.
Homeopathy:	Ferrum phosphoricum, Calcarea phosphorica

BODY ACIDITY

Body Acidity:	Moderate
Explanation:	This may be caused from a variety of conditions such as diet, state of mind or under functioning of one or more elimination systems. Often all of these associations being involved to some extent.
Herbs:	Herbal blood cleansers and digestive aids such as hyssop tea and peppermint tea may help reduce acidity. Spirulina, barley, blue-green algae, and chlorella. Probiotics bacterial such as those in yogurt may indirectly adjust the acid-alkaline balance. Increase garlic in your diet. Add foods to your diet that are known to be alkaline.
Nutrition:	indirectly adjust the acid-alkaline balance. Increase garlic in your diet. Add foods to your diet that are known to be alkaline.
Homeopathy:	Crataegus, Gelsemium, Aconite, Kali Brom, Carbo Veg, Phosphorous, Sepia, Rhus Tox, Mercurius, Nitric Acid, Calcaria Carb

CATARRH/MUCOUS

Catarrh:	Moderate
Explanation:	This refers to the actions of the mucous membranes. This mucus is there for the purpose of expelling these toxic accumulations in the body. Excessive catarrh will be thrown off usually through the bronchial and bowel.
Herbs:	Burdock Root, Mullein, Barley Grass, Eucalyptus Oil, Goldenseal, Licorice, Elecampane
Nutrition:	Vitamins A and E, bioflavonoids and zinc. Anti-mucus diet highly recommended.
Homeopathy:	Belladonna for white mucus, Phosphorus for yellow mucus, Phosphorus and Merc for red mucus.

CEREBRAL ANEMIA

Cerebral Anemia:	Mild
Explanation:	This sign is a result from a mild chemical imbalance in the body, pertaining to non organic sodium excess, calcium out of solution, as well as high cholesterol and high tri-glycerides in the blood.
Herbs:	Astragalus, Hawthorn, Flaxseed, Green Tea, Coriander Seeds, Psyllium husk, Fenugreek seeds, Hawthorn fruit.

Nutrition: Fish with omega-3 fatty acids, Niacin, Selenium, Phytosterols, Ginger, Flaxseed, Red Yeast Rice Extract, Soluble fiber, Garlic.

Homeopathy: Allium Sativum, Aurum Metallicum, Calcarea Carbonica, Nux Vomica, Crataegus Oxyacantha.

LYMPH CONGESTION

Lymph Congestion: Mild

Explanation: This shows mild congestion of the lymph system which is responsible for eliminating pathogenic microorganisms, returning important proteins and fluid to the blood, absorbing fats in slow safe amounts and takes a most important role in our immune system.

Herbs: Cleavers, Calendula, Echinacea, Astragalus, Devil's Claw, Red Root, Wild indigo.

Nutrition: Garlic, Omega-3 fish oils, Turmeric, Digestive enzymes, More vegetables and fruits.

Homeopathy: Arsenicum album, Clematis, Conium, Lachesis, Rhus toxicodendron.

NERVE-STRESS RINGS

Nerve-Stress Rings: Moderate

Explanation: Nerve-Stress Rings are contraction depressions in the iris stroma. These may be inherited or acquired but either way shows the individual has some degree of nerve tension or anxiety. They can also indicate mineral deficiencies, especially calcium.

Herbs: Ginseng, Bacopa, Green tea, Valerian, with anxiety: kava kava, motherwort, with insomnia - valerian, skullcap, with depression - St. Johns wort, wood betony, with digestive upset - wild yam, chamomile, with exhaustion - bladderwrack, gotu kola.

Nutrition: Eat antioxidant foods, Avoid refined foods, such as white breads, pastas, and sugar. Exercise at least 30 minutes daily. Multivitamin daily, Vitamin C, Probiotics, L-theanine, Digestive enzymes, including betaine HCl, B-complex, calcium, magnesium.

Homeopathy: Aconite for panic with heart palpitations, shortness of breath, and fear of death, Arsenicum for anxiety, especially about health, with restlessness and fear of being alone, Phosphorous for free-floating anxiety.

POOR ASSIMILATION

Poor Assimilation: Moderate

Explanation: A moderate assimilation dysfunction of the small intestine can create various digestive problems such as indigestion, abdominal pain, weight difficulties, spastic conditions, obstructions, lack of enzyme production and weak peristaltic movement.

Herbs: Alfalfa, Papaya, Aloe Vera, Peppermint, Slippery Elm, Burdock, Comfrey Gentian, Marshmallow & Pepsin.

Nutrition: Vitamins: A, C, B-complex, D, E, F, K, Folic acid, Inositol, Niacin, Pantothenic acid. It is well known that gluten in wheat is very hard on the absorption villi in the small intestine.

Homeopathy: Argentum Nitricum, Nux Vomica, Lycopodium, Podophyllum, Aloe socotrina, Arsenic Album, Mag Carb

RADII SOLARIS

Radii Solaris: Not Indicated

Explanation: Area within acceptable limits.

Herbs:

Nutrition:

Homeopathy:

SODIUM-CHOLESTEROL

Sodium Ring: Mild

Explanation: This sign is a result from a mild chemical imbalance in the body, pertaining to non organic sodium excess, calcium out of solution, as well as high cholesterol and high tri-glycerides in the blood.

Herbs: Astragalus, Hawthorn, Flaxseed, Green Tea, Coriander Seeds, Psyllium husk, Fenugreek seeds, Hawthorn fruit.

Nutrition: Fish with omega-3 fatty acids, Niacin, Selenium, Phytosterols, Ginger, Flaxseed, Red Yeast Rice Extract, Soluble fiber, Garlic.

Homeopathy: Allium Sativum, Aurum Metallicum, Calcarea Carbonica, Nux Vomica, Crataegus Oxyacantha.

UNDERACTIVE SKIN

Underactive Skin: Mild

Explanation: The skin is a very important part of our elimination system, throwing off an average of two pounds of waste per day. And if the kidneys are not functioning properly, it may cause an excess of wastes being eliminated through the skin.

Herbs: Aloe Vera, Turmeric, Lemongrass, Licorice, Rosemary, Sage, Mint, Basil.

Nutrition: Vitamin C, Vitamin E, B Vitamins, Zinc, Magnesium, Fatty Acids, Evening Primrose Oil.

Homeopathy: Graphites, Pulsatilla, Sulphur, Arsenicum album, Nitricum acidum, Ranunculus bulbosus, Oleander, Kali muriaticum.

VENOUS CONGESTION

Venous Congestion: Not Indicated

Explanation: Area within acceptable limits.

Herbs:

Nutrition:

Homeopathy:

Elimination Organs to Consider

THE COLON

The Colon: Special care is indicated in this area

Explanation: The bowel is the most common organ that shows up in the iris, as having the greatest amount of inherent and acquired weaknesses. We all need to take special care of our colon.

Herbs: Psyllium seed, cascara sagrata bark, plantain, cayenne, golden seal, aloe vera, rhubarb root, flaxseed, senna leaves, black walnut, comfrey.

Nutrition: Green and yellow vegetables, whey, yogurt, bran, alfalfa tablets, grapes, berries, yellow cornmeal, acidophilus, squash, sprouts, black cherry juice, flax seed tea, aloe vera juice, psyllium seed, carrot, parsley, celery, spinach juice.

Minerals: Magnesium, potassium, sodium, sulphur with adequate amounts of calcium, chlorine, iron, phosphorus.

THE KIDNEYS

The kidneys: Special care is indicated in this area

Explanation: The kidneys are an important elimination organ. A weakness may show in the right iris kidney sector and in the left iris as being functionally strong. Iridology can specifically recognize whether the right or left kidneys are inherently weak or strong.

Herbs: Juniper berries, Horsetail, Carrot, Parsley, Uva Ursi, Slippery Elm, Golden Seal, Dandelion Root.

Nutrition: Vitamins: B-complex, B 2, B 6, C, E, Choline

Minerals: Calcium, Silicon, potassium, Iron, Magnesium, Manganese, Chlorine

THE LYMPHATIC SYSTEM

The Lymphatic System: Special care is indicated in this area

Explanation: The lymphatic system is a complex structure that carries out a variety of important functions. Its specific role is to feed tissue, carry away metabolic wastes, prevent disease, respond to antigens, and takes care of inflammations and infections.

Herbs: Blue Violet, Chaparral, Poke root, Burdock, Echinacea, Blue Flag, Black Walnut.

Nutrition: Vitamins: A, C, B complex, E.

Minerals: Potassium, Chlorine, Sodium.

THE LUNGS AND BRONCHIALS

Lungs and Bronchials:

Special care is indicated in this area

Explanation:

The Lungs and Bronchial are important elimination organs in the body. Factors that affect the amount of carbon dioxide that's eliminated include state of health, inherited conditions, medulla, thyroid, physical activity, emotional and mental states.

Herbs:

Mullein, Chickweed, Comfrey Root, Licorice, Elder flowers, Peppermint, Yarrow, Lobelia, Cayenne, Chaparral, Aloe, Sage.

Nutrition:

Vitamins: A, C, D, B complex, E, F, Bioflavonoids.

Minerals:

Calcium, Iron, Silicon, Manganese, Potassium, Copper, Fluorine.

THE SKIN**The Skin:**

Special care is indicated in this area

Explanation:

The skin is considered an elimination organ. The same waste acids that our kidneys expel are often the same type of waste matter that is expelled from our skin. Kidney weakness can be associated with excess waste matter building up in the skin.

Herbs:

Oat straw tea, Chickweed, Oakbark, Sarsaparilla, Shavegrass, Burdock, Horsetail, Comfrey, Aloe Vera juice

Nutrition:

Vitamins: A, B complex, Biotin, Choline, Folic acid, Niacin, Pantothenic Acid, Paba, C, E, D, F, K, Bioflavonoids.

Minerals:

Calcium, Silicon, Fluorine, Sulphur, Iron, Sodium, Manganese, Magnesium, Copper, Zinc, Potassium

General Organs and Glands**THE SMALL INTESTINE****The Small Intestine:**

Special care is indicated in this area

Explanation:

The small intestine is an important part of our digestive system. Its main function is the absorption of foods. This is where enzyme production takes place for digestion of carbohydrates, fats, and proteins, then absorbed by the blood and lymph systems.

Herbs:

Alfalfa, Papaya, Aloe Vera, Peppermint, Slippery Elm, Burdock, Comfrey Gentian, Marshmallow & Pepsin.

Nutrition:

Vitamins: A, C, B-complex, D, E, F, K, Folic acid, Inositol, Niacin, Pantothenic acid.

Minerals:

Sodium, Chlorine, Magnesium, Potassium, Iron, Sulphur, Silicon, Iodine.

THE LIVER**The Liver:**

Special care is indicated in this area

Explanation:

The liver is a very important organ, due to its ability in breaking down harmful toxic substances, along with its thousands of other functions. The liver is also a chemical factory where it synthesizes many chemical elements, vitamins, and cholesterol.

Herbs:

Blessed Thistle, Dandelion Root, Bayberry, Chaparral, Gentian, Yellow dock, Goldenseal and Saffron.

Nutrition:

Vitamins: A, B complex, C, D, E, K.

Minerals:

Iron, Sodium, Potassium, Chlorine, Magnesium, Iodine, Copper.

THE THYMUS**The Thymus:**

Special care is indicated in this area

Explanation:

The thymus gland is generally lymphatic in function, producing lymphocytes and assists in the immune system. The thymus also secretes a hormone that triggers the transformation of lymphocytes into plasma cells which are capable of making antibodies.

Herbs:

Thyme, Echinacea, Evening Primrose, Ginseng, Licorice, Wheat grass, Golden seal.

Nutrition:

B complex.

Minerals:

Calcium, Fluorine, Iron, Silicon

THE PITUITARY GLAND**The Pituitary Gland:**

Not indicated

Explanation:

Area within acceptable limits.

Herbs:**Nutrition:**

Minerals:

THE STOMACH

The Stomach:	Special care is indicated in this area
Explanation:	The stomach seems to be one of the first organs to break down in the body, this because of its important role in breakdown of food. When the body ages, it decreases production of hydrochloric acid in the stomach.
Herbs:	Fennel Seed, Chamomile, Ginger, Papaya, Alfalfa, Comfrey, Fenugreek, Peppermint, Slippery Elm, Flax Seed tea, Dandelion Root, Coriander, Wild Cherry Bark, Aloe Vera.
Nutrition:	Vitamins A, B1, B2, B6, C, B 12, B complex, Pantothenic Acid, Inositol, Folic Acid, Niacin, C, E
Minerals:	Sodium, Chlorine, Iron, Magnesium, Potassium, and Sulphur

THE PINEAL GLAND

The Pineal Gland:	Not indicated
Explanation:	Area within acceptable limits.
Herbs:	
Nutrition:	
Minerals:	

THE HEART

The Heart:	Special care is indicated in this area
Explanation:	The main function of the heart is to pump blood through the body to meet the needs of the cells. Besides its many other physiological functions, other factors such as blood temperature and emotions can also influence the heart.
Herbs:	Hawthorn Berry, Cardamon, Cramp Bark, Ginseng, Valerian Root, Asparagus Root, Blessed Thistle, Anise Seed, Cayenne, Garlic, Horehound, Mistletoe.
Nutrition:	A, B Complex, C, D and E.
Minerals:	Calcium, Potassium, Iron, Magnesium, Phosphorus, and Silicon.

THE SPLEEN

The Spleen:	Not indicated
Explanation:	Area within acceptable limits.
Herbs:	
Nutrition:	
Minerals:	

THE BLADDER

The Bladder:	Special care is indicated in this area
Explanation:	The bladder is part of the urinary system which is involved in the elimination of waste acids. When over acidic conditions occur due to chronic dietary imbalance, the bladder and kidneys will have an increased burden of elimination of these acids.
Herbs:	Plantain, Rupturewort, Cocklebur, Couchgrass, Gravel Root, Comfrey, Cornsilk, Golden Seal, Oat straw, Uva Ursi, Yarrow, Juniper berry, Parsley.
Nutrition:	A, B complex, C, D, E.
Minerals:	Calcium, Silicon, Iron, Manganese, Potassium, Chlorine, Magnesium.

THE GALLBLADDER

The Gallbladder:	Special care is indicated in this area
Explanation:	The gallbladder stores bile that is produced in the liver. This bile is the only digestive juice that contains no enzyme. It's function in digestion is involved in the break up and emulsification of fat particles.
Herbs:	Turmeric, Black Horseradish, Barberry, Mandrake.
Nutrition:	C, B complex.
Minerals:	Iodine, Sulphur, Chlorine, Iron, potassium, Sodium.

THE THYROID

The Thyroid: Special care is indicated in this area

Explanation: The thyroid produces two important hormones, thyroxin and calcitonin. Thyroxin assists in controlling metabolic rate, cellular metabolism, and stimulates tissue growth.

Herbs: Kelp, Horseradish, Bugleweed, Parsley, Black Walnut, Black Poke Weed and Radish.

Nutrition: A, B6, B12, C, D and E.

Minerals: Iodine, Chlorine, Magnesium, Potassium and Sodium.

THE PANCREAS

The Pancreas: Special care is indicated in this area

Explanation: The pancreas is a gland that is partly exocrine and include the islands of Langerhans which are endocrine in behavior, produce the hormones insulin and glycogen. This hormone helps move glucose, amino acids and fatty acids from the blood into the cells.

Herbs: Cascara Bark, Dandelion, Alfalfa, Eucalyptus, Goldenseal, Licorice and Juniper Berry.

Nutrition: B complex, B1, B12.

Minerals: Sodium, Chlorine, Copper, Chromium, Iron, Magnesium, Potassium, Silicon, Zinc and Selenium.

THE SPINE

The Spine: Special care is indicated in this area

Explanation: Many back problems are often associated with an inherent weakness in the spinal areas which does not allow the body to retain enough chemical elements. If an inherent weakness is present, this indicates that the person does not hold calcium well.

Herbs: Comfrey, Black Cohosh, Oat straw, Barley, Dandelion.

Nutrition: A, B, C, and D.

Minerals: Calcium, Sodium, Silicon.

THE PROSTATE

The Prostate: Special care is indicated in this area

Explanation: The prostate is not an endocrine gland, but is generally controlled in their functions by the endocrine system. Older men may experience urine retention problems in cases where the prostate enlarges contributing to urinary problems.

Herbs: Saw Palmetto, Golden Seal, Juniper Berry, Buchu, Gota Kola, Uva Ursi.

Nutrition: C, B, B12, E and F.

Minerals: Zinc, Calcium, Fluorine, Iron, Potassium, Silicon and Sulphur.

TESTES & OVARIES

Testes & Ovaries: Special care is indicated in this area

Explanation: The sex glands, the testes and ovaries produce steroid hormones. The ovary produces estrogen and progesterone and testes produce testosterone. Foods high in lecithin stimulate better nerve function and sexual gland function.

Herbs: Elderberry, Raspberry, Sarsaparilla, Kelp, Gotu kola, Ginseng, Dong quai, Blessed thistle; Black Cohosh (ovaries), Damania (testes).

Nutrition: A, B complex, B12, C, E and F, Lecithin.

Minerals: Calcium, Zinc, Iodine, Silicon, Fluorine, Iron and Phosphorus.

THE ADRENALS

The Adrenals: Special care is indicated in this area

Explanation: The adrenals are endocrine glands located on tops of the kidneys. These essential glands produce corticosteroids which protect us from disease and infection and produces hormones which have direct affect to the heart, muscles, and other glands.

Herbs: Licorice root, Lobelia, Ginger, Siberian Ginseng, Bay Leaves, Hawthorne Berries, Juniper Berries and Kelp.

Nutrition: B Complex, Vitamin C., Pantothenic Acid, Folic Acid.

Minerals: Iodine, Silicon, Phosphorus, Potassium, Chlorine, Magnesium, Iron, Calcium, Manganese.

The Collarette

COLLARETTE SHAPE

Collarette Shape: Partial Zig-Zag Collarette

Explanation: Indicates spastic motor disturbances to the related section of the intestinal musculature.

COLLARETTE STRUCTURE

Collarette Structure: Hyperplastic

Explanation: Denotes a lightened or thickened collarette representing an irritable autonomic nervous system. May indicate of decompensation mechanisms in the GI tract, such as dysfermentia, flatulence, increased peristalsis and painful spasms.

Iris Pigmentation

INDICATED PIGMENTATION

Iris Pigmentation: Brown - Light, Medium, Dark, Red - liver

Explanation: Brown Pigment in the iris indicates a liver/pancreas problem. Brown tar pigment is usually seen in diabetes. This pigment is as a result of either the liver not sufficiently detoxifying or inadequate production of trypsinogen by the pancreas.

INDICATED PIGMENTATION - ADDITIONAL PIGMENTS

Iris Pigmentation: Fuscine Pigments - liver-gall bladder-pancreas

Explanation: Fuscine Pigments are yellow brown pigments. This type of pigment usually indicates dysfunction of the gall bladder. Fuscine are substances which develop during the break down of hemoglobin and its derivatives in the liver.

PUPILLARY PARAMETERS

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S : Middle-temporal flatness ( 2:16 - 3:42) - 6.00 %
S : Middle-nasal flatness ( 8:32 - 10:02) - 6.00 %
S : Lower temporal protrusion ( 3:54 - 6:20) - 4.00 %
S : Decentralization of the pupil is normal.
S : Oval-vertical form of the pupil.

D : Middle-temporal flatness ( 7:44 - 9:48) - 19.61 %
D : Middle-nasal protrusion ( 2:28 - 3:56) - 3.92 %
D : Basal protrusion ( 4:00 - 7:08) - 1.96 %
D : Decentralization of the pupil is normal.
D : Oval-vertical form of the pupil.
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The Pupils

PUPIL SIZE

Pupil Size: Normal

Explanation: Area within acceptable limits.

PUPILLARY DEFORMATIONS

Pupillary

Deformation Lateral-Middle Temporal Flatness

s:

Nervous breathing, possible impending circulatory collapse. Typical breathing problems directly

Explanation: related to the nervous system. Cardiac conditions are also often present. Coordination of the lungs, chest and intercostal muscles are faulty due to nerve regulation and possible lung paralysis.

PUPILLARY DEFORMATIONS - ADDITIONAL SIGNS

Pupillary

Deformation Lateral-Middle Temporal Flatness

s:

Nervous breathing, possible impending circulatory collapse. Typical breathing problems directly

Explanation: related to the nervous system. Cardiac conditions are also often present. Coordination of the lungs, chest and intercostal muscles are faulty due to nerve regulation and possible lung paralysis.

PUPIL DECENTRATION AND MULTIFORMITIES

Pupil Decentration and Multiformities:

Oval-Vertical Form

Explanation:

Circulatory cerebral disturbances with the danger of hemorrhage, stroke, coma or paralysis. This can be an inherited or acquired sign.

The Brain

BRAIN INDICATORS

The Brain: Animation and Life

Explanation: This center represents the central core of the brain's two hemispheres; some of the areas include the limbic system, or "emotional brain", sensory motor cortex, hypothalamus, etc. Brain anemia is common problems affecting this area with particular symptoms such as fatigue and forgetfulness.

Normal function: Vitality, fatigue balance, appetite, enervation, emotional energy, nerve/gland interaction, psychosomatic center, vigorousness.

Abnormal function: Restlessness, hyperactivity, melancholy, laziness, despondency, inactivity, suicidal tendencies, depression, despair, weariness, lack of energy, exhaustion, indifference, resignation, disinterest, unconcern, listlessness, impassivity.

Attributes: Sense of life, excitement, exhilaration, vitality, movement.

Recommendations: Supplements such as vitamin E, iron, sulphur, oxygen, phosphorus, silicon, and manganese, cod liver oil and berries. If there is a thyroid weakness, this must be taken care of.

BRAIN - ADDITIONAL INDICATORS

The Brain: Inherent Mental

Explanation: This area involves the memory which includes the association of memories from other areas of the brain. The limbic ("emotional brain"), is also correlated with this area. Weakness in this area may affect memory function as well as emotional tendency.

Normal function: Survival instincts, social instinct, stamina, volitation, endurance, emotions, will, social imitation, hallucinations, concentration, obsessions, determination.

Abnormal function: Impatience, hallucinations, obsessions, melancholy, inability to comprehend, vacant mindedness, mania, habitual inattention, mental disturbance, dogmatic actions, submission, self condemnation, recklessness, alienation, suicide, disaffection, estrangement, acquiescence.

Attributes: Optimism, courage, will, love, individuality, security, intuition, sensitivity, concentration, imagination, comprehension, direction, independence, initiative, confidence, originality, leadership, acquisitiveness, empathic, individualism, aspiration, ambition, stability.

Recommendations: Obtaining enough rest and relaxation is important. Slant board exercises are important to improve circulation. Avoid caffeine drinks, smoking, damp climates, fatigue, fits of anger and other emotional excesses. Use nerve foods containing iodine, tryptophan, niacin, choline and lecithin.

IRIS DENSITY

Iris Density: 3rd Degree

Explanation: Capability for regeneration - Good

BIOCHEMICAL FOOD ELEMENTS

BIOCHEMICAL NUTRITION

Element: Calcium

Role in Body: Calcium is an alkaline element that is present in cartilage, fluids, tissues and responsible for solidity. Essential during pregnancy, assists wound healing, calms nerves, deters asthma, hay fever, tuberculosis, rickets, combats germs, neutralizes acids.

Best Sources: Grains, sesame seeds, greens, raw goat & cow milk, irish moss, kelp, dulse, black strap molasses, cheeses - hard & cottage, almonds, green vegetable juices.

BIOCHEMICAL FOOD ELEMENTS

BIOCHEMICAL NUTRITION

Element: Sodium

Role in Body: Contributes to alkalinity of blood, lymph. Promotes excretion of carbon dioxide, integral to liver, pancreas, spleen, stored in stomach wall and joints. Neutralizes acidity, aids digestion, stops fermentation. Purifies blood and lymph.

Best Sources: Powdered whey, goat milk, veal joint broth, figs, apples, dried apricots, asparagus, barley, beets and greens, red cabbage, carrots, celery, cheeses, coconut, dates, dulse, egg yolk, figs, goat milk, horseradish, Irish moss, kale, kelp, lentils parsely.

BIOCHEMICAL FOOD ELEMENTS

BIOCHEMICAL NUTRITION

Element: Silicon

Role in Body: Gives tissue integrity, strength, firmness, elasticity, toughness to bones, teeth, tendons. Reinforces membranes, ligaments, nails, skin. Increases alkalinity, essential for healthy hair, nails, skin, increases energy, strength, resistance, immunity.

Best Sources: Oats, barley, nuts, seeds, cereals, kelp, rice polishings and bran, alfalfa tablets, oat straw tea, shavegrass-horsetail-alfalfa teas, apples, apricots, asparagus, barley, beans, beets, cabbage, carrots, cauliflower, celery, cherries, corn, cucumbers.

BIOCHEMICAL FOOD ELEMENTS

BIOCHEMICAL NUTRITION

Element: Iodine

Role in Body: Aids in assimilation of calcium, silicon, chlorine, fluorine and integral to brain function. Vital for thyroid, spleen, liver, deters goiter, influences teeth and bone metabolism, neutralizes albumin toxins, prevents sores, ulcers.

Best Sources: Kelp, Nova Scotia dulse, sea plants and fish, agar, artichokes, asparagus, beans, blueberries, brussel sprouts, carrots, chervil, chives, coconut, cucumber, eggplant, fish, garlic, goat milk, whey, green peppers, kale, oats, okra, onions, spinach.

BIOCHEMICAL FOOD ELEMENTS

BIOCHEMICAL NUTRITION

Element: Phosphorus

Role in Body: Acts on bone and brain, stimulates intellect, thinking, affects muscle tissue, present in white blood cells, improves nerve nutrition, stimulates sexual functions, stimulates growth of hair and bone, needed mostly in the nervous system.

Best Sources: Brain phosphorus: Meat, egg yolk, fish, fish roe, raw dairy products. Bone phosphorus: almonds, rice bran and polishings, wheat bran and germ, pumpkin and squash seeds, lentils, soybeans, seeds, vegetable marrow, eggshell broth, veal joint broth.

BIOCHEMICAL FOOD ELEMENTS

BIOCHEMICAL NUTRITION

Element: Magnesium

Role in Body: Vital for solid teeth and bones, required for lungs and brain functions, fosters cell growth, promotes excretory processes, increases tissue elasticity, adds alkalinity, calms nerves, enhances sleep, natural laxative, lowers fever, refreshes the body.

Best Sources: Nuts, wheat germ, whole grains, greens, berries, cornmeal, apples, dried apricots, avocados, beans, beet tops, black walnuts, brazil nuts, cabbage, cashews, coconuts, comfrey leaves, dates, dulse, endive, dried figs, filberts, fish, grapes, rice.

NUTRITIONAL

DIETARY

General Advice: Avoid foods that compromise immune function and constitute nutrient-poor calories. Eliminate refined foods, sugar, alcohol, and saturated fats including animal products, especially dairy.

NUTRITIONAL

DIETARY

General Advice: Eat antioxidant foods, including fruits such as blueberries, cherries, tomatoes and vegetables such as squash and bell peppers.

NUTRITIONAL

DIETARY

General Advice: Eat foods high in B-vitamins and calcium, such as almonds, beans, whole grains, dark leafy greens, such as spinach and kale, and sea vegetables.

NUTRITIONAL

DIETARY

General Advice: Eliminate trans fatty acids, found in such commercially baked goods as cookies, crackers, cakes, French fries, onion rings, donuts, processed foods, and margarine.

NUTRITIONAL

DIETARY

General Advice: Fiber supplementation to help reduce abdominal pain, cramping, and gas. Supplements include psyllium, flaxmeal, slippery elm powder, marshmallow root powder.

NUTRITIONAL

DIETARY

General Advice: Include liver foods such as beets, carrots, yams, garlic, dark leafy greens, lemons, and apples.

NUTRITIONAL

DIETARY

General Advice: Include foods which enhance detoxification such as green tea, onions, garlic, broccoli, brussels sprouts, kale, and cabbage. Increase whole grains and anti-inflammatory oils such as nuts, seeds, and cold-water fish.

NUTRITIONAL

DIETARY

General Advice: Use healthy oils, such as olive oil or vegetable oil.

NUTRITIONAL

DIETARY

**General
Advice:**

Unless otherwise indicated, herbal teas should be made with 1 tsp. herb per cup of hot water. Steep covered 5 to 10 minutes for leaf or flowers, and 10 to 20 minutes for roots. Drink two to four cups per day.

ADDITIONAL NOTES

Inherently weak connective tissue in the left lung, kidneys, bladder, testis, peritoneum, gallbladder, and lumbar spine.

When there is inherently weak connective tissue in the body, there is more need for certain biochemical food elements that can help support weaker organs. The biochemical food element suggestions in your assessment may help improve metabolic functions through corrective food chemistry.

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