

DR. CHRISTOPHER'S Herbal Legacy Newsletter

January 22, 2014

Holistic Iridology

Not only was Dr. Christopher a renowned herbalist but he was also an iridologist. When people came to him with health concerns, it wasn't uncommon for him to check them with Iridology before advising them. You may be wondering, what is Iridology? Iridology is the science of analyzing the delicate structures of the iris of the eye. It is a tool to assess the integrity of the tissues in the body, (your body's constitution), inherent weaknesses and inherent strengths. By knowing your bodies weaknesses, you can do much to prevent having trouble in a particular area. For example, in my iris, I show an inherent weakness in my lungs. Because I know this I can do a lot to strengthen my lungs, such as never smoking, deep breathing, exercise and



taking Dr. Christopher's Lung and Bronchial formula which is extremely valuable in strengthening and healing the entire respiratory tract.

After going through the School of Natural Healings' Master Herbalist program, I decided to also take their Iridology program. When I was a young teen, I saw an Iridology book at my neighbors' house and I was so intrigued that I never forgot about that book. It

wasn't until years later that I went to a class David Christopher was teaching and saw this same book on a display table. I thought, "There is that book on eyes again!" Little did I know I would be devouring its pages and studying from the best in the field of Iridology in just a few years.

The School of Natural Healings' course on Holistic Iridology is taught by Dr. David J. Pesek. I've been through a few other Iridology classes and none of them are as extensive and in depth as this course, it is incredible! Upon finishing the course you will have all the knowledge of Iridology to feel confident in using it. Last year the School of Natural Healing and David Pesek created a new iridology chart featuring Dr. Christopher's herbal formulas.

<http://www.christopherpublications.com/Iridology.html> This chart is based on David Pesek's

Holistic Iridology Chart but is color coded so you can quickly find which formula of Dr. Christopher's would help to cleanse, nourish and strengthen that particular area of the body.

Dr. Christopher is known throughout the world for his wisdom in the area of natural healing, his inspired herbal formulas, his compassion for those who were ill and suffering and his devotion and love for teaching. Because of his many attributes and contributions to natural healing, his use of Iridology is not always recognized. The three levels of Holistic Iridology at the School of Natural Healings "College of Iridology," honors the true gift Dr. Christopher had in the field of Iridology and provides another tool for us to strengthen and heal the body.

If you are interested in learning more about Holistic Iridology please follow this link.

http://snh.cc/College_of_Iridology.html

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