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Herbal Legacy Newsletter

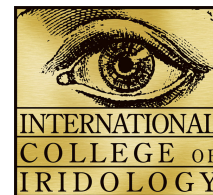


Holistic Iridology – An Overview

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What is iridology (pronounced eye-ri-dology)? Many people today are talking about how we can see our level of health through looking at our eyes. This brief explanation will serve as an introduction to the art and science of iridology. The science and practice of iridology is performed by analyzing the iris along with the sclera (sometimes referred to as Sclerology).

From the physiological aspect the eyes are connected and continuous with the brain's dura mater through the fibrous sheath of the optic nerves. The eyes are connected directly with the sympathetic nervous system and spinal cord. The optic tract extends to the thalamus area of the brain. This creates a close association with the hypothalamus, pituitary and pineal glands. These endocrine glands, within the brain, are major control and processing centers for the entire body. Because of this anatomy and physiology, the eyes are in direct contact with the biochemical, hormonal, structural and metabolic processes of the body via the nerves, blood vessels, lymph and connective tissue. This information is recorded in the various structures of the eye, i.e. iris, retina, sclera, cornea, pupil and conjunctiva. Thus, it can be said that the eyes are a reflex or window into the bioenergetics of the physical body and a person's feelings and thoughts.

The topographic map of the irises has representation and location for all the structures of the body. This map or chart bears a correlation to the embryological development of the human fetus.

Genetic information about an individual's strengths and weaknesses can be interpreted through the connective tissue of the irises, including its structure, pigmentations and accumulations. The patterns of the trabeculae that comprise the visible aspects of the iris are unique to the individual. Health conditions that develop over time can be analyzed by changes in the retina, sclera, cornea, pupil and conjunctiva. These changes in health are a function not of genetics alone but also of the ways a person eats, drinks, feels, thinks and lives.

Iris analysis can uncover hereditary predispositions to degenerative conditions and early pathogenesis decades before symptoms occur or diagnostic testing may reveal. Thus, it is a valuable asset for preventive healthcare.

The science and practice of iridology is not new. The oldest records uncovered thus far have shown that a form of iris interpretation was used in Central Asia (Mesopotamia) as far back as 1,000 BC, nearly 3,000 years ago. Hippocrates, the "Father of Medicine" was born in approximately 460 BC in Greece on the island of Kos. It is known that he looked in the eyes of

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his patients for health information. He said, "Inquiries are to be made and symptoms are to be noted, those in the whole countenance, those on the body and those in the eyes." He was regarded as the greatest physician of his time. In the Bible, St. Luke writes that Christ said, "The lamp of your body is the eye. When your eyes are sound, you have light for the whole body, but when your eyes are bad, you are in darkness."

During the first half of the 20th century, iridiagnosis (as it was called then) was utilized here in the USA primarily by medical doctors. Due to increasing political and economic pressure upon medical schools by the emerging pharmaceutical industry, the teaching of iridology was removed from the curriculum. However, it was kept alive by naturopathic physicians in the latter half of the 20th century. Most notably, Bernard Jensen, D.C., N.D., Ph.D. of the U.S.A. was the champion of this valuable tool of assessment until his passing at 93 years of age.

An advanced system of iris analysis, called Holistic Iridology[®], researched and developed by David J. Pesek, Ph.D., includes and goes beyond the traditional physical assessment. Through this leading edge system it is possible to understand the "whole" person. Mental, emotional and spiritual aspects can also be interpreted along with the physical.

Each eye gives us different information. The left eye correlates with the left side of our body, which is that feminine, creative, conceptual and intuitive side of us. The right eye correlates to the right side of our body, which is that masculine, analytical, linear and practical side of us.

By being made aware of their conscious and subconscious behavior patterns and influences of genetic memory, beyond just physical characteristics, individuals are able to understand the origins of their conditions and afflictions, enabling them to positively transform their lives on all levels. Thus, Holistic Iridology[®] is an excellent tool of analysis for prevention of illness and disease at the root causes, thoughts and feelings.

It is important to note that iridology is not used for diagnosis. Rather, it is used as a means of assessment for conditions and levels of health.

Iris analysis is most effectively done by imaging both eyes with a specialized microscope and digital camera. The pictures are then enlarged and carefully examined by a qualified iridologist who possesses the highest skills and standards. The iridologist should be certified through the *International Institute of Iridology[®] in Holistic Iridology[®]*.

The eyes have been proclaimed through the ages as the "windows of the soul" and now we acknowledge them as the window to the physical, mental and emotional characteristics as well.

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“REMEMBER...GOOD HEALTH IS YOUR CHOICE.”™



Strong Genetic Constitution



Weak Genetic Constitution

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Dr. Pesek has studied various teachings of iridology from around the world and has blended them into one dynamic system – Holistic Iridology® – which includes his unique contribution to this science by developing the interpretation of genetically inherited thought and emotional patterns through the eyes. David has practiced naturopathic healthcare for 33 years.

Dr. Pesek is heralded as “*The New Pioneer in Iridology*”, and as “*One of the World’s Pre-eminent Iridologists*” by leading natural health organizations. He has received the *Dr. Ignaz Péczeley Award* in recognition of his contributions to the advancement of iridology worldwide. As an internationally recognized authority in the fields of iridology and nutrition, David shares his knowledge through lectures, seminars and clinical practice. He has taught his dynamic system of Holistic Iridology® on five continents. He also serves as the founding director of the International Institute of Iridology® and president of the International College of Iridology®.

Dr. Pesek is on the faculty of several institutions that teach natural and integrative medicine. Over the past three decades, David’s pioneering work is helping to bring about the renaissance of natural healthcare through his dedication to the wellness and spiritual enlightenment of humanity.