



ReVitalife

SCHOOL OF HOLISTIC NUTRITION

Diploma in Iridology

Course Prospectus

IRIDOLOGY – WHAT IS IT?

Iridology is the art of iris analysis. The iris is connected to the brain via the hypothalamus and can give naturopathic read outs on tissue conditions in various parts of the body. With training and practice it is possible to read signs indicative of biochemical, emotional and environmental influences that are hard to determine by other means. We can thus interpret health (and even aspects of personality) by close examination of the eyes, using suitable illumination and a magnifying glass.

The close relationship between naturopathic iridology as a diagnostic tool and nutritional therapy and other naturopathic disciplines continues and grows closer. Now Iridology can make a huge contribution to complementary therapeutic practice and enhanced by our wonderful digital collection of eye photographs, the learning process with Revitalife School of Holistic Nutrition is a profound and exciting one.

We teach Iridology quite separately from other topics and anyone who possesses, or expects to possess, a practitioner's qualification in any therapeutic discipline, may join the course.

OUR TEACHING PHILOSOPHY

- To provide quality training in the study of nutrition and health that is truly holistic in nature.
- To equip our students with the depth of knowledge and range of skills needed for competency and success.
- To foster personal growth by presenting ideas and tasks relating to the integration of science and naturopathic thinking.
- To instil a spirit of professionalism in all that we teach and all that we do.

OUR TEACHING METHODS

- The course is presented via an online study platform with the option to purchase a hard copy of the course folders.
- You are assigned a course Tutor to provide email and/or telephone support via Skype for the duration of your study period.
- At the end of the course there are two case studies to be undertaken and then sent to your Tutor for marking. This is an opportunity to demonstrate all that you have learnt throughout the course.

COURSE OUTLINE

The course covers the nature of iris observation, the intestinal areas, the iris map, the chronic and acute, the intestinal ring, stomach ring and nerve wreath, the constitution, respiratory system, lacunae, open lesions, inherent weaknesses, the organs of elimination, other organs, special signs, complete diagnosis of a subject. The treatment of the topic follows the principles of Bernard Jensen in the USA.

Once the basics have been learnt, the course teachings then extend considerably by bringing in the work of Dorothy Hall and of Dr Josef Deck, both of which are the subject of a special presentation during the course. The published insights of Farida Davidson and Harri Wolf, while not separately presented, also influence the presentation of the course material. Both the Australian School, (Dorothy Hall) and the German School, (Dr Deck/Harri Wolf), offer an added dimension to the study and interpretation of the constitution.

The study focuses upon the different personality aspects, which show up in different constitutional types. Dorothy Hall gives insights into what contributes to various different types of personality and their emotional and mental responses and their pre-dispositions to health or disease. Different sorts of people can have different priorities, preferences and imperatives built into their very nature from or before birth, sometimes determining the course of their entire lives and their attitudes to the world and to other people.

The course teaches an understanding of these types, and facilitates an empathy between patient and practitioner. It shows how people of the differing constitutional

COURSE OUTLINE (continued)

types are likely to go out of balance either mentally or emotionally and how their vulnerability to various physical ailments varies.

The German School offers a very exciting and precise approach to the constitutional types, which is really quite different, but no less helpful. It highlights variations in the susceptibility to diseases of different organs and systems. It is a prime purpose of this course, not only to teach these differing positions, but also to demonstrate how it is that all three of these major schools of iridology embody different aspects of the truth, how each is individually valuable and how a full and deep understanding of the meaning of 'constitution' can be gained through a sympathetic synthesis of the contributions from all three of these schools.

SYLLABUS

SECTION 1: GENERAL PRACTICE AND AN ACCOUNT OF THE GASTRO-INTESTINAL AREAS

AREAS COVERED

- Iris colour
- The information that iridology can give us
- The structure of the eye and the iris
- Using the iris as a diagnostic tool
- The principle of reflex areas
- The stomach ring
- The intestinal ring
- Abnormality in the colon
- The autonomic nerve wreath (anw)
- Diagnosis of the constitution based upon fibre structure
- Studies on images of real eyes

SECTION 2: FEATURES OF THE FIBRES OUTSIDE THE AUTONOMIC NERVE WREATH

AREAS COVERED

- The general layout of fibres outside the anw
- Inherent weaknesses
- First stage in further deterioration of an inherent weakness
- The meaning of darkness in the iris
- The development of discrete lesions –open lesion
- Lacunae
- Further notes about lightness and darkness amongst the fibres
- Healing lines (“knitting” or “darning”)
- Crypts
- Round the iris chart –the left iris
- Round the iris chart –the right iris
- Checking which structures are inside and which outside the anw
- The organ systems
- The neural arc reflex

SECTION 3: SPECIAL SIGNS

AREAS COVERED

- The sodium ring
- The lymphatic rosary
- Arcus senilis
- The anaemia sign
- The catarrhal sign
- Acidity
- Grey background
- Scurf rim
- Venous congestion
- Assimilation ring
- Drug spots
- Psoric spots
- Nerve rings
- Radius solaris (plural radii solares)

SECTION 4: THE CONSTITUTIONS IN RELATION TO PERSONALITY TYPE AND DISEASE DISPOSITION

AREAS COVERED

- The silk iris
- The silk linen iris
- The linen iris
- The hessian iris
- The net iris

SECTION 5: MORE ABOUT WHITE SIGNS

AREAS COVERED

- Revision of distinctions between the different white signs
- Pictures of irises with white signs, with commentaries
- Further interpretation of the sodium ring
- Further interpretation of the lymphatic rosary
- More general interpretation of the colour white

SECTION 6: COLOURS IN THE IRIS AND OTHER SPECIAL SIGNS

AREAS COVERED

- Yellow pigment in the iris
- Orange pigment
- Brown pigment
- Nerve rings
- Radii solares
- Psoric spots
- Neurasthenic ring
- The “friendly fibrils” sign
- Summary of remedies

SECTION 7: THE CONSTITUTION AND SIGNS ACCORDING TO THE GERMAN SCHOOL

AREAS COVERED

- The german school of iridology
- Our approach to teaching the german school
- Introduction to the german constitutional types
- The lymphatic constitutions
- Mixed biliary constitution or biliary constitution
- Haematogenic (or haematogenous) constitution
- The way to use information on the german constitutions
- New signs that are specific to the german school
- Treatment recommendations for constitutional types

SECTION 8

AREAS COVERED

- Further details of the iris chart – its layout and its implications
- Neural arc reflex
- Deformation of pupil shape and position
- Advanced study of fibre separations, sinuosity, injuries & adhesions
- Lacunae of different shape and appearance
- The b3 bulge and the pterygium
- Working with genetically brown eyes

SECTION 9

AREAS COVERED

- Diagnosing pathology of individual critical organs
- Personality interpretations based upon the german school
- Conducting an iridology consultation
- Practical aspects of iris examination
- Making drawings of the iris and recording the data
- The uses, advantages and limitations of iris photography and its place in iridology practice
- Equipments and techniques of iris photography
- Using the computer to store and process digital images
- The interaction of signs
- Interpreting the whole iris in conjunction with the case study
- Pointers to treatment
- Carrying out case histories

Examples of how iridology can help practitioners

Did you know that some iris features are so very plain that you can see them with the naked eye in ordinary social contact? You can see from two or three feet away in many cases that the person has a toxic digestive system (a strong wide dark ring around the pupil margin). You can often tell that the person has an overactive stomach (a narrow bright white ring very close to the pupil). You can tell when the skin is overlaid with toxins so that the skin's function in excreting toxins from the body is jeopardised (very narrow dark ring around the iris margin). You can tell in some people (rather advanced cases) that they suffer badly from sodium and potassium imbalance and have placed themselves at potential risk from cholesterol accumulation (the so-called sodium ring, a white or off-white cloudy deposit, usually fairly thick, around the iris margin).

Another example is the ring of spots or 'tophi' represented by the lymphatic rosary. Its mere presence tells one that there is sluggishness in the lymphatic system. When these tophi are darkly pigmented, the situation gives rise to concern for the possible generation of lymphatic illness.

Using the precise positioning of iris reflex areas contained on the iris chart, one may distinguish many keypoints of diagnosis. Areas of stress and tension can be pinpointed by identifying 'stress rings' or 'nerve rings'. Past injuries and adhesions show themselves as contortions of the normally regular and even iris fibres. You can answer questions like:- Is it the pancreas or the liver that is responsible for the trouble? Is the patient's hypertension caused by a defect of or toxic deposits in the particular brain area that is geared to control blood pressure? One of Jensen's rather dramatic illustrations is of the iris of a man who has just been shot. It shows the precise areas of tissue damage within the body and the response is very fast.

The number of potential examples is almost without limit. The above may suffice to show the types of things that iridology can do for practitioners. We hope it will help you decide to study Iridology with Revitalife School of Holistic Nutrition.



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