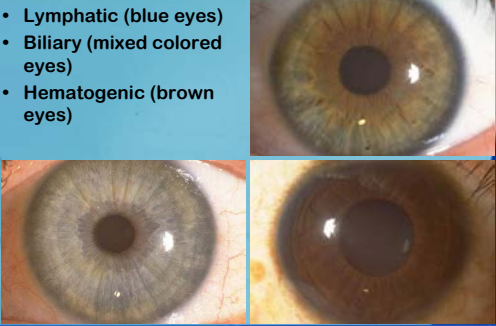


What the Eye Reveals

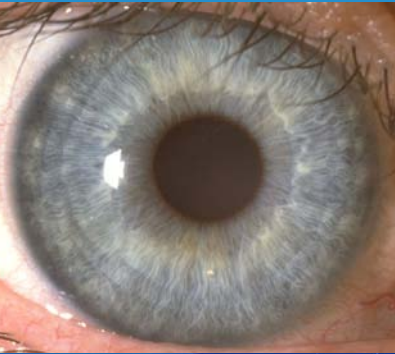
The eye can tell us...	The eye does not tell us...
<ul style="list-style-type: none">• A person's genetic strengths and weaknesses, including what organs and systems are likely to have problems• A person's inherent constitutional strength• Basic inherent personality tendencies• Pupil tonus is an indicator of nervous system function	<ul style="list-style-type: none">• Any actual diseases the person has• The current state of tissue structure or function• The presence of infection or parasites• How a person is supporting their health through diet, lifestyle habits and mental and emotional wellbeing

Major Constitutional Types

- Lymphatic (blue eyes)
- Biliary (mixed colored eyes)
- Hematogenic (brown eyes)



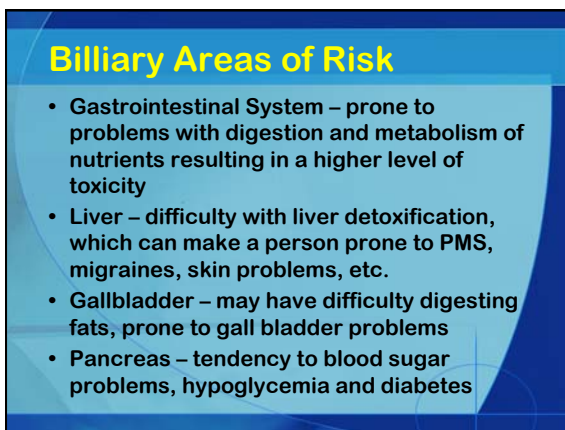
Blue-Eyed: Lymphatic

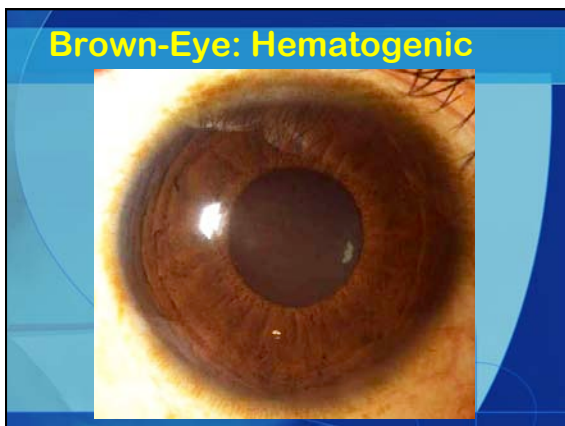


Lymphatic Areas of Risk

- Lymphatic System – prone to lymphatic congestion
- Respiratory System – prone to sinus problems, allergies and asthma
- Urinary System – prone to over acidity due to poor kidney function
- Mucus Membranes – prone to problems with the membrane linings of the lungs, sinuses, digestive tract and urinary passages





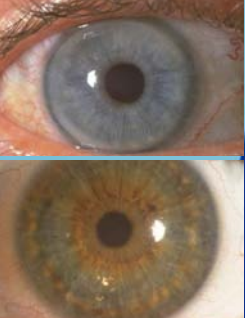


Hematogenic Areas of Risk

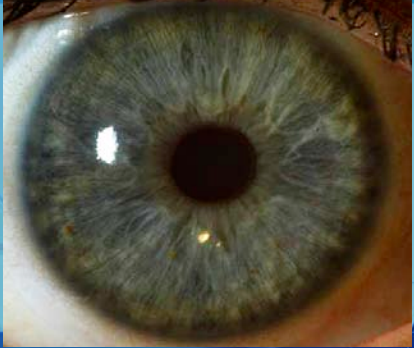
- Circulatory Disorders – higher risk of heart disease and imbalances in blood chemistry (such as anemia, thicker blood)
- Gastrointestinal Tract, Liver and Gallbladder –same tendencies as biliary type
- Minerals – tend to have difficulty storing minerals and more prone to hardening of lymph tissue
- Glandular System – prone to hormonal imbalances

Major Constitutional Subtypes

- Overacid/Febrile
- Uric Acid Diathesis
- Hydrogenoid (Lymphatic Tophi, Ring of Harmony)
- Scurf Rim (Ring of Purpose)
- Lipemic Diathesis (Sodium/Cholesterol Ring, Lipid Ring, Ring of Determination)



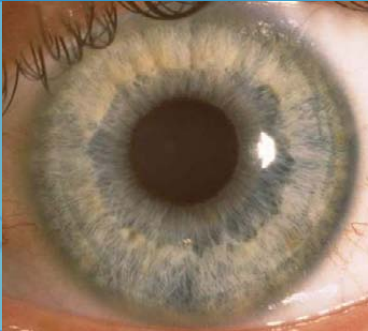
Overacid / Febrile



Overacid/Febrile Areas of Risk

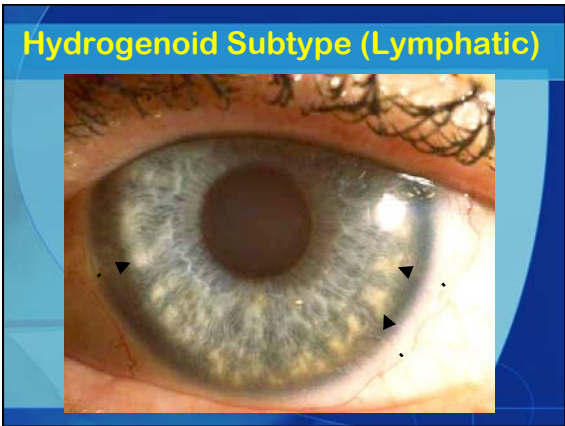
- **Overacid: Blue iris with whitish fibers**
 - Tendency to high acidity in the tissues due to possible kidney weakness
 - Increased risk of allergies, arthritis and fibromyalgia
- **Febrile: White-blue iris**
 - Tendency to fevers, especially as a child
 - More prone to acute inflammation and exudative conditions
 - May be quick-tempered, but also tend to get over things quickly

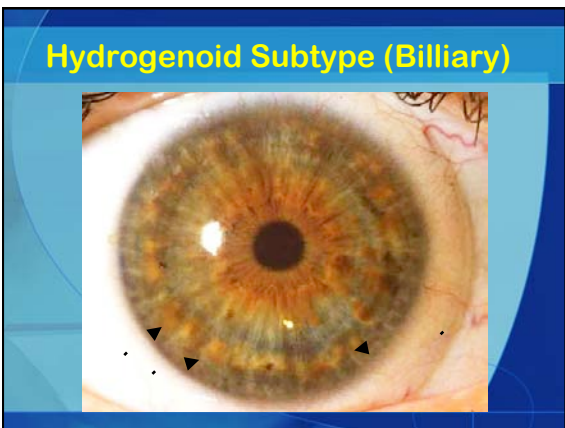
Uric Acid Diathesis



Uric Acid Areas of Risk

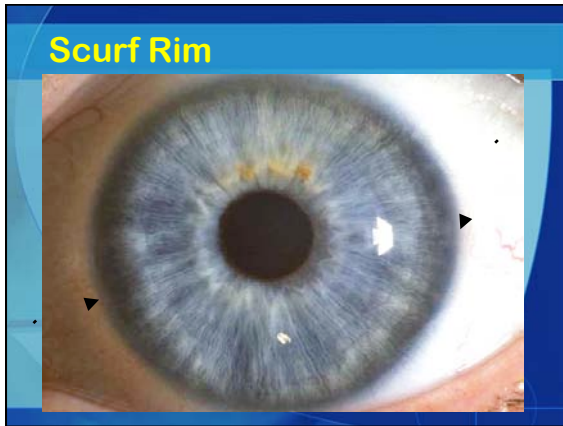
- Kidneys tend to have difficulty in removing acid waste from the body resulting in higher levels of uric acid
- Increased risk for joint problems such as gout, rheumatism, arthritis and back pain
- Increased risk of kidney stones and urinary tract inflammation



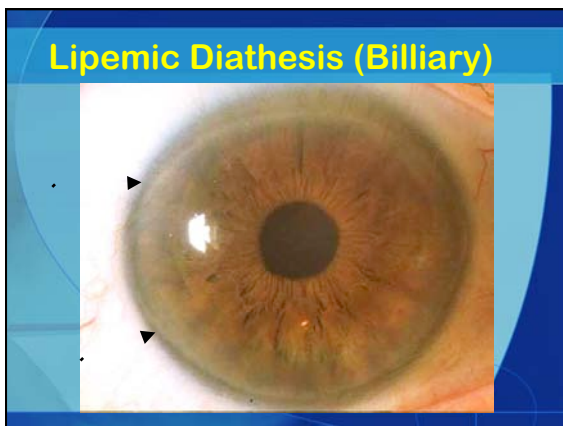


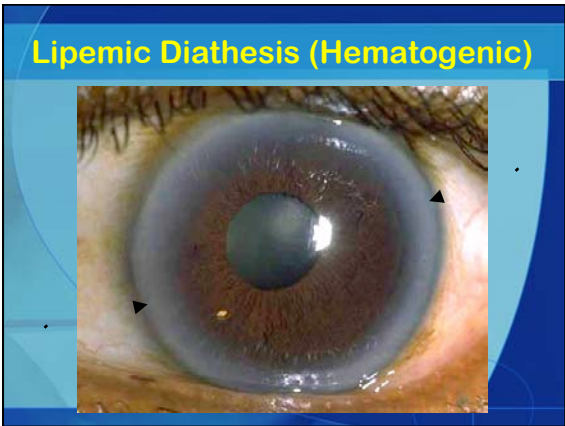
Hydrogenoid Areas of Risk

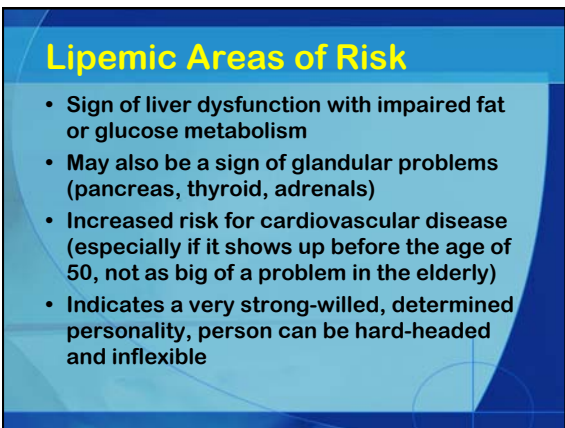
- Increases all lymphatic type tendencies
- Greater tendency to excessive mucus production, lymphatic congestion and fluid retention
- Prone to hyper-reactive immune system (allergies, asthma, auto-immune conditions like rheumatoid arthritis)
- Dislike discord and contention, want harmony in their lives, may have difficulty with personal boundaries

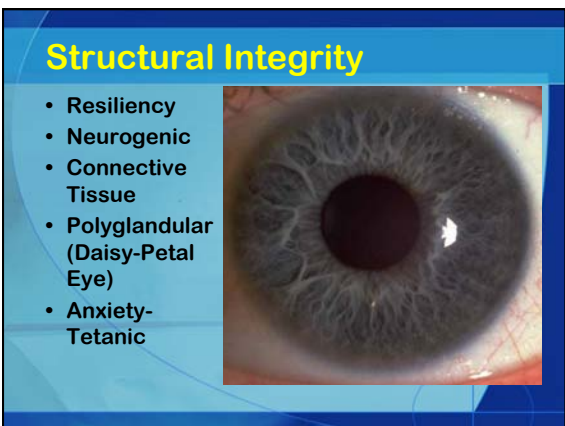















Resiliency Indicates

- Our ability to work hard and handle physical stress without suffering ill health
- Our ability to resist illness
- Our ability to recover from illness or injury
- How much abuse our body can take without breaking down

Resiliency

High resiliency	Lower resiliency
	


Neurogenic Type



Neurogenic Areas of Risk

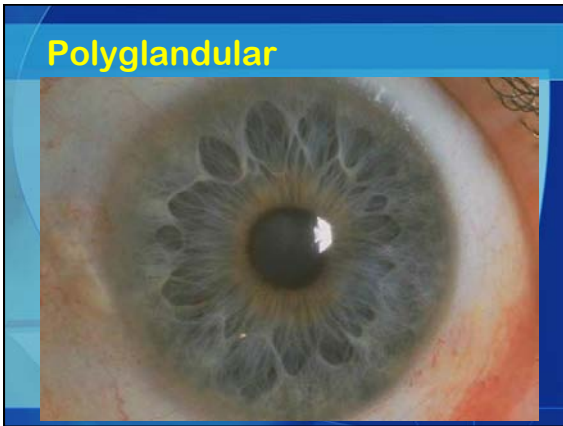
- Prone to nervous system weakness
- May experience headaches, vascular spasms, skin eruptions from nerves
- Tend to be hard working, often don't know their own limits
- Have the personality characteristics of active/kinesthetic types (to be discussed later)

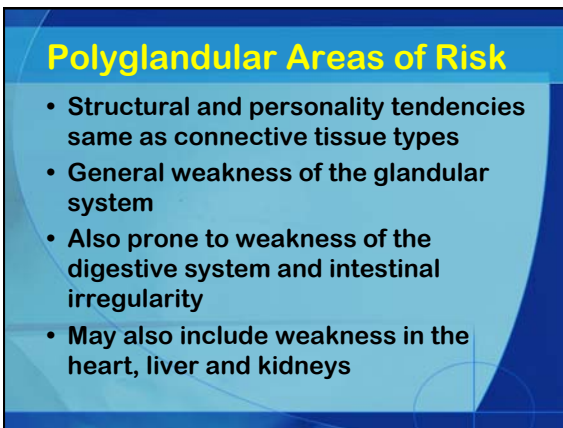
Connective Tissue Type



Connective Tissue Areas of Risk

- Tendency to a lack of structural (connective tissue) strength
- Increased risk of organ prolapse, varicose veins, hemorrhoids, subluxations, hernias, etc.
- Difficulty holding onto minerals
- Requires longer recovery time from injury or illness
- Emotional/Spontaneous personality type (to be discussed later)







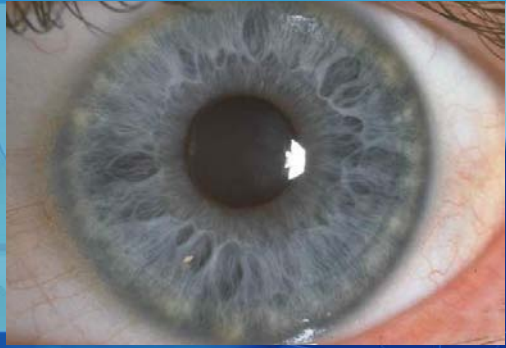
Anxiety-Tetanic Areas of Risk

- Increased neuromuscular tension and stress
- Risk for disorders related to tension such as tension headaches, TMJ, tachycardia, angina, spasms, etc.
- Tend to be hyperachievers
- May suffer from mood swings, depression, hysteria, etc. and be attracted to stimulants

Basic Personality Types

- Emotional/ Spontaneous (Flower)
- Analytical/Thinking (Jewel)
- Active/Kinesthetic (Stream)
- Extremist/ Innovative (Shaker)
- Inner vs. Outer Directed

Emotional/Spontaneous (Flower)



Emotional/Spontaneous Characteristics

- Tend to be open-minded, flexible in thought processes and attitudes and spontaneous in decision making
- Make decisions based primarily on feelings (“I feel...”)
- Auditory learners, visual communicators
- Respond with “round sounds” like “Oh, Wow, Ooh”

Analytical/Thinking (Jewel)



Analytical/Thinking Characteristics

- Tend to be initially skeptical, thoughtful and deliberate in decision-making
- Make decisions based on mental analysis (“I think...”)
- Visual learners, auditory communicators
- Respond with “short” sounds like “Ah, Uh, Huh”



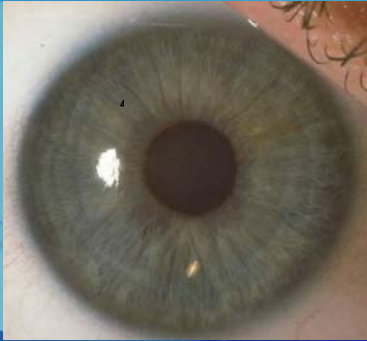




Extremist/Innovative Characteristics

- Progressive thinkers, early adopters, tend to be on the cutting edge of things, can be very dynamic and restless
- Vacillate in decision making
- Touch/movement learners (trial and error), visual/ auditory communicators
- Will tend to be more auditory, visual or kinesthetic

Inner Directed (Private)



Inner Directed Characteristics

- Tend to be introspective and reserved
- Tend to keep thoughts and feelings inside, need to feel safe before they will open up
- Observant of others
- Need to learn to express what is inside of them

