An Introduction to Constitutional Iridology

With Steven Horne, RH(AHG)

Why Iridology?

- Iridology is the most useful tool I know for assessing a person’s constitution
- Our constitution is our inherent physical and emotional make-up and tells us what types of physical and emotional issues we are prone to over the course of our lifetime

The Disease Tree

[Diagram of the Disease Tree]

Copyright 2012 by Tree of Light
An Introduction to Constitutional Iridology

Understanding Constitution

![Diagram of Disease, Constitution, Environment, and Remedy]

Essential Iris Anatomy

![Diagram of iris anatomy with labels: Sclera, Ciliary Body, Cornea, Pupil, Iris, Lens, Retina, Choroid, Optic Nerve]

What the Eye Reveals

**The eye can tell us...**
- 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

**The eye does not tell us...**
- 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

Copyright 2012 by Tree of Light
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
Mixed Eye: Billiary

Billiary Areas of Risk

- Gastrointestinal System – prone to problems with digestion and metabolism of nutrients resulting in a higher level of toxicity
- Liver – difficulty with liver detoxification, which can make a person prone to PMS, migraines, skin problems, etc.
- Gallbladder – may have difficulty digesting fats, prone to gall bladder problems
- Pancreas – tendency to blood sugar problems, hypoglycemia and diabetes

Brown-Eye: Hematogenic
**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

- 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 Subtype (Lymphatic)

Hydrogenoid Subtype (Billiary)

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
Scurf Rim Areas of Risk

- Suppressed elimination through the skin (lack of perspiration) which adds to kidney stress
- Increased risk of skin conditions like acne, psoriasis and eczema
- Tendency to poor circulation in the extremities
- Feel a sense of mission or special purpose in life, but have trouble finding it, may have a fear of failure and trouble with finding focus in their lives

Lipemic Diathesis (Billiary)
Lipemic Diathesis (Hematogenic)

Lipemic Areas of Risk
- Sign of liver dysfunction with impaired fat or glucose metabolism
- May also be a sign of glandular problems (pancreas, thyroid, adrenals)
- Increased risk for cardiovascular disease (especially if it shows up before the age of 50, not as big of a problem in the elderly)
- Indicates a very strong-willed, determined personality, person can be hard-headed and inflexible

Structural Integrity
- Resiliency
- Neurogenic
- Connective Tissue
- Polyglandular (Daisy-Petal Eye)
- Anxiety-Tetanic
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)
Polyglandular Areas of Risk

- Structural and personality tendencies same as connective tissue types
- General weakness of the glandular system
- Also prone to weakness of the digestive system and intestinal irregularity
- May also include weakness in the heart, liver and kidneys
An Introduction to Constitutional Iridology

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)
An Introduction to Constitutional Iridology

---

**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”

---
Active/Kinesthetic (Stream)

- Tend to be sensory and body oriented, strongly empathetic and balanced in their approach to life, tend to be active and hard-working
- Make decisions based on gut instinct (“I sense…”)
- Visual/auditory learners (imitation), touch/movement communicators
- Respond with “Mmm, Hmm”

Active/Kinesthetic Characteristics

Extremist/Innovative (Shaker)
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)

- 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
Outer Directed (Public)

Outer-Directed Characteristics
- Tend to be outgoing and expressive
- Tend to externalize thoughts and feelings
- Often enjoy attracting attention, tend to be achievement-oriented
- Need to learn restraint and introspection

Examples
An Introduction to Constitutional Iridology

Copyright 2012 by Tree of Light