

The Usefulness of Iris Analysis

Have you ever wished you could know just what your health risks might be? Wouldn't it be nice to know these potential weaknesses ahead of time so you could take the appropriate actions to prevent them? Wouldn't it also be nice to know what your children's predispositions might be so you could help them with prevention?

One way to access some of this information is to talk to your family, especially your parents, grandparents, aunts, uncles, and great grandparents if you are lucky enough to still have them around. You can ask them about their health issues and their ability to recover from health challenges. You can also inquire about their general lifestyles. When I say lifestyles I mean you can ask them about their habits, good and bad, the stresses in their lives and the efforts they make to remain healthy. For those who have passed away you can record how old they were when they died and what they died from. This exercise will provide some insight into what may be in store for you because research has shown that we inherit tendencies toward different health challenges from our families.

Although insightful, is this information helpful by itself? Well, in the first place, it is often very difficult to get complete information from families. Some people don't even know their parents let alone family from other generations. In the second place, even if you have a great inventory of familial health history, how do you know which challenges may affect you or which ones were created by poor habits? If your family has struggled with a large variety of health challenges you could drive yourself crazy with worry about what's in store for you. What if I told you there is a tool available that can help you zero in on your unique predispositions?

The tool I am talking about is iris analysis. Along with family history when available, it is used by natural health practitioners (and some doctors and nurses too) to help clients gain a better understanding of their unique strengths and weaknesses. This information then becomes a baseline for "unique-to-you" health initiatives and education.

So what is iris analysis? Well, the iris is the colored part of the eye and iris analysis is simply an in-depth study of the color and structure of the iris. Over a century of dedicated research has shown that the iris reflects the strengths and weaknesses of the entire body because every organ and organ system can be found reflected there. What is even more interesting is that no two eyes are exactly alike – not even in the same person! Each one of your eyes tells its own story about your physical and emotional health as well as your personality.

It is important to recognize that iris analysis shows what has been inherited and is not necessarily a diagnostic tool. Its primary usefulness is in prevention where we see the potential for problems and use this information to make lifestyle changes to avoid unnecessary challenges. An analysis can help you understand which organs or organ systems must be nurtured to maintain or build strength so they can endure the challenges presented by your lifestyle. It can also be useful to identify the root of a problem that has already manifested itself so you can take the appropriate actions to minimize or eliminate it.

This is how it is done. A Certified Comprehensive Iridologist looks into your eyes with a light and a magnifying device or he or she may take digital pictures of your eyes and bring them up on a computer screen. Either way, the iridologist evaluates the color, fiber structure (lines), pigments (dots or splashes of color) and various signs (spaces, shading and shapes) to determine your strengths and weaknesses. The analysis is painless, doesn't take much time to complete, and if digital pictures are taken, it can be very wild to see what your eyes really look like especially compared to a sibling or parent. Is that what that spot looks like under magnification? What color are my eyes really? I've never been sure. Are they blue, gray, green or hazel? Hmmmm.

In most cases the iridologist is skilled in some sort of healing practice as well as iris analysis and will offer products or services to help you use the information from the analysis to take charge of your health. It is a very interesting process to go through and is especially interesting if family members are analyzed together. It is useful at any age and is especially useful for young people because this knowledge can help them develop good proactive habits. Hey, it's your health so find a Certified Comprehensive Iridologist and take the next step toward better health!