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Iridology Feature - by Mary Wilson

If we all had annual health checks, it is widely accepted that the National Health Service would save millions of pounds – just by problems being picked up early saving lengthy and expensive treatment later on. But doctors don't have the time and most people can't be bothered to give up half a day to suffer the ignominies of going through a thorough examination. However, if everyone had an iridology analysis just once in their life, they could be made aware of any genetic pre-dispositions to problems such as weakness in the lungs, digestive or reproductive system and improve their quality of life, let alone save the finances of the NHS.

The practice of iridology, the study of the iris, has been around for centuries. Records of iris markings painted onto stone slabs were left by the Babylonians in 1000 BC and research and records have been kept since the 17th century. One of earliest practitioners was Dr. Ignatz von Peczely, a Hungarian doctor who while a child, accidentally broke the leg of an owl. He noticed a black mark appearing in the owl's eye, which over time changed form and shading as the leg mended.

His Iris Chart was established in 1880 and is still used today, as is another developed in the 1950's by an American physician, Dr. Bernard Jensen as well as the most recent, produced by the Holistic Health College, which is widely used in the UK and although iridology is not taught at British medical schools, it is in Russia, France, Germany and Italy.

The iris, which is unique to each individual, is made up of exposed nerve endings, around 28,000, connected to the brain. The brain receives continual information regarding organ function and records these messages in the iris. A trained iridologist sees these nerve endings as a 'map', which reveals information about the body's genetic strengths and weaknesses, levels of inflammation, toxemia and efficiency of the eliminative systems and organs.

There three main colour types having different constitutions - blue, which is known as the Lymphatic type; pure brown, which is known as the Haematogenic type and the combination of the two being the Mixed or Biliary type. The Lymphatic type is more likely to encounter inflammatory conditions of the joints, allergies, respiratory and skin disorders. The haematogenic type is prone to gastro-intestinal, liver, pancreatic, endocrine and blood disturbances. And the biliary type, a mixture of the two. Within these three main constitutions there are many subtypes too, in which they can have any of the strengths, weaknesses or symptoms of other constitutions!



Each part of the iris, which is divided into twelve sections and about 80 to 90 zones, reveals information about different organs in the body. The head is at 12.00 o'clock, the kidney at 6.00 o'clock and flecks, markings and patterns indicate changes in the tissues of the corresponding body organs.

Marcia Harewood, who has been trained as a Naturopathic Iridologist since 2001, came to the discipline by chance. "I have been practicing as an Registered Osteopath since 1991, working in Battersea, south west London and was having a few gynecological problems. My local hospital suggested I had a hysterectomy, but I wanted a child and wasn't at all keen on this idea" she says.

"I heard about iridology and went to Peter Bradbury, who is a founding fellow member of the Guild of Naturopathic Iridologists, and he saw that I had congestion around one of my ovaries, but explained that I could have children and could conceive from the good ovary. On further examination by my doctor, it was discovered I had a cyst, which I treated with herbals remedies, poultices and detoxification and a few years later I gave birth to my son".

Marcia's iridology sessions take an hour and a half and cost pounds 95. She first submits a detailed questionnaire by email to her client, who then brings it with him or her. She takes their blood pressure, checks their pulse urine, looks at their tongue, and nails and does a thorough analysis through a bioscope, which has huge magnification. "I then look at the questionnaire and if I have picked up anything in the iris, check if there is anything in their genetic history relating to this. I explain exactly why they are experiencing their symptoms and I will then either recommend a mixture of naturopathic therapies from diet to exercise to manipulation or if I think there is something that a doctor should look at, will refer to their GP or relevant practitioner for a second opinion. At the end of the consultation and examination the client will have a comprehensive idea of their strengths, weaknesses and any imbalances.

While analyzing the irises of one client, Marcia picked up a dramatic sign of congestion in the colon. "I asked some more questions, found she was chronically constipated, suggested she got a second opinion. The doctor discovered she had a non-malignant polyp, which they were able to operate on successfully. You can see genetic predispositions to things like Diabetic tendency or rheumatism and arthritis. It's a very good way of having an overall health check. You can even pick up the likelihood of senility, which can be reduced by looking at someone's diet and improve the circulation to the neck and brain".

Marcia says she is seeing a lot more young men, many of whom are suffering from stress related problems, also women who want to get pregnant and want to make sure they are fit before they start trying. "They also come if they are having IVF treatment, because they want to ensure they are as healthy as they can possibly be" she says.



There are 135 Registered Iridologists in the U.K., all of whom are registered with the Guild of Naturopathic Iridologists International. Which was set up by the late President Peter Bradbury and Vice-President Angela Bradbury. “Iridology is becoming more popular and is definitely on the increase as its gets more professional” says Angela. “Because it is diagnostic, practitioners have to have a thorough knowledge of anatomy and physiology and at least one therapy. We have a very strong code of ethics and if someone sees something which is beyond their expertise, they must refer their client to a relevant practitioner”.

Angela saw a young man, who was studying law and who had been diagnosed by his doctor as being schizophrenic. “This meant his career would have been seriously compromised” she explains. “His father sent him to see me, I saw that he had a liver dysfunction and it turned out that the liver was producing three chemicals which were causing the schizophrenic symptoms. The boy was prescribed a single drug for life to regulate the liver’s chemical production, which has dramatically improved the liver’s chemical production and he is back at university”.

Although some British doctors are happy to work with iridologists, many deem the science to be un-proven. But if problems can be identified at an early stage and treated without invasive surgery, what’s the harm?

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