



# marcia harewood

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### I spy in your little eye - Iridology

Iridology is an alternative medicine that claims the iris can reveal the state of mind. I'm interested but sceptical - iridology isn't recognised by mainstream medicine and its critics are harsh.

Marcia Harewood, who has been practising for ten years, stares into each of my eyes with a magnifying glass and matches the colours and patterns to an iris chart. This Chart divides the iris into zones that correspond to specific parts of our body. For example, a fleck of colour on the top of your left iris could mean you have a neck problem, which could be causing headaches.

After a few seconds of looking into my right eye, Marcia crosses her arms, sits back in her chair and says; 'You've got to chill out, Lisa.' She tells me that I'm in the high achievers' group, but this comes with consequences. I'm a workaholic (I wonder if my boss would agree?), I suffer from anxiety and need to be constantly occupied. She prescribes yoga, reading and music. After more studying, she also tells me that I have a bad back (true - I have a herniated disc), trouble digesting meat (true - I haven't eaten meat in a long time) and that I have an intolerance to cow's milk (I had been told this before but, being a cheese addict, I am devastated).

'Iridology is about the whole person, so I can tell you a lot more about you and how to heal you than you would imagine,' says Marcia. And she stays true to her promise. Within a few days, I get a full report and Marcia's suggestions for my imbalances. They include osteopathy, dietary changes and a comprehensive list of herbs, vitamins and minerals. I'm impressed - I had concerns about my health that had been briefly touched upon by other medical folk, namely GPs, chiropractors and nutritionists - and she simply confirmed it all for me.

Article written by Health Features Editor, Lisa Scott about her Iridology consultation experience with Marcia Harewood.