



# marcia harewood

**Email:** [marcia.harewood@btconnect.com](mailto:marcia.harewood@btconnect.com)

**www:** [marcia-harewood.com](http://www.marcia-harewood.com)

## Our Tester: Dzehva, Marketing – Sky Magazine

**The promise:** Can spot weak points in diet, fitness, and health and help you lose weight.

**Why do I want to do it?** I'm curious to find out how it works and whether it really can pinpoint to any malfunctions in my body.

**The plan:** To see iridologist Marcia Harewood and find out what problems my body may be having, what foods I should avoid and what I should eat more of. I'll follow her advice for a month to see how I feel.

### What was it like?

My hour and half session included a blood pressure and pulse check, tongue and nails, Iridology, Sclerology (whites of the eyes) and Pupillitonia (pupils). She explained the main problem areas and summarized everything she noticed while I was there. She also went through a detailed questionnaire where listed all my problems, symptoms and diet diary, which I had to complete beforehand. A couple of days later she emailed a more detailed report along with a list of recommendations. This was quite daunting as it included lots of stuff I have all the time like dairy, beef, wheat, citrus fruit, fizzy drinks, and even tap water. But she offered alternatives for any suggested food I really couldn't stomach.

### Improvements?

I have to admit that because the diet is so strict, I haven't managed to follow it to the letter for a whole month yet – in fact, I've done very little! I've increased my salad and vegetable intake, and am trying to eat more white fish, but I'm still have Weetabix for breakfast. I'm intending to incorporate the recommendations slowly, though.

### Verdict:

I was really impressed by Marcia's diagnosis. She identified a lot of the problems and weaknesses I already knew about – like my sluggish digestion and bad circulation – with no prior information, and gave me new information about how my internal organs are functioning and through how Iridology was able to detect inherent weaknesses and/or potential problems related to their health. The session and follow-up notes were so thorough, I really felt like I got my money's worth.

### Try it yourself:

A two hour consultation with Marcia Harewood fee £175. One and a half hours consultation fee £95.

Website: - [www.marcia-harewood.co.uk/www.marcia-harewood.com](http://www.marcia-harewood.co.uk/www.marcia-harewood.com).

Or find an iridologist near you at The Guild of Naturopathic Iridologists International

Website: [www.gni-international.org](http://www.gni-international.org)