

# Becoming Independently Healthy

# Herbs of Grace

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# Contents

DEDICATION	5
ACKNOWLEDGMENTS	7
ABOUT THIS BOOK	9
1 HEALTH ECOLOGY	13
<i>Purification, Regeneration &amp; Transformation</i>	17
<i>Purification</i>	18
<i>Regeneration</i>	19
<i>Transformation</i>	21
2 ELEMENTAL ENERGETICS	23
The Five Elements	26
3 HERBAL INSTRUCTIONS	37
<i>Create a Relationship With Herbs</i>	38
<i>Herbal Powders</i>	39
<i>Capsuling</i>	40
<i>Other Methods of Powder Preparation</i>	40
<i>Dosage</i>	41
<i>Herbs for Infants &amp; Children</i>	42
<i>Herbs for the Elderly, Ill &amp; Dying</i>	43
<i>Herbal Decoctions</i>	44
<i>Herbal Teas, Tisanes or Infusions</i>	44
<i>Herbal Tea Formulae</i>	45
<i>Individual Herbal Teas</i>	46
<i>Oils and Ointments</i>	46
<i>Baths, Footbaths &amp; Handbaths</i>	47
<i>Tinctures</i>	47
4 HERBAL ECOLOGY	49
5 NOURISHMENT	79
<i>Breaking Addictions, Craving &amp; Negative Food Habits</i>	83
<i>Fasting</i>	86
<i>Comfort Foods</i>	87
<i>Purification Diet</i>	88
<i>Mono Diet</i>	89
<i>Acid / Alkaline Balance</i>	90
<i>Liver Cleanse Drink</i>	92
6 HERBAL & NATUROPATHY TREATMENTS	95
<i>Abdominal Packs</i>	96
<i>Acute Illnesses &amp; Accidents</i>	97
<i>Bath Therapies</i>	100
<i>Burn &amp; Wound Paste</i>	103
<i>Candida &amp; Yeast Infections</i>	103
<i>Castor Oil Packs</i>	105
<i>Enemas</i>	106
<i>Flower Remedies</i>	112
<i>Fomentations</i>	115
<i>Gall Bladder Cleanse</i>	116
<i>Healing Crisis or Achievement?</i>	<b>118</b>
<i>Herpes</i>	120
<i>Kidney / Gall Stone Cleanse</i>	122
<i>Kidney Ginger Poultice</i>	123

<i>Poultices</i>	<b>124</b>
<i>Prolapse Treatment</i>	128
<b><i>Referrals</i></b>	129
Skin Care	<b>131</b>
Vaginal 6? Prostate Ovule	<b>132</b>
7 IRIDOLOGY & INNER ECOLOGY	<b>135</b>
<i>Iris Fiber Structure - The Fabric of Life</i>	136
<i>Iris Structural Types</i>	139
8 HEALING GRACE	165
APPENDICES	216
<i>Nourishment Charts</i>	207
<i>Glossary of Iridology Terms</i>	210
INDEX	211

# Health Ecology

Ecology is defined as the study of the relationships between living organisms and their environment. Most of us understand this concept and are familiar with ecological issues between human beings and today's world. However, it is important that we also become aware that we have a relationship with the ecological environment of our inner world. The outer world is affected by the inner world and the inner world is affected by the outer world. Both are affected by human spirit, mind, emotions, choices and the need for material products and nourishment. The more we realize the depth and importance of this truth, the more responsibility we will take for a respectful, considerate and caring relationship with both our inner and outer worlds. The more we live this truth, the more positive the effect we will have on our inner and outer worlds.

The ideal state of harmony in both outer and inner worlds is called *homeostasis*, which is the state of equilibrium within a living being that is achieved by positive healing forces that seek to compensate for any disruptive changes by adjusting and balancing. If we cooperate with these forces while seeking greater levels of health, well-being and healing, our inner ecology will receive the nourishment and support it needs to respond to and restore equilibrium of function, thus affecting all levels of our being - physical, emotional, mental and spiritual. As our inner world gains positive balance it will influence the outer world so that we can make a harmonious contribution to the world. We will give and receive nourishment from within and without.

Balance is achieved by harmonious dynamic interactions with several different energetics: body, / mind / spirit dynamics, the relationship between the body organs, systems and glands and the forces of creativity, balance and dissolution, and our relationship with nourishment and the elements of life from which our body is formed.

Just as our outer world is made up of the elements of earth, water, fire, air and ether, we are also made up of the same elements. After we are born, the elements of our "world womb" become part of our inner world through digestion, breathing and skin absorption, which are all processes of metabolic transformation. These elements also exist in subtle forms in the emotions, mind and spirit and they are in a constant state of motion and change. As we evolve toward and enjoy balance with the elements, a state of equilibrium is achieved which supports our highest purpose and our spiritual life, offering us contentment, stillness and peace within the eye of the hurricane of constant change and disturbance which is life.

Inner ecology is supported or diminished by the quality of all our different relationships with the world - in the many and various realms of spirit, mind and emotions as well as by how we eat, drink, breathe and feel, how we give and receive love, nourishment, communication and service, and how we create and follow through with thought forms, goals, attitudes and desires.

Our bodies are woven of the elements of the outside world and require constant fresh supplies of nutrition containing all these elements. When we seek to restore health and accomplish healing, we gain the greatest results by nourishing the entire inner ecology, particularly the weak organs and systems simultaneously.

Our inner ecology is like an orchestra, and like the conductor we need to know how to bring out the best from each organ, gland and body system, so that we can understand how to make harmonious music within our body and life, in tune with divine harmony and the truths of life.

The relationship between our inner and outer worlds must be woven of respect which flows from love for our life and this creation. When we have that respect new relationships are formed with family, friends and society, with possessions, work and most importantly with our body and our inner world. We realize that this gift of life is precious. Our body becomes a treasure to nurture and heal. We tremble as we experience the sacredness of our being, and we bow our head in humility when we realize how we have created our own

problems. Instead of focusing on shame, blame, guilt or anger, we choose to work with positive healing modalities and seek transformation.

When our body breaks down, there is a strong, clear message that we cannot live as we have in the past. Therefore the health challenge becomes an initiation. We can seek creative healing or we can allow the disease to run its course. Either way we have to move through a threshold, toward disease or toward health. When we choose health and creative alignment with the healing process, the path widens. A door opens. We sense a new future and a new potential. Love and gratitude awaken. Respect flows from our being. We have passed the initiation and our new level of emergence unfolds.

When we have a problem or when we feel threatened by ill health or death, we experience fear, heightened energy and a sense of urgency. The sacredness of the realities of life and death causes our hearts and souls to awaken. The intensity of living in this awakened reality supports our healing process because we discover and know ourselves on a deeper level. We have to understand why we needed this health challenge, what the disease is saying or doing that we cannot say or do. Through this process we become more powerful because we have realized a greater part of our potential.

When we become ill, normal boundaries and attitudes change. We realize our body and our life are ephemeral. We see how little control we have over events in our lives. Our concept of ego control falls away. We are forced to seek help and expand into a greater, wider vision. We seek true nourishment that gives healing and learn to let go of nourishment that is based only on stimulation, ignorance, taste, habit or indulgence.

The complete system of natural medicine based on the principles presented in *Herbs of Grace* offers an integrated, balanced treatment of herbs, dietary therapy and naturopathic treatments which help restore the balance of health ecology and establish deep and lasting healing. Treatment is guided by an iris analysis of the individual constitution and its inherent strengths and weaknesses. As the conductor of our own orchestra we need this information to create harmonious function.

How can we gain a deeper understanding of our inner health ecology? As described in the chapter Iridology, we use iris analysis to explore individual constitutional types, assess the function of the eliminative organs and systems, and to understand each individual's unique inner ecology. We also use iris analysis to educate people about their strengths and weaknesses and how their bodies will age or proceed toward illness. In-depth case histories reveal information about their life habits and dietary and nourishment imbalances. Consultations also reveal information about mental and emotional influences, as well as family, work and social stresses and strains.

Once a clear and full picture of all the aspects of a client's inner and outer worlds is obtained and explained, a program is created which includes herbal nutrients, dietary changes and treatments to cleanse the body, activate all the eliminative channels, strengthen weak areas, and balance the ecology of all the systems and organs. We recommend herbs guided by Iridology because this is a holistic way of balancing the inner ecology. We have proved again and again with students and clients that when all the weak areas of the body are treated simultaneously, the effect is better and longer lasting than if only one or two organs or systems which have surfaced as symptoms are treated at one time. It is essential to adjust the entire ecological balance of the body when treating any areas of weakness or symptoms.

Skilled practitioners make this health ecology educational process easier and quicker because they are able to gather and present the information in a fresh way, educate the client about what Iridology reveals, show the causes of the symptom picture and present a healing program which can be accepted and understood on a deep level. Because the information is fully explained, the client can make a commitment to create health and healing.

It is essential that clients understand that a minimum of three months is required to begin or make health changes, with a commitment to a longer program if necessary for release of chronic patterns, or if the client is not able to put into practice the full program. Each client's unfolding is individual and depends on many factors such as age, life habits, stress, shock, constitutional type, the effect of poor living habits over varying lengths of time, available support, personality, work and family responsibilities and so on. After three months

clients decide whether they are satisfied with current progress and wish to terminate the treatment, whether they want to continue and achieve a deeper level of progress, or whether this program is something they will dedicate themselves to regularly whenever stress and life challenges lower their ability to maintain normal health.

Clients graduate as students of their own bodies, lives and inner and outer ecologies. They take away valuable information and tools for living, for tuning into their body, mind and spirit dynamics, and for recognizing when disharmonious life experiences have stimulated breakdown in normal body functions. They are guided toward restorative practices which will prove themselves by their results and which are helpful during further health crises. *'Know Thyself* and *'Heal Thyself* are the goals of this system of natural medicine.

### *PURIFICATION, REGENERATION & TRANSFORMATION*

The principles of purification, regeneration and transformation constitute the healing life dynamic which is the basis of this system of natural medicine. Movement or transformation is created in the life of the individual as toxins are eliminated on all levels, creating space which can be filled consciously with positive, loving, regenerative, physical, emotional, mental and spiritual nourishment. As a higher vibratory rate is achieved, the person's life opens and flowers into the next level of emergence. When nourishment is given lovingly to the body on a daily basis, the individual can seek other forms of nourishment in creative, emotional, social, mental and spiritual realms. The higher self can explore, seek and receive nourishment because it knows that basic levels are being taken care of in a responsible way.

The key to integrating and utilizing this complete system of natural medicine is to understand that the principles of purification, regeneration and transformation release one from imprisonment in their Gordian knot disease pattern. Whenever the interior ecology has been disrupted, and symptoms of fatigue, inflammation, toxicity, pain and discomfort and their accompanying negative mental and emotional states have become daily experience, the disease pattern has to be cut. It cannot be untangled because it is too complicated. The mental, emotional and physical threads which wove this life pattern have to be cut by an internal decision, commitment, detachment, completion and willingness to let go. The positive movement out of mental and emotional stress and conflict is augmented by the use of Bach flower remedies and counseling together with a natural healing program which includes a complete change of daily living habits, foods and beverages.

Once the new program is created and set into action, changes begin immediately. Each fresh cause that we make for health will ripen and bear fruit. The more causes we make, the greater the harvest of health. As the new patterns are lived on a daily basis, the old patterns lose their strength. Through the continuum of day-to-day choices new cause and effect patterns create a positive future because of freedom from the past and action in the present. New habits reverse the downward spiral of negative influences on the inner ecology.

Purification is the primary principle of the healing continuum. Most people today know that they carry a level of toxicity in their physical bodies, as well as mental and emotional toxins which help create physical blockages and malfunctions. The earth's air, water and soil are polluted. Most of our foods and drinks contain added chemicals, preservatives and dyes. The stress of emotional and mental conflicts in personal, family, social and work arenas confuses our abilities to digest and assimilate nutrients, alters body chemistry and changes food into poison. Stress and anxiety as well as emotional excesses cause the nervous system to secrete excess acids into the body, adding further to the burden.

When toxins become irritating and fatiguing factors within the body, the prime goal of an individual's three month program is to activate elimination and increase the release of toxins from the body so that daily elimination returns to normal. This activation, when guided by Iridology, proceeds in a gentle, balanced manner because the individual organs of elimination are stimulated on a daily basis.

During an iris analysis, practitioners usually discover that two or more of the eliminative channels are underfunctioning, and that perhaps one or two are compensating by

over-functioning. Restoring and maintaining a balanced and active elimination is essential to good health and a balanced inner ecology. The increased life harmony and energy experienced when this is achieved speaks for itself. Clients return to the state of well-being they enjoyed when their body functioned naturally, without drawing attention to specific areas with symptoms, fatigue and distress.

When toxic release is allowed, the letting go achieves purification and creates space. When space exists, receptivity to new patterns is greater. The elimination of the old, creates a welcome for the new. There is an opportunity to establish new patterns, build new cells and create a new life. However, it is essential to prepare for purification and release. Forced or excessive purification creates unnecessary reactions.

Some people accept change, others resist it with every fiber of their being. For others, weakness, responsibilities or age make it necessary to facilitate a slow period of transition. Clients need to approach life changes from their unique personalities and their particular place in their life continuum. Practitioners must avoid processing everyone from one point of view.

This system of natural medicine is effective because it is guided by constitutional, physical and psychological models of Iridology. Therefore, each relationship is unique, treatment programs are individual, and transitions are given personal attention.

Herbal and nutritional programs support a gentle transition and avoid unnecessary healing crises and reactions. Each client is guided when discomfort occurs and is taught how to adjust the treatment or weather the discomfort utilizing natural therapeutic means. This serves as a teaching guide for the future. Eventually clients learn to listen to their body messages and know exactly what to do. Clients graduate and no longer require the assistance of the practitioner. The course of study and treatment is successful only when clients become independently healthy.

Purification must be approached carefully and slowly. For instance, whenever specific treatments such as liver, gall bladder or kidney cleanses are administered, the body should be prepared with applications of poultices, packs, massage, baths and enemas. Specific areas are relaxed, softened and defused before the cleanses are applied.

It is best not to go on an intense fast immediately, however potent the result of such a fast could be in terms of elimination. Fasting is not always necessary, nor is it always the best solution. It is not wise to go on a fast before all the eliminative channels are active. Also, fasts must be preceded by herbs and preparatory diets. Mono and purification diets or juice fasts often obtain the desired results in a gentle way, allowing clients to go about their daily life with relative ease. This is why applying the complete system of natural medicine is so important. It approaches healing through balancing and integrative processes. No one organ, system or gland is treated individually. All body areas are brought into harmony and to increased levels of function and strength so that imbalances do not occur.

It is also essential that eliminative methods do not purge the system, causing weakness and flooding the blood and lymph with poisons. This system of natural medicine creates a balanced, gentle approach which takes place while clients continue their daily life duties and responsibilities. Each aspect of the process, whether herbs, diet, life habits, flower remedies or counseling, supports the other aspects so that the movement of the continuum toward health avoids uncomfortable and debilitating healing crises.

Occasionally minor discomforts may appear. Clients may need to curtail unnecessary social engagements to conserve energy and utilize time and focus for healing. They may also need to seek advice to adjust the treatment. However, for the most part the process uplifts and improves health and well-being even as the treatment progresses. Any reaction is utilized as an opportunity to apply natural therapeutics and is approached as an educational opportunity. The body is teaching us lessons and we learn to listen and take appropriate action before negative conditions develop.

As so many symptoms disappear during purification, this system of natural medicine does not focus on any individual symptom or name of disease. The body, emotions, mind, and spirit are altered at a deep level. Strengthening of constitutional and eliminative weaknesses brings the body back to normal function, eliminating the cause of the symptoms.



## *REGENERATION*

Regeneration takes place at the same time as purification. Nutrients are provided by appropriate diets and herbs to support, regenerate and strengthen areas of weakness or deficiency. As old cells are eliminated new cells are formed. Herbs offer superior nutrition for specific glands, organs and body systems and areas. They are blended to feed every part of the body that is deficient – activating, cleansing, supporting, strengthening, rebuilding and harmonizing the inner ecology of the body.

The Nourishment chapter offers dietary therapies which support the work of the herbs so that the person is not going in two directions at once. Evaluation of the digestive processes is essential to guiding any program. How do people eat? Do they eat too fast? Do they chew well? Do they drink with their meals, diluting saliva and cooling the stomach with ice water? How do they combine foods? Do they eat junk foods? How many times a day do their bowels move? How much liquid do they drink in a day and what kind? How do they turn food into poison? What tastes do they crave? What foods upset them or cause allergies? What do they eat and drink all through every day? It takes a detective's mind to uncover the truth about nourishment patterns as well as the skills to educate the client and organize an effective individual healing program.

The emotional climate during eating and drinking must also be considered. This can include dysfunctional family relationships, stress and poverty in the past or present. Do clients eat while making difficult business deals? Do they have addictions, anorexia, bulimia, indulgences or cravings? Food and drink imbalances all reflect the wider aspect of their relationship to nourishment. Exploration and healing of these unnatural tendencies are an essential part of the healing process. How individuals receive and use nourishment reveals a deeper aspect of their approach to life and the causes of their health problems. Do they hold on to what is no longer good for them? Do they eat but still feel hungry? In what form does starvation and lack of satisfaction become constellated around food and drink? What nourishment are they missing and seeking? How are they using food and drink to deny or substitute real nourishment?

Food can be poison. Food can be medicine. Food can also be just food. When we create poison out of food it is as though we are purposefully cooperating with destructive processes. There is a short circuit of denial between what we do and the effect it creates. It is as though we have forgotten cause and effect. These factors must be discovered and brought into the light. We must be willing to create a nourishment pattern that will not only heal but also maintain health.

It is important to realize that the healing process should not be extreme and that it is not necessarily accompanied by acute fevers and crises. These reactions may occur when life threatening situations or severely chronic diseases require more powerful, drastic courses of treatment. Such advanced states of illness require full-time care in recognized, established institutions, such as the Gerson Cancer Clinic in America, or the Bristol Cancer Clinic in England.

The building of conscious health is the goal of this system of natural medicine. The focus of treatment is on eliminating toxins, creating space and rebuilding the body with rejuvenating foods and nutrients. A clean, well functioning body will not tolerate disease. It will adjust the symptom picture naturally as it returns to normal harmonious function, increased energy and higher fluid and tissue integrity.

The concept of homeostasis, or balanced interior ecology, where all aspects of body functions are neither overfunctioning nor underfunctioning, and where health is a natural, normal state of being, where all parts of the body are doing their work, is the key to understanding this system of natural medicine.

## *TRANSFORMATION*

Transformation occurs naturally when toxins are released. Space is created which allows us to welcome the next level of emergence. If there is a desire for transformation, this

will occur more easily when the body is purified, nourished, balanced and the inner ecology restored to harmony.

Transformation occurs when you live in the present, neither holding on to the past nor living in the future. When you are fully present without being burdened by the past or lured by the future, you can cooperate consciously with the possibilities for learning and evolution that are present in every moment.

We need to prepare for a new level of emergence. When old patterns are left behind, opportunity is created to choose new patterns. Vibratory affinities lead us in new directions. Old jobs, friends and patterns fall away naturally and are replaced by the new. Change flows more easily. Fear and resistance diminish. Trust and enthusiasm awaken childlike exploration. Instead of our life presenting us with resistance and with guardians at every gate that repeat one message, "Go within and do your work before you seek the next level," the universe opens before us once again with ease and joy.

The healing process itself means giving love, attention and nourishment to oneself. One's own being and body become the priority and therefore increase in value. This process of loving and caring for your body and life continues into the new cycle. Instead of ignoring or sacrificing ourselves to achieve material goals, we create a new balance between ourselves and our inner and outer worlds. We learn to say yes or no from a grounded perception of worth, balance and priorities. We realize that the choices we make from moment to moment create our future and we take greater care to make choices that take us where we want to go. The journey of our life within our body through this world is the most interesting and fascinating journey we will ever take. I invite you to enjoy the mystery and the journey.

What is transformation? *Collins English Dictionary* defines it as a radical change or alteration. In other words, a turnabout. What was before is no more. Like snakes, we shed our skins. Like snails, we leave our shells behind. Letting go is the first step. The second step is adding the new. The result is transformation. New causes create a new future. Our life opens up before us once again. Movement is life. Movement is transformation. Life becomes day-to-day, moment-to-moment transformation.

Living in the present means living from your growing edge. Being fully alive in the present allows you to live transformation in a mutable mercurial continuum. Each day is different. Ease and relaxation occur naturally as energy is released from holding on to the past or anticipating the future. The need for projection or anxiety passes away. Instead of tensing against change we relax and flow into it. We dance with the universe, unfolding the flower that is our soul.

So many people want to be different, better, healthier or more successful than they are. They have an idea of a better version of themselves that never manifests, that keeps them unsatisfied. Yet they do not do what will create that person. Often they do the opposite. These dreams and fantasies do not materialize because they do not stay in the present with choices. Instead of making choices consciously and saying "This choice will get me where I want to go," they say, "Because I am not what I wish to be I will have this pleasure to make me feel better." Substitution, instead of transformation, becomes a way of life.

We have many possible selves and yet most people get stuck in one version. They do not try different lifestyles easily, or explore, create, change or risk. They cling to what is familiar, yet long to be different. Transformation is about dreams becoming real, about people becoming who they want to become, about being successful in the way they want to be successful, about realizing their highest goals.

Transformation happens naturally as a part of the healing process. Often it happens in completely unexpected ways, as with my own story which I share in the chapter Healing Grace. I never imagined that an international school would grow out of my healing, that I would have a successful practice, teach, write books and travel worldwide. My new life unfolded as I made new choices and changes. My life became filled with purpose. Constant transformation and a life that allows time and energy for that process, is now my way of life. Outer duties and responsibilities are adjusted according to the time and space needed for my inner evolution. For me, a life of transformation equals freedom, because I am continuously

moving forward on my life journey with joy and creativity. Time is available for what is truly important.

Transformation is individual and directly related to one's unique life experience. What transformation means to one person will not be the same for another. Each person will discover what transformation means for themselves by experiencing it as a part of their creative living and healing process.

## *Nourishment*

This chapter explores the meaning of nourishment and includes diets which complement the herbal nutrients and home treatments. It presents the information needed to maintain health on a daily basis and to clear any acute problems that may arise. There is much we can do to prevent illness and achieve healing.

Although ideal diets are described here, humans are not ideal. We make efforts, gradually adjust, and strive to improve our living habits. It is important to approach purification as a transition, slowly and comfortably. Read. Think. Experiment. Experience foods and drinks that are good for us. We need to retrain ourselves to enjoy what is wholesome, natural, nutritious and healthy. We must make a place for delight and pleasure in practical and pleasant ways. We can create attractive meals with fresh, organic foods and use the senses to appreciate the beauty of food that is alive and vibrant.

Dietary changes are supported by herbal nutrients that create a foundation of strength and energy. Within this framework of support, dietary changes and improvements are naturally eased into daily life. After the herbal treatment is completed the improved diet will keep positive changes moving ahead.

Strictness, denial and rigidity about new dietary habits will create negative digestion just as much as unhappiness, anger, stress and worry. Don't think about what is being given up. Think of what is being received. As the body adjusts, tastes and cravings diminish. If we really want to eat something, let's enjoy it, and then watch and see how it agrees with us. Indulgence can also teach us lessons. Treats are an important part of life, but we should not eat treats at every meal. If we persevere with good living habits, the day will come when we will want the foods that are good for us. That is health.

Nourishment is the essence of life. Our relationship with the divine, our parents, family, society and this world is all based on receiving, or not receiving, the nourishment we need in every realm of being. We go through life believing that we choose what nourishes us, what makes us happy, and what we think is good for us. Yet, when we are ill, unbalanced, ignorant, deprived, unconscious or rebellious, we often choose what will poison us, hurt us or set us further off balance. For over twenty years I have observed how clients' diet, drink, living habits and personal relationships were toxic to their body, emotions, mind and life. It is as though their ability to recognize positive nourishment had been lost, so they chose short-term addictions, stimulation and strong tastes even though they knew these foods and drinks were hurting them and aggravating their health problems. Some people do not even realize the connection between their foods and drinks and their health condition.

In a sense, our relationship with nourishment begins even before conception, when our life pattern connects with the life pattern of our parents, and we become part of their positivity and their negativity in this realm of duality. As we are conceived from the energy of our parents and formed within their sexual relationship, their patterns of nourishment are passed on to us. Birth, our reception into the world, touching, talking, feeling and nursing form our primal ground of nourishment, which continues through infancy, childhood, puberty and maturity.

We learn how to ask for what we want, and we either get what we want or we don't. We watch those around us work, suffer, manipulate, steal, lie and seduce what they want out of the world, and we learn what gets results. Our personality forms around our ability to deal with acceptance or refusal. We have dreams, goals and ideas that we believe will give us what we want and nourish us and satisfy us, but most often when we attain them we find we are still hungry. This sense of emptiness, deprivation and starvation is strong even in the

wealthiest families. How often do we feel truly nourished in every aspect of our being - content, relaxed and at peace? This spiritually evolved state is rare. Most of us live our lives seeking nourishment and stimulation. Our highs are only temporary. For most of us hunger is our life experience.

Our patterns of food and drink revolve around hunger, desire, emptiness and longing that are actually reflections of spiritual separation and the need for true nourishment. Very few of us eat food as food. We eat and taste to satisfy emotional cravings and we eat too much, too fast. We substitute processed, indulgent, junk or fad foods for nutritive foods. Whether we eat too much or too little, we often eat to show that we are wealthy, in style, elegant, powerful, seductive or creative. We also eat as we close business deals, during interviews, as we work, and during power struggles with family members. We also eat on the run, while driving cars, or watching television or movies and standing up. How many of us eat the right amount of simple foods in a relaxed manner, enjoying good company and laughter?

Time and again clients tell me that when they were young nearly every meal at the family table was a power struggle of argument and upset. Food became associated with stomach cramps, anxiety and fear. Thousands of case histories have revealed the most bizarre eating and drinking habits. As clients describe their daily patterns they begin to get a glimmer of how they are creating their illness. Addictions to soda beverages, burritos, chips and salsa, bread, sugar, alcohol, coffee, tea, salt and chocolate are combined with habits like gulping down food, not chewing, eating fruit with meat, drinking glasses of iced water with meals, overeating, throwing up after eating, or eating nothing but meat or eggs or rice. It is amazing what people do.

It is time to take a good long look at what you do with food and drink. How do you feel when you sit down to a meal? Do you take time to lovingly create a beautiful meal for yourself? Do you feel good after you eat? Are you influenced by others? Do you live on snacks? What tastes are you addicted to? Do you use stimulants? What foods cause reactions? Do you have allergies? When did they start? What was happening in your life when the addictions or allergies started?

Putting food into one end of the gastrointestinal tract is only part of the picture. Difficulties can be experienced at any stage of the journey, and how and what is released from the other end through bowel matter and urine tells the remainder of the story. We must change the journey of our food from the moment our mind thinks of it, to the first response of emotional and taste craving, to how we prepare, eat, digest, assimilate and eliminate. We must change the journey of our food to one of true nourishment. It is important to learn how to make the journey of our nourishment a healthy, happy one.

Food can be food or poison or medicine. This chapter is about food as medicine. Food can bring us back into balance when it is truly nourishment, given to oneself by oneself, consciously from self-love, not as a vehicle for addiction, cravings, or emotional starvation and hunger.

Any evaluation of nourishment patterns creates the opportunity for new positive patterns that will bring health, energy and joy into life. When we realize that every choice we make with regard to food and drink creates not only the physical body but the quality of emotion, the ability of mind to function in different ways, and vibratory resonance with spirituality and with other living beings, it will be easier to participate consciously in every decision we make.

We need to use our personal situations, skills and strengths to help us change our nourishment patterns. If we are in the business world we can use strategies, long-term planning and administrative abilities to achieve our health goals. Housewives can use their freedom, time and skills to focus on health while managing their households. Students can use natural healing to help them achieve higher grades and prepare for their future careers. We must use whatever skills and abilities we possess to include natural preventive living and medicine into our lives. We must learn to take care of our health as well as our car, home or business. We must not sacrifice our health to attain our goals. We must not spend the first half

of our lives creating problems that will ruin the positive possibilities of our elder years and retirement.

We must say yes to what will give us health and positive energy, and say no to what will cause future health problems. We may think we are only paying the cost of an indulgent meal and the accompanying wines, liquors, cigarettes and desserts, but the meal should also include the cost of hospitalization, insurance and loss of work that future health problems will bring into our lives. The quality of our lives is an even greater reason to take positive control over our decisions. Eliminate the old and bring in the new.

The lives we live in our bodies is our experiment with our inner and outer worlds. When our pattern of cause and effect produces disease, it is time to change our experiment and make that pattern conscious. We must create a relationship of true nourishment between our inner being and the world around us. What we choose to eat affects our health, other living creatures and our relationship with our loved ones, family, friends, community, country and world. As we make positive enlightened choices we will clear confusion from our nourishment patterns.

### *BREAKING ADDICTIONS, CRAVINGS AND NEGATIVE FOOD HABITS*

Changing deep patterns of nutritional imbalances requires patience, perseverance, effort and support. Getting fed up and angry at what we have been doing can be a great motivating force. We can use the energy of the digestive fire element for transformation. The support of herbal nutrients combined with dietary changes, home treatments, exercise and flower essences ease the way. As the eliminative systems clear, activate and regenerate, body, emotions, mind and spirit experience relief. Energy begins to move, and positive changes unfold.

Every poison food that is replaced with a medicine food will contribute to healing progress. When tastes for excessive amounts of salt, sugar, spices, coffee and alcohol are discontinued, the taste buds begin to normalize and further relieve addictions and cravings. The desire to binge can be redirected through exercise, counseling, bowel cleansing and body work.

Our greatest creation is our own life. As we grow from the roots of infancy and childhood through the stemming and leafing of puberty and early adulthood to the flowering, fruiting and seeding of maturity and old age, we realize we must not waste this opportunity. Discipline, strength, vision, purpose, perseverance and willingness should decorate our table, refrigerator and kitchen shelves. Our body is a reflection of who we are. The food we eat, and how we eat it, create who we will become.

We are what we eat, and we eat what we are. We must make our food choices conscious, and reach for the highest and the best forms of nourishment, so that we can experience true satisfaction, health, peace and contentment.

For example, if we have been drinking twenty cups of coffee a day and need to stop, the answer is not to say no and suffer, but to approach this problem in a practical and positive way. Excessive cravings reflect imbalances within. The breaking of addictions to coffee, tea, chocolate or alcohol will release the causes, which can then be explored, adjusted and transformed as a part of the healing process. The need for coffee may have its roots in exhaustion, liver malfunction, ■ constipation or stress.

First, drinking other things leaves less space for drinking black tea and coffee, which deplete adrenal energy. After the initial stimulation, continued drinking accelerates the problem of exhaustion. If we are drinking four cups of herbal tea a day, that means four cups less black tea or coffee. The apple cider vinegar and honey drink eliminates another cup. Herbal nutrients support organs, systems and glands so that the root causes for caffeine addiction are relieved. As energy builds from within, the need for stimulation lessens, and soon patients find they enjoy coffee less and less and feel satisfied by herb teas, grain coffee, miso drinks and Dandelion root coffee.

If the underlying problem is lack of energy, exhaustion or fatigue after meals, then this is what needs to be treated. An iris analysis together with an in-depth case history will reveal

the spectrum of habits and functional imbalances that cause exhaustion. After clients are educated about their unique body/emotion/mind/spirit dynamics, receive their individual program and put it into practice, the release from addictive indulgences and excesses becomes easier because it is supported by the rejuvenative processes within the body.

*TAKE THESE FOODS OUT OF YOUR KITCHEN*

Because one of the prime goals of purification and regeneration treatment is to eliminate excess toxins, acids and mucus from the body organs and tissues, it is essential that diet be adjusted, so that toxins are not being put back into the body as fast as they are being eliminated. The list below is a guide to the elimination of foods and drinks that contribute to the development of the chronic conditions that accompany aging and disease. Leave out the following foods and replace them with their substitutes. This will make a great contribution to our future health and quality of life.

*ELIMINATE*

*SUBSTITUTE*

Salt	Savory kitchen herbs, cayenne, ground Dandelion greens, seaweeds, soy sauce
Tea, coffee, alcohol	Herbal teas, dandelion and grain coffees, warm juices, spices, miso drink, fresh juices; coffee and tea contain high levels of tannin that neutralizes iron; eliminate tea and coffee when taking herbal supplements
Sugar	Honey, maple syrup, dried fruits, fruit juices, other natural sweeteners, stevia, sweet root vegetables
Meat, fish, fowl, eggs	Tofu, nuts, seeds, high protein vegetables, Spirulina
Dairy products	A small amount of goat's milk products or soy cheese
Flour, pasta	Wheat flour is mucus-forming; use chickpea, millet, spelt, quinoa or rice flour; use whole grain, fresh, organic flour products only, without chemical additives and preservatives and processing
Soda, sugar sweetened drinks, carbonated drinks	Distilled water with a dash of lemon, herbal teas, fresh vegetable and fruit juices, miso drinks

One of the best approaches to the transition phase of the diet is to go through all the kitchen cupboards, pack away all of the foods to be eliminated and donate them to a homeless shelter. Then make up a shopping list of all of the recommended foods. When we only allow the foods that are good for us into our home, this makes it easier to eliminate other foods from our diets. Increase fresh fruit and vegetables, wholefood grains, nuts and seeds.

## ADD THESE FOODS TO YOUR KITCHEN

Refer to the Nourishment charts in the Appendices that show acid and alkaline foods and the highest natural food and herb sources for all the vitamins and minerals. Eat sufficient amounts of fresh, organic premium foods to receive all the nourishment you need.

### *Alfalfa*

This plant is an herbal, multi-vitamin, bowel cleanser and energy-giving food. Take two to four tablets or more per meal. The roots of the Alfalfa plant grow deeply into the earth where they seek out and draw up valuable trace elements and minerals. Alfalfa has a gently softening and laxative effect on the bowels.

### *Almond Milk*

This is a tasty milk substitute for children and adults. Blanch one cup almonds then slip off the skins. Blend together with one quart water, one half teaspoon honey, and one tablespoon safflower oil. Strain the pulp and use it in soups, salads and casseroles.

### *Capsicum or Cayenne Pepper*

Capsicum is a safe, pure stimulant, antiseptic and toning agent that helps the system throw off disease and establish equilibrium of circulation. Take one-quarter teaspoon in yogurt or tomato juice three times daily. Drink quickly and follow with a chaser. Increase the dose to one full teaspoon three times daily. Although it seems very hot and strong the taste buds soon adjust.

### *Honey and Apple Cider Vinegar*

Mix one teaspoon honey and one tablespoon apple cider in one-quarter to one-half cup of warm water three times a day to soothe, balance and alkalinize the digestion. The high potassium and antiseptic qualities of this folk medicine drink have proven themselves over centuries.

### *Kelp*

High mineral supplement and thyroid nutrient. Take six to twelve tablets daily.

### *Lecithin*

The high phosphorus nutrient increases brain energy and reduces cholesterol levels.

### *Miso*

Soybean miso provides alkalizing, strengthening soup stocks and beverages that provide power, energy and warmth, and offer a healthy alternative to fruit or cereal breakfasts.

### *Potassium Broth*

This broth provides nutritious, alkalizing, pleasant, energy-giving meals. Soak two cups bran and one cup oatmeal overnight in one and one half quarts of water. Strain out the grain and keep the water. Add potatoes, carrots, onions, celery and parsley. Simmer gently in the bran-oatmeal water. Mash vegetables. Strain again to make broth. Season with herbs and Cayenne.

### *Seaweeds*

Add seaweeds to soups and salads for their high mineral content. Macrobiotic books are an excellent guide to the use of seaweeds. Wash, tear and mix the raw seaweeds with salads or add to soups after they are cooked.



### *Spirulina*

If hunger and cravings for sweet, sour or salty foods are a problem, bowel cleansing combined with a regular intake of Spirulina will help reduce cravings. When the cleansing current is most active, we need to support regeneration. Whereas other proteins stop the purification process, Spirulina balances purification with regeneration, so that both continue at a more comfortable level. One to three teaspoons of Spirulina per meal provides adequate protein. The addition of the Alkaline and Multi-Mineral and Vitamin formulae offers a full spectrum of nutritional supplementation.

### *Three Seeds*

Powder a mixture of sunflower, sesame and pumpkin seeds and sprinkle over salads and vegetables for their high nutritive content.

### *Tofu*

Soybean curd provides alkaline, easily digestible protein. As tofu has a bland, neutral flavor on its own, simmer lightly in soy sauce or tamari. Add fresh cut herbs, red, green or yellow peppers, green onions, Garlic, Ginger, and any other quick-cooking vegetable. Cut, dice and add to soups, stews and nut loaves. Use Turmeric or Saffron to color the tofu beautiful shades of golden yellow.

### *Wheat Germ Oil*

One tablespoon of fresh oil will provide the vitamin E and other nutrients necessary to assist the healing process. Take in juice or on salads.

## *FASTING*

I do not recommend fasting until the eliminative organs and systems are working at optimum levels and the alkaline purification diet has been followed for at least a month. Many people fast, deprive themselves, experience discomfort, and then feel they have accomplished something. However, unless the toxins are eliminated from the system, the fast is a waste of time and energy.

Prepare for a fast by going on a purification and rejuvenation program first. Once a level of balanced function is achieved and elimination is active, then consider a fast. Support the fast with baths, saunas, steambaths, enemas, colonies, reflexology, massage and exercise.

Plan a daily program. Write lists. Organize and shop for what will be needed during the fast. Take care of all errands and duties first. Choose good music and books. Enjoy nature. Allow time and space to rest, sleep, dream and heal. Create a nurturing atmosphere. My fasting experiences are some of my most beautiful memories. If the fast is done properly, it will be a special experience and a valuable contribution to your life.

## *COMFORT FOODS & CRAVINGS*

It is important not to be too strict or to deny ourselves foods we love or crave unless we are in a life-and-death chronic disease program. The tension and emotional imbalances caused by suppression of cravings and food desires accumulates and causes reactions, eventually resulting in binges, or reversal to negative eating patterns.

Food provides physical energy which goes downward through digestion, etheric energy which is absorbed through the palate to the central nervous system, emotional satisfaction which is calming, and delight to the senses, the eyes, nose, taste and touch. To deny any aspect of this range of nourishment is asking for trouble.

Over the years so many clients have said to me: "When I'm upset, I head for chocolate, bread and butter or toast and jam." Inability to express emotions or to complete a problem activates liver distress which is calmed by chewing, the smell of toast and the warm, soft, sweet comfort of carbohydrates. For others, the comfort is attained by chocolate, alcohol or

coffee. We ultimately learn to see that the food that we crave is actually increasing the imbalance.

This craving is a very real need, and while some patients find the will and strength to stop indulging completely, others have a struggle. Strong cravings can be reduced by the use of Spirulina, six capsules, or a teaspoon mixed with juice one to three times a day. Acupuncture may also be needed to restore balance. Sometimes our jaw is tight because of emotions and shock, and the patient simply needs to chew. Sunflower seeds are excellent for this purpose.

Herbal treatment also eases cravings by providing superior nutrients for specific areas of need. As the body returns to balance, cravings diminish. Diets should not be made so rigid and strict that other imbalances or reactions occur. Because the herbal nutrients are so effective we can avoid strict diets, especially in the early stages of treatment. The elimination of harmful foods should be a comfortable natural process which happens gradually. As strength and balance are created from within, a wholesome diet becomes easier and easier to maintain. Slowly, the enjoyment for vital, natural foods returns, and the cravings for stimulants or synthetic tastes diminish or cease altogether.

It takes time for the tongue's taste buds to return to balance. If we have experienced cravings for any taste, whether sweet, sour, salty, bitter or pungent, this reflects elemental, emotional, chakra and meridian imbalances. One of the ways to adjust and balance the taste is to eat foods once a day which contain all the tastes. For instance, in the morning eat oatmeal garnished with the five tastes provided by honey, salt, horseradish, Ginger and chutney. When we take herb powders in juice, water or liquid yogurt, the bitter taste of the herbs will also help to heal the taste buds on the tongue.

Years ago when I first went to England, I could not enjoy the food, which was made with strong and excessive sugar, salt and spicy seasonings. I had been eating raw food for two years and had grown to love the pure taste of natural foods garnished with lemon juice, soy sauce and fresh herbs.

Do not assume that correct eating will not be enjoyable and satisfying. The taste buds rejoice in vital, fresh, simpler foods which leave us with a feeling of well-being. When we want to occasionally enjoy food for pure pleasure, our body will be able to handle it. We will be in control, no longer at the mercy of blind cravings or habits which are potentially destructive to our good health.

### *PURIFICATION DIET*

This diet will help the return to normal weight. We will receive more vitality and satisfaction from food, cleanse our system and save considerably on our food budget. Do not be concerned that this diet omits meat and dairy proteins. Remember that cows, horses, elephants and even gorillas eat only plants, grains, nuts and seeds. Human beings thrive on vegetarian diets that are balanced and part of a healthy life style.

*On Waking:* Bach flower remedy; herbal tea or lemon and maple syrup in hot water; wait at least fifteen minutes before eating

*Breakfast:* Liver cleanse drink and wait one half an hour

Take herbal nutrients and supplements, immediately before a breakfast of low-cooked whole-grain cereal; fruit or a miso drink

At night, fill one third of a thermos with whole grain organic cereal; fill with boiling water; shake a few times and let it sit overnight; in the morning the grain should be soft; add olive oil and honey; low-heat cooking preserves the full nutrition and the cereal is still a live food

- Mid-morning:* Herb teas; fresh juice; Bach flower remedy
- Lunch:* Tossed salad of mixed vegetables, leafy greens, fresh cut herbs together With an oil and apple cider vinegar dressing, and a dash of lemon juice; use Garlic; add 8 to 10 blanched almonds and seaweeds; sprinkle the salad with the three-seed powder and lecithin, and take with regular herbal medicines and supplements; if lunch is the main meal of the day, add steamed or baked vegetables, potassium broth, soups or baked potatoes, sweet potatoes or yams; season potatoes with a tasty mixture of soy sauce, olive oil and Cayenne pepper
- Afternoon:* Bach flower remedy
- Drink fresh juices during the afternoon; alternate carrot, grape, apple or vegetable mixtures; if bottled juices are necessary be sure to choose brands which are sugarless and free of preservatives
- Evening meals:* If the lunch was light, take a heavier meal at night; if lunch was the main meal, eat fruit salad with seeds, nuts, goat's yogurt, honey and soaked dried fruit; if sugar levels need to be reduced, prepare vegetable or miso soup instead
- Before bed:* Juices; warm beverages; fruit; Bach flower remedy; herbs as needed

### *PURIFYING JUICE CLEANSE*

This juice cleanse will eliminate toxic lymph, mucus, catarrh and excess acids. It will help to normalize the weight and prepare the body for regeneration. This cleanse provides the highest nutritive and vibratory foods to rebuild vital parts of the body, eliminates frustration and confusion, raises cell regeneration above cell destruction, and expels negativity.

After rising in the morning, drink a half glass of prune juice. This draws toxins and eliminates them through the bowels as well as relieving constipation.

In the morning make two quarts of fresh juice, or buy the best quality organic juice in glass containers without sugar or preservatives. Mix this with two quarts of distilled water or with the best low mineral content spring water available in glass bottles. One half hour after drinking the prune juice, drink an eight ounce glass of the chosen juice and water mixture.

Every half hour throughout the day drink a glass of the diluted juice. If hungry, eat the fruit or vegetable of the chosen juice in the evening. For example, if it is an apple juice cleanse, eat an apple in the evening. If hunger is a problem, mix a spoon of Spirulina into the juice.

Every day take two tablespoons of cold-pressed olive oil to lubricate the liver and bile ducts. Small amounts in juice during the day will provide the required dose. The three-day cleanse can be repeated several times by alternating a different juice for the next three-day period. It is also wise to alternate between fruit which is cleansing, and vegetables which are regenerating, so that balance is maintained. A coffee enema or herbal enema mix will relieve cleansing headaches, aches and pains, especially if taken first thing in the morning and last thing at night.. Take prune juice if needed. Make sure the bowels are active. Take the herbal nutrient mix as usual during the day. If you are not on an herbal program, take the Bowel Rejuvenator formula on its own, two capsules per meal and adjust dosage as required.

After one or more of the three-day cycles, it is essential to break the cleanse properly. Start with a fruit salad for breakfast. Add honey and finely grated blanched almonds on top. Drink one or two glasses of fruit or vegetable juice in the morning. For lunch eat another fruit salad and drink vegetable juice during the afternoon. For the evening meal take a full vegetable salad with a simple salad dressing of pure cold pressed olive **oil**, apple cider vinegar, lemon and fresh cut culinary herbs.

When conditions are ideal it is beneficial to fast one to three days on water at the end of the juice cleanse. However, when breaking the water fast, first have one day on the juice cleanse before eating fruit and vegetable salads. Do not eat any heavy foods immediately. Add them gradually to your diet. Take an enema each morning of the water fast, and more often if needed.

Most people tell us they experience an increase in energy and a feeling of light well-being. Friends tell them their eyes are shining and that their skin glows. A properly conducted cleanse will not be a suffering experience if you adjust reactions with rest, enemas, aromatherapy, baths, exercise, fresh air, breathing, releasing emotion, and meditation.

### *MONO DIET*

This simple but powerful diet provides the digestive system with a rest almost as complete as a water or juice fast, together with the comfort, warmth, energy and strength that comes from eating foods which you enjoy and digest well. This is especially important if it is necessary to work full time, take care of a family or fast during physical, emotional or mental trauma, or during winter. Because the body is relieved from having to digest complicated combinations of food, it is able to focus on healing.

Whenever there are strong digestive symptoms such as a swollen abdomen, digestive cramps or pain, hiatus hernia or extreme gas, and it is not possible to do a water or juice fast, the mono diet gives superb results within one month. Support the mono diet with the full holistic regimen, including Bach flower remedies, naturopathic home treatments and herbal formulae.

Choose one food at a time for each meal - a fruit, vegetable or a grain. Eat as much of that food as you like. Take a meal as often as required, several times a day if desired, as long as they are at least one hour apart, to allow time to completely digest each food.

Use only cold pressed oils, lemon or cider vinegar, or Cayenne pepper to improve the flavor and assist digestion. Foods can be taken raw, steamed or baked depending on the season, individual energy requirements, what digests most easily and individual preferences.

As the month progresses it becomes clear which foods digest well and which foods cause reactions. Foods which cause any discomfort should be eliminated from the diet. After taking each food note the results, whether you feel light or heavy, alert or sleepy, satisfied or still hungry.

Choose a variety of foods. Include all foods within the suggested whole food, vegetarian, alkaline guidelines. When it is time to return to a more normal diet, the foods which caused aggravations should be eliminated from the diet for at least three months. When they are reintroduced watch carefully for any reactions.

Drink fresh juices from one fruit or vegetable at a time, herb teas, lemon with apple cider vinegar and honey and pure distilled water. These can be taken cool or warm, but not hot or cold.

Herbal supplements can be taken with the meals. If there are a number of meals throughout the day reduce the dose per meal, so that herbs are taken with each meal.

Although it may be difficult to imagine how satisfying a meal of steamed beets or baked squash can be, make a start and let experience demonstrate the benefits of this healing diet.

Often when there has been a shock, due to death, loss or accident, the digestive system malfunctions. This diet will help the digestive system return to normal without causing a strain. It is important to eat light, satisfying foods which are pleasantly presented during stressful times.

### *TASTY & HEALTHY ENERGY SNACKS*

If the metabolism is overactive and food moves quickly through the digestive system, or the expenditure of energy is considerable, loss of weight or hunger may occur on purifying or health-building diets. Also, large or tall persons, or those who are active over long hours or do physical work, require more food to sustain them. It is important to take regular snacks during

the day to provide the required nourishment. However, do not eat continuously, as this will not allow proper digestion of each meal or snack. The following suggestions will help expand the diet program.

Mix dried fruit, seed and nut mixes. Keep a bag of raisins, currants, dates, nuts and seeds nearby for regular snacks, or for when hunger strikes. Spirulina bars are very nutritious for snacks.

Add extra Multi-Vitamin Mineral formula to the herbal nutrients. Take higher doses of herbs, more often, to reduce hunger and increase energy and strength.

Miso soup or Spirulina drinks contribute a potent balancing and nourishing effect which reduce the need for sweets or stimulants that provide immediate energy but leave you depleted.

If the metabolism is hyperactive through nervous or glandular imbalance, it may be necessary to add extra herbs to soothe, calm and slow down body functions. The problem could also be associated with a malfunctioning ileo-caecal valve (which determines when food is to be released from the small intestine into the large intestine), constipation, stress, excessive emotions or anxiety. The Exhaustion formula or Gentian root will increase the body's ability to absorb nutrients.

Longitudinal ridges on the nails indicate diminished ability to absorb nutrients. As the digestion improves the nails will grow normally again.

#### *ACID/ALKALINE BALANCE*

Science has divided foods, like chemicals, into two classes: alkaline-forming or positive, safe foods and acid-forming or negative, unhealthy ones. If we eat over 80% alkaline foods this helps to preserve the normal alkalinity of the blood. This is an important key to balancing foods. Although some items are acid forming, do not exclude them entirely. Use them judiciously, and in the correct balance, so they will yield the greatest good.

Rest and sleep are alkalizers. So are exercise, fresh air, pleasure, laughter, good conversation, enjoyment – especially love! Complete hot baths and showers with cool or cold showers for an alkalizing and energizing effect. Try it! Feel more awake and alive. Acidifiers are worry, fear, anger, gossip, hatred, envy, selfishness and greed, so cleanse these out of the system as well.

#### *LIVER CLEANSE DRINK FOR A PURIFYING DIET*

Dr. Randolph Stone, the originator of polarity therapy, recommends a cold pressed organic olive oil mixed with lemon as a liver cleanser and healer. Cooked and fried oils create stress for the liver. During healing programs avoid all cooked and fried oils. Take the liver cleanse drink daily to support the herbal nutrients, dietary changes and home treatments, and to rejuvenate the liver. Do not use the drink on a daily basis for longer than a month. Take a break for a couple of weeks and then use it again.

*Daily breakfast:* mix three to four tablespoons pure cold pressed, organic almond, olive or sesame seed oil in six to eight tablespoons (twice the oil amount) of fresh squeezed lemon juice. Add fresh Ginger juice and grapefruit, orange or tangerine juice to taste. Blend with three to six cloves of Garlic. Drink and follow with a herbal tea containing Licorice, Anise, Fennel, and Fenugreek (simmered together on a very low heat) then add Peppermint and Violet leaves. Infuse until the mixture is cool enough to drink. Chew the citrus seeds in the mouth for fifteen minutes to gain the benefit of enzymes, vitamins and minerals. The bitter essence is helpful to the liver and also helps relieve any Garlic odor especially when used along with Parsley or whole Cloves. Do not take food with this cleanse drink.

*Constipation:* add higher amounts of Licorice root and fresh Garlic.

*Diarrhea:* do not use Licorice, Ginger or the liver cleanse drink. Substitute Cinnamon bark tea, or use ground Cinnamon generously mixed with baked or cooked apples or cooked with rice or barley. Mullein tea is a specific herb for diarrhea.

*Castor Oil Pack:* support the liver cleanse drink with a Castor oil pack over the liver area three days a week. Refer to the pack instructions in the Herbal and Naturopathy Treatments chapter.

*Reflexology:* massage the liver and gall bladder reflex areas on the feet to support the effect of the liver cleanse drink. Have a polarity therapy or reflexology treatment once or twice a week.

#### *LIVER CLEANSE DRINK FOR A REJUVENATING DIET*

Take one to three tablespoons of pure cold-pressed almond or olive oil mixed with three times the amount of fresh lime or lemon juice followed by two cups of hot water with the juice of one half of one lime or lemon juice to each cupful. Alternately take one eight ounce glass of fresh orange, grapefruit, pineapple or pomegranate juice with one-third tablespoon of cold pressed oil, followed by two cups of hot lemon water. This also helps to relieve constipation.

The rejuvenating liver cleanse drink may be followed by fresh fruit with a few almonds and raisins about fifteen minutes later. A heavier breakfast may be taken one hour later.

Use three-quarters of a cup of millet and one-quarter cup Fenugreek to make steamed porridge in a thermos overnight. Add fresh pressed Ginger juice to one cup water in which raisins, dates or figs were soaked overnight, and mix with the steamed grains.

#### *TOTAL NOURISHMENT*

Nourishment is also reflected in other aspects of life. Add satisfying activities that will increase the ability to receive true and healthy nourishment. We need to learn how to take care of ourselves, enjoy doing the things that will make us feel good, and bring happiness and well-being into our lives.

##### *Exercise*

Movement is life! Exercise is essential. Whether we choose vigorous walking, jogging, aerobics, dancing, swimming, yoga, tai chi, home bouncers or gym workouts, it is necessary to stimulate circulation, exercise muscles, stretch, tone and activate the lymphatic system.

##### *Breathing*

Deep breathing is essential to bring in life-giving oxygen and to eliminate poisonous gases and toxins. If there is difficulty in breathing fully for five minutes twice a day, take up yoga, tai chi and low impact aerobic workouts. Just walking up a gentle slope will deepen the breath. Expand the chest by holding the hands behind while you walk, like the Sherpa trek porters do in the Himalayas.

##### *Vital Circuitry*

Walk barefoot for at least fifteen minutes per day to ground the accumulation of static electricity and release stagnant energy. Wear cotton or natural fiber socks and comfortable natural shoes, or open sandals to allow the feet to relax. Walk barefoot around home whenever possible. Disciplines such as tai chi and dance utilize sensitive foot movements which revive and awaken the feet, benefiting the entire being. Have a weekly reflexology treatment to restore circulation and energy to the feet.

### *Natural Fibers*

Synthetic fabrics build up static electricity around the body and inhibit skin function. Wear only cotton, silk, linen and wool cloth and make sure all bedding is 100% cotton. Use quilts made from natural feathers and down, never synthetic fillers. Health is more important than easy laundry care. Never use electric blankets because they reduce the body's ability to produce its own body heat. Short-term comfort is paid for by long-term imbalances in the natural healing functions of the body, not to mention the effect the electricity has on the body's vital circuitry.

### *Mental and Spiritual Attitudes*

Think positively. Know that it is possible to be healthy. Be grateful for this opportunity for healing. Be willing to release toxins and the mental and emotional patterns that created them, and like the phoenix become renewed. Live from the growing edge. Cooperate abundantly with life as it unfolds. Old outer layers will die away and leave room for the new self to emerge. Imagine being at the center of an expanding flower and feel the beauty of that growth. Practice visualizations and positive thinking. Study and practice meditation regularly.

## *Iridology & Inner Ecology*

### *THE EYES OF THE WORLD*

All living creatures have eyes that look into the world and share the spirit of life with each other's eyes. Whenever we meet the living eyes of any species, we can feel their spirit and their life. There is an exchange of energy and a connection is established.

The pupil reveals the eyelight of the spirit. The iris, the colored area that surrounds the pupil, is a mirror of the inner world, the only original brain tissue to meet the outside world.

Connected through the hypothalamus, the irides reveal information about the condition of all parts of the body in all dimensions of being, body, emotions, mind and spirit. Many of the mysteries and beauties of life are revealed there, but we can only receive the information according to the level of our consciousness. Learning to see the connectedness of life, both inwardly through iridology and outwardly in the world, is a state of grace that grows out of respect and love. The iris becomes our teacher when we look at it under magnification because it gives us new information. The holographic iris reveals the fullness of all aspects of our being.

When we learn about iridology, we begin to see in a holistic, ecological way, and we open to the relationships between our organs, systems and glands, our emotions, our mental patterns and our karmic destiny. We also begin to understand how our inner ecology affects and influences the outer ecology of our world. Our mind expands and evolves. It becomes more fluid, less judgmental and more open to change and tolerance. It learns to see in all directions at once. Our vision opens to a wide horizon of possibilities all related by connectedness - the essence of ecology. Iridology and ecology blend into each other and become iricology.

### *IRIS COLORS*

There are two iris colors, brown and blue, and all other colors display themselves against this background or change the appearance of the background by a another layer of color; yellow covering blue makes a greenish color, for example. There are many different shades of brown and blue, and a third mixed type, displays both colors. Other colors such as orange, yellow, rust, cream or white in many different shades are the result of body chemistry, digestive processes, environmental pollution, food additives, preservatives, aging and medication. Some of these colors are inherited, some develop during our lives, and some change during purification treatment. The significance of the most important colors are explained during a personal iris analysis. If you have a deeper interest I recommend purchasing my book *Iridology — a complete guide to iris analysis*, published by Thorsons division of HarperCollins, now out of print. Copies can be purchased from the School of Natural Medicine. Wisdom Press is republishing *Iridology* in spring 1995. Iridology correspondence courses and seminars are also available. See the application form at the back of the book for prices, information and a free brochure.

### *INNER ECOLOGY REFLECTS OUTER ECOLOGY*

Iridology also shows us that inner ecology reflects outer ecology, and outer ecology reflects inner ecology. From the viewpoint of this perception we can say that our diseased and unbalanced inner world is a reflection of the diseased and unbalanced outer world, or the reverse. This ecological relationship of excesses and shortages, stresses and strains,



weaknesses and strengths, must be balanced and healed within us, so that the world we live in can be healed and balanced by our positive influence. Greater harmony between inner and outer world reduces stress and creates a life of ease, peace and contentment.

In this stressful material world most people live their lives in relationship to the outer world, never realizing how important it is to build up a relationship with the inner life so that the forces from the world are met with strength and balance from within. This balance enables us to build an inner reality which positively influences the world and allows us to rejuvenate and nourish ourselves. Healing becomes a way of life that is lived moment to moment because we are in touch with the essence of our own reality and are not driven entirely by the demands of the outside world.

The world within our body reflects the same natural principles as our outer world. Both are based on ecological laws of homeostasis or balance and of shortage or excess when out of balance. Just as a shortage of water produces a drought and an excess, floods, lack of feeling produces dryness or apathy, and excess, hysteria and passion. The dance of the elements within and without our body creates the climate of our holographic life. Both our inner world of physical organs, systems and glands, and our interaction with the world as we take in or release physically, emotionally, mentally and spiritually, are revealed in the irides.

### *INNER ECOLOGY, IRIDOLOGY & IRICOLOGY*

Iridology means the study of the iris of the eye. Ecology means the study of the relationships between living organisms and their environment (both inner and outer). Iricology is the holistic ecological study of the microcosm of the inner world and the macrocosm of the outer world in relationship, as observed in the iris of the eye. Iridology is a doorway to our inner ecology, the fundamental inherited inter-relationship of our organs, systems and glands which reveal the pathways to personality, aging and the development of acute and chronic illness.

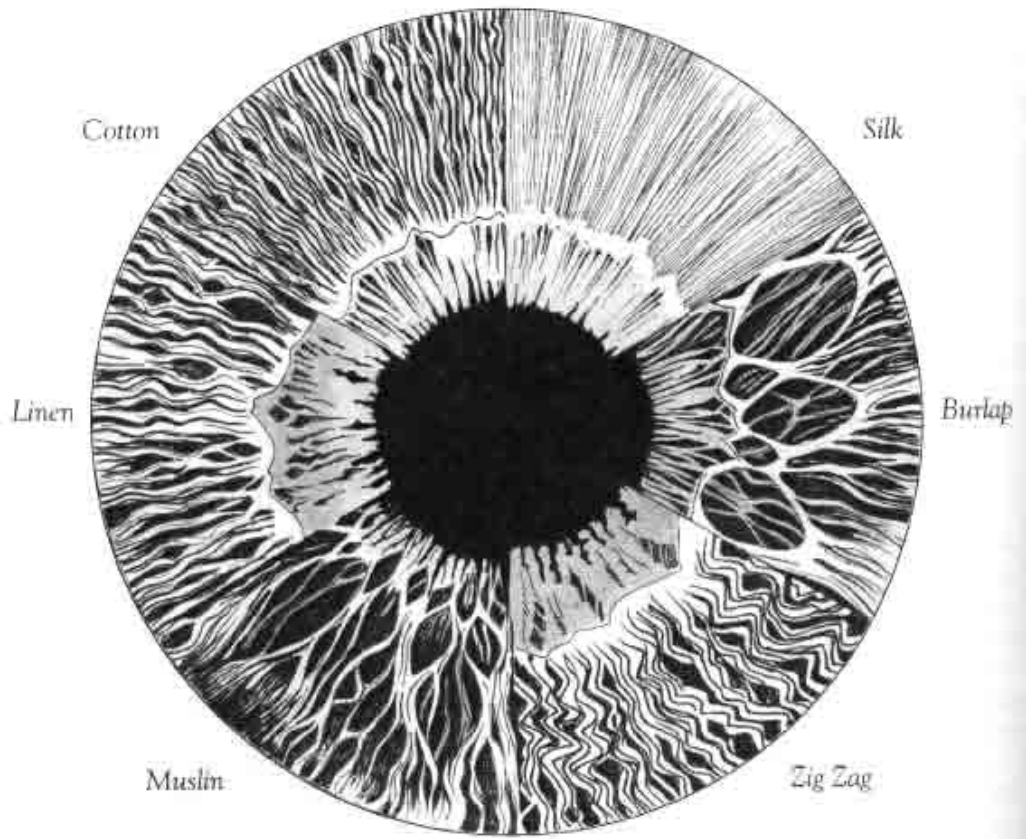
The iris of the eye displays life processes, energies and movements against the constitutional fabric of life. It is best if this information is received when we are young, so that we have the opportunity for prevention through conscious life choices that do not aggravate and accelerate our inherent weaknesses. Our weaknesses are only potential. Whatever seeds we sow, whether they be for health or illness, will develop in our constitutional soil.

Because iridology also offers information about our strengths, our personality and our potential, there is much to learn from an analysis. Our entire being, body, mind, emotions and spirit is revealed in our irides if we have the eyes to see and the openness to receive.

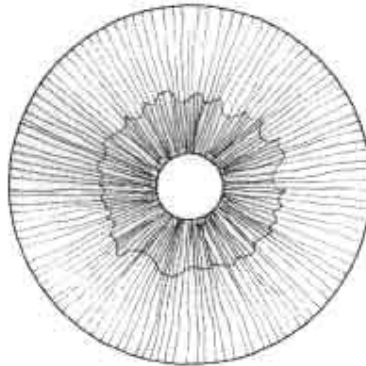
Healing requires truth and a deep level of holistic perception and education. The ancient naturopaths in Greece put the words 'Know Thyself above their doorways. Our eyes are the threshold to our inner world, and we can use the information they give us to guide us in that exploration. If we truly did know ourselves we would have the answer as to why we needed an illness, and we would know what we had to do. This journey to 'knowing oneself and healing oneself is our true path. I wish you joy and success on your journey.

### *IRIS FIBER STRUCTURE - THE FABRIC OF LIFE*

Iris fibers, when fine and tightly woven, represent structural strength. Loose fibers display open emotional receptivity, release and expression. Both are valuable qualities. Strong examples of one type or another show that the missing aspect needs to be developed for balance. A type that has all aspects in an average balance reveals another kind of strength, that of openness and understanding for others and an ability to access visual, auditory and kinesthetic modes of learning and expression. The different types of iris structures are displayed below: Silk, Cotton, Linen, Muslin, Burlap, and Zig Zag.



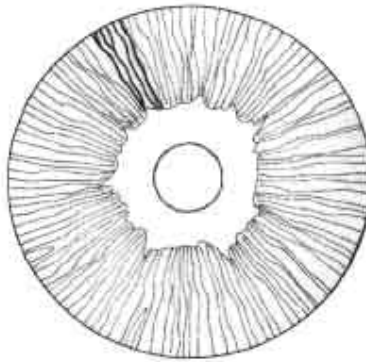
## Iris Structural Types



### *SILK STRUCTURE TYPE - PIONEER ACTIVIST PERSON*

*Positive Aspects* - a strong structure with a quick recuperative ability, energetic goal achievers who can work long hours without rest or sleep, and natural leaders and visionaries who express verbally and learn visually; because they are such a strong type, they often attract and marry their opposite, someone emotional and expressive, for balance.

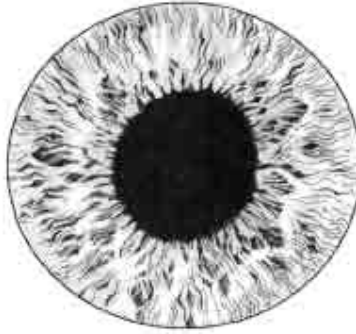
*Negative Aspects* - intolerant of others who are weaker or who have less energy, they drive their body to the breaking point as they dominate and manipulate others to achieve their goals; they have difficulty coming out of their head into their feelings, and expressing emotions.



### *LINEN STRUCTURE TYPE - STRONG WORKER PERSON*

*Positive Aspects* - they have a good measure of the Silk positive qualities, including strong energy and health, with more access to feeling, expression and sensitivity to others.

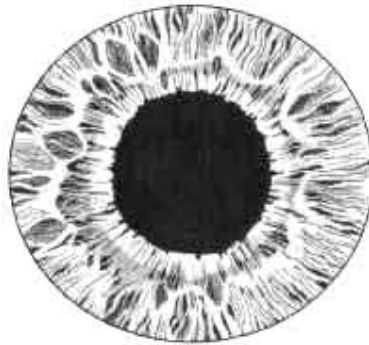
*Negative Aspects* - they are less rigid than the negative Silk type; they are beginning to appreciate leisure and the value of 'being' instead of always working on goal oriented projects.



*COTTON STRUCTURE TYPE - AVERAGE COMFORTABLE PERSON*

*Positive Aspects* - their strength manifests through balance and a more expressive emotional life; they enjoy all aspects of life: work, sociability, solitude and leisure; they are less obsessive than Silk or Linen and more structured than the Burlap type.

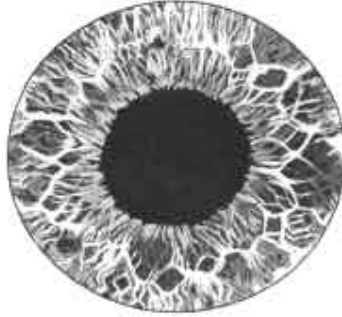
*Negative Aspects* - they can be without strong focus or try to go in too many directions because many avenues are open to them; they rely on what is easy, rather than make effort, and may lack purpose because their nature is not strong in any direction; they may settle for a situation below their capability just to make life easy.



*MUSLIN STRUCTURE TYPE - FEELING CREATIVE PERSON*

*Positive Aspects* – empathetic, creative and expressive individuals with sensitive, strong instincts and feelings, they can release and communicate through voice, writing, dance, art, poetry and color; they adjust to circumstances easily and have compassion for those around them as well as concern for the environment.

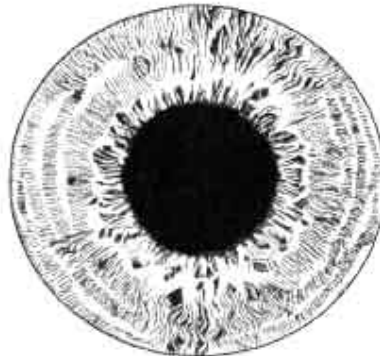
*Negative Aspects* - they can be overly emotional, lack structure, and be gifted but unable to organize themselves to achieve goals; they live in the realm of ideas rather than manifesting their visions, and can get lost in dreams, fantasies and projections; they are weaker physically, with slow recuperative abilities, need more rest, and are affected easily by others; they have long range stamina for survival.



*BURLAP STRUCTURE TYPE - SURVIVOR ADJUSTER PERSON*

*Positive Aspects* - they have an increased capacity for tolerance, understanding and compassion in difficult circumstances, letting events and difficulties flow around and through them rather than holding on and creating resistance or reactions; they offer leadership based on feeling the needs of others, rather than pushing everyone to achieve a goal regardless of individual sacrifices.

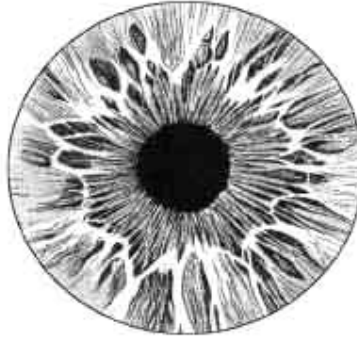
*Negative Aspects* - they suffer from weak recuperative ability, low energy, low resistance to disease, digestive and structural weakness, and apathy.



*ZIG ZAG STRUCTURE TYPE - NERVOUS CONFLICT PERSON*

*Positive Aspects* - their increased sensitivity gives them the ability to look at different sides of any situation.

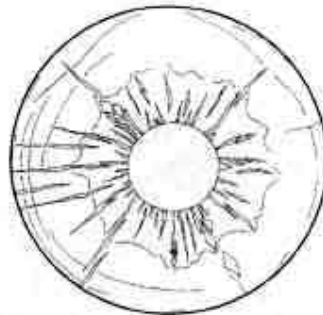
*Negative Aspects* - because of indecision they experience an inability to move ahead without chopping and changing; this difficulty in achieving goals leads to hypersensitivity, impatience and exhaustion due to the mental conflict; it is important that this type should not stay in a situation they cannot resolve.



*NET STRUCTURE TYPE - CREATES OWN REALITY PERSON*

*Positive Aspects* - this type creates a net effect that rises up on the surface of the iris, usually a white upper layer with darker tones in the lower layer; the net filters difficult experiences; they have the strength of the net combined with endurance, cheeriness and enthusiastic optimism.

*Negative Aspects* - their weakness lies in not facing things as they are; they fantasize or select, leaving out much; they often do not face the negative side of life, preferring to live in their own reality, according to their dream vision; often childlike, they can avoid responsibilities and duties; physically, the autonomic nervous system can become exhausted, and deep toxins can collect beneath any overactive net fibers; the polarities of life are so separated that the iris shows two levels; eventually the polarities meet when the body breaks down and reality must be faced.



*VELVET NON-STRUCTURE TYPE - SILENT PATHOLOGY PERSON*

*Positive Aspects* - true brown eyes do not reveal iris fibers and do not have a structural pattern; this lack of reactivity on the surface creates the ability to live without distractions, and to plod on, day by day, without much thought for the body or self; this approach to life benefits family and community; the individual takes care of their body and appreciates preventive care and reasonable living habits.

*Negative Aspects* - the ability to ignore the body and not take care of it until something chronic manifests is a problem with this type; they need to get in touch with, receive and respond to body messages of stress or malfunction; read the Velvet Brown constitutional type to learn more.

# IRIDOLOGY CONSTITUTIONS

Certain combinations of body systems appear together in the iris and create patterns which are organized into constitutional types. Each type reveals a combination of sensitivity and weakness. Their constitutional selection of organs, systems and glands weaves the fabric of each person's inherent body/mind/spirit dynamic. Imbalances in any organ, system or gland affects the function of other organs, systems and glands, which then must adjust and compensate. When we approach healing with this deep level of information we can activate, support, rejuvenate and balance systemic function, so that optimum levels of health, healing and energy can be achieved.

The constitutional fabric of life, the iris structure, depicts the potential life story. Knowing the gifts and limitations of our type helps us to develop our strengths, and strengthen our weaknesses. Otherwise we are at the mercy of ignorance, a victim of our body reality. This information is not something to be feared. It is not a judgment. It tells us more of who and what we are and what we have to work with. It is enlightenment. The purpose of this work is not only to help prevent the development of constitutional aging illness but to restore health that has been lost through ignorance, stress, overwork and carelessness.

Certain iris patterns appear again and again, and when we correlate symptoms, aging processes, diseases and personality tendencies, distinct types emerge. The patterns help us to understand the causes of our imbalances and illnesses. We learn that we are not alone in the way our body is aging or developing disease. We learn that there are reasons for the health problems that we have, and we learn what we can do about it.

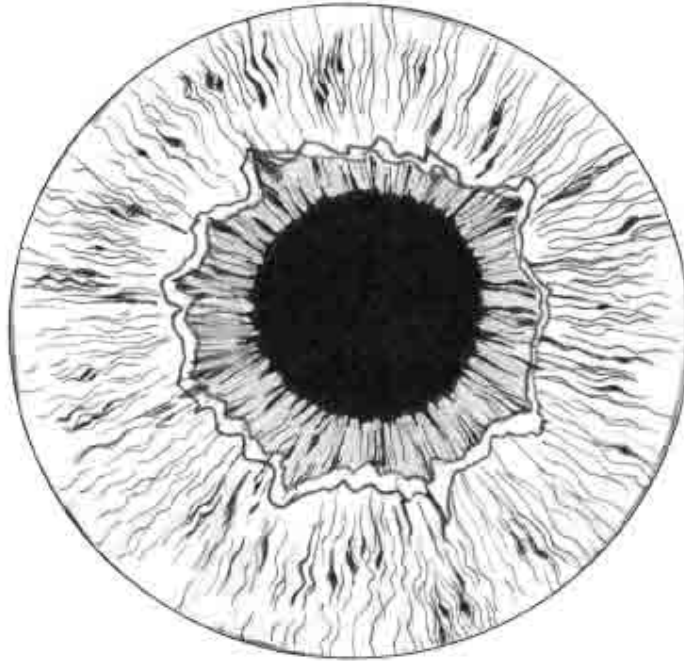
There is no good constitution, nor is there a bad constitution. Each constitution has its strengths and weaknesses. Because each constitution involves not only the physical reality but the emotions, mind and spirit, extreme strength in one aspect does not necessarily mean strength in them all. Strong structural types are often emotionally insensitive and unable to enjoy life when they are not in full drive, achieving goals; therefore their weakness is in the emotional life.

Some individuals display strong types and others are a mixture of two, three or more types. Just because you are a certain constitutional type or types does not mean that you will develop the common conditions which persons of this type or types are prone to develop. These conditions are potential only. They reveal the inherent pathways of aging and chronic illness that are activated by how we live in our body. This system is used for educational purposes, not for the diagnosis of disease.

It is also important to remember that the constitutional types are a description of the main background patterns against which all other colors, openings, lines and markings on the iris display themselves in a more complex, uniquely individual way. The full picture is explained in an individual iridology analysis. Models of each of the main systemic constitutional types are included here as an individual educational reference.

Some of the information listed under a type may be relevant and some may not. It is essential for people interested in their own health and well-being to have an iris analysis for self education. This work does not replace professional medical advice, diagnosis or treatment.

# Immune Reactive



<i>Iris Color</i>	Blue
<i>Fiber Structure</i>	Average
<i>Description</i>	Raised thick, often swollen collarette or nerve wreath
<i>Aging/Disease Pathways</i>	Lymphatic system reactivity related to the autonomic nervous system
<i>Systems</i>	Lymphatic, nervous
<i>Other Possible Signs</i>	White autonomic nerve collarette; white lymph zones where the ear, nose, eyes, vagina or rectum open to the outside world; white fiber strands moving out from the digestive areas into the iris
<i>Tissue Weakness</i>	Mucus membranes, lymph glands, eliminative discharges through nasal and gastrointestinal tract, sense organs, reproductive organs
<i>Gland Weakness</i>	Lymph glands
<i>Organ Weakness</i>	None unless other iris signs denote them



<i>Activity</i>	Acute discharges, hyperactive and chronic inflammation, constant internal energetic aggression against the environment and invaders
<i>Symptom</i>	Acne, aching muscles, adenoids, allergies, arthritis, coughs, dandruff, dry skin, eczema, eye irritations and discharges, nasal congestion, sinus, sneezing, stiffness, swollen glands, vaginal discharges, water retention
<i>Eliminat</i>	Dairy, acid or mucus forming foods, sugar, alcohol
<i>Diet</i>	Mucus-free diet, alkaline foods, sufficient fluids
<i>Lifestyle</i>	Regular exercise, reduced contact with environmental and dietary pollutants, must develop moderation and discrimination
<i>Herb</i>	Lymphatic, Antibiotics Naturally, Infection, Mucus Congestion, Chronic Purifier formulae
<i>Treatments</i>	Glandular poultices

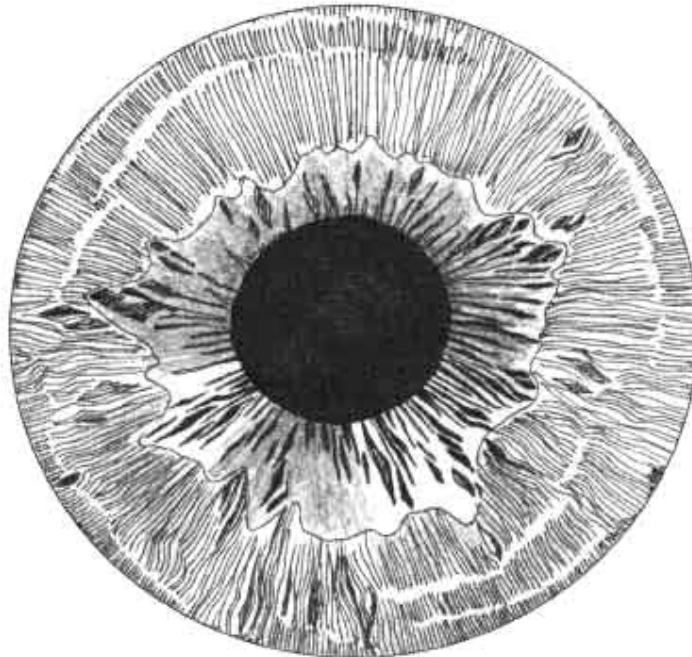
#### *Personality*

The hyperactive response of this type is created by overenthusiasm and reactivity. They are tuned into and touched by everything. The constant stimulation creates restlessness which causes further reactivity and chemistry imbalances. This results in continuous discharges and acute symptoms which are a continual source of low-grade infection and stress. This further weakens the body. When this type learns strength and stillness in their inner world so that the outer world does not overstimulate them, together with appropriate diet and living habits, their sensitivity can be utilized without it being a constant source of stress and irritation. Over time they will develop a sense of ease in relationship to the world. Their membrane of reaction between the inner and outer worlds is very thin so that great care needs to be taken in the maturing process to work with this sensitivity, rather than become its victim.

#### *Challenge*

Avoid the suppression of symptoms and the development of chronic disease by calming and neutralizing reactivity. It is important that the body and life are not always in a state of defense, insecurity, hyperactivity and reactivity. Keep the immune system clean and clear and support it during reactivity and acute conditions.

# Nervous Sensitive



<i>Iris Color</i>	Blue
<i>Fiber Structure</i>	Linen; fine, wiry fibers
<i>Description</i>	Strong to average structure with a white collarette
<i>Aging/Disease Pathways</i>	Nervous system
<i>Systems</i>	Nervous, endocrine, muscular
<i>Other Possible Signs</i>	Glandular weakness, white fibers, skin toxicity, hyperactive brain areas; inflammatory processes are the result of nerve sensitivity and depletion; sensitivity rings or other nerve signs displayed over this background indicate stronger sensitivity
<i>Tissue Weakness</i>	Nerves, skin, muscles, brain tissues
<i>Gland Weakness</i>	Adrenals, thyroid
<i>Organ Weakness</i>	None unless depicted by other signs
<i>Activity</i>	Inflammation, thyroid-related calcium imbalances, nerve irritation and sensitivity
<i>Symptoms</i>	Arthritis, calcium deficiency or excess, headaches, hypersensitivity, migraines, nerve afflictions such as shingles and multiple sclerosis, skin eruptions, ulcers, vascular spasms

<i>Eliminate</i>	Stimulants, stress, overwork
<i>Diet</i>	Alkaline, calming foods; avoid overeating or eating late at night
<i>Lifestyle</i>	Moderation and balance; learn relaxation; take regular breaks And adequate sleep to restore the nervous system
<i>Herbs</i>	Adrenal, Calcium, Nerve, Thyroid, Sweet Sleep formulae
<i>Treatments</i>	Castor oil packs on the solar plexus, energy balancing bodywork, grounding exercises; acupuncture; massage

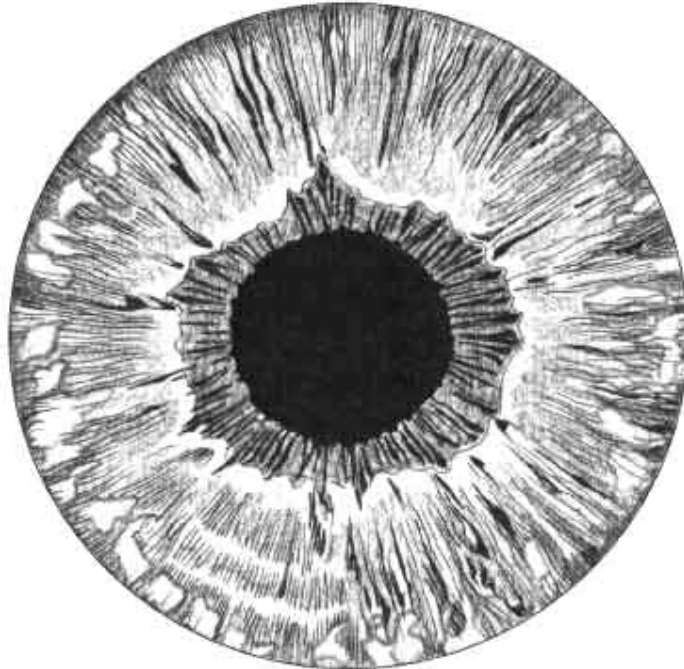
### *Personality*

These are success-oriented people who can blind themselves to what is around them due to limited goal vision. They sacrifice too much to achieve their goals and get what they want. Ultimately their overdrive results in burnout, exhaustion, collapse, strokes or chronic disease. Adjustment to a restricted lifestyle is very difficult. Their structural strength gives them the energy to achieve goals and work hard, but when the use of stimulants and stressful lifestyles put them in hyper-drive, they deplete their adrenals and nervous system. Their air element imbalance creates speed and greed which further stresses the limited vision of goal pressures.

### *Challenge*

They need to learn 'to be' instead of always 'to do,' to become human beings instead of human doings. Vision must open to include all of life, not just goals. It is also important for this type to learn tolerance for others who are different.

# Lymphatic Sensitive



<i>Iris Color</i>	Blue
<i>Fiber Structure</i>	Any structure
<i>Description</i>	Partial or complete circular peripheral lymphatic tophi
<i>Aging/Disease Pathways</i>	Lymphatic system
<i>System</i>	Lymphatic
<i>Other Possible Signs</i>	Varying colors of white, grey, yellow or brown lymphatic tophi in areas around and within the ciliary outer iris edge; whitening of the iris fibers; often combined with dense, deep sensitivity rings; gray extends into sclera at 9 and 3 o'clock, on one or both eyes, lateral or medial
<i>Tissue Weakness</i>	All body tissues are affected by lymphatic malfunction
<i>Gland Weakness</i>	None unless depicted by lacunae or radii soleris
<i>Organ Weakness</i>	Spleen or any other organ depicted by lacunae or radii soleris
<i>Activity</i>	Imbalances in lymphatic function, tissue fluid imbalances, inflammation, hyperactive or hypoactive immunity

<i>Symptoms</i>	Acute discharges, allergies, hay fever, edema, rheumatism, Swollen glands
<i>Eliminate</i>	Dairy foods, mucus forming foods, sugar, processed foods and acid foods; avoid meat and alcohol
<i>Diet</i>	Natural whole foods, organic raw and cooked fruits and vegetables, grains, nuts, seeds, vegetable juices, adequate liquid intake daily
<i>Lifestyle</i>	Regular exercise, avoid smog, pollution, car fumes; avoid Contaminants from paint, preservatives, chemicals and hair and beauty products
<i>Herbs</i>	Lymphatic, Blood Purifying, Chronic Purifier and Circulation formulae; drink Fenugreek tea (6 to 8 c daily) or take powder in capsules
<i>Treatment</i>	Poultices, aerobic exercise, lymph massage, regular walking, beauty, music

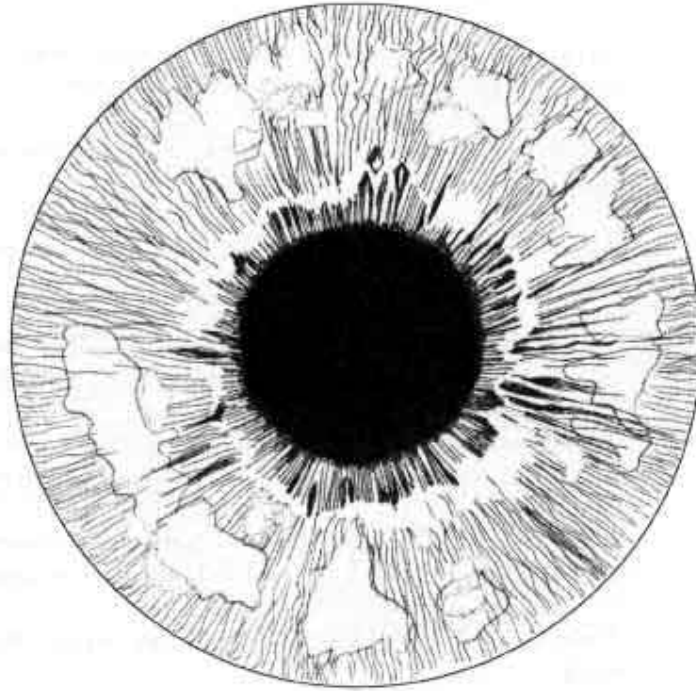
#### *Personality*

This personality reflects the quality of the lymphatic system. They have ideals of harmony, peace and purity, a heaven on earth idealistic vision. They feel kinesthetically the suffering of other living beings, the decimation of wildlife, and the pollution of the planet. They work tirelessly for causes and have difficulty saying no. When they become depressed they wallow in emotional toxicity. Harmonious beauty, music, art or literature lifts their spirits and inspires them. Because they are greatly affected by the environment, they need to surround themselves with beauty and harmony, especially in the home and work environment.

#### *Challenge*

Because the tendency of this type is to hold on to toxicity, it is essential that efforts be made to learn to release, to let go and purify on all levels. Whenever this type holds on to toxins or unexpressed emotions, the lymph becomes congested and affects the entire body. The nature of lymph is to flow, to purify and to circulate throughout the entire body, restoring balance, harmony and purity throughout the tissues. It is also essential that this type learns to say no, not to overload their systems, and to discriminate carefully as to what they allow into their life.

# Lymphatic Holding



<i>Iris Color</i>	Blue
<i>Fiber Structure</i>	Silk, Linen, Cotton fiber types
<i>Description</i>	Complete or partial circular platelets of lymphatic topi in the peripheral to central part of the iris up to the collarette
<i>Aging/Disease Pathways</i>	Lymphatic and body tissues
<i>Systems</i>	Lymphatic, urinary, nervous
<i>Other Possible Signs</i>	Large topi deep in the iris, changes in color from white to gray, Yellow or orange over the topi, gray scurf ring, white or colored collarette
<i>Tissue Weakness</i>	Tissues where topi cover iris areas
<i>Gland Weakness</i>	None unless depicted by other iris signs
<i>Organ Weakness</i>	Kidney and any others depicted by iris signs
<i>Activity</i>	Toxicity, uric acid retention, congestion

<i>Symptoms</i>	Arthritis, gout, kidney problems, rheumatism
<i>Eliminate</i>	Alcohol, meat, salt, dairy foods, processed flour products, Inorganic minerals, acid foods
<i>Diet</i>	Fresh raw, steamed or baked vegetables, especially celery and parsley; purification, mono, vegetable juice and alkaline diets are essential; seaweeds are excellent
<i>Lifestyle</i>	Must avoid indulgences and excesses, develop a simple pure Lifestyle and devote time to purifying the body, emotions and Mind
<i>Herbs</i>	Kidney, Lymphatic, Chronic Purifier, Heavy Metal, Alkaline and Anti-Inflammatory formulae
<i>Treatments</i>	Homeopathic miasmatic level treatment; deep tissue massage; Ginger kidney poultices; reflexology

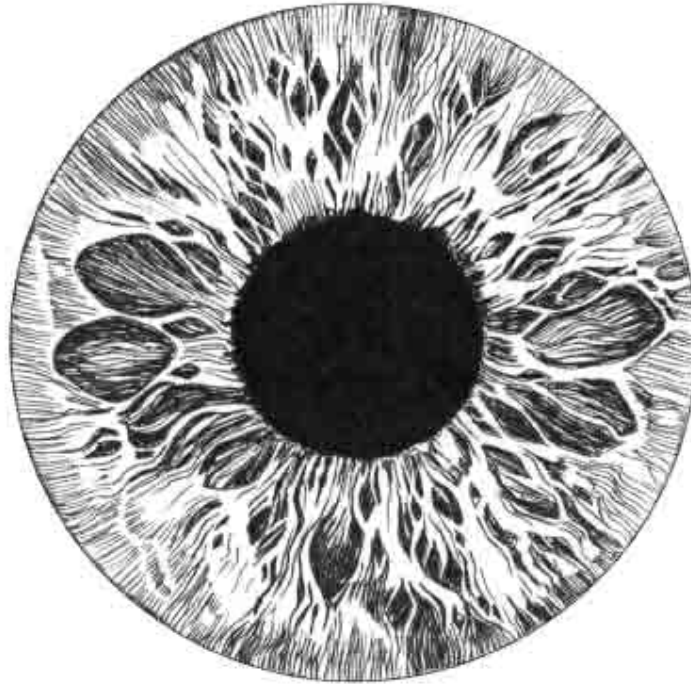
#### *Personality*

Because this person is controlled and inhibited by the past and its influence on the present, it is very difficult for them to become themselves. They are shackled by a weight that resists release and transformation. It will be very difficult for this person to be creative or to have the confidence to forge an individual lifestyle. When their system is relieved of the toxic burden they begin to experience their potential for creativity and joy. If they do not free themselves their life will be limited. Either way they will be burdened by the body. The choice to cooperate fully in purification and healing is a better option than suffering increasingly uncomfortable symptoms. If the mind and heart can recognize that they are a link in the evolutionary chain of life, they will be inspired to do the work of transforming straw into gold.

#### *Challenge*

Because this constitution is burdened by inherited toxins these individuals must be willing to give time and attention to cleansing and freeing themselves from this influence on their body and lives. It is as though there are only two choices: suffer the consequences or be willing to activate elimination and rejuvenation and live a simple, healthy lifestyle.

# Glandular Digestive Emotional



<i>Iris Color</i>	Brown or blue
<i>Fiber Structure</i>	Collarette structure is open, in a regular or irregular pattern. The Fibers in the outer iris are structurally stronger
<i>Description</i>	The area outside and beyond the collarette and autonomic nerve wreath, where organs, glands and digestive absorption into blood and lymph takes place, is structurally open in varying patterns, irregularities and shapes
<i>Aging/Disease Pathways</i>	Digestive and nervous systems in the collarette area
<i>Systems</i>	Digestive, endocrine, reproductive, nervous
<i>Other Possible Signs</i>	Central heterochromia, bowel pockets
<i>Tissue Weakness</i>	Bowels, glands, organs, autonomic nervous functions
<i>Gland Weakness</i>	Any gland area where iris fibers open into lacunae
<i>Organ Weakness</i>	Any organ area where iris fibers open into lacunae



<i>Activity</i>	The natural healthy potential of this iris is to release and express; whenever energy is held in, whether it is through constipation on the physical level, repression on the emotional level or introversion on the mental level, it will block movement and release, producing toxicity, sluggish function and inhibition
<i>Symptoms</i>	Constipation, poor digestion, infertility
<i>Eliminate</i>	Rich, heavy foods, eaten late at night, overeating, too many combinations, drinking with meals, insufficient chewing
<i>Diet</i>	Mono diet, simple foods, alkaline cleansing diets, raw fruits and vegetables, high fiber and fresh juices; the main meal of the day should be at noon or no later than 5 p.m.; regular intake of seaweeds and liquid minerals and natural digestive herb teas, papain and chlorophyll will improve digestion
<i>Lifestyle</i>	It is important to exercise after eating; do not sleep on a full stomach; expression and release through creative activities like dancing, art and music are important
<i>Herbs</i>	Bowel Rejuvenator, Nerve Rejuvenator, Hormone, Body Building, Thyroid, Multi-Vitamin Mineral and Calcium formulae
<i>Treatments</i>	Castor oil packs, enemas and abdominal packs

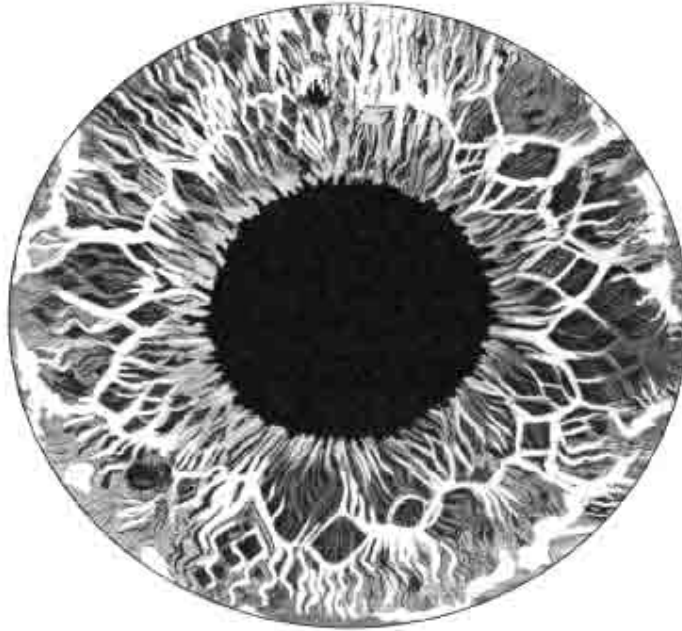
*Personality*

The structural openings flower into the emotional life, allowing spontaneous feeling. Because they express visually they learn best through voice and sound. When introverted, they are contained inwardly in dreams, fantasies and visions. Fulfillment comes through creative joy.

*Challenge*

This type needs to learn to take in nourishment, process it, utilize the energy and then release what is not needed. Any inhibition of this flow will cause toxic buildup. It is also essential that this type enjoy and release creativity, color and beauty, as well as to develop concentration and mental organizational structural abilities. Because their energetic pattern is to digest life, the development of discrimination as to what is good for them and what is not, on all levels, is very important. What they cannot digest will cause distress.

## Structurally Open



<i>Iris Color</i>	Brown or blue
<i>Fiber Structure</i>	Burlap
<i>Description</i>	The entire iris is covered with flower or leaf lacunae patterns, honeycomb structures, and a loose, hard-to-define collarette
<i>Aging/Disease Pathways</i>	Bone, muscular, glandular and organ structural weakness
<i>Systems</i>	Structural, glandular, digestive
<i>Other Possible Signs</i>	Other signs which may occur over this structure are sensitivity rings, central heterochromia, darkening of lacunae, bowel pockets, crypts, reflexive fibers, dark scurf ring in the skin zone on the iris/sclera margin
<i>Tissue Weakness</i>	Bowel, muscles, connective tissue
<i>Gland Weakness</i>	Any gland area where a lacunae opens; it is more chronic if there is toxic darkness inside, or more acute if white; the adrenals are often involved
<i>Organ Weakness</i>	Any organ area where a lacunae opens; look for darkening or whitening to indicate toxicity or inflammation
<i>Activity</i>	Bones and muscles are inherently weak and slow to heal or recuperate; they easily become sluggish, fatigued and toxic

<i>Symptoms</i>	Weak bones, joints and muscles cause varicose and spider veins, hemorrhoids, prolapse, hernia, spinal misalignment, poor posture and curvature of the spine and aches and pains
<i>Eliminate</i>	Junk foods, denatured processed foods, stress
<i>Diet</i>	Natural whole food high fiber diet, seaweeds and liquid minerals, fresh vegetables juices
<i>Lifestyle</i>	Moderate living habits, walking, swimming, tai chi, yoga
<i>Herbs</i>	Anemia, Exhaustion, Calcium, Body Building, Adrenal, Bowel Rejuvenator or Vitalizer, Circulation Systemic formulae; Licorice tea, spirulina, algae, seaweeds
<i>Treatments</i>	Massage, Castor oil packs, chiropractic, osteopathy

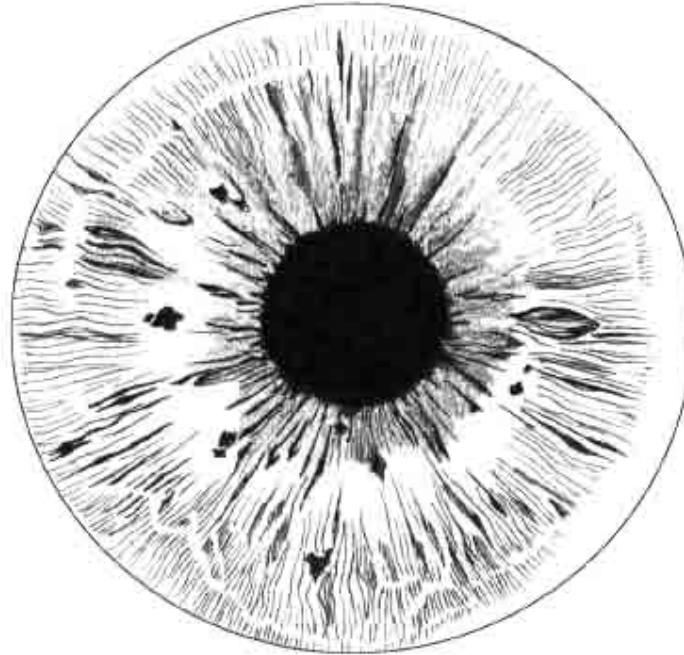
### *Psychology*

Strong socially, this type is sensitive, adaptable and communicative. They are at their best in crisis situations or in crowded communities where their compassion, tolerance and understanding make them natural leaders, because their concern is for the welfare of individuals. They do not sacrifice the individual to community goals like the structurally strong leader. Because they live within their own weaknesses and limitations, they understand the weaknesses of others. When negative exhaustion, apathy and fatigue take over, they lose purpose and interest because they don't have the energy to make things happen or to manifest change.

### *Challenge*

This type of person needs to create structure to balance their expressive creativity and instinctual feeling. They need to accept that they will have to care for their bodies, live within its limits and develop a lifestyle that will enable them to enjoy good health.

# Circulatory Hardening



<i>Iris Color</i>	Brown, blue
<i>Fiber Structure</i>	Any fiber structure, or the mixed or velvet brown type
<i>Description</i>	Partial or full white ring of varying widths (translucent to opaque) in the lymphatic, circulatory and skin zones
<i>Aging/Disease Pathways</i>	Inhibition of circulation, calcium imbalances, heart weakness
<i>Systems</i>	Circulatory, lymphatic
<i>Other Possible Signs</i>	Arcus senilis, scurf and sensitivity rings as well as heart, liver, and thyroid indications
<i>Tissue Weakness</i>	Arteries, capillaries, heart
<i>Gland Weakness</i>	Thyroid and parathyroid glands affect calcium imbalances in the Blood
<i>Organ Weakness</i>	Heart, liver, spleen, and often kidneys; look for any iris signs

<i>Activity</i>	Blood thickens, reducing peripheral circulation; the liver is overburdened; lymph can't purify fluids; plugging and hardening of the arteries creates blood pressure imbalances; aging develops through hardening; circulation loss diminishes the flow of life through the body; cholesterol increases; increased calcium buildup in the joints and tissues
<i>Symptoms</i>	Poor circulation, anemia of the extremities, poor concentration and memory, depression, senility, muscle and joint stiffness, high or low blood pressure, arthritis and rheumatism, aches and pains, hearing loss, hypothyroidism, liver dysfunction, cardiovascular degeneration
<i>Eliminate</i>	Salt, alcohol, fat, aspirin, fried foods, inorganic minerals, cholesterol, eggs, meat
<i>Diet</i>	Alkaline, vegetarian, mono diets; raw organic produce, fresh juices, distilled water, seaweeds, garlic, lecithin, vitamin E, liver cleanse drinks
<i>Lifestyle</i>	Exercise, steams and saunas; stay active
<i>Herbs</i>	Systemic treatment: Circulation Systemic and Cerebral, Heart, Lymph, Liver, Blood Purifying and Thyroid formulae; Buckwheat tea
<i>Treatments</i>	Massage; rolfing; tai chi; yoga

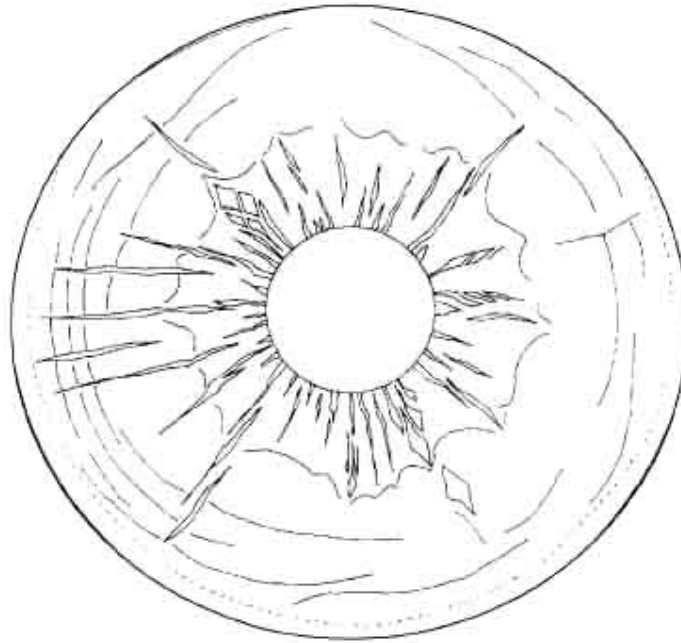
#### *Personality*

Because the physical level manifests hardening of the arteries and slowing of circulation, lessening vitality and oxygenation, the emotional and mental levels reflect this with inflexibility, resistance, inability to adapt or adjust, domination and unwillingness to change. Because of their fixed nature they can become judgmental, impatient and arrogant, or lost in their own mind, unable to communicate, release or enjoy. They also become depressed when they suffer from an inability to concentrate and have poor memory. Like the pillar of salt they harden body, heart and mind and eventually shut themselves inside. Extreme cases are manic depressive. Others may only experience physical symptoms, which vary greatly from person to person.

#### *Challenge*

This type creates a barrier, a white ring representing loss of flexibility together with a lack of interest in the outside world. With a natural tendency to fixed ideas they believe their way is the right way. They need to learn tolerance for different ways of seeing and doing things, compassion and the ability to listen to others. Softening and dissolving are the balances they require. Because this type resists change, their healing and evolution may take longer and require more effort.

## Anxiety Gastric



<i>Iris Color</i>	Brown or blue
<i>Fiber Structure</i>	Any fiber structure
<i>Description</i>	Radii soleris radiating out from the center combined with sensitivity rings, in varying patterns, density, and numbers
<i>Aging/Disease Pathways</i>	Digestive and nervous systems affecting each other
<i>Systems</i>	Digestive, nervous, glandular
<i>Other Possible Sign</i>	Toxic radii soleris; radii going through a major organ, gland or brain areas; radii breaking through the collarette affecting the autonomic nervous system; bowel toxicity; acute or toxic sensitivity rings
<i>Tissue Weakness</i>	Wherever radii break through the collarette, or terminate, there is potential weakness in the bowels or autonomic nervous system
<i>Gland Weakness</i>	Any gland the radii run through, such as adrenal, thyroid, Pancreas
<i>Organ Weakness</i>	Any organ the radii run through, such as heart, liver, kidney, Spleen

<i>Activity</i>	If the bowels are toxic the radii are used to dispense toxins into reflex areas affecting organs, glands, body systems and tissues, causing irritation and hyperactive neuro-muscular activity and psychosomatic ailments blood diseases and calcium imbalances
<i>Symptoms</i>	Angina, anxiety, cardiac stress, colitis, constipation, epilepsy, headaches, hysteria, intestinal spasms, nervous stomach, thyroid deficiency, ulcers
<i>Eliminate</i>	Sugar, fried foods, junk and processed foods, eating on the run, when under stress or during emotional conflicts
<i>Diet</i>	Wholefood vegetarian fresh organic vegetables, fruits, grains, nuts and seeds; fresh vegetable juices; alkaline diet; mono diet
<i>Lifestyle</i>	Must avoid stress; must take care to avoid living in conflict situations; exercise; meditation, tai chi and yoga are recommended
<i>Herbs</i>	Bowel Rejuvenator, Nerve Rejuvenator, Tonic or Vitalizer, Adrenal, Thyroid, Alkaline and the Multi-Vitamin/Mineral Naturally formulae
<i>Treatments</i>	Castor oil pack; Ginger poultice over kidneys; cold abdominal pack; polarity balancing; massage; acupuncture; Bach flower remedies

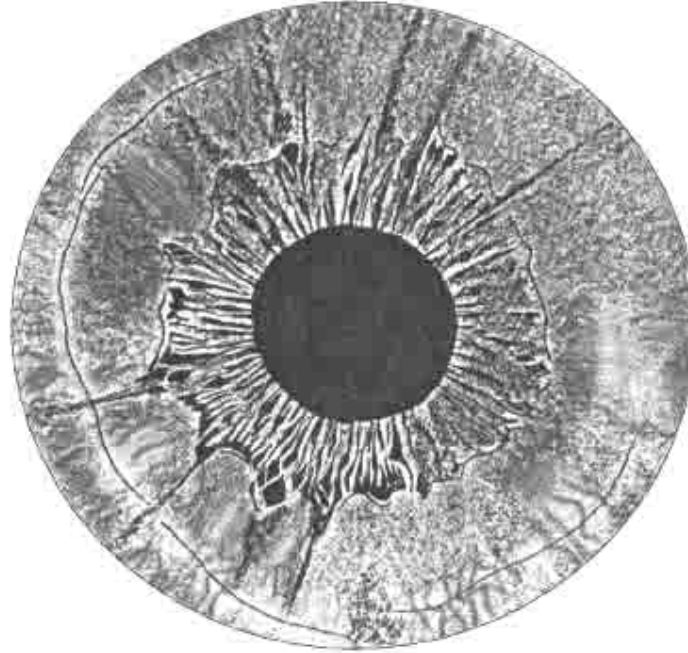
#### *Personality*

This type contains two strong energy movements, outward goal direction through radii soleris, and inward containment through sensitivity rings. In their negative expression this type wallows in unresolved conflict, wastes energy, stops, changes, is unable to make a decision, follow through or resolve problems. Breakdown is the inevitable result of exhausted adrenals and a depleted nervous system. The positive expression is manifested when the person can express and dialogue both aspects of their personality with creative joy, and resolve conflicts by looking at both sides before making the best choice or perhaps doing both. They may avoid choice by going along with whatever stronger, more defined personalities around them want to do.

#### *Challenge*

This type needs balance, stillness, inner strength and wisdom. They must learn to dialogue internally, and overcome the tendency to exhaust themselves with situations and conflicts they can't mediate, harmonize or resolve. They must balance their sensitivity so that they are not a victim of this knot of vacillating feelings, or stay where they cannot free themselves from or resolve conflicts.

## Mixed Color



<i>Iris Color</i>	Various shades of brown mixed with blue, yellowish green or greenish blue
<i>Fiber Structure</i>	Mostly light brown velvet without fiber structure with occasional fibers showing in the blue, green, yellow areas, or near the sensitivity rings
<i>Description</i>	Light brown velvet iris with blue or green, yellow or blue revealed in the pelvic areas or near sensitivity rings
<i>Aging/Disease Pathways</i>	Blood, bowels and digestive organs
<i>Systems</i>	Digestive
<i>Other Possible Signs</i>	Central heterochromia, radii soleris, lacunae, sensitivity rings, bowel pockets and organ weakness
<i>Tissue Weakness</i>	Digestive organs, glands and tissues
<i>Gland Weakness</i>	No specific one unless indicated by radii or lacunae
<i>Organ Weakness</i>	No specific one unless indicated by radii or lacunae



<i>Activity</i>	This type blends brown iris aging and disease pathways of digestive and blood toxicity together with blue iris acute reactivity
<i>Symptoms</i>	Constipation, sluggish digestion, flatulence
<i>Eliminate</i>	Fats, fried foods, rich and complicated combinations
<i>Diet</i>	High fiber, high iron, alkaline diet, low protein and low fat, fresh fruits and vegetables; do not combined fruit with other foods; it is best not to eat fast, late at night or drink excessively with meals; seaweeds are good
<i>Lifestyle</i>	Simple diet, exercise and a moderate work and social life
<i>Herbs</i>	Bowel Rejuvenator, Blood Purifying, Liver/Gall Bladder, Pancreas, Circulation Systemic and the Anemia formulae
<i>Treatments</i>	Castor oil pack

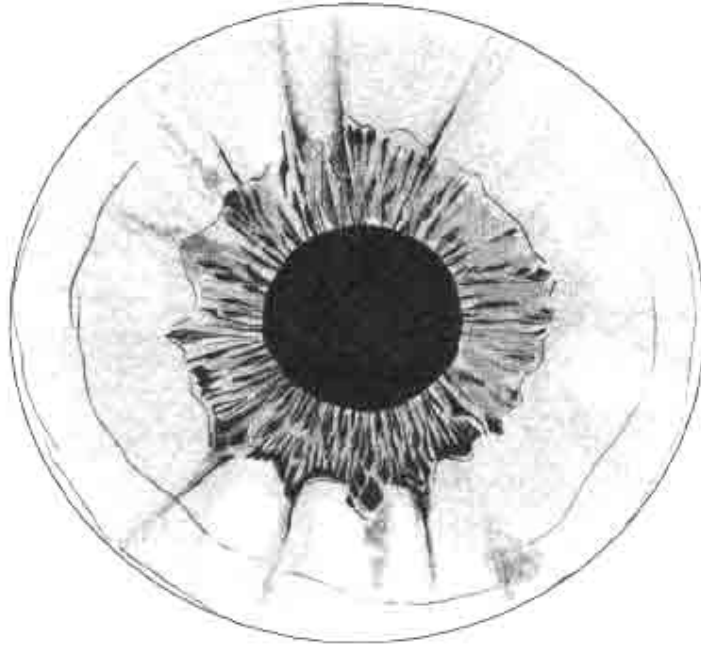
#### *Personality*

This type combines a lack of clear boundaries, with the ability to relate to and understand different types of people, making strong purpose and self clarity difficult. They are drawn toward both blue-eyed and brown-eyed natures within themselves and in relationships. Confusion and frustration inhibit their evolution toward their own true nature, which is beyond the opposites. They must learn to integrate, unite and blend. This confusion of self-identification can prevent them from proceeding with study, work and creative goals, so it is essential that this person have the opportunity and support to do this integrative work.

#### *Challenge*

This type needs to overcome the confusion of being a mixture of both types and to work on self-identity, purpose and clarity. Ambivalence or apathy is a potential problem which can be overcome by breaking through to a deeper level of instinctual feeling, combined with spirituality, which unifies these two different aspects in their being.

## Velvet Brown Type



<i>Iris Color</i>	arying shades of deep velvet brown and brown-black
<i>Fiber Structure</i>	None
<i>Description</i>	Deep brown velvet background on which other iris signs may or May not be displayed
<i>Aging/Disease Pathways</i>	Digestive and blood weaknesses
<i>Systems</i>	Digestive, circulatory
<i>Other Possible Signs</i>	Lacunae, radii soleris, sensitivity rings, different fiber structure Inside the collarette, circulatory hardening white ring
<i>Tissue Weakness</i>	Digestive tissues
<i>Gland Weakness</i>	Any gland where lacunae or radii indicate weakness
<i>Organ Weakness</i>	Any organ where lacunae or radii indicate weakness
<i>Activity</i>	Silent pathology accumulates through lack of catalysts (iodine, copper, arsenic, zinc and iron) together with blood making malfunctions, endocrine, organ and digestive problems, and poor elimination

<i>Symptoms</i>	Anemia, blood diseases, constipation, digestive pains and problems, toxicity, spasmodic aches and pains leading to chronic disease
<i>Eliminate</i>	Alcohol, coffee, tea, processed and junk foods, meat, sugar
<i>Diet</i>	Alkaline, vegetarian and purification diets, vegetable juice, chlorophyll, hydrochloric acid, seaweeds, liquid minerals, vitamin B12
<i>Lifestyle</i>	Must have an active natural lifestyle that includes regular exercise, purification and healthy elimination
<i>Herbs</i>	Bowel Rejuvenator, Liver/Gall Bladder, Alkaline, Anemia, Hormone, Calcium and Blood Purifier formulae; drink Red Clover, Red Raspberry and Yellow Dock herbal infusions
<i>Treatments</i>	Castor oil packs, enemas and colonies as required; massage; Reflexology

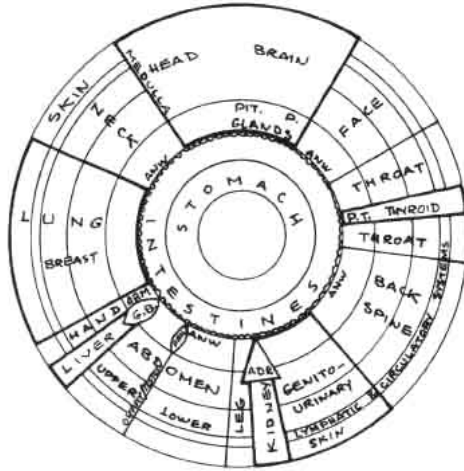
*Personality*

Healthy individuals of this type are community minded family people who do their duty and contribute to their best ability. When negative, this type becomes obsessive, desires rule them and emotions set their inner and outer worlds off balance. Their mind revolves around unresolved confusion and negative repetitions.

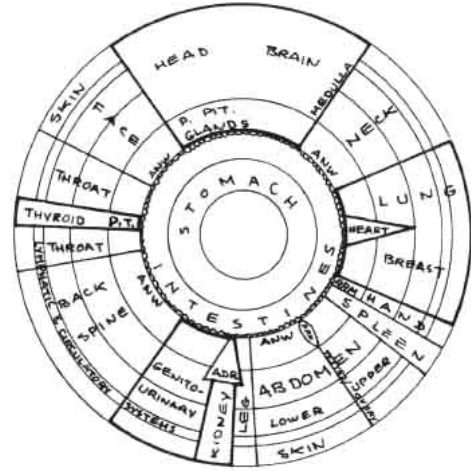
*Challenge*

Because this type progresses toward disease silently, without acute reactions or aches and pains, it is essential to develop a healthy lifestyle to prevent the development of chronic disease. They need to stay tuned into their body and make sure that it functions well and eliminates completely. Prevention of physical, emotional and mental problems is essential for a moderate daily life. Toxins must not be allowed to accumulate on any level. Emotional suppression is a major problem in the dark-eyed cultures, in extended families in India, China, Africa, and other third world countries. Rather than internalizing and containing their life experience, they need to learn to communicate, release and express. They must keep their bodies functioning and eliminating on a daily basis and strive to take care of their own needs, as well as taking care of others and surrendering to family expectations, duties and commitments.

# IRIDOLOGY CHART



Right Iris



Left Iris