

# Carole Bryant

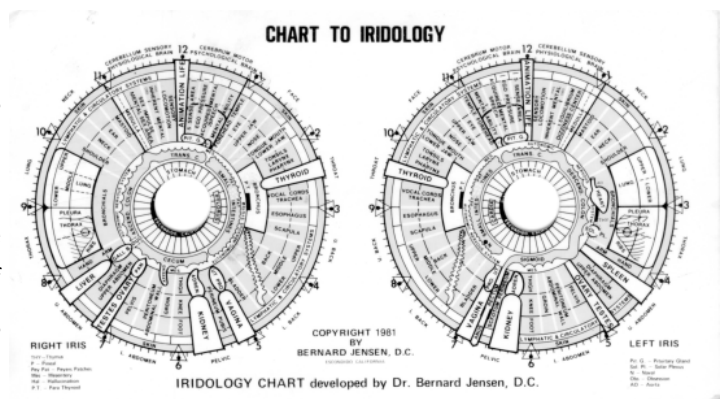
## Naturopath

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### IRIDOLOGY

Iridology (or iris diagnosis) is a diagnostic tool. The iris, the coloured part of the eye, is seen as a map of the body with every part of the body reflected in the iris. The right iris reveals information about the tissues and organs of the right side of the body while the left iris gives information about the left side of the body.

The various colour variations and markings in specific areas of the iris indicate imbalances and weaknesses within the corresponding organs and tissues. Determining where these specific weaknesses and imbalances occur in the body and the nature of those variations can help diagnose the underlying cause of disease. Iridology also reveals the person's constitution—how easily the body is able to heal itself. A person with a good constitution is generally able to recover more quickly than a person with a poor constitution.



Iridology was first mentioned in a medical text dated 1665 while Hungarian doctor Ignaz von Peczely first used the term “iridology” in the 19th century. More recently American Bernard Jensen (1908-2001) devoted much of his life to the study of iridology and his texts and charts are used by many therapists today.

A therapist trained in iridology sees the iris as a window into the body and I personally find iridology an extremely useful tool.

- Carole Bryant ©