

# Iridological Assessment Report

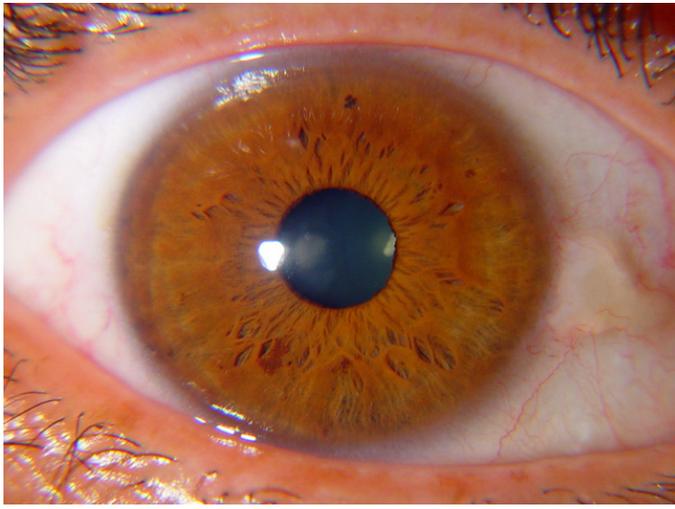
## CLINIC

Sample Clinic

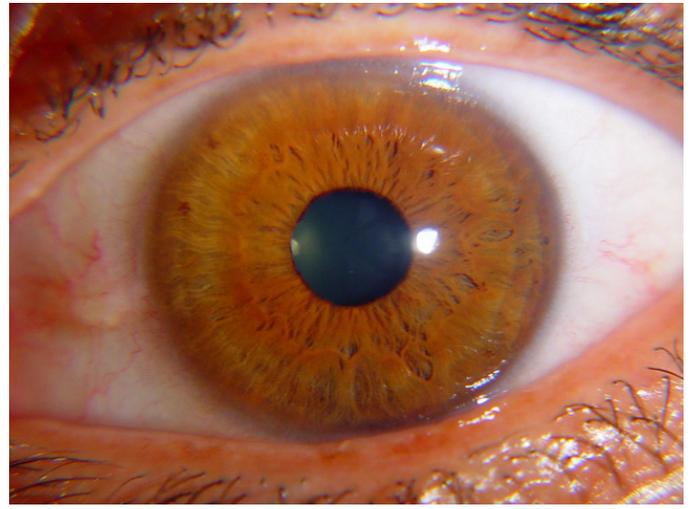
## EMAIL

helpdesk@iridology-research.com

## RIGHT EYE



## LEFT EYE



## DATE

07/02/2019

## NAME

Sample Assessment

## AGE

55

## GENDER

- Male

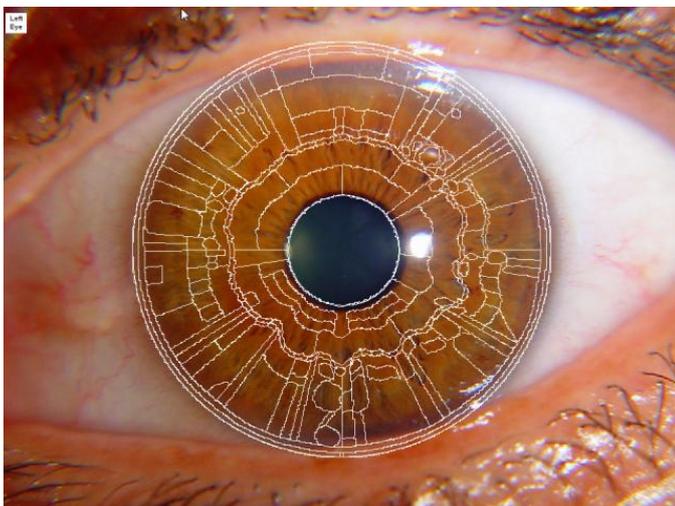
## MAIN COMPLAINT - HEALTH HISTORY

He has prostate hypertrophy. He has bronchial asthma for 2 years. He has been using inhaler treatment for asthma. He has stomach pain while hungry or on a full stomach.

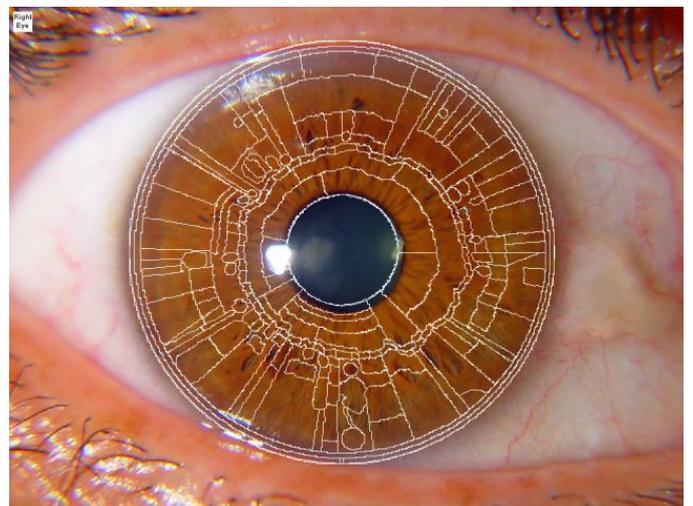
## HEALTH GENEALOGY BACKGROUND

There is history of lung carcinoma in his father.

## RIGHT EYE



## LEFT EYE



## Constitutional Type & Subtypes

### BILIARY CONSTITUTION

<b>Constitutional Types &amp; Subtypes:</b>	Classic Biliary Constitution
<b>Inclination:</b>	Inclination towards damage of the liver parenchyma, gallbladder and biliary tract with associated disturbances in the gastrointestinal tract. Often aggravated by dietary errors.
<b>Predisposition:</b>	Particular physical dispositions may include constipation, diarrhea, flatulence, blood sugar highs and lows, liver problems, biliary tract and gallbladder problems.
<b>Homeopathic Constitutional Therapy:</b>	Nux Vomica, Lycopodium, Berberis

## Iridological Data

### ANALYSIS

#### ASSESSMENT

<b>Result:</b>	Irritation of respiratory tracks mucosa
<b>General Notes:</b>	Respiratory tract mucosa infections are the illnesses caused by an acute infection which involves the upper respiratory tract: nose, sinuses, pharynx or larynx.
<b>General Issues:</b>	Symptoms commonly include: tonsillitis, pharyngitis, laryngitis, sinusitis, otitis media, and the common cold.
<b>Herbal Advice:</b>	Echinacea, Marshmallow, Coneflower, Goldenseal, Astragalus, Licorice, Elderberry, Eucalyptus, Peppermint, Slippery elm.
<b>Dietary Advice:</b>	Vitamin C, Probiotics, Zinc, Vitamin A, Beta-carotene. Avoid dairy and bananas, foods that increase mucus production. Garlic and onions are antivirals that can be included in the diet.

### ANALYSIS

#### ASSESSMENT

<b>Result:</b>	Prostate functional activity is decreased.
<b>General Notes:</b>	Decompensation of prostate gland.
<b>General Issues:</b>	Symptoms can include recurrent urinary tract infections, Urinary frequency and urgency, Fever, Chills, Painful ejaculation, bloody semen, or sexual dysfunction, Pain localized to lower back (sacral), pelvis, or perineum.
<b>Herbal Advice:</b>	African pygeum, Saw palmetto, Cernilton, Stinging nettle, Bearberry, Goldenseal, Pau darco, Horsetail, Coneflower, Corn silk.
<b>Dietary Advice:</b>	Cernilton, Quercetin, Beta sitosterol, Vitamin C, Zinc, Selenium, Omega-3 fatty acids, Pumpkin seeds. Diet: Avoid simple sugars, alcohol especially beer, and coffee; consume plenty of water-48 oz. per day.

### ANALYSIS

#### ASSESSMENT

<b>Result:</b>	Functional hypertrophy of heart left ventricle
<b>General Notes:</b>	Left ventricular hypertrophy is a thickening of the wall of the heart's main pumping chamber. This thickening may result in elevation of pressure within the heart and sometimes poor pumping action.
<b>General Issues:</b>	The most common cause is high blood pressure. Symptoms include Shortness of breath, Fatigue, Chest pain, often after exercising, Sensation of rapid, fluttering or pounding heartbeats-palpitations, Dizziness or fainting.
<b>Herbal Advice:</b>	Hawthorn, linden flowers, Passion flower, Valerian, Hibiscus, Reishi mushroom, Garlic, Dandelion leaf.
<b>Dietary Advice:</b>	EPA, flaxseed oil, or evening primrose oil, Omega-3 fatty acids, Magnesium, Zinc, Coenzyme Q10, Magnesium citrate, Calcium, L-arginine, Potassium, B complex, Vitamin E.

## ANALYSIS

### ASSESSMENT

<b>Result:</b>	Unsteadiness of vegetative balance
<b>General Notes:</b>	The autonomic-vegetative nervous system regulates the function of the internal organs, such as heart rate, blood pressure, digestion, and body temperature.
<b>General Issues:</b>	Can be associated with migraine, vertigo, dizziness, sweating, digestive difficulties, vision problems, urinary problems, cardiovascular weakness, hypoglycaemia, psychosomatic Disorders.
<b>Herbal Advice:</b>	Brahmi, Gotu kola, Ginkgo biloba, Cowhage, Hawthorn. St. Johns wort, Skullcap, Oats, Lemon balm.
<b>Dietary Advice:</b>	Coenzyme Q10 , Creatine, Vitamin C, CDP-choline, Phosphatidylserine, NADH, Vitamin D, Vitamin B6, Essential fatty acids, Amino acids, Antioxidants vitamin C, vitamin E, and the trace mineral selenium.

## ANALYSIS

### ASSESSMENT

<b>Result:</b>	Protection to phychoemotional irritation is low. Increased Psychological vulnerability.
<b>General Notes:</b>	Emotional exhaustion or burnout syndrome.
<b>General Issues:</b>	Examples that can triggers emotional exhaustion include significant life change, such as divorce or death of a loved one, being a caregiver, experiencing financial stress, chronic medical condition, working long hours or in a high-pressure environment.
<b>Herbal Advice:</b>	For anxiety-kava kava, insomnia-valerian, depression-St. Johns wort, digestive upset-wild yam, exhaustion-bladderwrack, Siberian ginseng, Panax ginseng, Bacopa, Green tea.
<b>Dietary Advice:</b>	Multivitamin daily, Vitamin C, Probiotic supplement, L-theanine, Digestive enzymes, B-complex.

## ANALYSIS

### ASSESSMENT

<b>Result:</b>	Morpho-functional liver changes
<b>General Notes:</b>	The refers to changes of form, shape, structure of the liver.
<b>General Issues:</b>	There many possible liver disorders and can be grouped loosely into three categories: hepatocellular diseases, cholestatic diseases, and mixed forms. Further consultation with health professional is recommended.
<b>Herbal Advice:</b>	Each liver related disorder has its own symptoms and requires different herbal treatment. Helpful herbs include Bupleurum, Licorice root, Milk thistle, Barberry , Catechin, Cordyceps, Mistletoe, Germander, European barberry.
<b>Dietary Advice:</b>	B-complex, Antioxidants, Betaine, Essential fatty acids, S-adenosylmethionine, Branched chain amino acid, Choline, lecithin, methionine, Carnitine, Glutathione, Vitamin K, Desiccated liver, A change from animal to vegetable protein may be helpful.

## ANALYSIS

### ASSESSMENT

<b>Result:</b>	Exocrine pancreatic function violation
<b>General Notes:</b>	Pancreatic exocrine insufficiency is the syndrome of maldigestion resulting from disorders interfering with effective pancreatic enzyme activity.
<b>General Issues:</b>	Pain or tenderness in belly, Bad-smelling bowel movements, Diarrhea, Gas, Feeling full, Weight loss due to poor absorption. Possible signs of vitamin deficiency, such as brittle nails, hair loss, and skin problems.
<b>Herbal Advice:</b>	Each pancreas related disorder has its own symptoms and requires different herbal treatments. Beneficial herbs include. Burdock, Yellowdock, Green tea, Holy basil, Rhodiola, Cat?s claw, Reishi mushroom, Indian gooseberry, Grape seed extract.
<b>Dietary Advice:</b>	A multivitamin daily, containing the antioxidant vitamins A, C, E, D, the B-complex vitamins, and trace minerals such as magnesium, calcium, zinc, and selenium, Omega-3 fatty acids, Coenzyme Q10, Probiotic supplement, Alpha-lipoic acid, Resveratrol.

## ANALYSIS

### ASSESSMENT

<b>Result:</b>	Hampered venous outflow in lower extremities
<b>General Notes:</b>	Hampered venous insufficiency is most commonly related to primary valvular incompetence. Lower extremity venous insufficiency is one of the most common medical ailments, affecting at least 25% of women and 15% of men.
<b>General Issues:</b>	Chronic pain or heaviness or aching in the legs - relieved by elevation, Ankle edema, Skin ulcerations, Superficial thrombosis, Varicose veins, Obesity.
<b>Herbal Advice:</b>	Horse chestnut, Gotu kola, Butchers broom, Bilberry, Yarrow, Hawthorn, Ginkgo biloba, Marigold, Ginger.
<b>Dietary Advice:</b>	Supplements that may help include vitamin C, vitamin E, Zinc, Rutin and Oligomeric proanthocyanidin complexes.

## Bexel Lab Data

### NUMERICAL DATA ANALYSIS

#### ○ Numerical Data Analysis

PARAMETERS OF THE IRIS :	S	D
Diameter (pix) =	400	418
Area (pix)	125664	137228
PARAMETERS OF THE PUPILLARY BORDER :		
Diameter (pix)	100	102
Diameter of the pupil in relation to iris (%)	25	24
Normal for current age 21-25%	Normal	Normal
Pupil border deformation degree (normal:0%...5%)	5	5
PARAMETERS OF THE PUPIL RELATIVE TO THE IRIS :		
Distance between the pupil and iris centers (%)	1.50	2.39
Normal (lower than 5% of above) or pathology	Normal	Normal

### PUPILLARY PARAMETER DATA

PARAMETERS OF THE APPROXIMATE ELLIPSE	94	92
Ellipseness degree of the pupil (normal: 95% ... 100%)	Pathology	Pathology
Pupil form type	ellipse	ellipse
	Pathology	Pathology
PARAMETERS OF THE PUPILLARY MARGIN :		
Type of the form -	regular	regular
	Normal	Normal

S : Middle-temporal flatness ( 2:16 - 3:42) - 6.00 %  
S : Middle-nasal flatness ( 8:32 - 10:02) - 6.00 %  
S : Lower temporal protrusion ( 3:54 - 6:20) - 4.00 %  
S : Decentralization of the pupil is normal.  
S : Oval-vertical form of the pupil.

D : Middle-temporal flatness ( 7:44 - 9:48) - 19.61 %  
D : Middle-nasal protrusion ( 2:28 - 3:56) - 3.92 %  
D : Basal protrusion ( 4:00 - 7:08) - 1.96 %  
D : Decentralization of the pupil is normal.  
D : Oval-vertical form of the pupil.

Chronic cardiac-lungs insufficiency.  
Ischemic cardiac disease.  
Increased fatiguability.  
Circulatory cerebral disturbance with danger of ischemic variation.

## AUTONOMIC NERVE WREATH (COLLARETTE) DATA

PARAMETERS OF THE AUTONOMIC NERVE WREATH (ANW):	S	D
Diameter (pix)	206	218
Perimeter (pix)	660	744
The ratio between Pupillary and Ciliary belts (%)	35.33	36.71
Normal (25..35%) or pathologic.	Atonic	Atonic
Asymmetry of pupillary belt (normal: 0..5%)	2.91	2.75
	Normal	Normal
Type of the ANW form -	regular	regular
	Normal	Normal

Sympathotonic. Liminal sensitivity of nervous system is decreased. Reflex activity is decelerated. Secretory and evacuation functions of digestive tract is reduced.

Changes in liver stroma. Decrease of detoxicative function.  
Increased emotional lability, predisposition to spastic reactions. Overstressed state.  
Initial vertebral osteoarthritis.

## BIOCHEMICAL FOOD ELEMENT RECOMMENDATIONS

### BIOCHEMICAL NUTRITION

- Element:** Calcium
- Role in Body:** Calcium is an alkaline element that is present in cartilage, fluids, tissues and responsible for solidity. Essential during pregnancy, assists wound healing, calms nerves, deters asthma, hay fever, tuberculosis, rickets, combats germs, neutralizes acids.
- Best Sources:** Grains, sesame seeds, greens, raw goat & cow milk, irish moss, kelp, dulse, black strap molasses, cheeses - hard & cottage, almonds, green vegetable juices.

## BIOCHEMICAL FOOD ELEMENT RECOMMENDATIONS

### BIOCHEMICAL NUTRITION

- Element:** Sodium
- Role in Body:** Contributes to alkalinity of blood, lymph. Promotes excretion of carbon dioxide, integral to liver, pancreas, spleen, stored in stomach wall and joints. Neutralizes acidity, aids digestion, stops fermentation. Purifies blood and lymph.
- Best Sources:** Powdered whey, goat milk, veal joint broth, figs, apples, dried apricots, asparagus, barley, beets and greens, red cabbage, carrots, celery, cheeses, coconut, dates, dulse, egg yolk, figs, goat milk, horseradish, Irish moss, kale, kelp, lentils parsely.

## BIOCHEMICAL FOOD ELEMENT RECOMMENDATIONS

### BIOCHEMICAL NUTRITION

- Element:** Silicon
- Role in Body:** Gives tissue integrity, strength, firmness, elasticity, toughness to bones, teeth, tendons. Reinforces membranes, ligaments, nails, skin. Increases alkalinity, essential for healthy hair, nails, skin, increases energy, strength, resistance, immunity.
- Best Sources:** Oats, barley, nuts, seeds, cereals, kelp, rice polishings and bran, alfalfa tablets, oat straw tea, shavegrass-horsetail-alfalfa teas, apples, apricots, asparagus, barley, beans, beets, cabbage, carrots, cauliflower, celery, cherries, corn, cucumbers.

## BIOCHEMICAL FOOD ELEMENT RECOMMENDATIONS

### BIOCHEMICAL NUTRITION

- Element:** Iodine
- Role in Body:** Aids in assimilation of calcium, silicon, chlorine, fluorine and integral to brain function. Vital for thyroid, spleen, liver, deters goiter, influences teeth and bone metabolism, neutralizes albumin toxins, prevents sores, ulcers.

**Best Sources:** Kelp, Nova Scotia dulse, sea plants and fish, agar, artichokes, asparagus, beans, blueberries, brussel sprouts, carrots, chervil, chives, coconut, cucumber, eggplant, fish, garlic, goat milk, whey, green peppers, kale, oats, okra, onions, spinach.

## BIOCHEMICAL FOOD ELEMENT RECOMMENDATIONS

### BIOCHEMICAL NUTRITION

**Element:** Magnesium

**Role in Body:** Vital for solid teeth and bones, required for lungs and brain functions, fosters cell growth, promotes excretory processes, increases tissue elasticity, adds alkalinity, calms nerves, enhances sleep, natural laxative, lowers fever, refreshes the body.

**Best Sources:** Nuts, wheat germ, whole grains, greens, berries, cornmeal, apples, dried apricots, avocados, beans, beet tops, black walnuts, brazil nuts, cabbage, cashews, coconuts, comfrey leaves, dates, dulse, endive, dried figs, filberts, fish, grapes, rice.

## NUTRITIONAL RECOMMENDATIONS

### DIETARY

**Advice:** Avoid foods that compromise immune function and constitute nutrient-poor calories. Eliminate refined foods, sugar, alcohol, and saturated fats including animal products, especially dairy.

## NUTRITIONAL RECOMMENDATIONS

### DIETARY

**Advice:** Eat antioxidant foods, including fruits such as blueberries, cherries, tomatoes and vegetables such as squash and bell peppers.

## NUTRITIONAL RECOMMENDATIONS

### DIETARY

**Advice:** Eat foods containing flavonoids, like apples, celery, cranberries, cranberry juice, onions, garlic, and tea may inhibit the growth of *H. pylori*.

## NUTRITIONAL RECOMMENDATIONS

### DIETARY

**Advice:** Eat foods high in B-vitamins and calcium, such as almonds, beans, whole grains, dark leafy greens, such as spinach and kale, and sea vegetables.

## NUTRITIONAL RECOMMENDATIONS

### DIETARY

**Advice:** Eliminate trans fatty acids, found in such commercially baked goods as cookies, crackers, cakes, French fries, onion rings, donuts, processed foods, and margarine.

## NUTRITIONAL RECOMMENDATIONS

### DIETARY

**Advice:** Fiber supplementation to help reduce abdominal pain, cramping, and gas. Supplements include psyllium, flaxmeal, slippery elm powder, marshmallow root powder.

## NUTRITIONAL RECOMMENDATIONS

### DIETARY

**Advice:** Include liver foods such as beets, carrots, yams, garlic, dark leafy greens, lemons, and apples.

## NUTRITIONAL RECOMMENDATIONS

### DIETARY

**Diet:** Include foods which enhance detoxification such as green tea, onions, garlic, broccoli, brussels sprouts, kale, and cabbage. Increase whole grains and anti-inflammatory oils such as nuts, seeds, and cold-water fish.

## NUTRITIONAL RECOMMENDATIONS

### DIETARY

**Advice:** Use healthy cooking oils, such as olive oil or vegetable oil.

## NUTRITIONAL RECOMMENDATIONS

### DIETARY

**Advice:** Unless otherwise indicated, herbal teas should be made with 1 tsp. herb per cup of hot water. Steep covered 5 to 10 minutes for leaf or flowers, and 10 to 20 minutes for roots. Drink two to four cups per day.

## IRIS DENSITY

<b>Iris Density:</b>	3rd Degree
<b>Explanation:</b>	Capability for regeneration - Good

## ADDITIONAL NOTES

Inherently weak connective tissue in the left lung, kidneys, bladder, testis, peritoneum, gallbladder, and lumbar spine.

When there is inherently weak connective tissue in the body, there is more need for certain biochemical food elements that can help support weaker organs. The biochemical food element suggestions in your assessment may help improve metabolic functions through corrective food chemistry.

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