



# IIPA

International Iridology Practitioners Association

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## Iridology and the Iridology Consultation

### What is Iridology and what can an Iridologist do for me?

*“Iridology, as the study and analysis of the neuro-optic reflex is known, is the art and science of revealing the pathological, structural, functional, and emotional disturbances of the human body.” -- Applied Iridology, Harri Wolf*

While that is a fairly scientific explanation, it may not mean much to those of you who are looking at this modality for the first time. To simplify, an Iridologist examines the iris of the eye, and helps the client see the strengths and weaknesses inherent in the body.

*Iridology cannot diagnose an illness.* That is the purview of the medical field. Only medical doctors have the equipment and lab tests to ascertain disease in the body.

What Iridology can do is give the client information as to the state of the body. The iris reveals structure, condition, acidity, and other functions of body tissues. With a trained certified practitioner, the client can gain information which will help him approach his health in a proactive manner. Many times, the Iridology practitioner will work with the client through education. Once the client understands lifestyle decisions that can contribute to the breakdown of health, the client can work with the Iridologist in changing those decisions to promote better living.

**What can I expect at an Iridology Consultation?** While every practitioner operates in a unique fashion, you can expect the Iridologist to examine your Iris and Sclera. The Iris is the colored part of your eye (blue, brown, black) and the Sclera are the whites of your eyes. Sometimes the Iridologist will take photos of your eyes with a digital camera. The Iridologist may also employ a magnifying glass and a flashlight to look at some structures in the iris more closely. These examinations are non-invasive and are not painful. It is actually quite *eye opening* to see your iris displayed on a computer screen.

**How long does a consultation last?** The first Iridology consultation can last between 1.5 and 2 hours. Follow up consultations will normally last one hour or less.

**What happens after the initial consultation?** Practices differ, but you can expect to develop a close relationship with your consultant. People study Iridology in the hopes of bringing better health and healing to their friends and family. The Iridologist will want to give you the tools (education, herbs, supplements, diet) to help you deal with the weaknesses in your health, while at the same time, helping you to achieve a stronger body. The initial consultation is just that, the first step toward understanding the body, its strengths and weakness. It is the hope that as you and your consultant continue to work together, you will learn how to minimize your weaknesses while at the same time, shoring up your strengths.

**Why should I visit a Certified Iridologist?** A Certified Iridologist can give you information about the strengths and weaknesses inherent in your physical makeup. To put it more simply, a visit to an Iridologist is *preventative maintenance*. While an Iridologist *cannot* diagnose disease, he can explain *potential* weaknesses and markers in the iris. Much like taking your vehicle for its maintenance checkup, the mechanic says something like: 'I know you were hearing this funny noise, but what was really happening is that the alternator belt was worn and that was the noise you heard.' Had you not taken the vehicle for its routine check up, you might have had that belt slip or break. What kind of problems have you averted by taking care of routine service? Like the mechanic with the vehicle, the Iridologist will be able to *look under the hood* so to speak, and help you take a proactive approach in your own health. The Certified Iridologist will be able to help you with lifestyle choices, corrections, and implementations to improve the overall quality of your health.