

PRACTICAL
IRIDOLOGY
AND
SCLEROLOGY



by Dr. Donald R. Bamer

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Foreword

This book has been written with both the public and the professional in mind. The average person should be able, after adequate study of the material contained herein, to identify healthy or unhealthy trends as they occur by monitoring the eye. By realizing the significance of these changes, if necessary, he can seek out a professional person who has had adequate training on the human body to help him return to a healthy state once again without the need of hospitalization or radical care. For the professional, this book supplies him with a non-invasive diagnostic tool to monitor the complete body of the patient at *one* time, applying his knowledge of the various body systems—endocrine, circulatory, neurological, etc.—and correlating his examination findings, thus enabling him to be able to detect the true cause of the patient's problems. How to monitor

healing in the iris will also be explained, along with suggested herbal remedies. In conjunction with this, specific charts of reflex points will be shown and explained for conjunctive treatment.

This book has further been written for the purpose of leading people to a holistic approach of health, treating the body not the symptoms.

The use of herbal remedies is recommended because of their purity and effectiveness. The herbal recommendations and other treatment methods mentioned in this book are those that have been used on patients in my clinic or under my direction. These recommendations are not to be construed as a specific prescription for any specific person or problem. I have used the word “should” in the treatment section for the *doctor* that might decide to follow my procedure exactly. If you feel you may have any of the conditions listed or described in this book, contact your doctor, especially one who is a holistic practitioner and knowledgeable in this analytical procedure.

Introduction

This book has been written for the sole purpose of helping people understand and appreciate the magnificence of the human body. God has truly provided us with everything we need to correct a diseased condition and or maintain health.

More and more as I teach natural healing classes and work with the public, I become greatly aware of the lack of knowledge that the majority of people have about their bodies and such things as health, sickness, how the body works, the healing power within, how they became ill, and what is necessary to regain and maintain health.

God has truly supplied us with everything we need to be happy, healthy and prosperous. The primary problem has been a lack of knowledge on a grand scale about these subjects.

This book, as with all the books I write, is designed to help the reader help himself gain freedom from sickness by understanding the

“how” and “why,” thus remaining healthy and nondependent on organized health care systems that prescribe drug use and surgery. God meant for us to keep all of our parts. This is not a throw-away body—just a throw-away society. This book, although intended to help people help themselves, is not intended to attempt to teach the reader how to treat any specific condition. I believe each person is different and should be analyzed as such and then put on a specific corrective program, by someone who has a thorough understanding of how the body functions and dysfunctions. There are, however, common things that we can all do to help strengthen our bodies and correct many problems, plus prevent their recurrence. Remember, there are no incurable diseases. If there were, we would all be dead by now!

I am not opposed to the use of medicines, provided they are being used in a life-saving situation and not on a routine day-to-day basis. There is a difference between the use of drugs for emergencies and the treatment of chronic conditions. The medical profession, in my opinion, has done an outstanding job in treating acute infections and providing emergency treatment for accidental injuries where it has

been necessary to sew bodies back together, reattach limbs, fingers and hands, and many other remarkable surgical feats. However, when it comes to treating chronic conditions (conditions that people die of every day by the thousands), this is where drugs are ineffective. Medical records and high death rates in these areas speak for themselves in that one out of every four Americans dies from cancer, heart disease is the number one killer in this country today, diabetes has risen from the fourth killing position to the third killing position in this country, and the list goes on. Now, I do not recommend that anyone just up and stop taking any medication or disregard their doctor's advice when the medication is functioning in a possible life-and-death condition. What I do recommend is that the person have a holistic analysis, determine why they are having the problem, correct the problem, and thus eliminate the need for taking medication. The body is not ignorant of the causes of its illnesses.

God has given us an accurate analytical tool whereby, without invading the body, we can analyze it, build it up, strengthen the weakened areas and provide the body with what it needs to operate satisfactorily so that we are not walking

around like time bombs waiting for something to happen. I have heard so many people say that their condition suddenly occurred—yet the body knew of its existence and had been struggling with it in many cases for several years. You just don't wake up one morning dead!

The Bible says, "You will know the Truth and the Truth will set you free." It is my sincere desire that this book helps all that read it to have a better understanding of how we can use the eyes, our God-given windows to the body, to understand where the true problems lie and allow us to take corrective measures to help ourselves or at least work harmoniously with our doctors in bettering our health condition. One thing must always be remembered—in the end, the individual has the responsibility for the problem, because it is that person's problem. They may seek advice and direction, but they have a responsibility to do all they can to help themselves.

For years there have been political battles between the natural healers and those using unnatural means, such as drugs and inorganic substances. In fact, the word *quack* was the old label given to those who used unnatural remedies in attempts to treat people's ailments. About 250

years ago there were no drugs, nor doctors using drugs, but instead all natural healers using all-natural remedies in conjunction with exercise and correction of mental attitudes. Hippocrates, the father of medicine, never used penicillin or streptomycin, and yet he was known as the greatest healer, except for Christ, that this earth has ever known. Remember, although he was named the "father of modern medicine" by the medical profession, they picked him. In fact, I think he would be extremely alarmed to see what his name is attached to in the name of healing. Whenever people compare modern health practices of today they compare them against the medieval dark ages of Europe. We must think past Europe to the Greeks, Romans, Egyptians and Chinese who were using natural healing procedures 5,000 years ago that are just beginning to be used and understood in this country today, and even now only by natural healers.

Probably one of the most significant and notable political battles between the natural healers and the medical establishment occurred in England concerning an herbalist the name of Henry Box, the personal physician to the royal family, who wrote a book titled *The Great Bird*

that Says One Word—QUACK. This book was written about the present medical procedures in England and how the medical profession was trying to control and stamp out the use of natural remedies. In the book, Box compares natural remedies and their success to the medical salves and potions and their lack of success. This book concludes that struggle between the natural healers and unnatural healers and resulted Parliament stepping into the battle and putting the medical profession in its place, passing laws preventing anyone but Parliament from controlling natural healers. Parliament further set up a standardization and licensing board for herbalists, which is still in effect today. At a later date Sir Charles again had to order the medical profession to keep their hands off the natural healers.

At one time herbs were the only medicines. In fact, they are the forerunners of all drugs used today. Some examples of the common drugs used today and their natural counterparts are:

Estrogen	Wild Mexican Yam
Valium	Valerian Root
Cortisone	Licorice Root, Wild Mexican Yam

Aspirin	White Willow Bark
Insulin	Golden Seal
Ascorbic Acid	Rose Hips
Digitalis	Purple Foxglove

It is very interesting to note that these drugs create many harmful side effects and yet their herbal counterparts can be used for the same problems, getting better results without the side effects or the expense. Man, in his infinite wisdom, decided if he could isolate the active ingredient in herbs, he could then manufacture these synthetically and produce them in mass amounts and at large profits. What he produced instead was a highly radical substance which produced unpredictable results with many predictable side effects. Their primary purpose is *to alleviate symptoms, not cure or correct any problem*. Herbal medicines, on the other hand, dispose of the symptoms by correcting the condition. They restore normality and thus allow the body to regain its normal high resistance level once again. Herbs are extremely potent, yet safe if used correctly.

The pendulum is swinging back more and more each day to the use of natural remedies. People are sick of being tired, and tired of being

sick. They are now seeking help the natural way first instead of as a last resort, as was the case in the past. In clinical practice, I have used herbs and other all-natural procedures in a holistic approach to sickness and can honestly say that we have treated a variety of problems, from mental retardation to lupus erythematosus, complete blindness, heart disease and total degenerative conditions, and have had remarkable success in most cases.

Herbs are wonderful and beautiful plants. However, I do not encourage anyone to go into the field, pick and use an herb for any reason. Whenever there has been a case of a person having difficulty through the use of herbs, it is usually because they have gone out and mistakenly picked one herb for another. This can easily be done. So, unless you have a Master's Degree in botany (and especially herbal medicine), just spend a few dollars and purchase precapsulated herbs from your doctor or local distributor.

The Eyes are the Windows to the Body

The scriptures have always told us that the "eye is the window to the soul" and we know that

it is also very reflective of the mood of a person. We can tell if they are apathetic, sad, or just don't feel well. There are many, many things we can tell about how a person feels just by looking at their eyes.

One hundred fifty years ago, German doctors began to realize that the eyes were also a diagnostic window into the physical conditions existing in a person's body. The original emphasis was on the back of the eye, the portion called the retina. The retina is diagnostic—we can see indications there of possible diabetes mellitus (sugar diabetes), possible brain tumors, blocking of the arteries and so forth. Many things can be seen in the retina, but doctors realized that although the retina told some things about the body (more than they knew before), the retina also had its shortcomings because the information it provided was limited. This led them to continue their search. As the researchers analyzed the eye, more and more they began to appreciate and see the patterns and the correlation between the blood vessels which were occurring on the sclera (the white of the eye) and what was occurring on the back and the iris of the eye. In fact, as their research continued they even found the iris (the colored part) had specific

patterns and changes that told them still more about what was going on within the person. As they went further and further they realized that the whole eye represented the whole body and that the true way to analyze a person holistically was through the analysis of the whole eye and its relationship to the body.

What the Eyes Show

Through the various patterns and colors that appear in the iris, it is possible to detect underactive organs or tissues and overactive organs and tissues. The eyes show the problem regardless of what stage it is in, even from its presymptomatic phase. Like a cavity in a tooth, it is detectable very early, but if allowed to progress, can create quite a problem.

The human body is a highly sophisticated piece of machinery, far superior to "Data" on Star Trek. We are extremely computerized with many remote test and treatment points. Our feet, hands, ears and eyes are extremely diagnostic and excellent body treatment outlets. To treat the body through the feet we use foot reflexology, to treat the body through the hand we use hand reflexology, to treat the body through the ear we

use ear reflexology/auriculotherapy. Although the body can be treated through the eyes, the eyes are normally reserved for biological analysis. The body runs on electricity and each organ and tissue has a specific vibration—normal, underactive, overactive and degenerative. The fibers of the iris are sensitive to the changing vibrations of these tissues and organs. Although iridology and sclerology seem magical, they are based upon solid principles. This is truly space age medicine. It is not usually necessary to cut, poke and draw blood to understand what is causing a person's problems. The Chinese functioned quite well for over 2,000 years without ever dissecting or invading the body in any way to analyze a health problem. In fact, their belief was that you could only truly understand a person's problems by evaluating them while they were intact and in their environment.

There are over ninety different organs and tissues represented in the eye. The eye patterns are so specific for each individual they are believed to be far more accurate and permanent than even fingerprints. Iridology, like many things that were discovered years ago and used successfully for hundreds of years, is just now

being understood. Not because it has changed, but because we have changed—changed in our open-mindedness enough to accept something that works even if we can't completely understand it. Our understanding of the energy systems, meridians and nervous system has opened our eyes to the complexity of the human body. Although iridology as a science has only been in this country fifty to sixty years, its accuracy and simplicity of use has accelerated it to the forefront of natural alternative health analysis. Reflex testing, including muscle response testing, cannot reveal the depth of a problem, its cause, or even what else may be involved. Only the complete eye-body analysis can give this information. Muscle reflex testing in conjunction with the iris analysis is beneficial in selecting herbal or other natural products.

Additional Benefits of Iridology and Sclerology

1. Show weak areas
2. Reveal inflammation, acute and chronic
3. Reveal degeneration
4. Show healing—help evaluate a health program

5. Show hidden causes to symptoms
6. Show interrelationship between body functions
7. Show the brain and higher thought centers
8. Used for prevention—stop the illness before it starts
9. Show food allergies
10. Show diverticuli/bowel pockets
11. Show pH imbalance
12. Show arthritic signs
13. Show heredity tendencies
14. Show diabetic patterns
15. Show vitamin/mineral deficiencies
16. Show possible yeast overgrowth
17. Show possible parasitic infection

Of course, there are many other possible diagnostic capabilities that iridology and sclerology offer.

Sclerology and Holistic Health

Unfortunately, many who practice holistic health and holistic forms of analysis often approach the body very fragmentally, mainly because they haven't had the training necessary to understand the inner workings and inter-

relationships of the signs of the eyes and the actual body conditions. Thus, they are unable to put the pieces together completely and understand the subtle bits of information and the true significance of what the eye is saying and what signs are actually being represented.

This book has been especially written to help the reader correlate the information and put these pieces together. As you read, remember that the human body is one piece made of many different parts. Therefore, what affects one part often affects many others at the same time. We are going to look at all the parts and put all the pieces of information together to come to an analytical conclusion, not a name/diagnosis. We are not interested in the name of the condition, but in its cause and correction.

PART ONE

IRIDOLOGY

Iridology

Iridology is the science that uses the iris of the eye to diagnose and monitor tissue changes that are occurring or have occurred within the body.

“The Doctor of the future will give no medicine, but will interest his patients in the care of the human frame & in the cause and prevention of disease.”

Thomas Edison

Dr. Donald Bamer, B.S., D.C.
Clinical Iridologist
Tulsa, Oklahoma

Iris Color

The color of a person's eyes depends mainly upon his or her genetic configuration. There are several theories about color and the number of basic colors. Some say there are but two basic colors—blue and brown—while others feel that hazel (a combination of both) should be included.

For the purpose of our studies it is more important to concern ourselves with the layers which are pigmented and iris *color changes* rather than the number of basic colors. As will be seen later, it is not uncommon for a patient that appears to have brown eyes change eye color while undergoing treatment.

Special Terminology of Anatomy as It Correlates to Iridology

- 1) The collarette corresponds to the autonomic nerve wreath.
- 2) The sphincter pupillae corresponds to the stomach ring.
- 3) The Fuchs crypts corresponds to closed lesions.
- 4) The contraction furrows correspond to nerve rings /psychological stress rings/ psychosomatic stress rings.
- 5) The neurasthenic ring is the pupillary pigment border.
- 6) The freckle or psoric spots are called pigmented nervi/drug spots/ mineral deposits/pathological polychromia.
- 7) The Wolffian bodies correspond to the lymphatic tophi/psoric spots/sectoral heterochromia.

CHAPTER I

Iridology and Applied Herbology

It has been said that the eyes are the windows to the soul, but within the last 150 years it has been realized that the eyes are also the windows to the body. Indian medicine men have been known to sit and study the eyes of their patients for long periods of time before prescribing herbs or other remedies for their ailments. Shepherds would study the eyes of their sheep to tell when these animals were beginning to develop potential problems and need various remedies. One particular sign they looked for is an iris sign we call "Radii Solaris." The Cauldeans are known to have studied and recorded changes in the irises of their friends and relatives as long ago as 3000 years, believing these changes to have an astronomical cause and significance.

Hippocrates was probably the first to realize that there was a definite link between signs in the eyes and changes in the body. He concentrated his efforts on the posterior aspect of the eye and established the beginning of what we use today as a basic ophthalmic exam.

Analysis of the posterior eye remained the significant area of examination up to the mid-1800s. This began to change when a boy named Ignatz Peczely noticed that when an owl he was playing with became injured, a mark suddenly appeared in the iris of the owl's eye and on the same side of the injury. Thus was the discovery of a phenomenon we now call Ophthalmic-Somatic Analysis (Iridology).

Although completely unaware of the phenomenon he was observing, he remained very curious of his findings. This led him into medical school and eventually into a hospital in Budapest, where he furthered his knowledge in this new phenomenon. Here he was able to observe and examine all patients as they were admitted and discharged. Upon their admission, Dr. Peczely would study their case histories and their irises, taking great efforts to draw in color, a picture of their irises in exact detail. He would again draw a picture of their irises as they were

released. He noticed that a pattern was developing and it was very consistent. As an example, when a person had a liver condition it always showed at eight o'clock in the right iris. He was constantly being exposed to a large variety of patients and complaints, thus enabling him to begin forming a basic chart/ map of the iris that corresponded to the location of organs and tissues. (See figure 1A.)

While continuing to improve and update the chart, he wrote the first book on Iridology, *Discovery in the Realm of Nature and the Art of Healing*. His book so excited the medical profession in Germany that they began writing about him and his discovery.

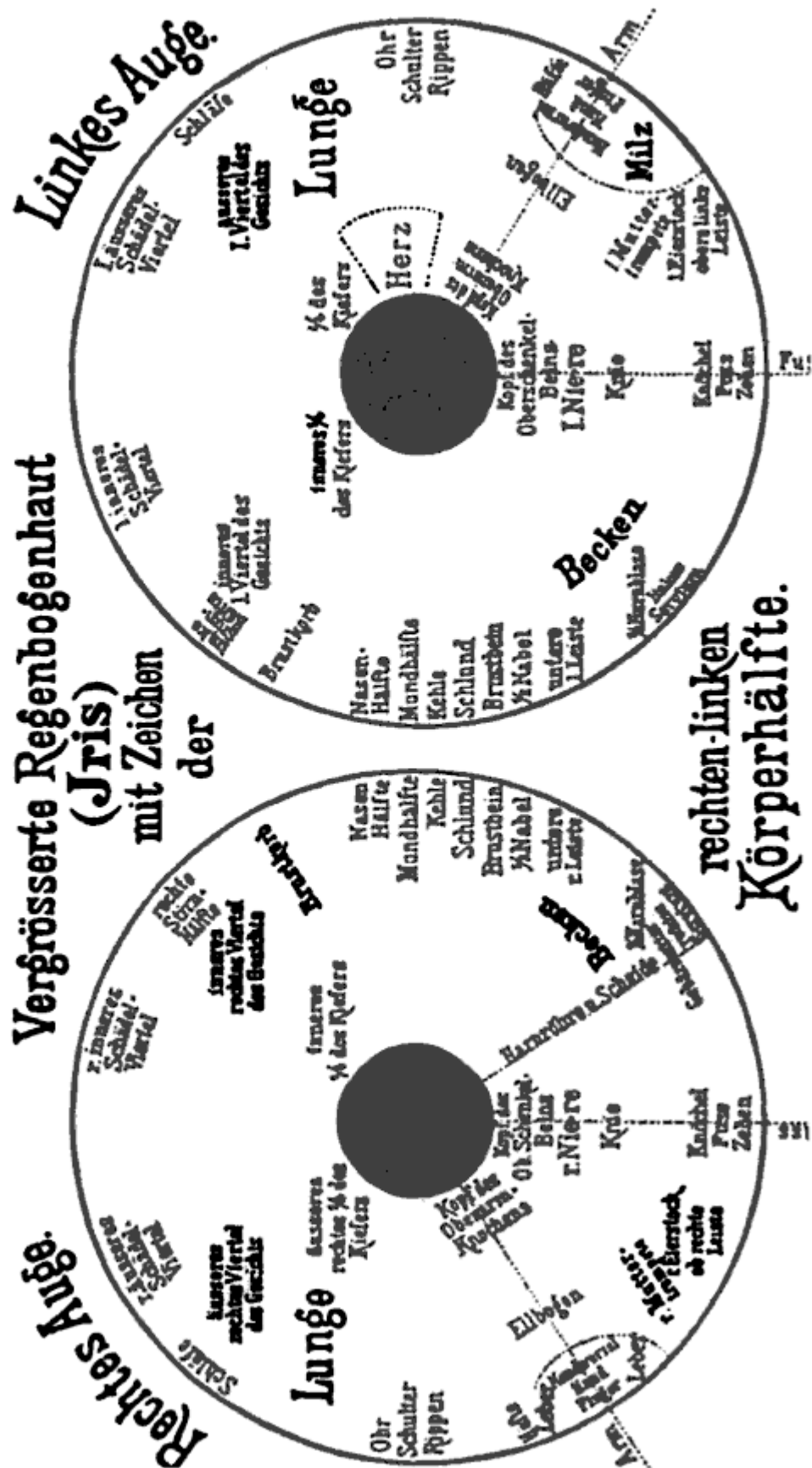
Some of the other great people in the historical development of Iridology were: Dr. Nils Liliquist, a Swedish Homeopath who worked with toxic appearances in the iris from vaccinations and was first to bring Iridology to America in the early 1900s; Dr. J. Haskell Kritzer, M.D., who wrote a text book, *Iris Diagnosis and Guide in Treatment*; Dr. Henry Lindlar, M.D., Chicago; and Dr. Henry Lahn, M.D., Austria. Each added significantly to the research and development of this phenomenon.

For many years what was taught in this

country was the information that was originally brought over by Dr. Liliquist and later updated, at least to the point of that time, by Dr. Lahn and Dr. Lindlar. However, in Germany a more in-depth research program had begun and is still in progress today. This research began to discover the significance of the whole eye, not just the iris. That research included the retina, sclera and scleral vessels, iris, palpebrae, and even the cornuncle, for each of these structures is unique. Their main significance is their correlative ability, giving more than just one sign for a problem area. Because of the use of the whole eye, the Germans have renamed this science *Ophthalmic-Somatic Analysis*, instead of just iris analysis.

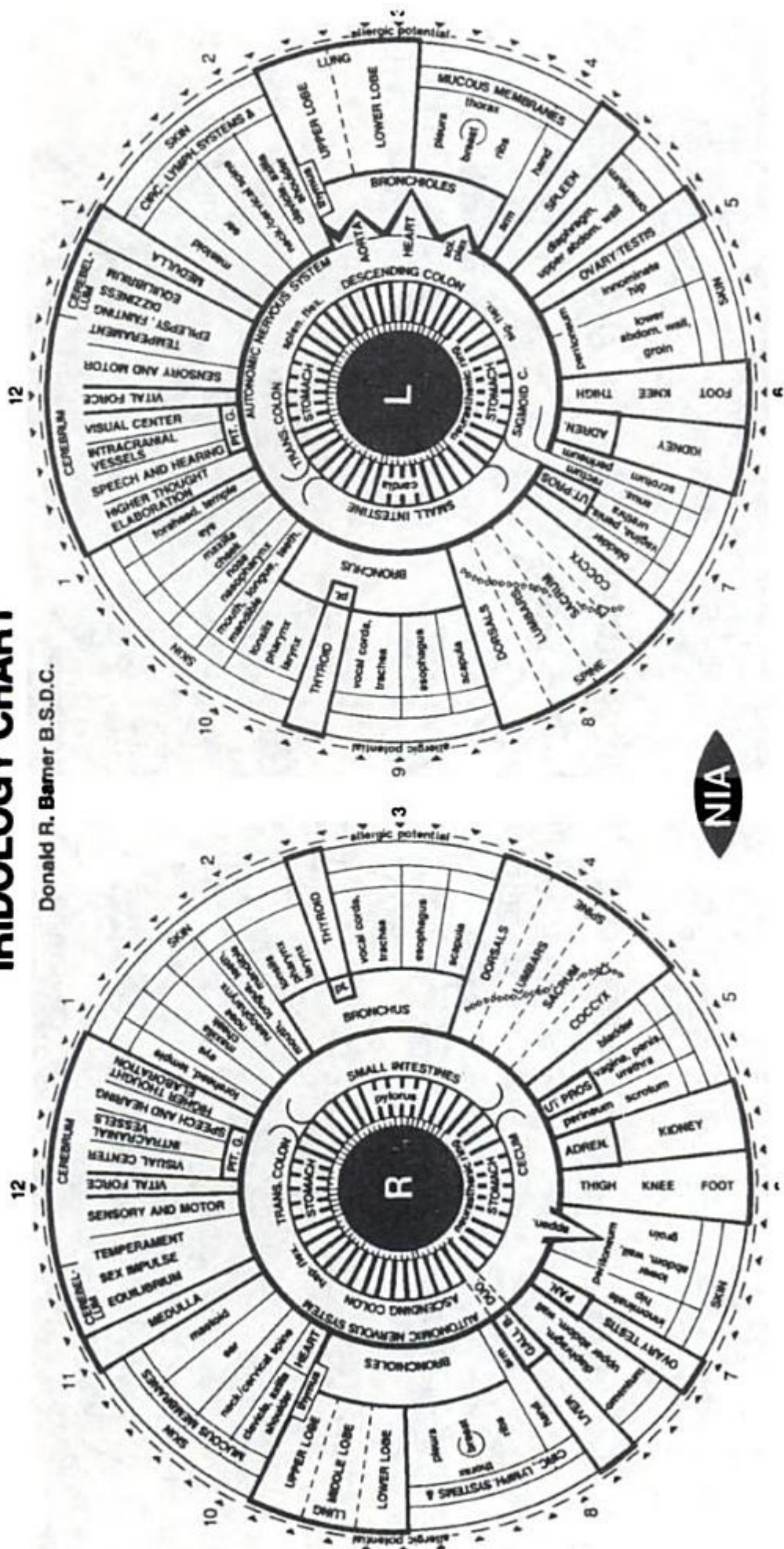
Ophthalmic-Somatic Analysis now became the key diagnostic science and as late as 1979 new research material was made available from which the most up-to-date iridology chart now available has been produced. (See figure 2A.)

Just being able to identify a problem area is not enough. We must also know how to treat the patient's condition holistically with herbs and monitor the healing through the eye.



IRIDOLOGY CHART

Donald R. Bamer B.S.D.C.



NIA

Herbal Medicines

Once an area has been identified as being in need of fortification, regardless of what reason, it is important to use something that will be effective and non-toxic at the same time. In many cases animal glandular products are used and are often effective, but the true medicines that nature has provided for our use are the herbs. "And the fruit thereof shall be for meat and the leaf for medicine" (Ezekiel 47:12). Hippocrates, the father of medicine, was an herbalist. He supposedly said that he could cure any of man's afflictions with just forty herbs. Hippocrates was the greatest healer the world has ever known. It is strange that he was the father of modern medicine, yet never gave a shot of penicillin, streptomycin, or even an inorganic salve.

Herbs are effective because they are electromagnetically attracted to the organ or tissue they are known to affect. Once at the

desired site, they supply the tissue with cellular nutrition complete with their own enzymes, co-enzymes, vitamins, minerals, trace substances, and anything and everything needed by the body. The body is able to use these products immediately to help the tissue restore normality.

The medicines used today are derivatives of medicinal plants, but because of man's greed and insistence upon playing the chemical game, these products now are synthetic and toxic to our bodies. Their purpose is to alleviate symptoms, not to correct or cure any conditions. Herbal medicines, on the other hand, dispose of the symptoms by curing the condition. They restore normality and thus allow the body to regain homeostasis once again.

A prime example of the effectiveness of herbs can be seen in the animal kingdom. An injured or sick animal will seek out and eat or otherwise use the herbs that will restore its health.

In many parts of the Orient, there is an overabundance of a large, long, thick snake the natives call "habo." These habos became so numerous that the island government began to import the famous mongoose—a natural enemy to poisonous snakes. The islanders will often put on display fights in the center of the village

between the habo and the mongoose. Once the fight starts it is not long until the mongoose has its teeth clenched in the back of the habo's neck and from then on it is just a matter of time. Although there have been a few occasions where the habo bit the mongoose, there is only one documented case of the mongoose dying from this bite, and that was because the animal was kept captive and not allowed to seek out the herbs that would save it.

Previously, any time a mongoose had been bitten, it would seek out the herb "moss" and begin immediately rolling the area of the bite in the moss until the juice of the moss had an adequate chance to soak into the bitten area. The moss does several things. First, it acts as an astringent and causes localized vaso-constriction, which stops the spread of the toxins. Second, it cleans and washes out the area. Third, it neutralizes the toxins. Fourth, it supplies large quantities of nutrition at the site of injury, thus immensely enhancing the repair process.

During the years of my practice, I have used herbs in conjunction with spinal manipulation to treat and cure everything from "pink eye," blood poisoning, lupus erythematosus, and complete blindness to cancer almost anywhere in the body.

Herbs are potent, yet very safe if used correctly. Before we go any further, I would like it made completely clear that I am not encouraging anyone to go into the fields to pick and use any herbs for any reason. If there is ever a case of a person having a difficulty with herbs, it is usually because they have mistaken one herb for another. This can easily be done. So unless you have a Master's Degree in Botany (and especially in herbal medicine), spend a few dollars and purchase the necessary pre-capsulated herbs from your doctor or local distributor.

How Iridology Can Help You

- I. How Iridology Can Help You
 - A. Iridology shows major and minor areas
 1. Inflammation
 - a. Chronic
 - b. Acute
 2. Poor elimination
 3. Acidity/Alkalinity
 4. Hypo-functioning organs
 5. Hyper-functioning organs
 6. Areas of ischemia
 7. Areas of anemia
 8. Underlying causes of symptoms
 9. Inherent weaknesses
 10. Acquired weaknesses
 11. Diverticulitis
 12. Vitamin and mineral deficiencies
 13. Poor assimilation

II. Anatomy and Neurology of the Eye Motor

1. Oculomotor, inferior and superior

a. Superior branch

b. Inferior branch

2. Trochlear IV Cranial Nerve

3. Abducens VI Cranial Nerve

B. Autonomic nervous system

C. Sympathetic innervation comes via the superior cervical ganglion.

D. Parasympathetic innervation comes via the the cranial nerve (Edinger-Westphal nucleus and ciliary ganglion).

E. Both the sphincter and dilator muscles have a sympathetic and parasympathetic innervation.

III. Blood Supply

A. Ophthalmic Artery

1. Origin: from internal carotid artery at the end of cavernous sinus

2. Branches:

a. In orbit to surrounding parts

b. In orbit to eyeball

B. Central Artery

1. Eyeball

2. Macula

C. Venous drainage of eyeball

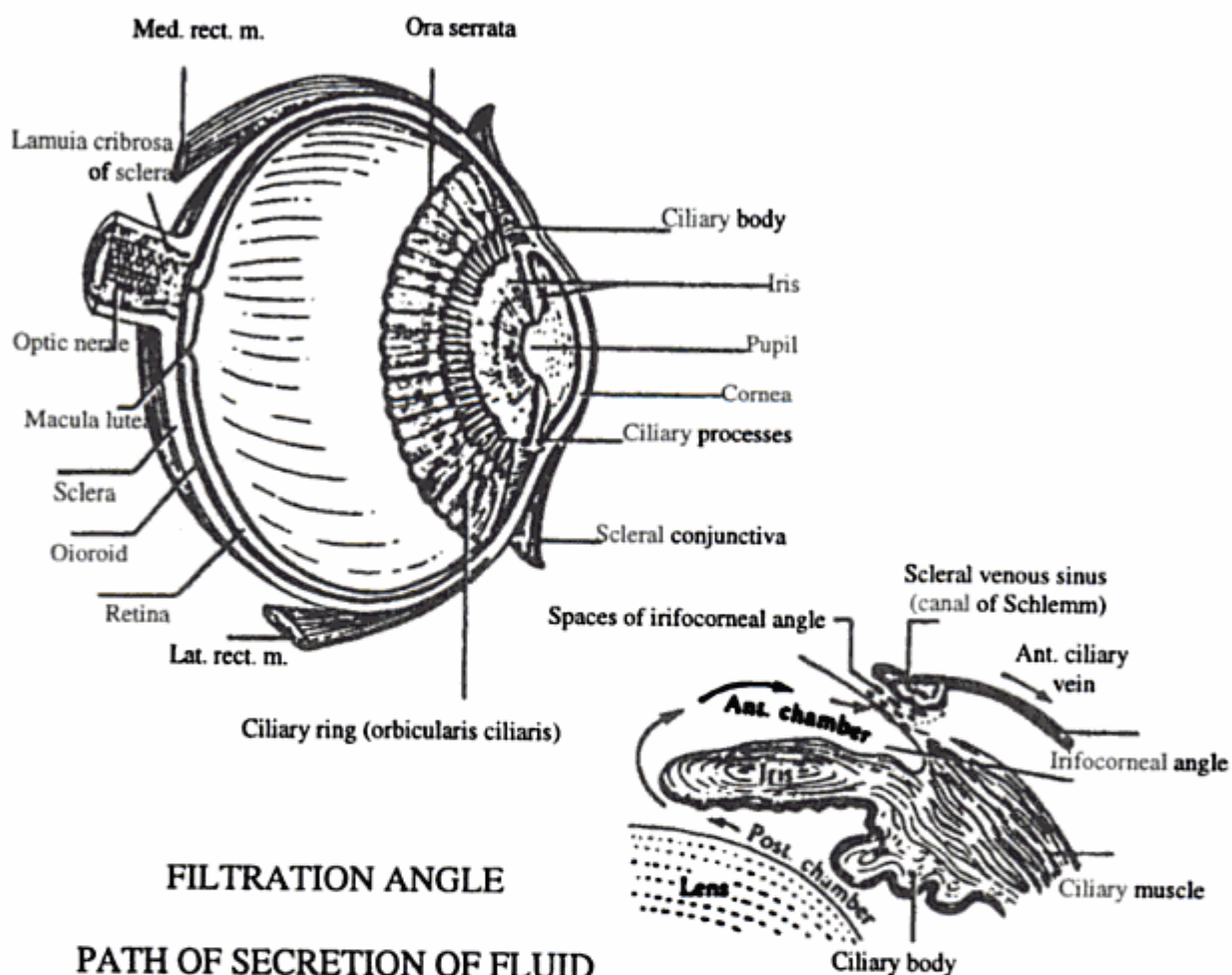
1. Retina drained by veins that accompany branches and trunk of central arteries.
2. Outer coats drained by vorticosae veins in outer layer of choroid. These converge and drain into the superior ophthalmic vein.

IV. Accessory Items of the Anterior Eye

- A. Sclera: The sclera/white of the eye is significant for two reasons: (1) It is an area where much plaquing occurs, both yellow and white. These are secondary indications of lipid/cholesterol metabolic problems within the body. It often points to a liver dysfunction. (2) Scleral vessels are very significant as indicators pointing to a problem area in the body. There are vessels which indicate a back-pressure in the vascular system such as would be found with hemorrhoids.
- B. Palpabrae: The inferior palpabrae/eyelid often shows pigmentation changes such as liver spots when there is a liver dysfunction. This is a good confirmation test. The palpabrae, because of its rich blood supply, is an

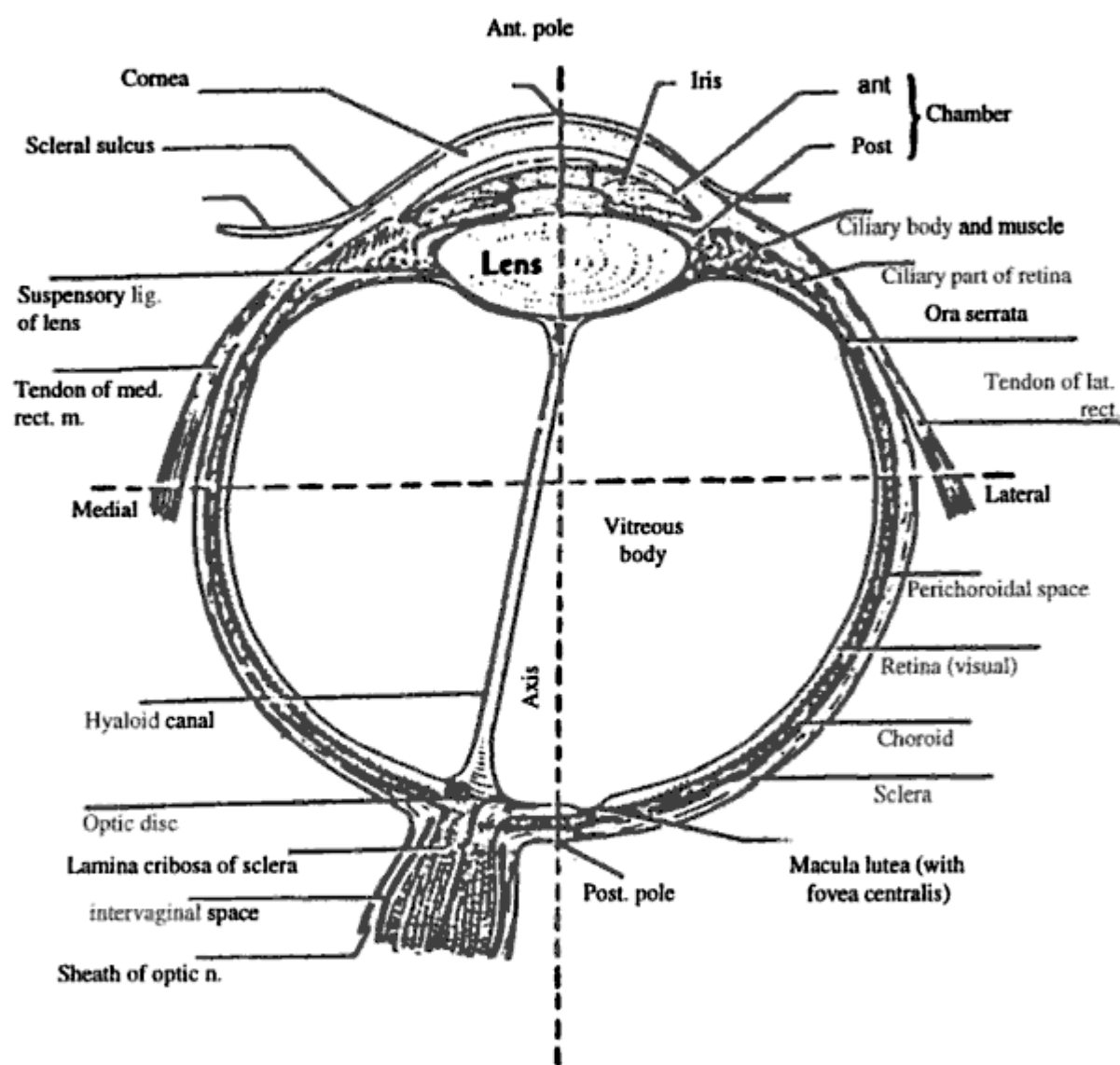
excellent area to detect systemic anemia. Under these conditions the palpebrae appears very white and bleached out.

- C. Pupillary response: The pupil is formed by two muscles, dilator pupillae and sphincter pupillae. The expansion and contraction of the pupil is an excellent way to evaluate the sphincter control throughout the whole body. The pupil is also a very good indicator of adrenal dysfunction. A wide pupil indicates adrenal weakness and possible exhaustion. A very tight pupil indicates hyper-adrenalism, thus overactivity. This is a very significant sign because the adrenals are the glands of stress and play a major role in common pathological conditions of today such as hypoglycemia and diabetes mellitus.
- D. Caruncle: The caruncle, the little fatty ball nasal-ward in the corner of the eye, tends to attract much triglyceride and cholesterol plaquing and will begin showing signs often long before any other part of the anterior eye.

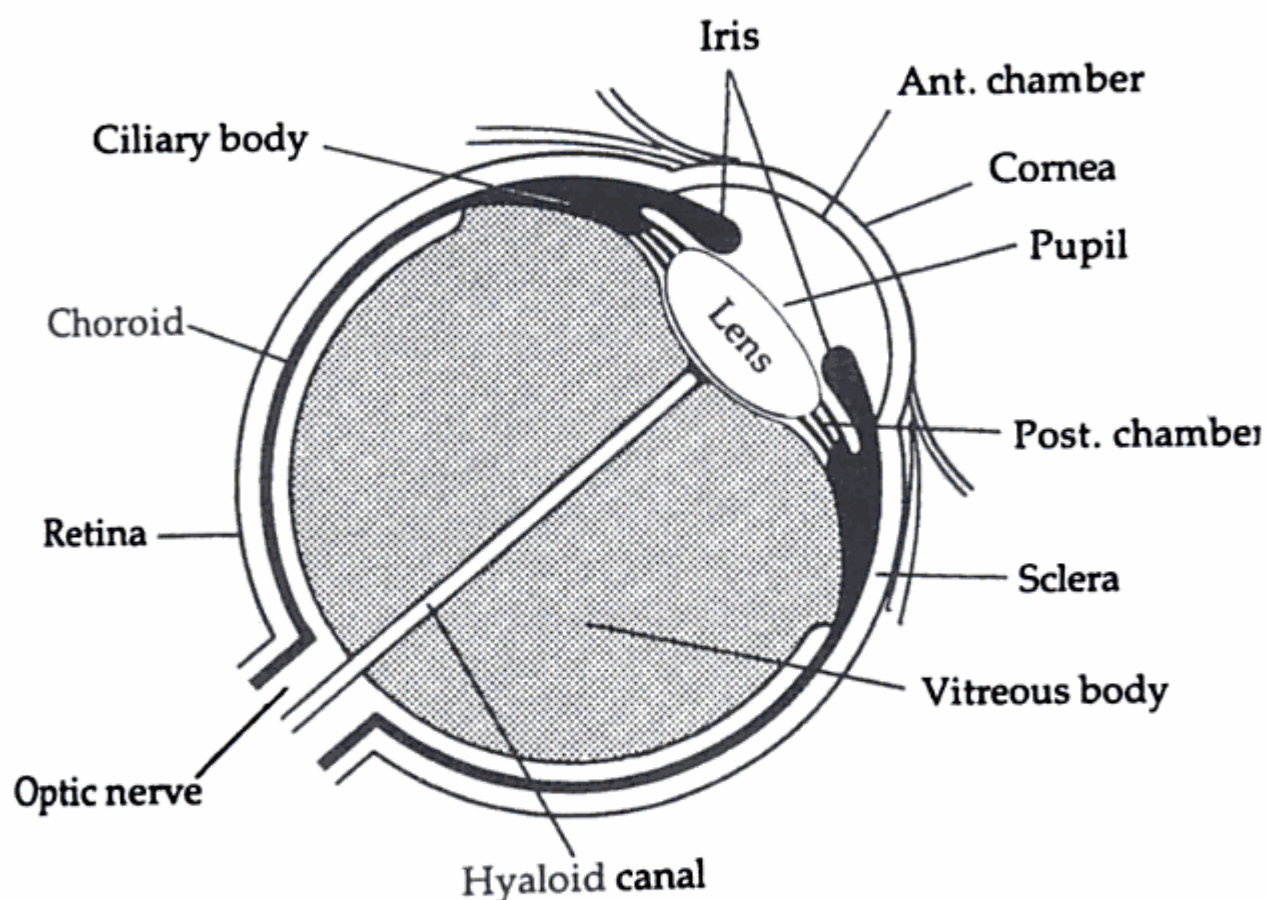


FILTRATION ANGLE

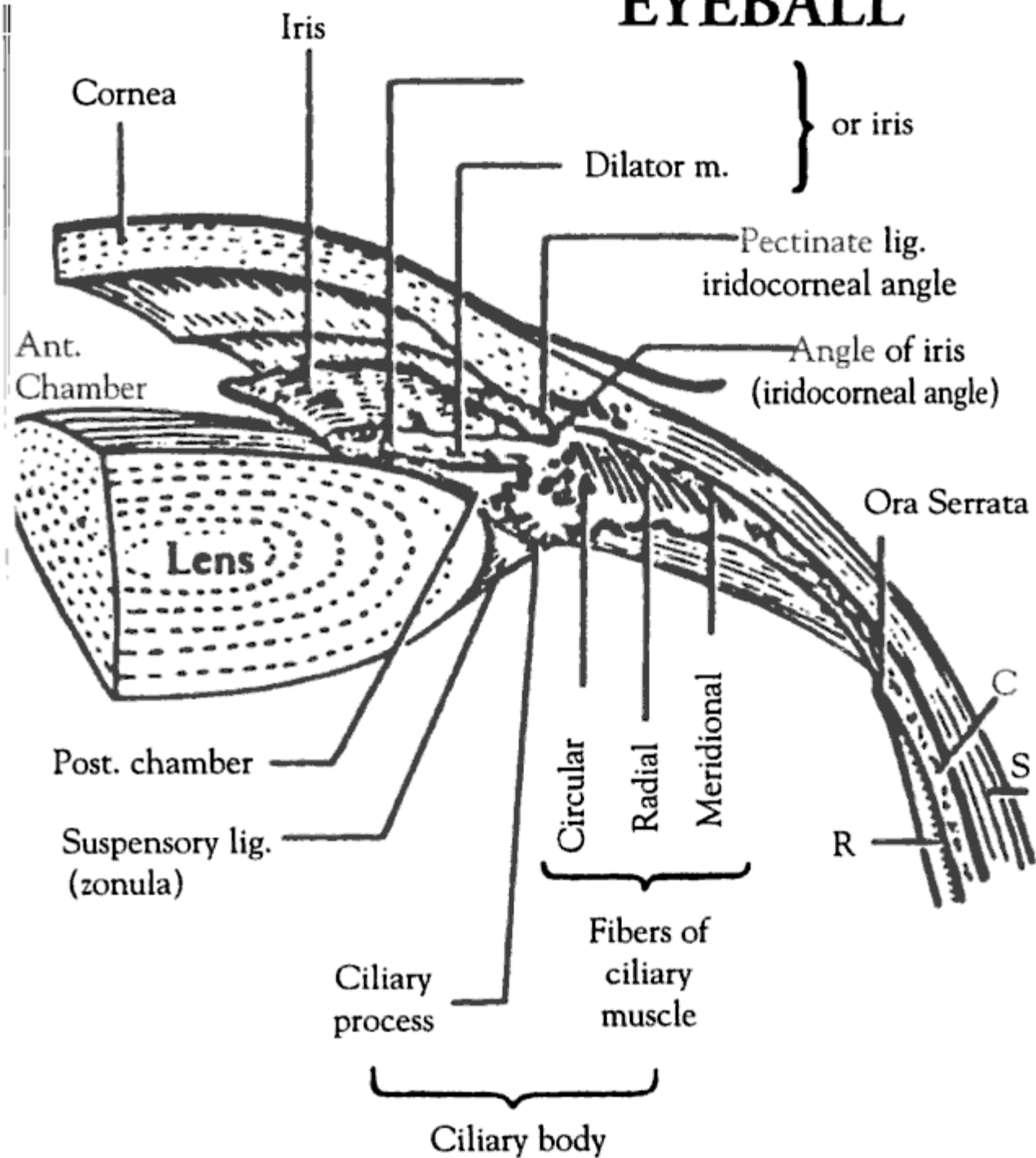
PATH OF SECRETION OF FLUID (after Thomson)



EYEBALL



EYEBALL



Iris Layers

The iris is composed of four separate layers, but only three are considered significant. They are, from anterior to posterior:

1. Anterior Border Layer

This layer is a modification of the middle stromal layer of the iris. It is composed of two layers: an anterior fibroblastic layer and a posterior pigmented layer. This posterior pigmented layer is the layer that has a great deal to do with the actual iris color.

2. Stromal Layer

3. Posterior Epithelium Layer

It is the posterior epithelium layer that is heavily pigmented with black and brown granules.

CHAPTER 2

How Iridology Works

How Does This Phenomenon Work?

While in the maternal uterus, ophthalmic development begins from the frontal lobe of the brain. The eye, especially the iris, has a rich supply of neuro-ectodermal tissue. The iris has been estimated to contain over 28,000 individual nerve fibers mingled with stromal fibers. (This combination is extremely sensitive to nerve impulses from the automatic nervous system.) Since the brain is the ultimate control of the body, it must know (and does know) the complete condition of all organs and tissues of the body at all times. This is accomplished by constant flow of both afferent and efferent impulses to and from all parts of the body.

Certain neuron cells (or aggregate of cells) in the brain respond continuously to these impulses from the areas they control. These impulses are carried via the autonomic nervous system, both sympathetic and parasympathetic. This system feeds directly into the iris via the Edinger-Westphal nucleus (parasympathetic) and via the sympathetic ganglion in the upper thoracic spine. Since the iris has such a rich supply of highly sensitive neuro-ectodermal fibers, the iris functions like a remote television picture tube, giving us a complete neurological picture of the body at all times by the reflex of neurological impulses. The significance of these impulses to the examiner is that they are at a frequency that corresponds to their health condition or any one of four stages of inflammation: acute, subacute, chronic, and degenerative.

Interpreting Iris Signs

The interpretation is done by noting two things:

1. A pigmentation change
2. A pattern change

The pigmentation changes correspond to stages of inflammation.

"The eye is the window to the body and soul." This observation is the basis of Dr. Bamer's latest book, **PRACTICAL IRIDOLOGY AND SCLEROLOGY**. Dr. Bamer's expert knowledge of the eye shows through in this easy-to-understand and practical reference guide, making it a must for the beginning and experienced iridologist/sclerologist. Complete with color photo case studies, outlines on all the iris and scleral signs, and iridology and sclerology charts, **PRACTICAL IRIDOLOGY AND SCLEROLOGY** provides a comprehensive look at a valuable diagnostic practice.

◆ CASE STUDIES

◆ COLOR PHOTOS

◆ COMPLETE LIST
OF SIGNS

◆ CHARTS

◆ HERBAL REMEDIES



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