



## PROFILE:

# Iridology

## Northern Woman takes a look at iridology

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Iridology is an alternative medicine technique based on the study of the iris; the coloured part of the eye. It works on the premise that the iris can be examined to assess the patient's health. Practitioners match their observations to charts which divide the iris into zones believed to correspond to specific parts of the body.

If you look closely at your eyes in a mirror and then at the iris of a friend or family member, you will notice varying patterns and colours. Like fingerprints, no two are exactly alike. Because the iris structure is so unique, iris scanners are being used by airport security systems to recognise an individual's identity.

Using the iris to recognise an individual's identity is something I am familiar with, having had my eyes photographed by an immigration officer at an airport recently. The concept that someone's health can be determined by

looking at their iris is a new one on me - so how did it come about?

### History lesson

Iridology research dates right back to the 1600s when a doctor first noticed changes in the eyes of his patients when they became sick or injured. Fast-forward to 1861 when Hungarian physician Dr. Ignatz Von Peczely is said to have officially discovered iridology. As a young man, Dr. Ignatz observed an owl that had just broken its leg, he noticed a black streak formed in the owl's iris at the time of injury. After the bird's leg healed, Ignatz noted the black line changed colour. Later as a physician, he treated a patient with a broken leg and to his surprise he spotted a black streak in the exact same place as the injured owl's iris. Ignatz became intrigued by the possibility of a link between illness and eye markings. Through studying his patients' eyes he became convinced there was a connection and he went on to write a chart that mapped the iris-body connection. Iridology evolved from there. ■

## Tried & tested

En route to my first ever iridology session I admit to feeling a little dubious. However reflexology springs to mind; I've tried that in the past and was amazed by what the therapist could tell me about my body simply by touching my feet, so if the feet can act as a 'map of the body' then why not the eyes too?

Sal Hanvey from Natural Health NI begins the session by asking questions about my health. Once the questionnaire is complete it is time for my 'eye photo'. Sal asks me to open my eyes wide and focus on one spot while she snaps a picture on her iPhone.

She zooms in on the photo and looking over her shoulder all that I can see is, well, my eyeball! However Sal clearly sees a lot more than that. 'Do you have issues with tonsillitis?' she asks pointing to a tiny fleck towards the top of my eye. I suffered from recurring tonsillitis for years.

Studying the pictures, Sal says: "You have pain along your neck and left shoulder, but your right side is fine." Now she has my attention, she is spot on and I ask how could she possibly know that. Sal zooms in on the photo of my left eye and points out a very slight indent or groove on the upper part of my iris and explains that area corresponds to the neck and shoulder areas. The other one (corresponding to my right side) does not have that mark.

Following the session I receive a detailed report via email. According to it I am in good health but there is always room for modification or improvement, for example Pernaton Gel has been recommended to 'help with inflammation and aches and pains'. A B12 test carried out by a doctor is advised to check my levels because I was a vegetarian for almost five years and 'the outer iris boarder shows that there may be a slight deficiency'. Interesting!

For more information visit: [www.naturalhealthni.co.uk](http://www.naturalhealthni.co.uk). Cost £75 per session.